



## 5 HOURS IN...

### CONSOLIDATE

secure new knowledge  
soon after a lesson

### REACTIVE

react to homework your  
teachers set – get it done!

### PROACTIVE

wider reading, watching and  
listening that deepens and  
broadens knowledge and  
understanding



Research shows that the most successful students do between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you will build up to over the course of your A-Levels. In Year 12, you may begin with 15 hours per week. This is roughly 5 hours of independent study per A-Level.

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YOUR FUTURE.  
YOU DECIDE YOUR  
**HABITS**  
AND YOUR HABITS  
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- 5, ...including Seneca!

Be specific about what you are doing and when:

**I will...**revise key terms for topic 1  
**For...**45 mins

**In...**the Study Room

**Purposeful hours of study is what will make the difference**

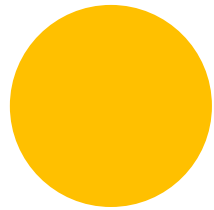
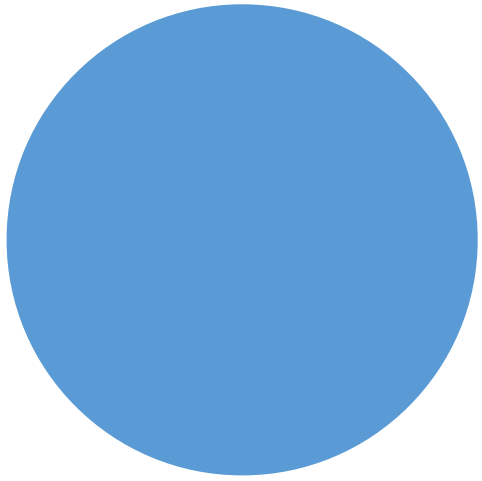


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# Sheldon Sixth Form

Mr Spiers  
Mr Humphreys

Year 13 Parent and  
Student Revision and  
Information Evening

@sheldonsixthform

# Welcome and overview



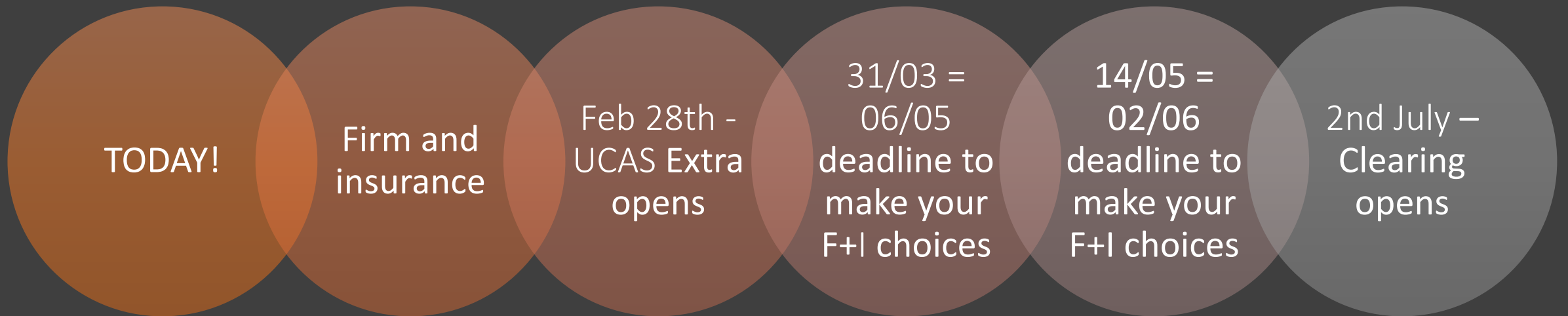
UCAS – what next?

Non-UCAS – what next?

