



## Post 16 Newsletter

23 April 2021

Dear Parents and Carers,

### Year 13

As our students continue with their assessments, we are supporting them with revision and keeping them motivated through CPD sessions. These sessions will run for the next two weeks.

Our psychology specialist, Miss Hudson, has delivered some interactive sessions as additional support, looking at subject-specific revision strategies and students have participated by keeping a log of their own examples. This will be continued next week looking at the role of memory in revision to give everybody the opportunity to maximise their success.

### Form Time

Form time activities have been delivered based on students' requests. The themes have been Deferred Entry to University:

- What it means
- When and how to do it
- Discussions around whether a gap is a consideration for some

This was followed by action planning for those people who are not going to university yet or at all. It is important to say at this stage, that students can come back to us at any time after they have left for help with university and job applications, advice or interview preparation support.

Gap years are not just for people deferring entry to university; many students benefit from an extra year of working and volunteering, taking an additional course of study or MOOC, travelling, exploring career and job options. We want students to get the message that they do not have to rush into something that isn't what they want due to feeling under pressure. It is usual for students to have several ideas about their future career or no idea at all just yet. As long as they have a plan and know where to get support, that's all that matters.



You can also watch this video which I shared with Year 13 about ideas for gap years.

[35 Ideas to do in your Gap Year!! ✨ From Backpacking, to Internships. || Gap Year Advice - YouTube](#)

Students on the apprenticeship route have been advised to build a profile on LinkedIn and to research their chosen companies and follow them on Facebook; a great way to get information about recruitment days.

### **Preparation for University - how you can help**

It goes without saying that students will feel prepared for the academic challenge of university but for those that are moving away from home, this requires a different set of life skills! Here are some tips for you to help get your child ready for independent living - and it's worth getting that routine started now whilst they are still managing their school work load as this will mirror university life:

#### **Budgeting**



You will have had discussions at home about the level of financial support your child can expect from you, all families are different with individual circumstances.

Work out what your child will be awarded from the maintenance loan - see website below

#### **Student Maintenance Loans guide 2021 - Save the Student**

Then, work out the yearly cost for their accommodation - usually, the maintenance loan will cover most of it, not all.

The main costs will be socialising and food shopping. Socialising is really important for making friends, exploring their new surroundings and getting settled in so, my advice is to make allowances for the first month or so by supplementing their piggy banks. There will be lots going on during Fresher's Week/month that they should be signing up for and nobody wants to be stuck in their room whilst everybody else is going out!

To work out how much they need for food, try this:

- Let them go to the supermarket and do what they would consider to be a weekly shop, including toiletries.
- Let them make all of their meals for that week - this not only gives them a realistic sense of what they eat in a week but also teaches them time management, how to cook and to learn from experience! Try not to get involved as you won't be there when things go wrong. Do help them reflect on their success and failure.
- Scrutinise what they have spent their money on - you can be sure that there are ways to save money by swapping to supermarket own brands or changing where they shop.
- Meal Planning - try going through some simple recipes for them to try and plan their meals for a week. Ask them to write a list of ingredients and send them back to the supermarket. Shopping to a menu makes it easier to avoid impulse buying and gives them more money for socialising!

Once they have done this for a few weeks, made mistakes, spent too much, run out of food, they will have learnt some valuable coping strategies and you will know how much they are going to need from you.



It goes without saying that nearly all students have to get a job while they are at Uni to support themselves but if they already have a job, negotiate how much they need to save each month on the run up to leaving for uni.

This is a personal decision, but my advice would be to avoid giving them a lump sum and then expecting them to budget - the temptation might be too much! Instead, agree to give them a weekly allowance which will be easier for them to manage.

All universities have access to a hardship fund, accessible through the Students' Union which students can apply for if there are financial difficulties at home. This money is free and does not need to be paid back.



*More tips and activities next week!*

## Year 12

Following on from VWEX - Virtual Work Experience - before Easter, Year 12 had individual conversations with their tutors about what they did and the skills they have learnt. They should now be able to update their Unifrog Key Competencies with examples of each key area from using their initiative to communication skills.

Next week, the focus will be on exploring university as a pathway and, in the meantime, if you want to know more about the process, look at the UCAS website with your child. It will tell you everything you need to know from the finance to living away from home.

[Undergraduate | UCAS](#)

[Student finance - GOV.UK \(www.gov.uk\)](#)

There will be CPD sessions on how to search for courses and the pros and cons of going to uni. I will keep in touch with you as we head towards the registration process.

Best wishes,

Mrs Pearson