

St Aidan's & St John Fisher Associated Sixth Form

St Aidan's Student Weekly Notices Week (B) commencing 7 May 2019

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Careers Information

Post 18 Options evening - 1 May

The PowerPoint presentations from this event can now be viewed on <http://www.staidans.co.uk/departments/careers/student-finance/>. There is also a link to key dates for students in 2019/20. Any students and parents who wish to discuss their Post 18 plans are welcome to make a careers appointment by contacting the Careers Department or call 01423 818534 or email d.bennett@staidans.co.uk

Apprenticeship/Employment/Volunteering opportunities

The Careers Department have been notified of the following apprenticeship vacancies:

- Advanced Process Operator - Heineken, Tadcaster - £14,420 base salary - see <https://career5.successfactors.eu/sfcareer/jobreqcareer?jobId=31018&company=HEINEKEN&username> for details
- Advanced Laboratory Technician - Covance, Harrogate - £13,500 starting salary - see <http://jobsearch.covance.com/jobs/1730480-Laboratory-Technician-Apprenticeship> for further information.
- Hairdressing apprentice - Westrow, Harrogate - email harrogate@westrowhair.com or call 01423 522666 for details

We have also been advised of the following employment opportunities:

- **Bar staff (over 18s only)** - Great Yorkshire Show, 9 -11 July. Please email staff@premiereventbars.co.uk if you are interested, or call **07802 167167** for further information.
- **Casual summer work** - Ridding Park Hotel & Spa. Please send a CV and covering letter with the dates you are available to recruitment@riddingpark.com
- **Legal training opportunity** - AM Davies Solicitors, Hornbeam Park. Starting salary £12,500. Email a.davies@amdavies.co.uk or call **07801 686125** for details of how to apply.
- Harrogate Library are also looking for volunteers every Thursday, 4pm-5pm, 2 May - 18 July. If you are interested, please email harrogate.library@northyorks.gov.uk or call **01609 536658**.

Please contact the Careers Department if you would like further information about any of these opportunities or if you would like any help with applications.

University residential summer schools for Year 12 students

The following summer schools are open to Year 12 students wanting to get a taste of university life:

- Harper Adams University - 8 - 9 July, all courses £45 - see harper.ac.uk/experience for details
- Keele University – 25 - 26 June, all courses £40 - see keele.ac.uk/realkeele for details
- University of Leeds:
 - 26 - 28 June - University Maths in Perspective - £140
 - 10 - 12 July - Food Science – FREE
 - 16 - 17 July - Biosciences - £50

See www.stem.leeds.ac.uk/summerschools for details or email stem@leeds.ac.uk for further information

Exam Information

EXAMS

When you arrive at an exam, do you want to:

- wait outside the exam room and delay the start of the exam while your ID is checked?
- have a conversation about whether your choice of clothes for the day is suitable for the Sixth Form dress code?
- find out which seat you are in and focus your mind on the exam?

If you want to avoid a) and b), make sure you bring your lanyard and ID and wear appropriate clothes and shoes.

Seating lists will be displayed outside CGH for all exam rooms and also displayed in the Sixth Form café and the Collins Entrance in SJF. Please make sure you arrive at least 15 minutes before the start of your exam.

Remember no watches, no labels on water bottles, no mobiles and clear pencil cases.

General Information

Senate Applications

Applications for Senate should be returned to the Sixth Form office no later than 4pm on Tuesday 7 May.

Year 13 Leavers Ball

The Ball will take place at the Pavillions in Harrogate on Friday 28 June from 7pm till midnight. Tickets are now on sale at £37.00, payment is by cash, cheque (payable to St Aidan's & St John Fisher Associated Sixth Form) or ParentPay. To purchase a ticket you need to have completed and returned your Destination Form. Tickets may be purchased from the Sixth Form Office where you can select your meal option, advise of any dietary requirements and put your name on a table. You cannot reserve a table for friendship groups, therefore to ensure you are sat with your friends; it is advisable that you go to the Sixth Form Office and buy your tickets as a group.

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Year 13 Destination Forms

Destination forms were distributed during registration, please complete them fully and accurately and return to the Sixth Form Office as soon as possible.

Debating Club

Thank you to everyone who has contributed to debating over the past few months. We've had one of our best ever years, but due to exam commitments we will suspend our meetings until after half term.

Writing Week

There are three places available for the Writing Week in tropical North Wales in July (1 to 6). If you are interested, please see Mr Pickford or Miss Rhodes in the English Department.

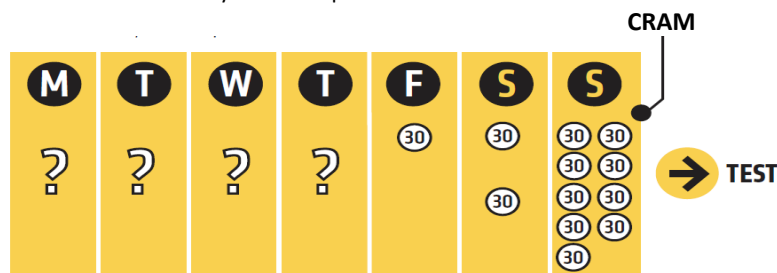
Revision advice

Over the next few weeks we will be including revision tips on the Weekly Notices. This advice is the result of research about effective learning methods: we hope that you find it useful and that it will help you to be more effective in your revision than reading through your notes or highlighting, which are popular but less successful approaches.

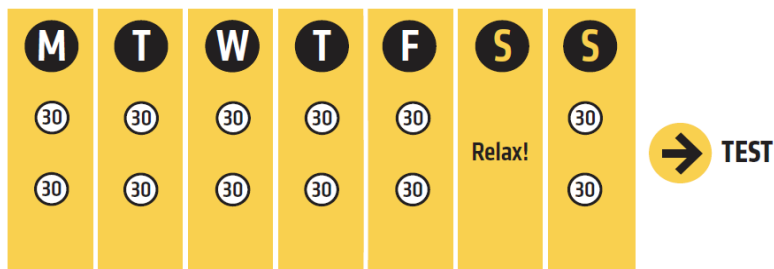
This week: Spaced Practice

Procrastination is part of human nature. Simply put, the human brain doesn't want to have to think hard and will take all kinds of shortcuts in order to avoid it. This usually results in putting things off until you have no other option but to do it last minute. By spacing out your revision in smaller chunks over a period of time, you will remember that material far better and will also be a lot less stressed. Putting off the work is a lot harder than doing the work

Let's say you have a test one week and you have 5 hours to prepare for it broken down into 30 minute chunks. Very often the process looks like this:



We call this process mass practice or cramming, and it's one of the least effective ways of learning anything. It may get you through the exam but most of the material is quickly forgotten. It also tends to make people very stressed and unable to work properly. If, for example, you do this for a mock exam in March, it's highly likely you will not retain any of what you have learned by June and will have to do the whole process again. Instead of mass practice, a much more effective way of revising is to space out your revision like this:



By breaking up your revision into 30 minute chunks and spacing out the time between revision, you will consolidate what you have learned and retain the material much more effectively.

Space out your revision: little and often is much more effective than all at once.

Thank you