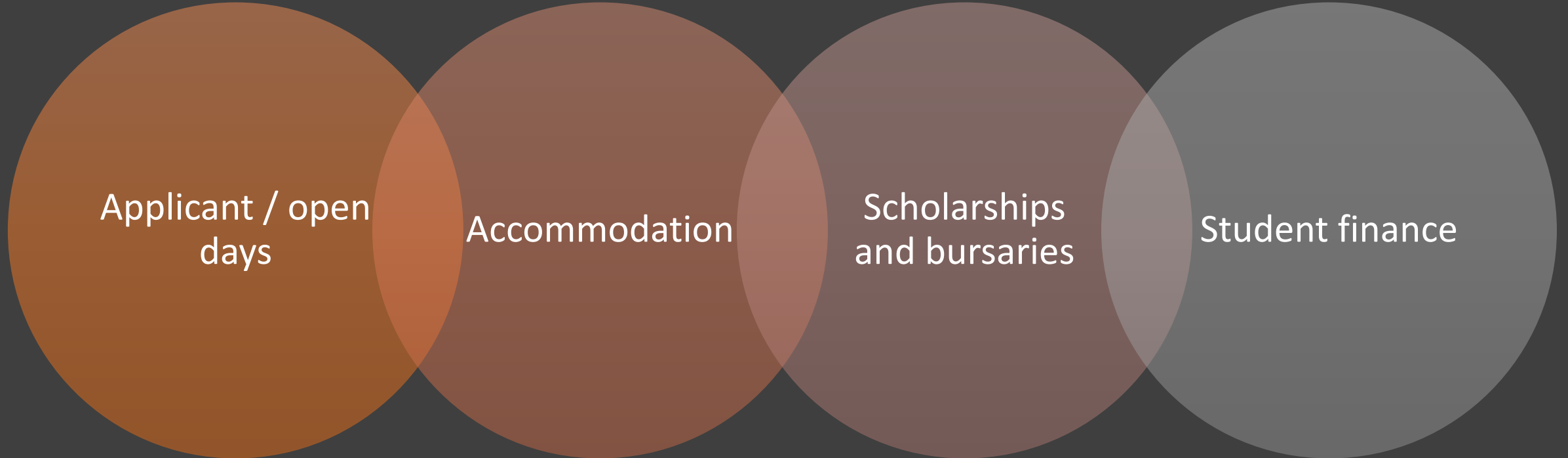
Exams, revision and wellbeing

Key dates

# UCAS – what next?



# UCAS – what next?



# Student Finance:

<https://studentfinance.campaign.gov.uk/>

01

Usually opens in  
March

02

To secure  
payment in Sept  
there is usually  
a deadline end  
of May

03

You DO NOT  
need to have  
made your F+I  
choice to apply

04

You will need to  
know household  
income etc

Household Income	Living at home	Away from home (outside London)	Away from home (London)
£25,000 or less	£8,610	£10,227	£13,348
£30,000	£7,887	£9,497	£12,606
£35,000	£7,163	£8,766	£11,863
£40,000	£6,440	£8,035	£11,120
£42,875	£6,024	£7,614	£10,692
£45,000	£5,716	£7,304	£10,377
£50,000	£4,993	£6,573	£9,634
£55,000	£4,269	£5,842	£8,891
<b>£58,307</b>	£3,790	£5,359	£8,400
£60,000	£3,790	£5,111	£8,148
<b>£62,347</b>	£3,790	£4,767	£7,799
£65,000	£3,790	£4,767	£7,405

# Student Finance:

<https://studentfinance.campaign.gov.uk/>

## Annual salary

## Monthly repayments <sup>(6th</sup>

April 2026 – 5th April 2027)

£25,000

£0

£30,000

£38

£40,000

£113

£50,000

£188

£60,000

£263

£70,000

£338

£80,000

£413

£90,000

£488

£100,000

£563

# Non-UCAS – what next?



# Non-UCAS – what next?

- Katie Witchell – [kwitchell@sheldonschool.co.uk](mailto:kwitchell@sheldonschool.co.uk) to make an appointment or you can drop-in to the Careers Hub on Thursday or Friday lunch times.
- <https://amazingapprenticeships.com/vacancies/>
- <https://www.amazingapprenticeships.com/zones/parent/>
- <https://careerfinder.ucas.com/>
- <https://pathwayctm.com/register/>
- <https://www.findapprenticeship.service.gov.uk/>
- <https://www.springpod.com/apprenticeships/opportunities>

## ‘THE PARENT PERSPECTIVE’ PODCAST

‘The Parent Perspective’ is an exciting podcast series for parents and carers, helping them to support their children with careers advice and guidance. Series 2 is bigger and better than ever, led by our brilliant new host, Rachel Burden.

Together with Not Going to Uni, we want to make sure that we are supporting parents to feel informed and confident in providing careers support and guidance to their child, so that they ultimately make the best decisions for them.

Through the podcast Rachel and guests offer a fun and informative space for listeners to:

- Explore which careers are available today
- Showcase the experiences of interesting and diverse role models
- Provide real-time insights into how the world of work is changing

Each episode Rachel speaks to a diverse mix of parents, bringing their burning questions to expert speakers from the careers world. Together they uncover practical solutions and informative answers, to help you and your child make informed decisions on those all important next steps.

Listen via your preferred platform now or listen below!

