



CARDINAL NEWMAN  
CATHOLIC SCHOOL

# Yr11 into Yr12

## Transition

## Booklet

Your journey starts  
here...



Name:



CARDINAL NEWMAN  
CATHOLIC SCHOOL

Instructions for completing Yr11 into Yr12  
transition tasks:

1. Choose 4 tasks from each page.
2. Complete the activities in the description or link during the summer break.
3. Where relevant, present what you have learned (an example learning journal is below OR ppt, artwork, information sheet, image board, poster, short film, animation, comic strip, photo montage, speech, letter, fiction writing etc).

*Create a portfolio of your work (in hard copy, printed out) for your first week in Yr12.*

*You will be referencing your portfolio during the Study Skills sessions.*

Example note taking sheet:

Learning Journal

Title of activity:

Date:

Time spent:

<b>Background</b> What is the context of this session? What has been studied/determined already?	
<b>Methods/nature of study in this session</b> What is the objective?	
<b>Results</b> What did you learn? Were there any surprises/highlights?	
<b>Data</b> What was the most striking thing you learned? Why did the course include these (linked to the objective)?	
<b>Conclusions</b> What did you learn overall?	
<b>Next steps</b> What is implied or proposed for future study?	



<p>Take the <a href="#">Buzz Quiz</a> to find out about your personality profile. Write a commentary on the findings. Were there any surprises? Does this reflect your personality? Do you think the suggested types of job might suit your personality?</p>	<p>Look at the list of job types here: <a href="https://icould.com/explore#job">https://icould.com/explore#job</a> type Choose a sector you might want to know more about and watch three videos of people talking about their jobs in this sector.</p>	<p>In one column, list the characteristics and qualities which you think are your strengths and the types of work you like doing. Next, in a second column, list the things that interest you less, or you do not feel are your strengths.</p>	<p>Do this skills assessment to find out what kind of career you might be suited for. <a href="https://beta.nationalcareers.service.gov.uk">https://beta.nationalcareers.service.gov.uk</a></p>
<p>Ask a member of your family or friend about their job. Find out what they do, what skills and experience they needed to access their career and what they like and dislike about it.</p>	<p>Use the course to career tool here to explore the different pathways to jobs that are of interest to you. <a href="https://icould.com/stories/expl">https://icould.com/stories/expl</a> <a href="https://icould.com/stories/expl">ore-linksbetween-courses-and-careers/</a></p>	<p>From the three videos, make a list of all the things that these people said they love about their jobs.</p>	<p>Choose other sectors that might interest you and repeat the process in the previous two boxes (to the left).</p>
<p>Explore the BBC bitesize website to find out about routes into different careers. It is full of useful videos and articles. <a href="https://www.bbc.co.uk/bitesize/tags/zrrh8xs/cvs/1">https://www.bbc.co.uk/bitesize/tags/zrrh8xs/cvs/1</a></p>	<p>Download and read these subject guides for each of your subjects. <a href="https://bit.ly/39uZfXy">https://bit.ly/39uZfXy</a></p>	<p>Watch some of the videos on this site and explore different careers. <a href="https://www.thewowshow.org/students/">https://www.thewowshow.org/students/</a></p>	<p>Explore this website to learn more about the routes to different careers. <a href="https://www.youthemployment.org.uk/careers-hub/">https://www.youthemployment.org.uk/careers-hub/</a></p>
<p>Download this Powerpoint from the Lancashire Careers and Enterprise hub and explore the links. <a href="https://bit.ly/2R6YJbX">https://bit.ly/2R6YJbX</a></p>	<p>Read this article about labour market information (LMI) which tells you where the jobs are, what they are paid etc. <a href="https://icould.com/stories/usin">https://icould.com/stories/usin</a> <a href="https://icould.com/stories/usin">g-lmi-careersdecisions/</a></p>	<p>Use this section to explore the careers to which your favourite subjects could take you. <a href="https://www.bbc.co.uk/bitesize/articles/z">https://www.bbc.co.uk/bitesize/articles/z</a> <a href="https://www.bbc.co.uk/bitesize/articles/z">hst2s g</a></p>	<p>Use this website to find out about some major companies. Make a list of what interests you about the opportunities on offer. <a href="https://careemap.co.uk/organisations/">https://careemap.co.uk/organisations/</a></p>
<p>Find the names of the 10 largest employers in your area. Research their website to find out how many people they employ and in what roles? Do any of them offer degree or higher apprenticeships?</p>		<p>Use the careerometer tool <a href="https://careemap.co.uk/careerometer/">https://careemap.co.uk/careerometer/</a> to research different jobs. You can then use the links to explore apprenticeship and graduate opportunities.</p>	<p>On this website, you can ask employers questions in a live chat. <a href="https://learnliveuk.com/careers/">https://learnliveuk.com/careers/</a> Ask them a question and watch some of the videos.</p>



