



A good attitude, as well as being good at what they do, is often the thing that most successful people have in common.



“There’s always going to be someone faster, smarter, taller, more experienced than you, but the rewards in life don’t always go to them, the rewards in life go to the **dogged**, the **determined**, those who can keep going and pick themselves back up and never say die and just hang in there, sometimes quietly and undramatically”.

What do 'dogged' and 'determined' mean?

- Being '**dogged**' means being very determined to do something, even if it is very difficult.
- Being '**determined**' means wanting to do something very much and not allowing anyone or any difficulties to stop you.

Do 'dogged' and 'determined' describe your attitude right now?



“You can add talent later if you have an unquenchable thirst for learning new things, for practicing over and over again. All day, every day”.





“Are you working as hard as you could? Have you done everything, and I mean everything, you can to get ready for that match? And the answer always has to be **yes**”.

Lt Col Lucy Giles, first female commander to run Sandhurst:

“The training has a strong element of physicality and discipline, but just as much emphasis is put on the **softer skills** such as **decision-making, motivation and communication**”.



So what are the characteristics we want to see in you over the last 3 months of Y11?

Exams start in 7 weeks

No. of weeks to exams	Week
7	w/b 28th March
6	w/b 4th April
5	EASTER 1 w/b 11th April
4	EASTER 2 w/b 18th April
3	w/b 25th April
2	w/b 2nd May
1	w/b 9th May
0	EXAMS START w/b 16th May
	w/b 23rd May
	HALF TERM w/b 30th May



DETERMINATION (*wanting to do something very much and not allowing anyone or any difficulties to stop you*).

That means... **you decide what you are going to do and you do it.**

RESILIENCE (*being able to recover quickly after you've experienced problems or setbacks*).

That means... **you don't give up, no matter how hard things seem.**

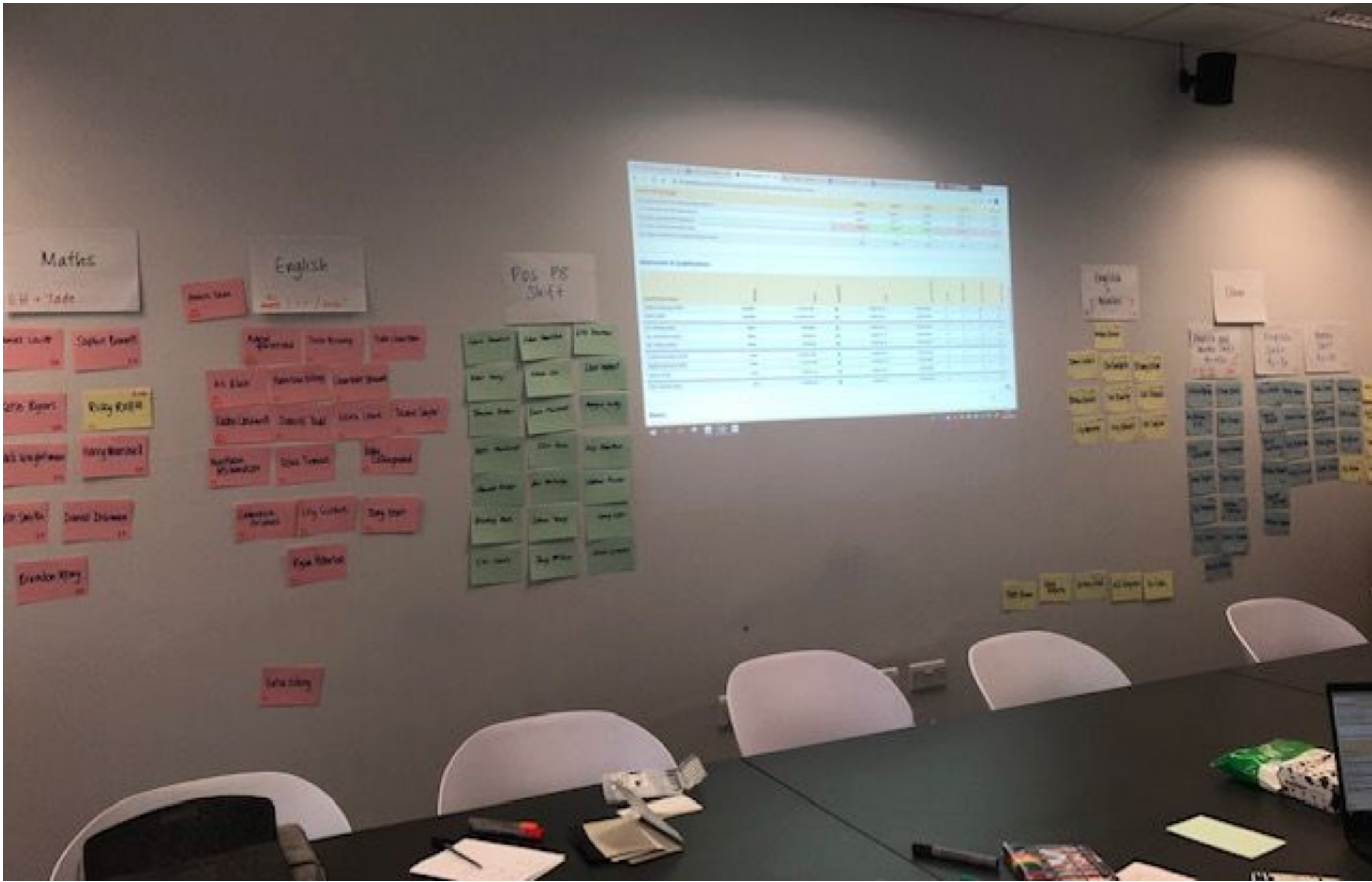
ASPIRATION (*the motivation to achieve your dreams or ambitions*).