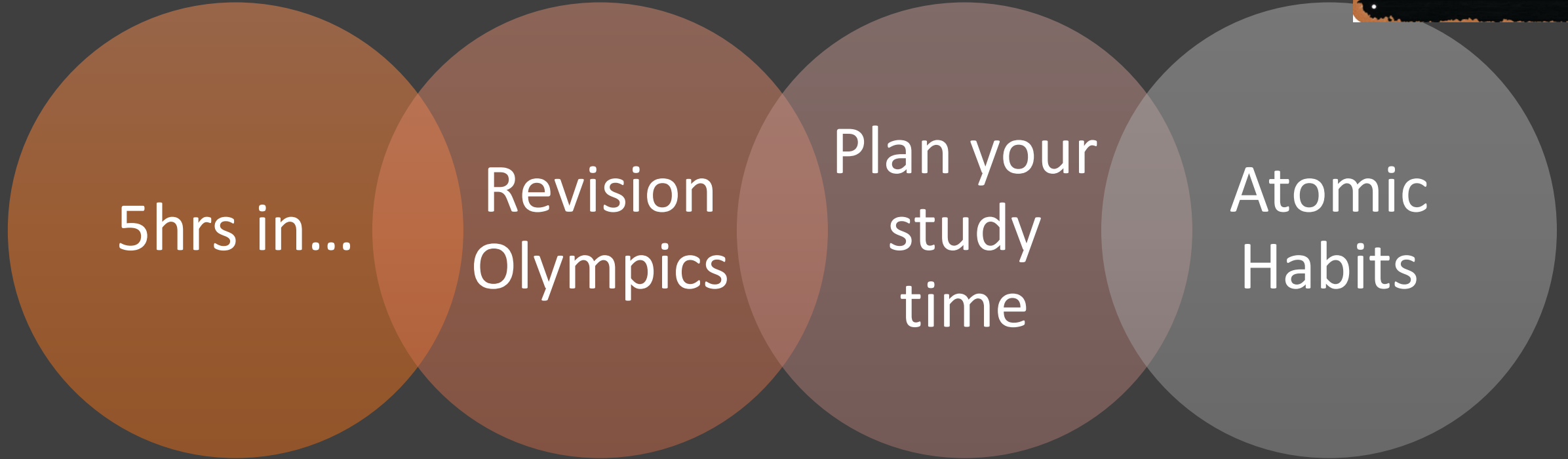
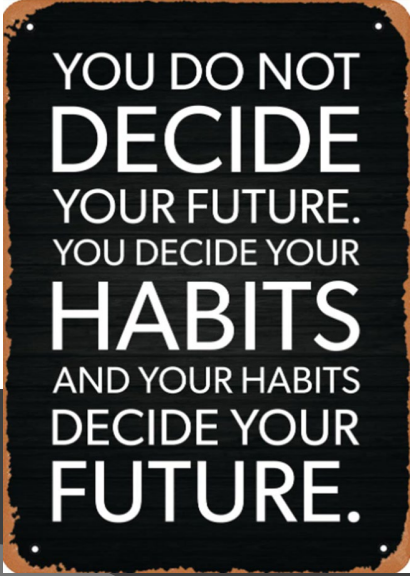
BE THE FIRST TO HEAR



# Gap year?

- <https://www.unifrog.org/teacher/search?search=gap+year> - Work book; A guide to gap years; Work abroad resources
- Start early – plan, plan, plan
- Don't waste it
- Remember UCAS and apprenticeship deadlines

# Revision





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# 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 tasks from Revision Olympics documents

