

Year 12 - Progression Sessions

Post 18 Options review



Re-cap –Autumn term Progression sessions covered:

- The four main Post 18 options available to you. Can you name all 4? (5 mins)

EMPLOYMENT

APPRENTICESHIP

GAP YEAR

DEGREE

- Which careers your current subjects could lead you to.
- The degree subjects and/or apprenticeships you could go in to after Yr13.
- The personality quiz and suggested careers matches on Unifrog.
- The importance of setting career goals for yourself
- Creating an initial career map

What were you thinking? (5 mins)

At the start of Year 12 during your progression sessions, you were asked to consider what you want to do when you finish Sixth form. What were your goals then?

Task 1.

OPEN THE 'GOAL SETTING ACTION PLAN' ON THE INTERACTIONS TOOL ON UNIFROG

Answer Questions 1-3

Introduction to Goal Setting Theory (3 mins)

The reason people find it hard to achieve their goals is that they don't set themselves the right **type** of goal.

Dr. Edwin Locke devised his **Goal Setting Theory** based on five principles:



Let's look at these in more detail...

Clarity (2 mins)

Your goal should be clear, measurable and specific.

A bad goal:

'I want to get fitter.'

A good goal:

'Within **six months**, I want to be able to run a **half marathon without stopping?**'

Your goal should have a **timeframe** and be **measurable**.

PRINCIPLES
CLARITY
CHALLENGE
COMMITMENT
FEEDBACK
COMPLEXITY

Clarity (2 mins)

Based on the previous example, have a go at **rewriting one of these goals** with more clarity.

- I want to get more sleep.
- I want to be better at one of my school subjects.
- I want to do something for the planet.
- I want to be better at my hobby.

They do not have to be specific or related to you.

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Challenge (2 mins)

Did you know that people **find tricky but not impossible goals** (around '8 out of 10' for difficulty) more motivating?

Low difficulty goals are doable but not very motivating.

Very hard or very boring goals put people off starting in the first place.

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Challenge (5 mins)

Task: Assign a difficulty level out of 10 to each of these things we can do to reduce our carbon footprint:

- Eat low on the food chain (e.g. plants rather than animals)
- Buy food in bulk
- Compost your food waste
- Don't buy fast fashion
- Bring your own reusable bag when you shop
- Switch lights off when you leave the room

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Commitment (5 mins)

Goal setting only works if you buy into the goal.

A technique called visualisation can help maintain our commitment to a goal.

Task: Visualising a goal.

- Close your eyes and imagine what achieving that goal will look like?
- Make a note of what came into your head

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Feedback (5 mins)

It's important to check in with yourself and others to see how you are progressing with reaching your goal.

Feedback gives you the chance to adjust your goal or implement new things that will help keep you on track.

Task: Come up with three ways that you could gain feedback on how you are progressing with reaching your goal!

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Complexity (5 mins)

Complexity means how difficult or tricky your goal might be.

Don't set yourself a goal that is completely overwhelming.

Task: Imagine you have set yourself a goal that is too complicated.

How could you change your goal to make it more achievable?

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Start an action plan (15 mins)

Task 2.

Complete the simple goal setting action plan for your Post 18 goals and upload it to your Locker.

Task: Create your action plan to help achieve your goals

Using the template below, come up with your own goal and action plan of how you might achieve it.

OVERALL GOAL	COMPLETION DATE

STEP ONE	COMPLETION DATE

STEP TWO	COMPLETION DATE

STEP THREE	COMPLETION DATE

The screenshot shows the Unifrog Locker interface. At the top, there is a navigation bar with the Unifrog logo and links for HOME, FAVOURITES, LOCKER (highlighted with a red box), APPLY, HELP, a settings gear, a notification icon with '97', and a TEACHER > button. Below the navigation bar, there are two tabs: 'Student items' (Items uploaded by you) and 'Teacher items' (Items uploaded by teachers). A central message states '28 student items saved so far' with an information icon and text: 'Save items you might use in your applications, like essays, videos, photos and certificates'. Below this message is a red 'Upload new item' button with an upward arrow, also highlighted with a red box. At the bottom, there is a section for 'Application items' (Items that will be submitted in applications) with a list item 'UK uni Personal Statement' and dropdown menus for 'Date added' and 'Added by'.

Things to consider including in your action plan...

- Work experience
- Virtual opportunities
- Additional reading
- Online courses (MOOCs)
- Volunteering
- Masterclasses
- Networking to create opportunities
- Extra-curricular activities
- Part-time work

Word match (2 min)

Match the principles to the description

Clarity
Challenge
Commitment
Feedback
Complexity

1. Check in with yourself or others to see if you need to make any adjustments.
2. You must buy into your goal. Remember to visualise the result.
3. Your goal should be clear, measurable, and with a timeframe.
4. Don't make your task too tricky, difficult, or overwhelming. To make it easier, break it down into steps.
5. Your goal should not be super easy, but not impossible either

Word match (2 min)

Match the principles to the description