<p>Find out about degree apprenticeships by reading this article and completing the worksheet. <a href="https://careemap.co.uk/degreeapprenticeships/">https://careemap.co.uk/degreeapprenticeships/</a></p>	<p>Read here about entry requirements for university. Consider what grades you are expecting to achieve and what else you need to do in order to prepare for the course you want. <a href="https://bit.ly/3aEzoh9">https://bit.ly/3aEzoh9</a></p>	<p>Read this article about what employers want in a CV. <a href="https://icould.com/stories/cv-employers-want/">https://icould.com/stories/cv-employers-want/</a></p>
<p>Watch this video about degree apprenticeships. <a href="https://careemap.co.uk/video/what-are-degree-apprenticeships/">https://careemap.co.uk/video/what-are-degree-apprenticeships/</a> and explore other videos that interest you in this section. <a href="https://careemap.co.uk/careemaplive/">https://careemap.co.uk/careemaplive/</a></p>	<p>Read this article about student finances and watch the Martin Lewis video. <a href="https://www.prospects.ac.uk/applying-for-university/student-loans-and-finance">https://www.prospects.ac.uk/applying-for-university/student-loans-and-finance</a></p>	<p>From everything you have found out here, make a list of jobs that you think would be of interest and the qualifications you would need to access them.</p>
<p>Once you have an idea of subjects you might wish to study, and chosen universities, use the offer grade calculator you see what offers you might get. <a href="https://www.ucas.com/advisers/offer-ratecalculator/">https://www.ucas.com/advisers/offer-ratecalculator/</a></p>	<p>Read this article about careers of the future. Write a paragraph about how this might affect your decision making. <a href="https://careemap.co.uk/careers-of-the-future/">https://careemap.co.uk/careers-of-the-future/</a></p>	<p>Download the Careermag to find out about the different sectors and opportunities available. There are also blogs written by different people that may be insightful for you to read. <a href="https://careemap.co.uk/careermag/">https://careemap.co.uk/careermag/</a></p>
<p>If you would like some one-to-one advice from a professional careers adviser, you can get this free here via webchat or a phone line. Make a list of the questions and contact them. <a href="https://nationalcareers.service.gov.uk/contactus">https://nationalcareers.service.gov.uk/contactus</a></p>	<p>Explore this government website about apprenticeships and find out more about how to apply for one. <a href="https://www.apprenticeships.gov.uk/apprentic/e/what-is-an-apprenticeship">https://www.apprenticeships.gov.uk/apprentic/e/what-is-an-apprenticeship</a></p>	<p>Read this article about choosing a university and make notes. <a href="https://www.timeshighereducation.com/student/advice/seven-tips-choosing-right-universityyou-and-where-find-them">https://www.timeshighereducation.com/student/advice/seven-tips-choosing-right-universityyou-and-where-find-them</a></p>
<p>Follow this link for a range of resources you can explore to find out more about apprenticeships. <a href="https://amazingapprenticeships.com/resources/">https://amazingapprenticeships.com/resources/</a></p>	<p>The UCAS website contains a wealth of information to help you to plan the next steps. Start here by making a list of the pros and cons of university/apprenticeships/taking a gap year/going straight into employment. <a href="https://www.ucas.com/what-are-my-options">https://www.ucas.com/what-are-my-options</a></p>	<p>Use this website to take virtual tours of universities that interest you. Note the pros and cons on a table. <a href="https://www.ucas.com/undergraduate/whatand-where-study/open-days-and-events/virtual-tours">https://www.ucas.com/undergraduate/whatand-where-study/open-days-and-events/virtual-tours</a></p>
<p>Use this government website to see what kinds of vacancies will be coming up. Make a list of the kinds of apprenticeships that interest you. <a href="https://amazingapprenticeships.com/vacancies/">https://amazingapprenticeships.com/vacancies/</a></p>	<p>Use Google Maps to locate universities that might interest you. Go to the website of these universities and make a list of courses of interest. Note key information.</p>	<p>Use all of the information you have found out to write up a plan of what you need to do between now and leaving school, in order to develop your career plans.</p>



