

Transition: Life after KS4



We are learning:

- ✔ about managing the challenges some young people might face as they move from key stage 4 to the next stage of their lives.



We will be able to:

- ✔ identify the range of opportunities and challenges young people might encounter as they move to college/sixth form.
- ✔ explain strategies to help manage these challenges.
- ✔ analyse sources of support and personal networks of support.

Finishing Year 11

Finishing Year 11 can be an exciting experience, but it might also come with some worries.

Using the grid in **Resource 1**, add any ideas you have in response to the 4 key questions about what someone in Year 11 might be thinking, or how they might be feeling.

What might someone in Year 11 miss about school?

E.g. particular classes, some friends or peers

What might they be glad to leave behind?

E.g. a particular subject that they do not have to do anymore

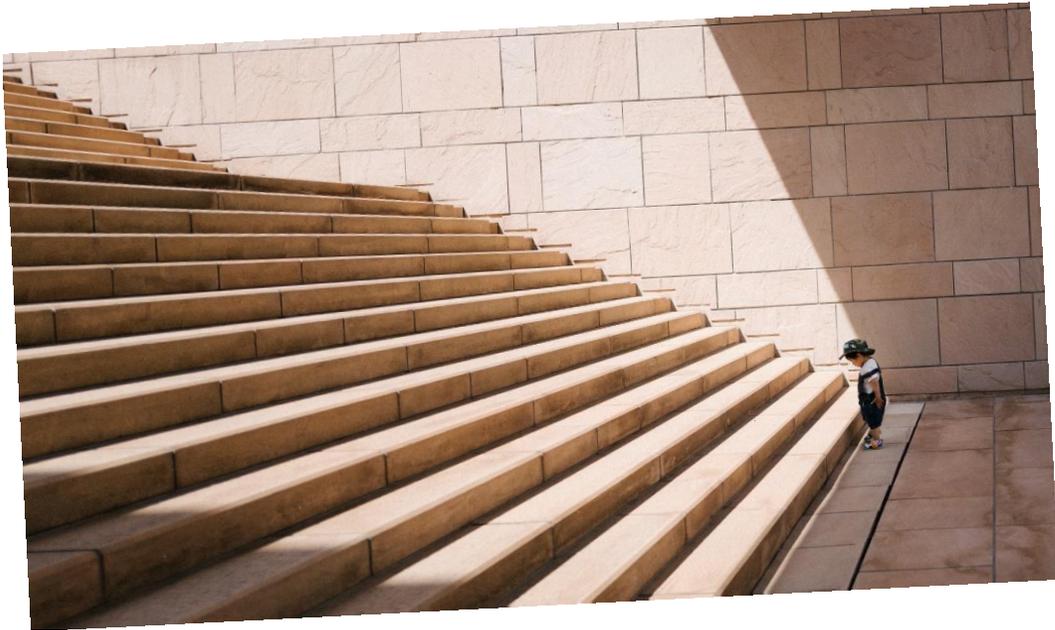
What next steps might they be excited about?

E.g. studying new subjects

What concerns about the next steps might they have?

E.g. the first day of a new college/school

Managing current challenges



It might feel like quite a difficult time for Year 11s at the moment, with some students feeling additional worries about their futures due to the impact of Coronavirus.

Read the concerns expressed by the individuals in **Resource 2**.

Underneath each, in the blank speech bubble, add a short reply suggesting some advice or strategies to each Year 11 student, to help them manage their concern, challenge or worry.

Managing current challenges

Click each speech bubble to reveal some suggestions of advice...

It's not for a while, but I'm already worried about first day of college. There was meant to be an induction day, but this has had to be cancelled. I'm not going to know anyone, so I'm getting really nervous about finding my way around and going to the right place when I turn up.

I'm worried about the transition to A-levels. I don't know how I'm going to handle the work when I didn't even get to properly finish some of my courses for GCSE. It's such a long time now until A-levels start and I'm already losing my motivation to do any work.

