

Sheldon Sixth Form

Mr Spiers
Mr Humphreys
@sheldonsixthform

This evening

Welcome – Mr Humphreys

Supporting your Yr13 son / daughter, '5hrs in...' and the year ahead – Mr Humphreys

Applying to university – Charlie, University of Bath (now Mr Spiers)

Apprenticeships – Kate Witchell, careers adviser (now Mr Spiers)



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The year ahead – reports, parent evenings, revision etc to be added



This term – reports, w/b 7th July WEX, dress code + lanyards, parking, study

Jan 14th – UCAS final deadline

The summer

End of Jan –Start of Feb – mock exams

Oct 15th – UCAS early entry deadline

May – Leaver's day + exams start

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Self-care checklist – do/check these things first!

- Have I had enough sleep?
- Have I had some healthy food? (especially breakfast)
- Have I had plenty of water? (and not loads of energy drinks)
- Have I done some exercise / physical activity?
- Have I spent some time outdoors / in nature?
- Have I taken a break from my phone / social media?
- Plan to be on time
- Plan to attend every lesson
- Plan your study time
- Try meditation
- Try tidying your room / study space
- Surround yourself with ‘radiators’ not ‘drains’
- Connect with friends / family

Things that you can do to encourage down time and conversation.....

Take a walk. Sometimes taking 20 minutes is as simple as taking a walk, whether it's through nearby countryside, to the shops or around the block with the family dog.

Go for a drive. Car journeys are a great opportunity for 20 minutes with your child. Encourage them to leave their phone for a while, turn down the radio and strike up a conversation.

Ready, set... bake. Baking is a great way to have fun together.

Create something together, fix the car together.



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Things that you can do to encourage down time and conversation

.....

Reassure them that they can talk to you at any time. You could say things like:

You can talk to me, I'm here for you.

If you need to talk to someone else, that's okay too.

If you talk to me about what is worrying you, I can do my best to help.

Even if I don't understand, know that I want to.

We're going to get through this together.

You could also see whether other forms of communication like writing a letter or texting would make it easier for your child to let you know what's going on.

Remember that you know your child. You can tell when it isn't the right time or they aren't in the mood to talk.



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Use of study time has always been vital...

- It is built in to course specifications by the exam boards
- A Levels rely upon it
- Lesson time is not enough to achieve the grades students want to achieve
- Most students can choose to study at home or in school so it is even more important they get organised and know what to do in that time
- If they have supervised study this need is even more important

Where to find '5hrs in...' documents / links

- Teams
- ePraise
- Some subjects will share links to Padlet
- Some subjects will print sheets for you
- Some subjects will email them to you
- All the '5hrs in...' documents are on the website:
<https://www.sheldonschool.co.uk/sixth-form/curriculum/5-hours-in/>

What is '5hrs in...' (timings are for guidance)