<p><b>Leadership</b> Whether you love football or not, Jurgen Klopp, manager of Liverpool FC, shows how his leadership has turned the team around. Watch the clip. Do you agree that this is what a leader should be? <a href="https://www.youtube.com/watch?v=4jWZVtkJdC0">https://www.youtube.com/watch?v=4jWZVtkJdC0</a></p>	<p><b>Leadership</b> In any job, you will come across so many different styles of leadership, some good, some not so good. Simon Sinek explores 'How great leaders inspire action' In this TED talk. <a href="https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action">https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action</a></p>	<p><b>Leadership</b> In a follow up TED talk, leadership expert Simon Sinek asks the question: what makes a good leader? Listen to his talk 'Why good leaders make you feel safe'. <a href="https://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe">https://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe</a></p>
<p><b>Organisation</b> What does being organised mean? A tidy room, being on time, not forgetting birthdays? Write down five thoughts on what being organised means to you, and then reflect on how well you organise yourself. Then, set yourself a target for how you will be more organised.</p>	<p><b>Organisation</b> Preparing for your next steps in Sixth Form. The video below gives 6 tips to help you. <a href="https://www.youtube.com/watch?v=lahnCN3PxV8">https://www.youtube.com/watch?v=lahnCN3PxV8</a></p>	<p><b>Organisation</b> Be prepared for your next interview: research the company and the leadership team so you know their background, values and ethos. It will be sure to impress your future boss/bosses.</p>
<p><b>Resilience</b> Write down a time where you have overcome a barrier and shown resilience. How did you feel when you hit the barrier? How did you feel when you overcame it?</p>	<p><b>Resilience</b> What barriers are you likely to face in the next chapter in Sixth Form? Write down five things you are worried about and five possible solutions</p>	<p><b>Resilience</b> How do you cope with rejection? These ten talks, 'Talks to help you shake off rejection', might just help to Inspire you. <a href="https://www.ted.com/playlists/234/talks_to_help_you_shake_off_rejection">https://www.ted.com/playlists/234/talks_to_help_you_shake_off_rejection</a></p>
<p><b>Initiative</b> When did you last take the initiative to do something without being told or asked? Write down three examples of where you have shown initiative and how it made you feel.</p>	<p><b>Initiative</b> Random acts of kindness are often described as taking the initiative. Try and do a random act of kindness for someone you live with. Click on the link for some ideas. <a href="https://www.mentalhealth.org.uk/blog/randomacts-kindness">https://www.mentalhealth.org.uk/blog/randomacts-kindness</a></p>	<p><b>Initiative</b> Whatever your next step, take the initiative to complete a short online course. This could be a MOOC (Massive Open Online Course) on a subject of your choice <a href="http://www.futurelearn.com">www.futurelearn.com</a></p>
<p><b>Communication</b> Non-verbal communication (body language) is just as important as the spoken word. It is often the case that body language gives away our true feelings. Find out more here: <a href="https://www.verywellmind.com/understand-bodylanguage-and-facial-expressions-4147228">https://www.verywellmind.com/understand-bodylanguage-and-facial-expressions-4147228</a></p>	<p><b>Communication</b> Mind Your Slang! This article gives arguments for and against slang and where it is acceptable to use slang. Read the comments section too and then have your say! <a href="http://news.bbc.co.uk/1/hi/magazine/8388545.stm">http://news.bbc.co.uk/1/hi/magazine/8388545.stm</a></p>	<p><b>Communication</b> 'The Art of meaningful conversation' is a series of TED talks which help you to move beyond everyday small talk and help you to start conversations. <a href="https://www.ted.com/playlists/211/the_art_of_meaningful_conversation">https://www.ted.com/playlists/211/the_art_of_meaningful_conversation</a></p>
<p><b>Leadership</b> If you are feeling brave, take a psychometric test to see if you are, or will be in time, a successful leader in your chosen career. <a href="https://www.psychometrictest.org.uk/leadership-test/">https://www.psychometrictest.org.uk/leadership-test/</a></p>	<p><b>Resilience</b> 'The Science of Resilience' asks the question 'is resilience in our genes?'. An interesting 28- minute radio programme that is well worth the listen. <a href="https://www.bbc.co.uk/programmes/b07cvhrs">https://www.bbc.co.uk/programmes/b07cvhrs</a></p>	<p><b>Communication</b> Communication with Strangers is a series of comic monologues exploring the awkwardness of making small talk with someone you don't know. An amusing and entertaining listen. <a href="https://www.bbc.co.uk/sounds/series/b070pf9k">https://www.bbc.co.uk/sounds/series/b070pf9k</a></p>