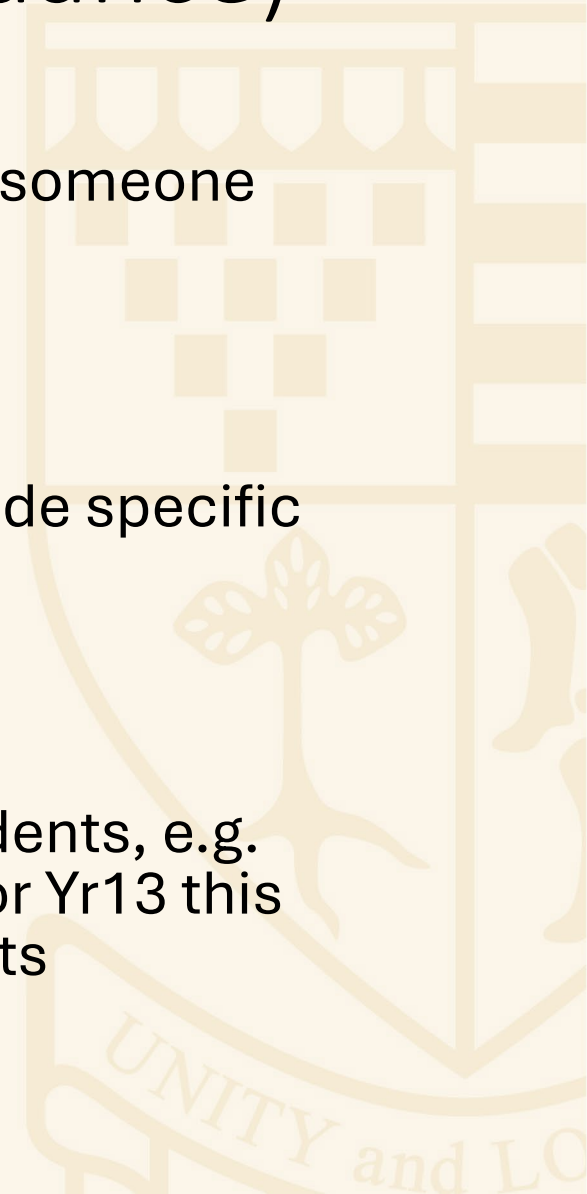
## **Proactive – 1hr 15mins**

- 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 tasks from Revision Olympics documents



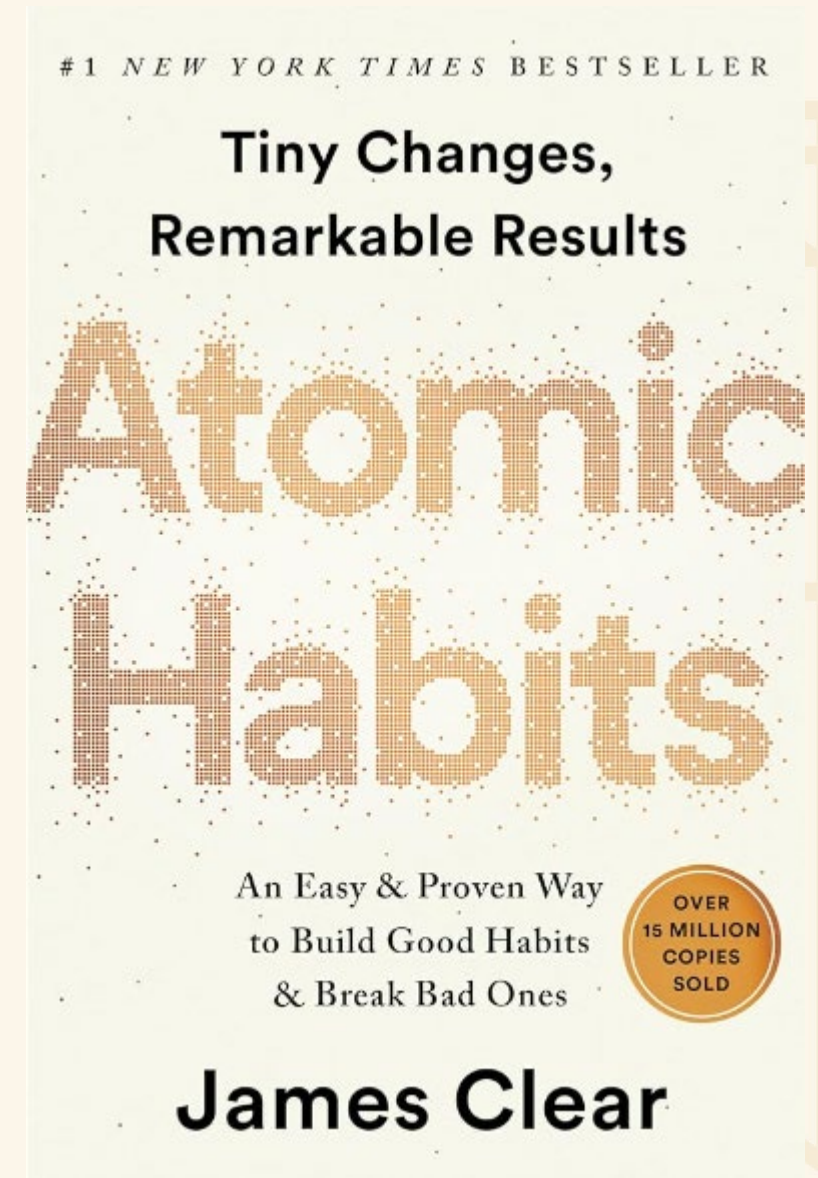
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# 5hrs in...planning

- **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



# Atomic Habits - Key Takeaways for A Level Students

- **Small Changes, Big Impact:** Focus on tiny, consistent improvements. 1% better every day leads to significant growth over time (compounding effect).
- **Systems Over Goals:** Don't just set goals; build the daily habits that lead to those goals. Your system determines your success, not just your aspirations.
- **Identity-Based Habits:** Change your beliefs about yourself. Focus on becoming the type of person who achieves your goals, not just achieving the goals themselves.