Consolidation – 45mins

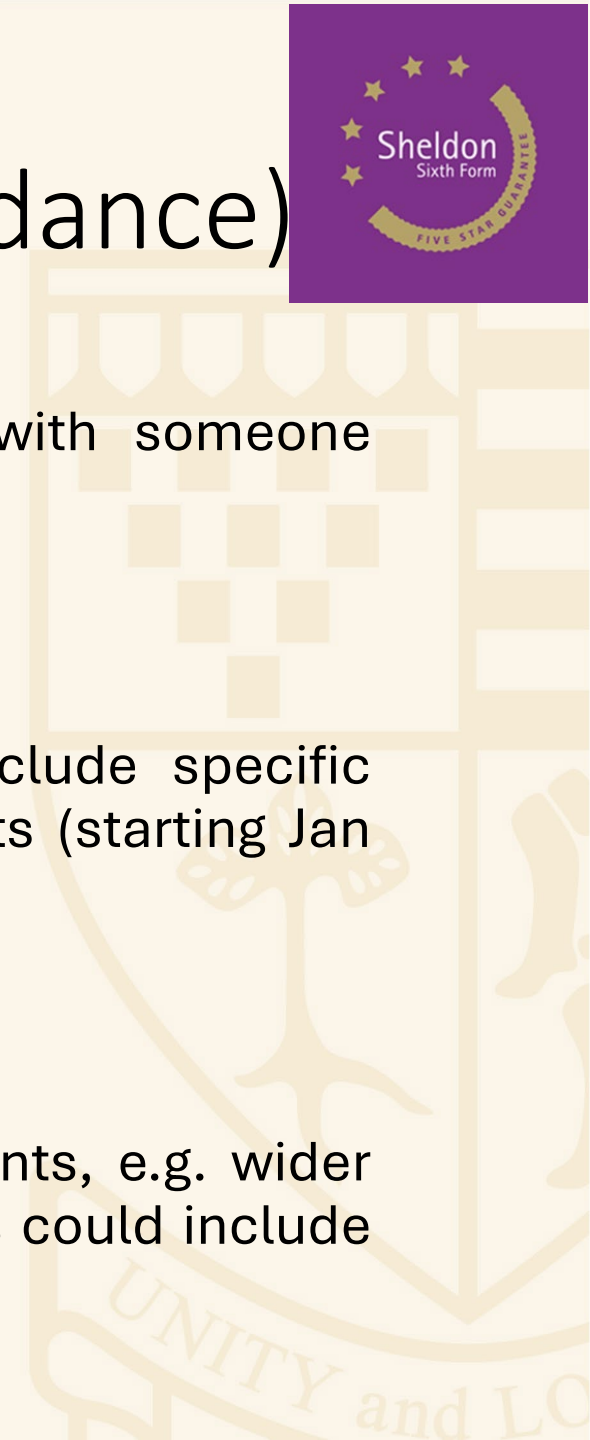
- e.g. making a mind map, flash cards, talking a topic through with someone immediately after a lesson

Reactive – 3hrs

- Specific homework tasks set by teacher. For Yr13 this could include specific assignments on Seneca or tasks from Revision Olympics documents (starting Jan 2026)

Proactive – 1hr 15mins

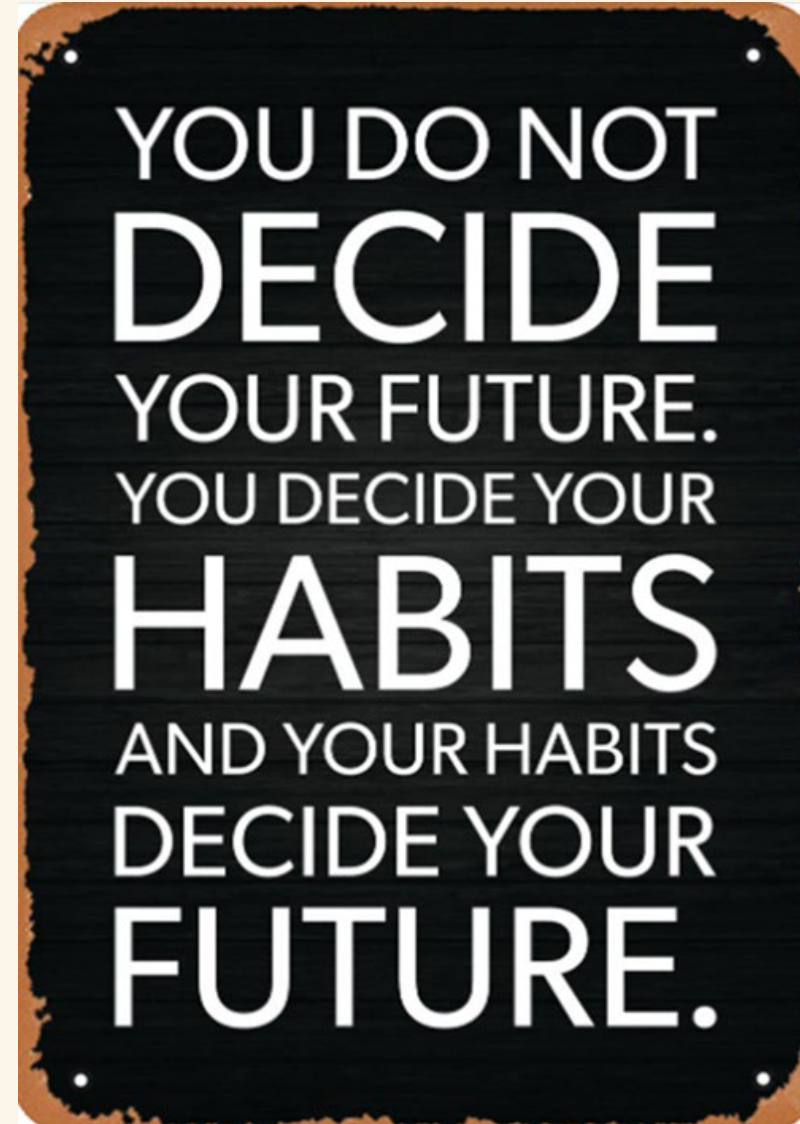
- Extra tasks, individually chosen from a selection available to students, e.g. wider reading/watching/listening, exam question planning etc. For Yr13 this could include additional independent learning on Seneca.