<p><b>Love of Learning</b> Pick a topic that you have studied in each one of your subjects at GCSE. Write a short paragraph as to why you loved learning about this topic so much, in no more than 100 words.</p>	<p><b>Reading and Research</b> Go on to a university website and find the recommended reading list for a course you might like to attend. You do not have to read them all, just simply dip in and out. Use the <a href="http://free-ebooks.net">free-ebooks.net</a> to get the books for free (you can borrow 5 per month).</p>	<p><b>Reading and Research</b> When you have found the reading list for your course, do some further research on the authors. Make a note of who you are researching and three facts you have discovered.</p>
<p><b>Interesting to Teach</b> You will take part in a variety of lessons in Sixth Form. By having your own opinion, you will be interesting to teach! Take a recent newspaper article. Review it then practise presenting your findings out loud. This will get you used to public speaking.</p>	<p><b>Interesting to Teach</b> For some, the idea of speaking in small groups and voicing an opinion can be more terrifying than addressing a large audience. Get some hints and tips from famous experts for whom speaking is their job. <a href="http://www.bbc.co.uk/speaker/improve/">www.bbc.co.uk/speaker/improve/</a></p>	<p><b>Interesting to teach</b> Be a good listener is an important skill to have, if you listen to others' ideas fully, you will have a better discussion, and you may also learn a thing or two. Watch the video on 'Being a good listener' to see how good you are! <a href="https://ed.ted.com/best_of_web/foptnjVE">https://ed.ted.com/best_of_web/foptnjVE</a></p>
<p><b>Critical Thinker</b> '5 tips to improve your critical thinking' is a short video to help you get started when making decisions and forming opinions. <a href="https://ed.ted.com/lessons/5-tips-to-improve-yourcritical-thinking-samantha-agoos">https://ed.ted.com/lessons/5-tips-to-improve-yourcritical-thinking-samantha-agoos</a></p>	<p><b>Critical Thinker</b> If you are feeling brave, take the free psychometric test which will assess your ability to make inferences and assumptions and to reason logically with arguments. <a href="https://www.assessmentday.co.uk/free/watsonglaser/freetest1/FullTest/">https://www.assessmentday.co.uk/free/watsonglaser/freetest1/FullTest/</a></p>	<p><b>Critical Thinker</b> This radio 4 programme explores the value of critical thinking and how it can be nurtured. Think critically when listening! Do you agree with all who contribute? <a href="http://www.bbc.co.uk/programmes/b08x8n8g">www.bbc.co.uk/programmes/b08x8n8g</a></p>
<p><b>Love of Learning</b> Log on to Gresham College. Go to the 'About Us' tab and select 'Schools and Colleges', then click on your subject and watch a lecture/lectures of your choice. Make notes on the three most interesting points made. <a href="http://www.gresham.ac.uk">www.gresham.ac.uk</a></p>	<p><b>Love of learning</b> On BBC Sounds, find a podcast based on your subject area. Listen to the podcast and write the three most inspiring points made in the podcast <a href="http://www.bbc.co.uk/sounds">www.bbc.co.uk/sounds</a></p>	<p><b>Open Minded</b> Annotate the Carol Dweck Growth Mindset image, found in the blog below, with the challenges you will face in Sixth Form and later at university. Will this change at different times of the year? <a href="http://fs.blog/2015/03/carol-dweck-mindset/">http://fs.blog/2015/03/carol-dweck-mindset/</a></p>
<p><b>Open minded</b> Find an article or TED talk or podcast where your new A Level subject is being criticised or challenged, listen with an open mind then write a one paragraph response defending your subject. <a href="http://www.ted.com">www.ted.com</a></p>	<p><b>Open minded</b> Watch the Carol Dweck TED talk 'The power of believing that you can Improve'. Write down the three most important points that Carol Dweck makes in her talk. <a href="http://www.ted.com">www.ted.com</a></p>	<p><b>Reading and Research</b> TED talks are a fantastic way to hear from leading experts in your field of interest. Simply log on to <a href="http://www.ted.com">www.ted.com</a> and type in your particular interest. TED talks are no longer than 18 minutes per talk so you could aim to listen to three a week.</p>