# Atomic Habits - Key Takeaways for A Level Students

## The 4 Laws of Behaviour Change:

- **Make it Obvious:** Increase visibility of good habits, reduce cues for bad ones.
- **Make it Attractive:** Associate good habits with positive emotions, bad habits with negative ones.
- **Make it Easy:** Reduce friction for good habits, increase friction for bad ones.
- **Make it Satisfying:** Reward good habits immediately, track progress to stay motivated.

# Atomic Habits - applied specifically to studying

## Study Schedule:

- **Make it Obvious:** Schedule specific study times, create a dedicated study space.
- **Make it Attractive:** Listen to motivating music, reward yourself after study sessions.
- **Make it Easy:** Prepare study materials in advance, break down large tasks into smaller ones.
- **Make it Satisfying:** Track your study progress, celebrate milestones.

## Essay Writing:

- **Make it Obvious:** Set a timer for writing, dedicate a specific time for brainstorming.
- **Make it Attractive:** Find a writing partner for feedback, reward yourself with a break after completing a draft.
- **Make it Easy:** Use templates or outlines, start with a simple sentence to get going.
- **Make it Satisfying:** Review and celebrate well-written essays, track your progress.

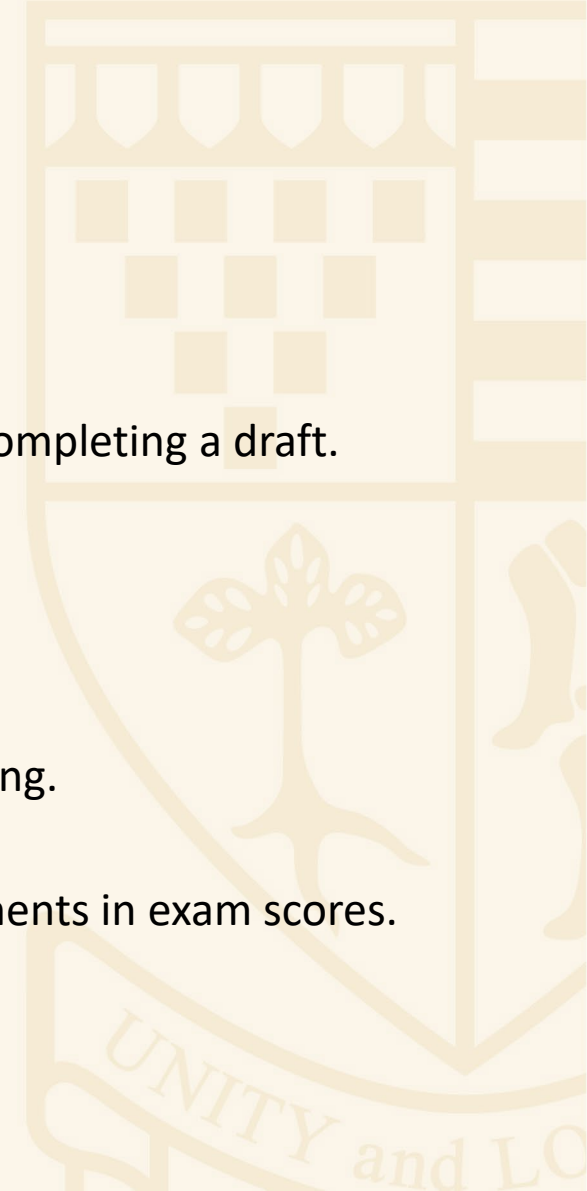
## Revision:

- **Make it Obvious:** Schedule regular revision sessions, use a planner to track progress.
- **Make it Attractive:** Study with friends, use flashcards or mind maps to make revision engaging.
- **Make it Easy:** Break down revision into smaller topics, use past papers for practice.
- **Make it Satisfying:** Reward yourself after completing a revision session, celebrate improvements in exam scores.



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# The Two Minute Rule

## The Benefits Of The 2-Minute Rule

- If you're trying to build new habits and skills, making every step of the way an easily achievable 2-minute chunk, will make you more likely to do it over and over again.

Discuss and decide  
some 2 minute habits  
you could start today!