5hrs in...planning

- **I will...**revise key terms from unit 1
- **At...**1055 for the whole of lesson 3
- **In...**the Study Room

- **I will...**write a practice essay about...
- **At...**9am
- **In...**my bedroom after breakfast



University of Bath – Charlie

- Why choose university?
- Course choice and research – first priority
- Student finance
- <https://www.natwest.com/life-moments/students-and-graduates/student-living-index.html>



Why choose university study?

Career prospects

**Academic
knowledge**

Transferable skills

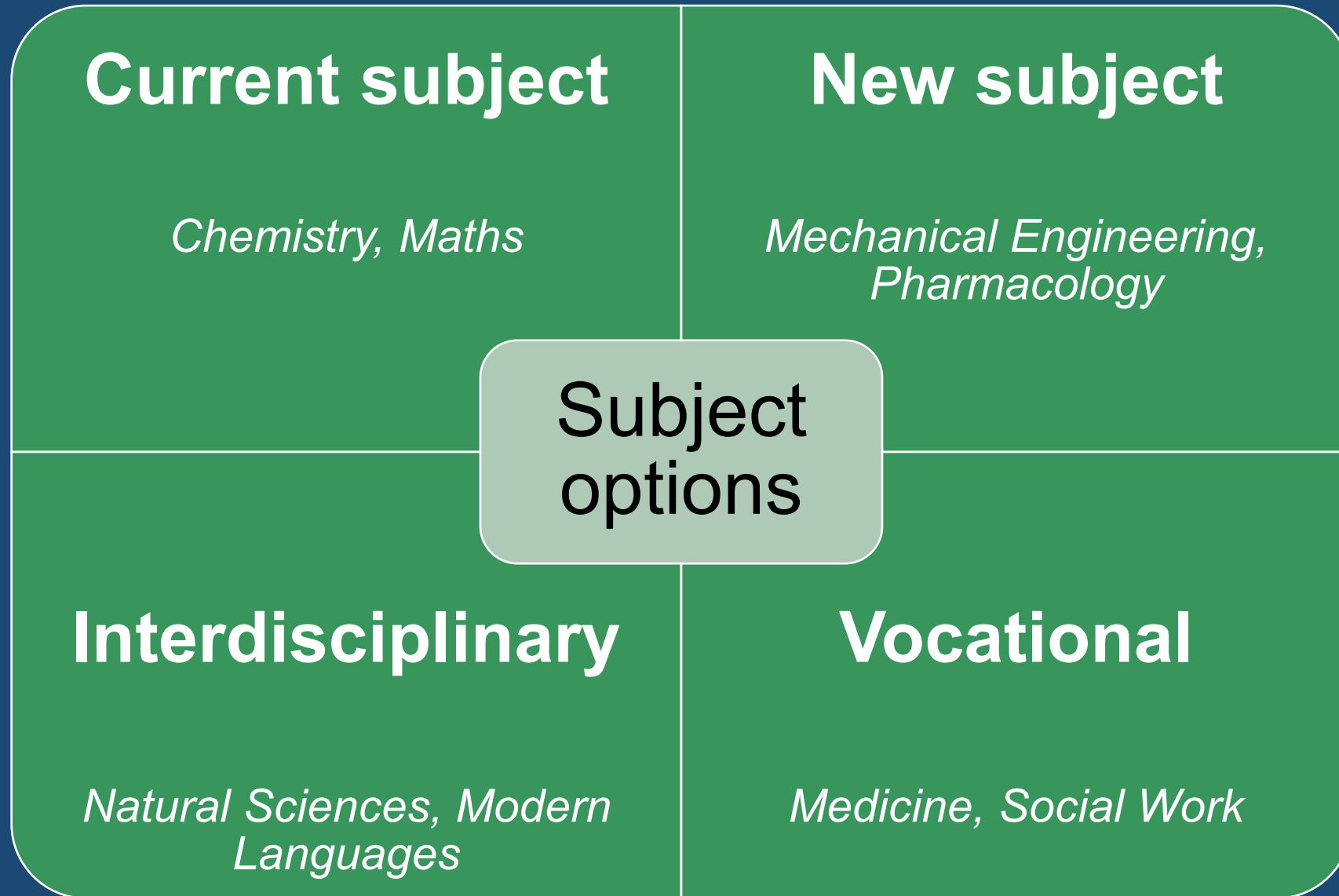
Self development



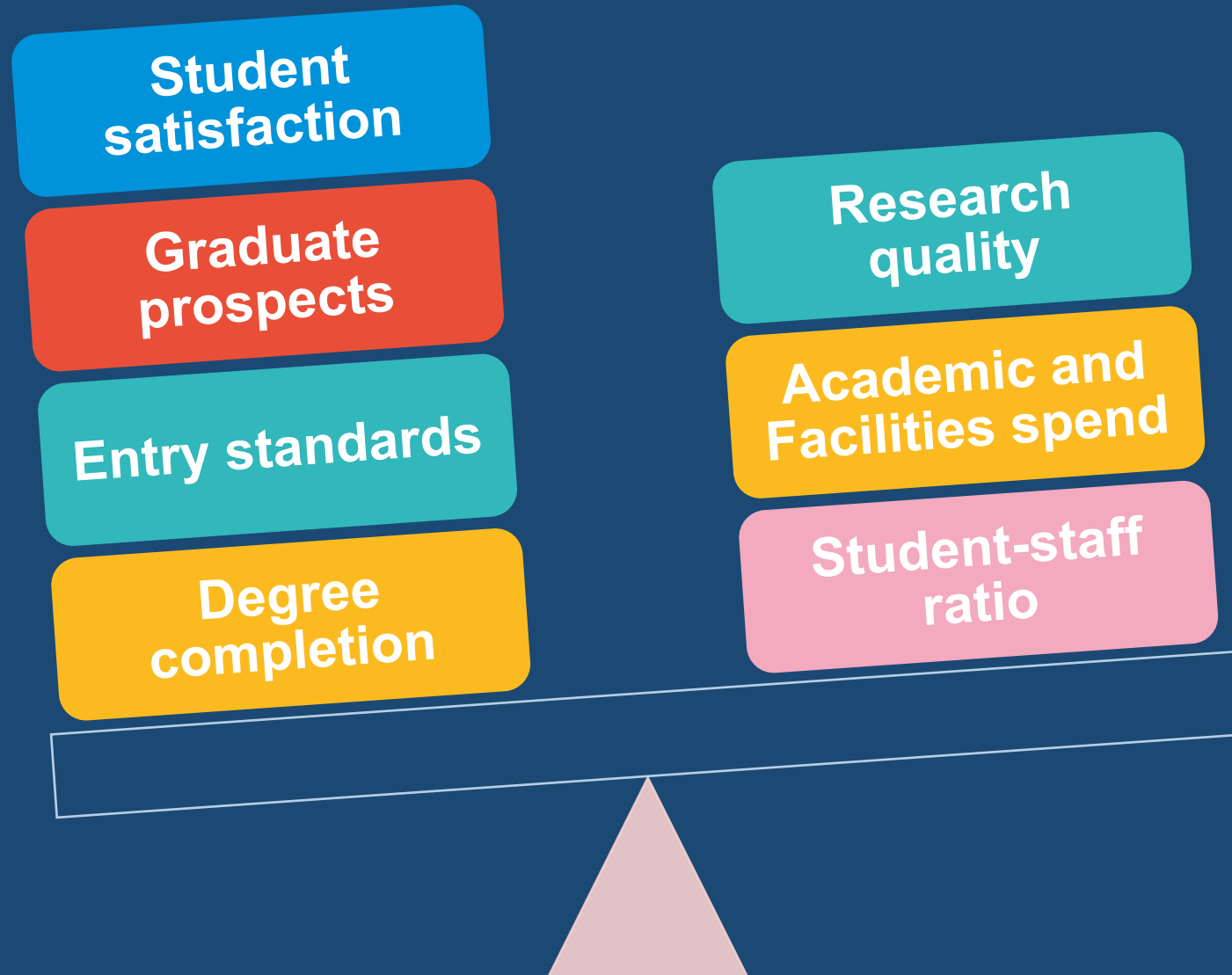
Choosing a subject



What can you study?



Reputation: rankings



Reputation: The Russell Group



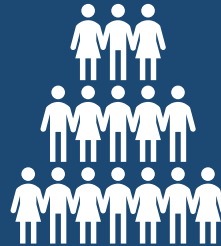
Course attributes

Course content