My friends and I have been feeling quite stressed lately – every time we talk about our GCSEs, we all get a bit snappy with each other. I know we are all worried about our results, but I'm also worried about how we are going to keep our friendships going when we aren't able to see each other and we are going to different places for college and sixth form.

Thinking ahead

Despite the current challenges, there are lots of things to look forward to over the next couple of years and lots of changes will occur in the move from key stage 4.

For each change in **Resource 3**, add a 'pro' (a positive about the change) next to the + and a 'con' (something about the change that might present a challenge) next to the - .



 New subjects, lessons and classmates
+
-

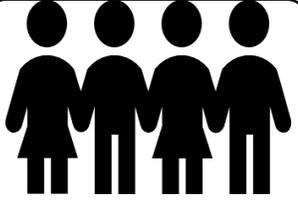
 Greater independence (e.g. being able to leave school/college site during the day)
+
-

 Planning for the future (e.g. career, university, apprenticeship etc.)
+
-

 Greater opportunities in personal life, (e.g. learning to drive, getting a part-time job etc.)
+
-

Need help? See some suggestions on the next slide...

Thinking ahead



New subjects, lessons and classmates

- + Passion for subjects, new teachers, wider social circle
- Increased workload, exam worries, deadlines, grades

Strategy:



Greater independence (e.g. being able to leave school/college site during the day etc.)

- + Greater freedom, autonomy, ability to make own decisions
- Greater responsibility to be organised, manage time etc.

Strategy:



Planning for the future (e.g. career, university, apprenticeship etc.)

- + Focus on own goals, make own decisions
- Uncertainty about future, completing applications, interviews etc.

Strategy:



Greater opportunities in personal life, (e.g. learning to drive, getting a part-time job etc.)

- + learning new skills, increasing independence, meeting new people
- Managing time, money etc.

Strategy:

Can you think of any strategies that could help manage some of the 'cons'/ challenges/ difficulties?

Select one strategy to help tackle each 'con' and add it to Resource 3.

See the next slide for additional ideas of strategies...

Create a timetable/schedule and stick to it

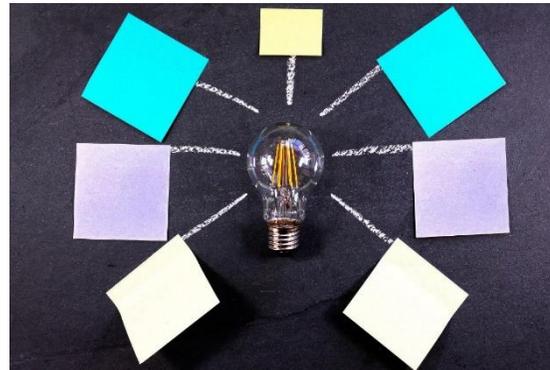
Take time to relax

Break things down into small, manageable chunks

Maintain routines, e.g. healthy sleep, diet and exercise

Embrace change as a normal part of life

Strategies



Help others where possible and ask for help when needed

Embrace new challenges

Stay connected with friends and family

Focus on what has gone well, strengths and accomplishments

Take care of self physically and emotionally

Avoid seeing disappointments and setbacks as failures or as problems that cannot be overcome

Who can help us with challenges and changes?

Think about each of the sources of support below...

What are the benefits and potential challenges of accessing different sources of support?