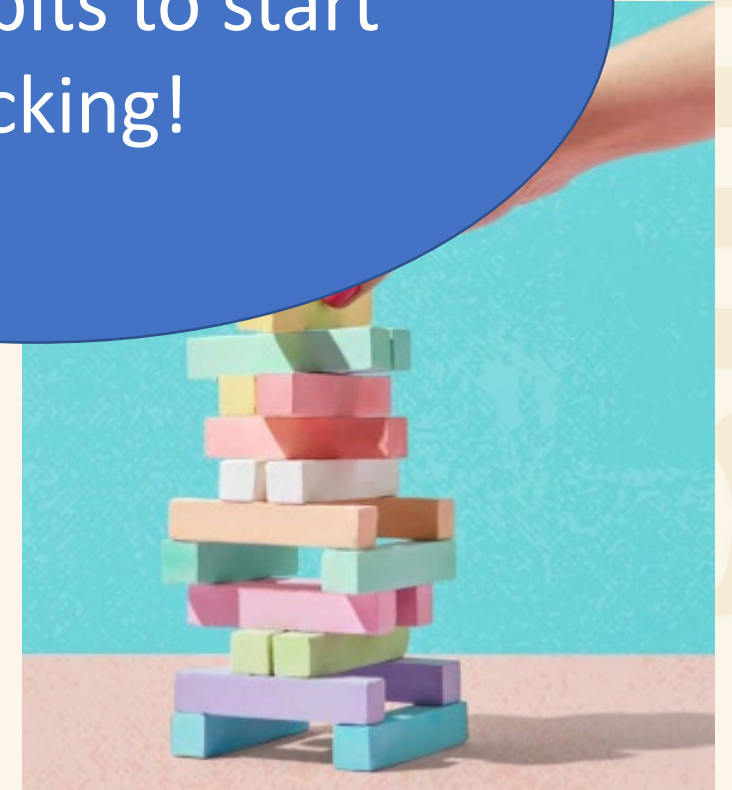
Two Minute Rule	End Goal
Meditate for 2 minutes daily	Meditate for 30 minutes daily
Read one page	Read daily
Open my notes	Study for school
Fold one pair of socks	Put away clean laundry
Put on my running shoes	Run three miles

Very Easy (Kindling)	→	Easy (Kindling + Smaller logs)	→	Moderate (Small to medium logs)	→	Hard (Medium logs)	→	End Goal (Big Logs)
Meditate for 2 minutes every day		Meditate for 4 minutes every day		Meditate for 8 minutes every day		Meditate for 14 minutes every day		Meditate for 20 minutes every day
Put on your running shoes		Walk for ten minutes		Walk 10,000 steps		Run a 5K		Run a Marathon
Write 1 sentence		Write 1 paragraph		Write 1,000 words (several pages)		Write a 5,000 word article		Write a book (~50,000 words)
Open your notes		Study for ten minutes		Study for three hours		Get straight A's		Earn a college or graduate degree
Be home by 10pm every night		Turn off all devices by 10pm every night		Be lying in bed by 10pm every night (with lights on)		Have lights off by 10pm every night		Wake up at 6am consistently
Have vegetables at each meal		Stop eating four-legged animals (cow, pig, etc)		Stop eating two-legged animals (chicken, turkey, etc)		Stop eating animals with no legs (fish, etc)		Stop eating all animal products (eggs, milk, etc)
Put on my workout clothes		Step out the door for a walk		Drive to gym, exercise for 5 minutes, then leave		Exercise for 15 minutes at least once per week		Exercise three times per week

# Habit Stacking

- **Identify a current habit:** Choose a habit you already do consistently (e.g., brushing teeth, making coffee).
- **Stack a new habit:** Decide on a new habit you want to incorporate (e.g., learn a key term, read for 10 minutes).
- **Create a trigger:** Link the new habit to the existing one (e.g., "After I brush my teeth, I will test myself with revision cards for 5 minutes").

Discuss and decide some habits to start stacking!