Teaching and
assessment style

Size of cohort



Placements/Study
Abroad



Student Maintenance Loan amounts 2025/26

Where you live and/or study	Maximum Maintenance Loan
Living with your parents/carers	£8,877
Living away from home, studying outside London	£10,544
Living away from home, studying in London	£13,762
Living and studying abroad	£12,076



Maintenance loan – means tested

Repayments

	Monthly income before tax	Approx monthly repayment
	£2,083	£0
£27,500	£2,291	£18.75
£30,000	£2,500	£37.50
£32,500	£2,708	£56.25
£35,000	£2,917	£75

Figures per year of study



HE Guidance: A Guide To University For Parents/Carers With Lois Braysher & Chantelle Lee, Higher Education Advisers From University of East Anglia

June 19 @ 18:00 - 18:45

REGISTER HERE



<https://www.channeltalent.co.uk/event/he-guidance-a-guide-to-university-for-parents-carers-with-higher-education-advisers-from-university-of-east-anglia/>

Webinar topics and dates

Date	Webinar	UK time
Monday 30 June	Applying to Cambridge - an overview	5pm to 6pm
Tuesday 1 July	Choosing a College	5pm to 6pm
Wednesday 2 July	How to choose a course	5pm to 6pm
Thursday 3 July	Financial support and living costs at Cambridge (for UK students)	5pm to 6pm
Friday 4 July	For parents and supporters: how to prepare for the Cambridge Open Day	5pm to 5:45pm
Monday 7 July	For students: how to prepare for the Cambridge Open Day	5pm to 5:45pm

<https://www.undergraduate.study.cam.ac.uk/applicant-webinars>





Higher and Degree Apprenticeships

Year 12 Parent Information Evening



**Next Steps
South West**





Apprenticeships

What is an apprenticeship?