That means... **you have a goal for yourself and you aim at it.**

Some decisions to make and commit to right now

- I'm going to focus over the next 6-7 weeks of lessons before exams start and get the best out of every lesson
- I'm going to complete homework and revision tasks to the best of my ability
- I'm going to stop saying "I don't care" and I'm going to behave like I do





Category	Item 1	Item 2	Item 3	Item 4	Item 5
Category 1	Item 1.1	Item 1.2	Item 1.3	Item 1.4	Item 1.5
Category 2	Item 2.1	Item 2.2	Item 2.3	Item 2.4	Item 2.5
Category 3	Item 3.1	Item 3.2	Item 3.3	Item 3.4	Item 3.5
Category 4	Item 4.1	Item 4.2	Item 4.3	Item 4.4	Item 4.5
Category 5	Item 5.1	Item 5.2	Item 5.3	Item 5.4	Item 5.5
Category 6	Item 6.1	Item 6.2	Item 6.3	Item 6.4	Item 6.5
Category 7	Item 7.1	Item 7.2	Item 7.3	Item 7.4	Item 7.5
Category 8	Item 8.1	Item 8.2	Item 8.3	Item 8.4	Item 8.5
Category 9	Item 9.1	Item 9.2	Item 9.3	Item 9.4	Item 9.5
Category 10	Item 10.1	Item 10.2	Item 10.3	Item 10.4	Item 10.5

Maths
LH + Tade

English

Pos PS
Shift

English & Maths

Class

Adam Smith
Sophie Powell
Gina Rogers
Ricky Kell
Allan Hughes
Harry Marshall
John Smith
David Brown
Brandon King

James King
Adam Smith
Sophie Powell
Gina Rogers
Allan Hughes
Harry Marshall
John Smith
David Brown
Brandon King
Ella King

Adam Smith
Sophie Powell
Gina Rogers
Allan Hughes
Harry Marshall
John Smith
David Brown
Brandon King
Ella King

English & Maths
Class

Class
English & Maths
Class

Class

Ella King

Group
Maths focus below 4+
English focus below 4+
English and Maths below 4+
English and Maths shift from 4 to 5
English shift from 4 to 5
Maths shift from 4 to 5
MFL (Spanish)
Pos P8 shift

New tutor groups from tomorrow

- 6 groups for Maths/English
- MFL group
- Pos P8 (progress) group
- 2 additional groups who do not need intervention

What makes a successful athlete?

- Athletes work on having the psychological edge to enjoy the experience.
- A key part of this is about what they focus on.
- Typically, they focus on the process, the things within their control not what might or might not be the outcome.



What CAN you control?

- ✓ The revision you do
- ✓ The determination, resilience and ambition you demonstrate
- ✓ How you switch off/look after yourself in the next 3 months
- ✓ Getting the balance right
- ✓ Recognising the signs of stress or fatigue



What CAN'T you control?



- What questions will come up in the exam (although release material means a bit more control...)
- The fact that exams are happening this year

Beware of the Chimp Paradox!

- Sports psychiatrist Steve Peters has broken down the sporting brain into a simplistic model of "chimp" and "human".
- When the brain is working well, it's a computer.
- When problems start, either the chimp (emotion) or the human (reason) take over.





Remember...

Helping your brain work like a computer means:

- ✓ trying to stay calm
- ✓ remembering what you have programmed into it
- ✓ trying not to be over-emotional
- ✓ performing like you have been rehearsing
- ✓ not overloading it with too much information at once

If you have a bad day or a bad result, switch off for a bit...and then turn back on again when you're feeling better.

The next 7 weeks...

are all about YOU

- ✓ Keeping focused
- ✓ New form groups to help you to focus on the things that you need most
- ✓ Meetings with parents
- ✓ Additional mocks
- ✓ Revision days during Easter