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UNITY and LO

# Redesign Your Environment to Make Good Habits as Easy as Possible

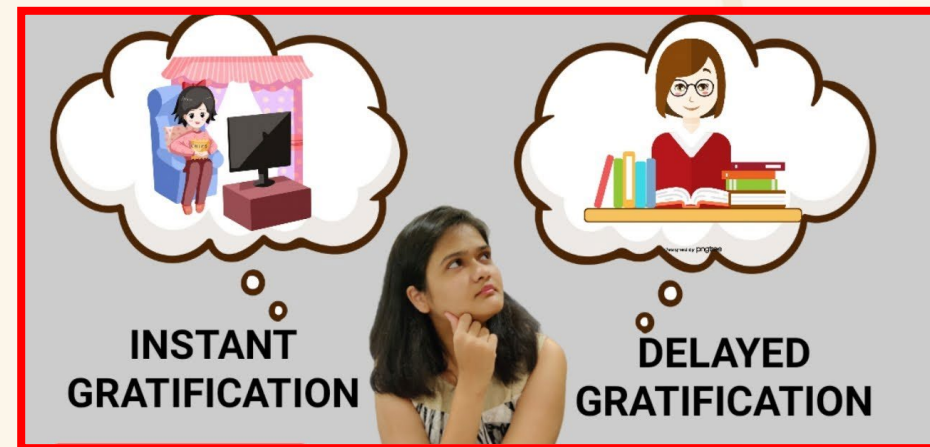
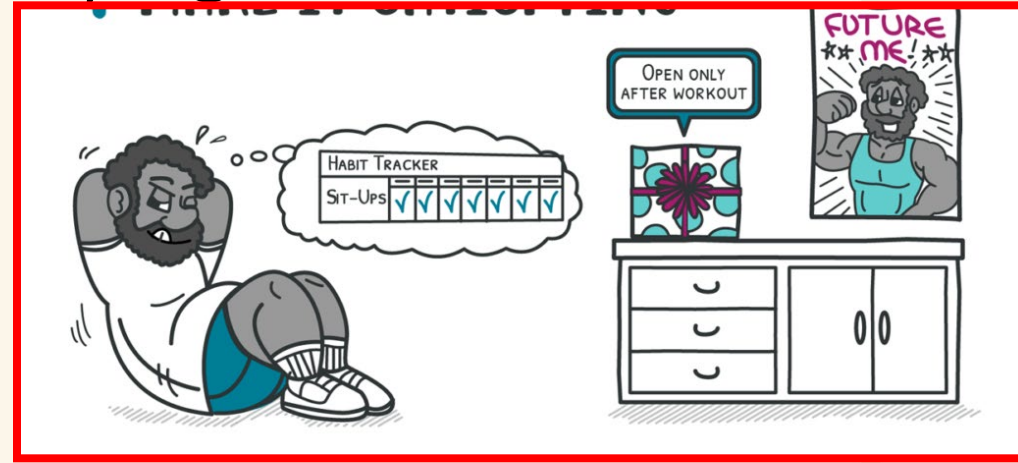
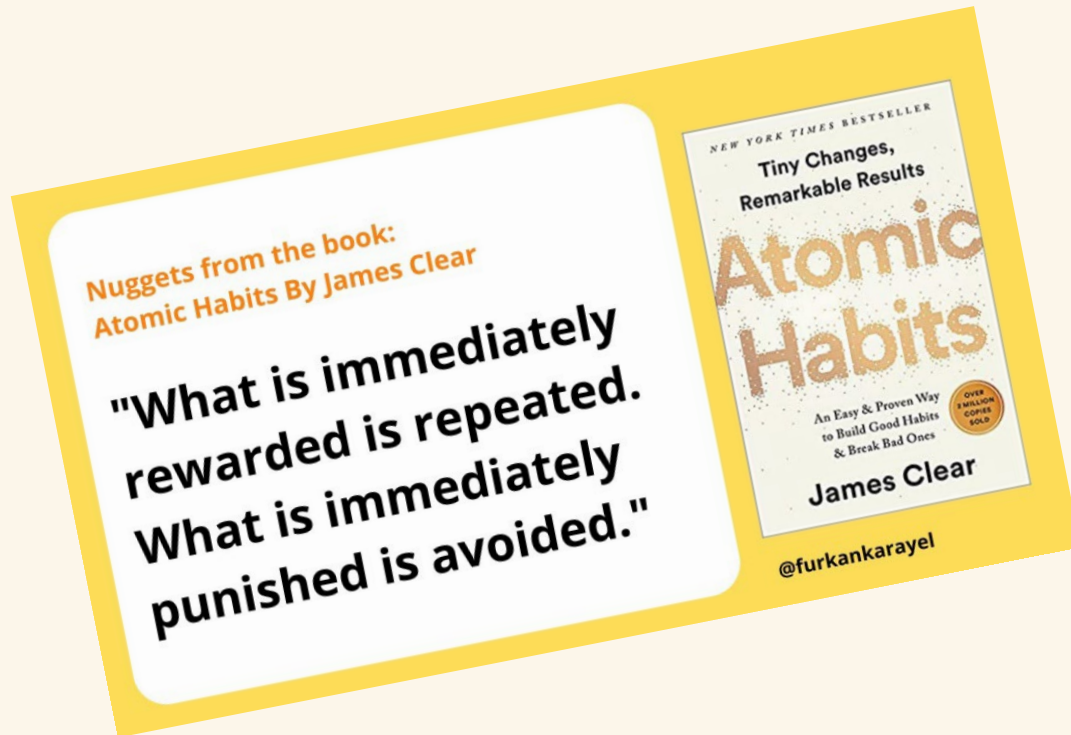
- Put your phone in another room when you are working or trying to sleep at night
- Make it harder to access your social media accounts
- Mix with people who reinforce good habits
- Unplug your games console and put it in a cupboard after use
- Place revision cards round the house