- A combination of work-based training and classroom learning
- An opportunity to earn a wage whilst working alongside experienced staff
- Training towards nationally recognised qualifications with 20% of your time spent at a local college or university

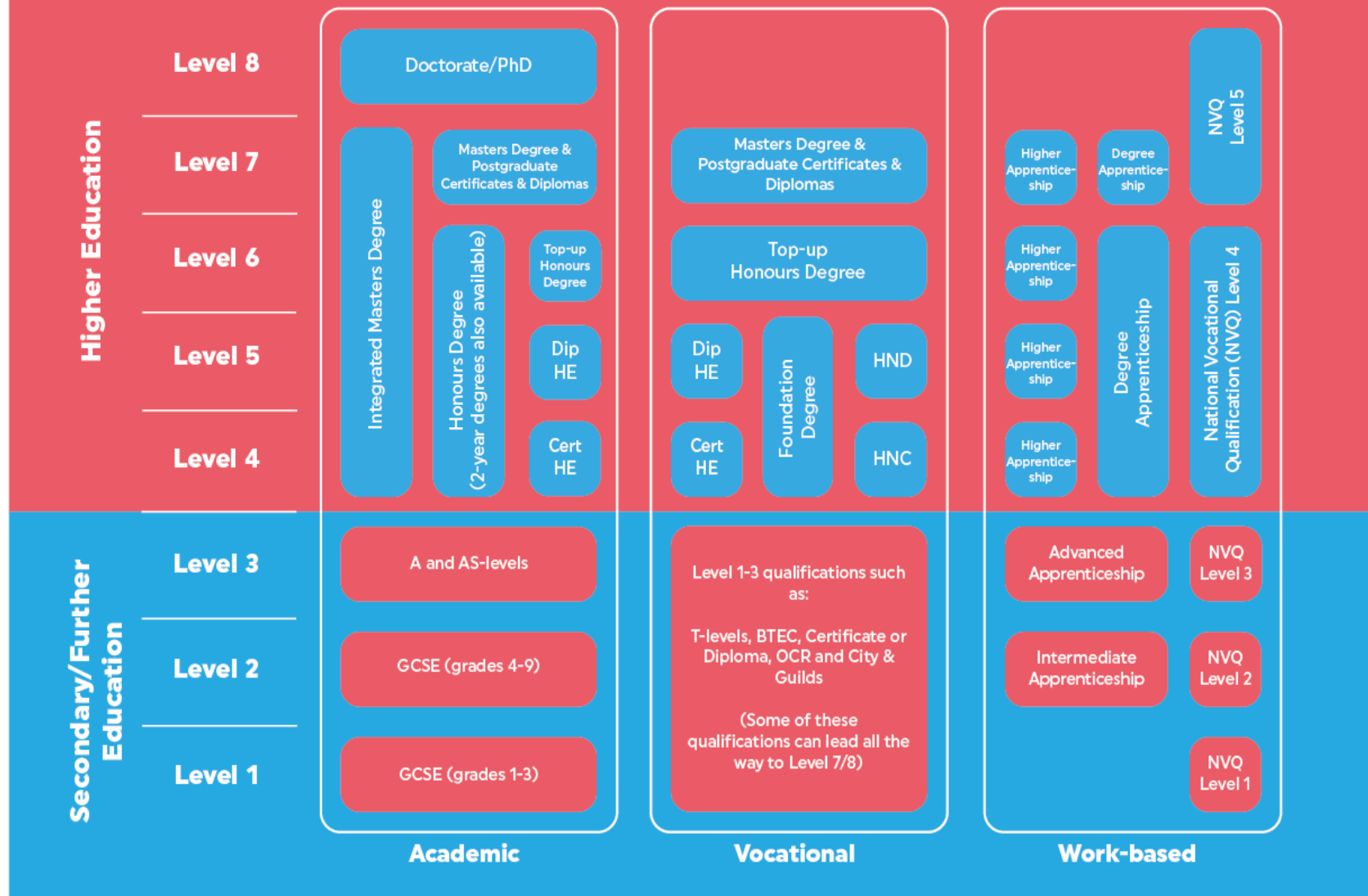
How will my time be divided?