Friends



Family



Teacher



Doctor

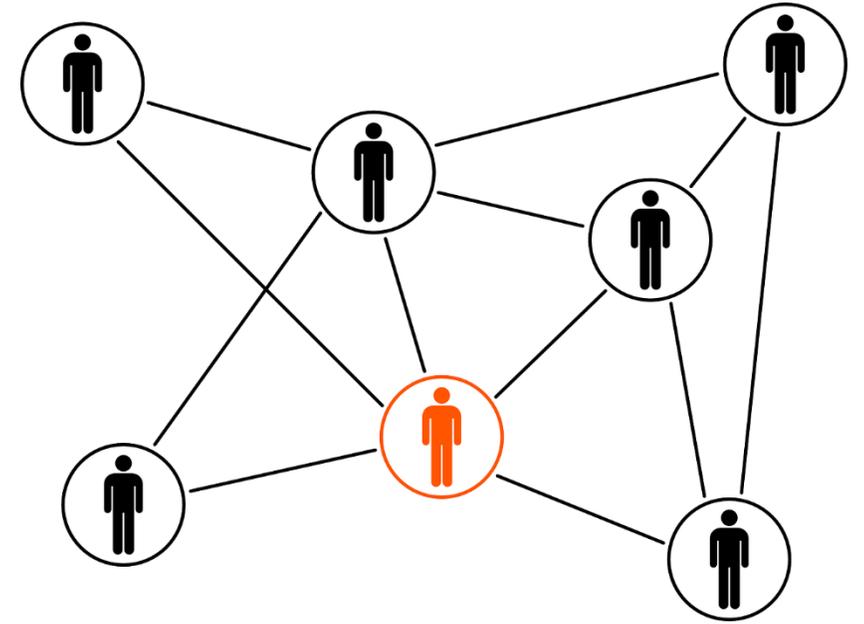
Charity or
phone line



Online
support

Personal networks

Think about your own personal network of support...who can help you when you are experiencing challenges or finding things difficult as you move from Year 11 to college/sixth form?



Add initials, a symbol or picture to represent each person or group of people that you are thinking about in each bubble on **Resource 4**.

Put the people/group who you feel are the greatest source of support in the circles closest to the centre and the more indirect/distant people further away.

Keep this somewhere safe so that you can refer to it in future!

Celebrating success

Think about the last few years of school...

For each of the below, try to come up with at least one example:

1. Something you are proud of
2. Example of progress you have made (skills, subjects, building relationships etc.)
3. The best thing you have learnt
4. How you have changed between Year 7 and now
5. Something you will take forward into 6th form or college



What could you do to celebrate your successes?

Click to reveal some suggestions...

Personal reflection

Thinking about what you've learnt this session, add your final thoughts to the grid in **Resource 5**, in response to the 4 key questions.



How will you celebrate finishing Year 11?

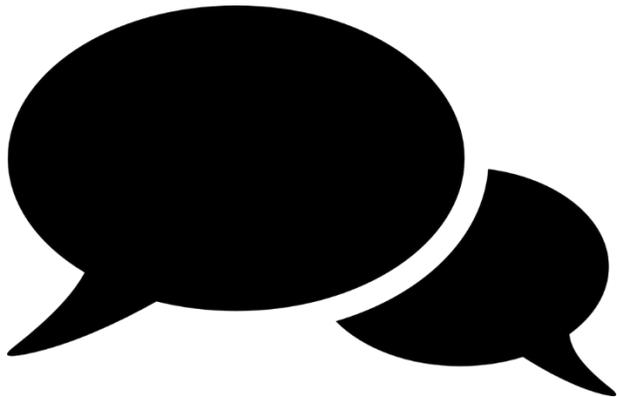
What are you looking forward to in future?

What questions do you still have?

Where could you find answers? Who could help you?

Further support

If you have questions or concerns about the move from Year 11 to sixth form/college, you can always speak to your parent or carer, or a teacher in school for more advice and support.



There are lots of places to get additional support, including:

ChildLine:

www.childline.org.uk

Young Minds:

www.youngminds.org.uk

Samaritans:

www.samaritans.org

More activities



Plan something to celebrate the end of Year 11 – either an idea of your own, or one of the following suggestions:

- Hold a virtual prom with your friends.
- Make a time capsule of all of your memories from secondary school.
- Create an online year book for your friends to sign/share memories.
- Write a letter to a Year 6 pupil who is starting your school in September, giving advice and sharing your experience.