<p>Think back over your time in KS4: when did you struggle to study effectively? Why? Reflect on what you think the key skills will be that you will need to develop for your Level 3 course. List them in order of priority</p>	<p>Understanding what referencing is, and when you need to do it, is essential. This activity will ensure you're prepared. <a href="https://www.escholar.manchester.ac.uk/learning-objects/mle/introducing-referencing/story_html5.html">https://www.escholar.manchester.ac.uk/learning-objects/mle/introducing-referencing/story_html5.html</a></p>	<p>Essays Listen to this presentation and remind yourself of the basics. Most A Level courses are likely to include essays of some description. <a href="https://libguides.leedsbeckett.ac.uk/skills-for-learning/">https://libguides.leedsbeckett.ac.uk/skills-for-learning/</a></p>
<p>Practise taking notes for a variety of purposes. Read these hints from the University of Leeds to support the activities that follow. <a href="https://library.leeds.ac.uk/info/1401/academic_skills/85/note_making">https://library.leeds.ac.uk/info/1401/academic_skills/85/note_making</a></p>	<p>Do not let your punctuation and grammar let you down. You'll not only lose marks; you'll give a bad impression. Check out these activities.</p>	<p>It is very likely that you will be asked to do a presentation during your course; practise by working your way through this guided simulation. <a href="https://www.escholar.manchester.ac.uk/learning-objects/mle/presentations/planning/story_html5.html">https://www.escholar.manchester.ac.uk/learning-objects/mle/presentations/planning/story_html5.html</a></p>
<p>Choose three (or more) of these podcasts to listen to and take notes of your main learning points that you can focus on during the next few months <a href="https://libguides.leedsbeckett.ac.uk/skills-for-learning/">https://libguides.leedsbeckett.ac.uk/skills-for-learning/</a></p>	<p>Do not let your punctuation and grammar let you down. You'll not only lose marks; you'll give a bad impression. Check out these activities. <a href="https://www.ole.bris.ac.uk/bbcswbdav/courses/Study_Skills/grammar-and-punctuation/index.html#/id/5eafef1688d7eb04c5efb3dc">https://www.ole.bris.ac.uk/bbcswbdav/courses/Study_Skills/grammar-and-punctuation/index.html#/id/5eafef1688d7eb04c5efb3dc</a></p>	<p>Watch this lecture about growth mindset. Note down what you need to work on in order to start Level 3 courses <a href="https://www.youtube.com/watch?v=hiiEeMN7vbQ">https://www.youtube.com/watch?v=hiiEeMN7vbQ</a></p>
<p>Watch a university lecture related to your intended course. Practice making notes as you listen. Go through the lecture again to add to your notes. <a href="https://oyc.yale.edu/">https://oyc.yale.edu/</a></p>	<p>Learn how to manage your time effectively. Try out the Pomodoro Technique on the activities you are going to do from this grid. <a href="https://www.youtube.com/watch?v=H0k0TQfZGSc">https://www.youtube.com/watch?v=H0k0TQfZGSc</a></p>	<p>Critical thinking is a vital skill set in Sixth Form, you will be introduced to new concepts and new ways of learning. Enrol on this free course that will ensure a flying start. <a href="https://www.futurelearn.com/courses/critical-thinking-at-university?utm_source=google&amp;utm_medium=paid_search&amp;utm_campaign=fl_bau_prospecting_upgrade_dsa_english&amp;gclid=EAIaIqobChMI0oW0vrHh-AIV_YBaBR0a5wj0EAAYASAAEgLSRPD_BwE">https://www.futurelearn.com/courses/critical-thinking-at-university?utm_source=google&amp;utm_medium=paid_search&amp;utm_campaign=fl_bau_prospecting_upgrade_dsa_english&amp;gclid=EAIaIqobChMI0oW0vrHh-AIV_YBaBR0a5wj0EAAYASAAEgLSRPD_BwE</a></p>
<p>You might think that you know social media inside out. Look at these workshops and note down how each platform could support your studies. <a href="https://www.escholar.manchester.ac.uk/learning-objects/social-media-guide/">https://www.escholar.manchester.ac.uk/learning-objects/social-media-guide/</a></p>	<p>Get digital savvy. Explore a range of apps, such as Cold Turkey, EndNote (free version) and Evernote, that will help you to focus on, and organise, your studies.</p>	<p>Do you sometimes find yourself over-using a word, such as 'therefore'? Have a look at Phrase Bank. Which will be the most useful for you? <a href="https://www.phrasebank.manchester.ac.uk/using-cautious-language/">https://www.phrasebank.manchester.ac.uk/using-cautious-language/</a></p>