The 20% protected study time you have could be spent in one of three different ways:

- Distance - studying remotely, away from your place of employment (e.g. the Open University)
- Blended - studying one day per week in a partner college or university
- Block - studying at college or university for several consecutive days less frequently



QUALIFICATION CHART





Apprenticeship Qualifications

Apprenticeship Levels		Equivalent
2	Intermediate	Five GCSE passes at grades 9-4
3	Advanced	Two A level passes
4, 5, 6 & 7	Higher	Foundation degree and above
6 & 7	Degree	Bachelor's or Master's degree





Examples of Sectors & Industries Offering Apprenticeships

- ❖ Creative, media, arts, and digital technologies – advanced, higher, degree
 - ❖ Information and communication technology – advanced, higher, degree
 - ❖ TV production and broadcasting – advanced, higher, degree
 - ❖ Business management, administration, law, and financial services – advanced, higher, degree
 - ❖ Construction, planning, and the built environment – advanced, higher, degree
 - ❖ Engineering and manufacturing – advanced, higher, degree
 - ❖ Health and care – advanced, higher, degree
 - ❖ Life and industrial sciences – higher, degree
 - ❖ Retail and commercial enterprise – advanced, higher
 - ❖ Agriculture, horticulture, and animal care – advanced, higher
 - ❖ Public sector/public services – advanced, higher
 - ❖ Education and training – advanced
 - ❖ Leisure, travel, and tourism – advanced
- 



What's the difference?

Undergraduate Degree	Higher / Degree Apprenticeship
Access to £9,535 per year tuition fee loan + means-tested maintenance loans	All training is paid for by the university or the Government
Gain a level 6 qualification	Gain a level 4-7 qualification
Usually full-time study (some part-time options)	A minimum of 20% protected study time during contracted work hours
Apply through UCAS	Apply through employer
Unpaid (with access to bursaries, scholarships and loans for living costs)	Paid
Get the 'university experience'	Go straight into the world of work
Learn in lectures and independent study	Learn on the job



The Benefits



- Earn while you learn
- Gain nationally recognised qualifications
- All the benefits of being a paid employee including paid holidays
- Gain soft skills that employers want
- Avoid tuition fees and student loans
- Supported by a dedicated tutor
- More workplace experience compared to students who take an academic route
- Gain higher level management skills

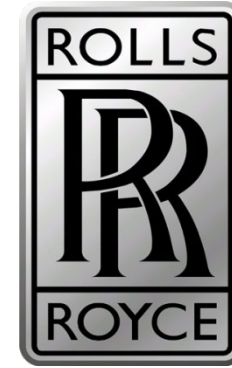




Things to Consider

- Lower pay than a standard job
- Number of apprenticeships available varies by location
- Apprenticeships advertised on a rolling basis when vacancies become available
- Apprenticeships are competitive because anyone can apply, including existing employees
- Will not have the 'university experience' that many people value
- No access to student financial support





Sainsbury's



JAGUAR



Next Steps
South West

The Unifrog tools

Exploring pathways	Searching for opportunities	Recording what you've done	Drafting application materials	Making applications
Careers library	UK universities	Activities	Personal Statement	Post 16/18 Intentions
Subjects library	US universities	Competencies	CV / Resumé	Locker
Know-how library	European universities	Interactions	Teacher References	Applications list
MOOC	Oxbridge		Common App Essay	
	Apprenticeships			
	College/ Sixth Form			
	Canadian universities			
	Asian universities			
	Special Opportunities			