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# Make the New Habit Satisfying



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**BUT**

# THE HABIT LOOP - THE FOUR LAWS OF BEHAVIOR CHANGE

**CUE** → **CRAVING** → **RESPONSE** → **REWARD**

MAKE IT OBVIOUS

**MAKE A LIST OF YOUR DAILY HABITS**

"One of the greatest challenges in changing habits is maintaining awareness of what we are actually doing."

**HABIT STACKING**

"After \_\_\_\_\_, I will \_\_\_\_\_."

**ENVIRONMENT DESIGN**

Habits can be created more easily in new environments

If you want to learn to play the guitar, leave it in the middle of the room, not in the closet.

"One space, one use."

MAKE IT ATTRACTIVE



**TEMPTATION BUNDLING**

Create attractive behaviors while doing something you really enjoy. Run + Netflix

"Habits are attractive when we associate them with positive feelings."



- WE IMITATE**
- 1) THE CLOSE
  - 2) THE MANY
  - 3) THE POWERFUL

Join a culture where the desired behavior is the normal behavior and you already have something in common with the group

"The shared identity begins to reinforce your personal identity."

**MOTIVATION RITUAL**



Create rituals to start the day and to prepare you for a specific situation.

"Whenever you want to get in the mood, you press PLAY."

MAKE IT EASY

**REPETITION NOT PERFECTION**

With repetition you perform a behavior unconsciously, effortlessly.

"Habits are formed by frequency, not time."

**REDUCE FRICTION**



Prime the environment for future use so there is no friction.

"A new habit should not feel like a challenge."

**THE 2-MINUTE RULE**

"When you start a habit, it should take less than 2 minutes to do."

**AUTOMATE**

Whenever you can, automate good habits and automatically eliminate bad habits.



Ask someone to reset your social media password on Monday and deliver the new password on Friday.

MAKE IT SATISFYING

**IMMEDIATE SATISFACTION**



Add a little bit of immediate pleasure to habits that pay off in the long run.

"What is rewarded is repeated. What is punished is avoided."

**PERSONAL LOYALTY PROGRAM**



Make the avoidance visible. Whenever you pass on a purchase, put the same amount of money in the account.



**HABIT TRACKER**

Measure your progress. Whenever possible, automatically.

**WARNING**

**GOODHART'S LAW:**  
"When a measure becomes a target, it ceases to be a good measure."



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Are  
you  
3e?





# What **level** are you?

# What **letter** are you?

Level 1: I **READ** through my notes

Level 2: I **MAKE NOTES** from what I read

Level 3: I **TRANSFORM** my notes into another format  
(e.g. diagrams, lists, mnemonics, flash cards, tables)

Level a: I answer **PAST QUESTIONS** but avoid hard ones

Level b: I answer **HARD PAST QUESTIONS** until I get it right

Level c: I use **MARK SCHEMES** to help me improve my answers

Level d: I use **EXAMINER REPORTS** and mark schemes

Level e: I practise **AGAIN AND AGAIN** until I **KNOW** I have got it  
right and seek support when I need it



**3e Revision Style**

+

**Commitment to Hours In**

=

**Grades Out**

# Wellbeing checklist



<https://www.sheldonschool.co.uk/home/information/wellbeing/>

# Key dates

- TODAY – UCAS deadline
- w/b 26th Jan – mock exams in exam venues – study leave
- 4th – 15th Feb - Hardenhuish mock week
- w/b 9<sup>h</sup> Feb – National Apprenticeship Week and GCE Drama NEA
- Weds 11th Feb - Varsity
- Fri 13th Feb – Culture Day
- Mon 2nd March – Yr13 report goes home
- Fri 8<sup>th</sup> May – Leavers' Day
- Mon 11<sup>th</sup> May – A Level exams start
- End of May – student finance deadline - tbc
- Weds 24<sup>th</sup> June - Y13 last exam contingency day - students should be available until this day
- Tues 30th June – Yr13 ball
- Thurs 13<sup>th</sup> Aug – results day



# Sheldon Sixth Form

Questions?

@sheldonsixthform

Sixth Form Notes



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