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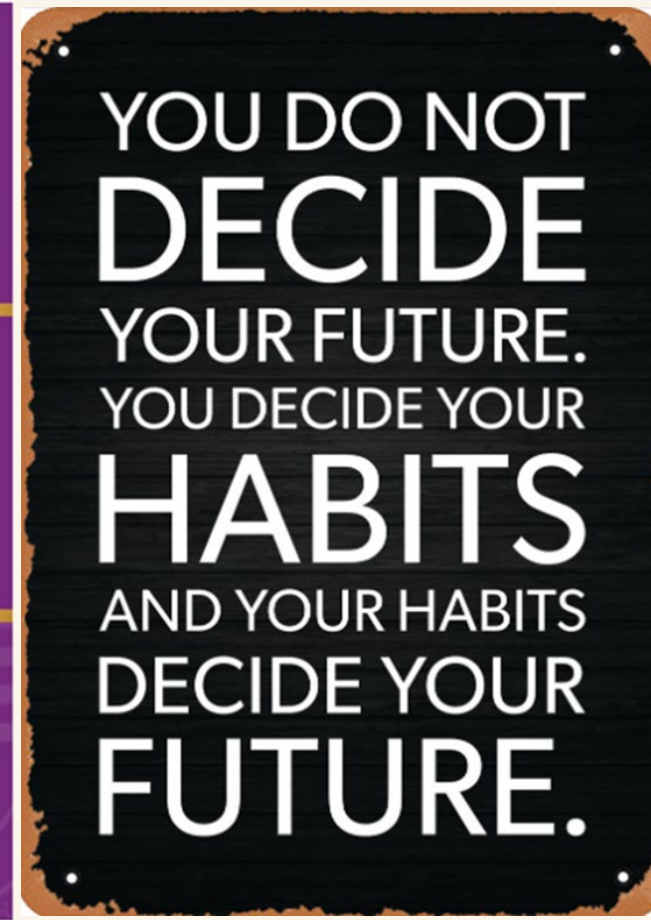
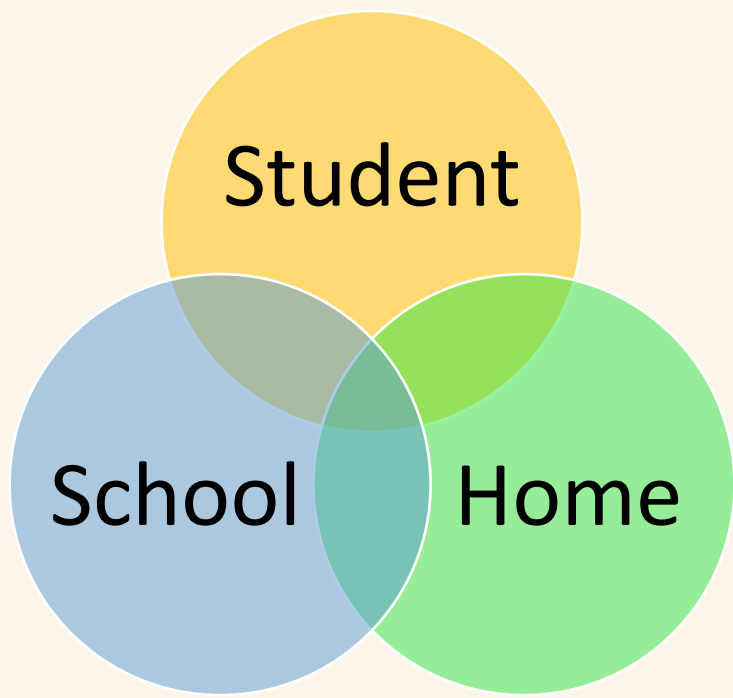
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Gap years; predicted/target grades; 16-19 bursary; SF notes; lanyards; parking; @sheldonsixthform



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