

# **Year 11 Bulletin**

**Monday 4<sup>th</sup> May**



**MAY**  
THE FOURTH BE WITH  
**YOU**

**Bridging the**

**Gap**

**Year 11-12  
Transition**

On the Year 11 2020 Channel, you will find a subject by subject guide of independent learning tasks you can be doing between now and September when you are enrolling at Nottingham Academy Sixth Form.

These include; articles to read, documentaries and links to watch, websites to use and importantly some independent learning tasks to complete.

**Bridging the**

**Gap**

**Year 11-12  
Transition**

**GCSE Pod** has launched a range of activities to help you prepare for Year 12.

Once logged in, select the subject you're interested in and go to "Preparing for KS5". Here you will find videos that will introduce A-Level knowledge and skills to help you prepare for next year.

There are also several booklets that you can download for free, with 10 things you can do to prepare yourself:

<https://www.gcsepod.com/free-resources/getting-ready-for-ks5/>

# Improving Mindset

Staying motivated during lockdown is hard – whether that's motivation to study towards your college courses, motivation to help around the house, or just to get up out of bed!

The tips on the next few slides will help you to overcome that demotivated feeling, and have a plan in place of how to stay focused on the tasks you want to complete.

# Improving Mindset

Professor Peter Gollwitzer of New York University says that many people who want to put their efforts into achieving great things, but don't, are derailed by seemingly small problems like these:

- » They want to finish a task to a high standard, but a phone call disrupts them.
- » They want to complete a coursework piece, but the weekend is just too busy.
- » They want to do some serious revision, but some friends disturb them and the work is abandoned.

In their book *The Psychology of Action* (1996), Peter Gollwitzer and John Bargh argue that if this happens to you, it's because you have low 'implementation intention' – you *sort of* want to put in the effort, but you will be easily put off if one thing goes wrong.

The solution? Successful students anticipate these problems and plan for how they will respond to them with maximum effort. You sequence actions that anticipate obstacles and build in pre-prepared solutions – you effectively beat self-sabotage before it even happens.

# Improving Mindset

Consider these examples:

Student 1: 'I'll get started on this first thing in the morning.' This is a really common internal dialogue you might experience as a student – lots do it! And with one small disruption the whole plan comes to a standstill.

Student 2: 'I'll get started on this first thing in the morning. And ...'

- » *If* I wake up late by accident, *then* I'll use my morning break to start it instead and ...'
- » *If* I feel really demotivated, *then* I'll get two coffees from the canteen and drink them quickly to give me a boost and ...'
- » *If* I get disturbed by friends, *then* I'll make an excuse and go to the library and ...'
- » *If* the internet is down, *then* I'll start by using my class notes and save the research work until later.'

It's easy to see which student might be the one most likely to succeed. Student 2 has listed a series of potential problems and has recognised their tendency to self-sabotage when small things go wrong. By planning a change in action when those small obstacles come along, they are much more likely to keep pushing forward.

# Improving Mindset

## 6. Twenty-Five Minute Sprints

There's a very famous book by Italian entrepreneur and author Francesco Cirillo called *The Pomodoro Technique*. Pomodoro is Italian for tomato. (The tomato in question is one of those novelty kitchen timers, not a real one!) We'll come back to the tomato in a bit.

In his book, Cirillo argues that we can generate lots of energy and effort by working in short bursts, even on long tasks that we don't feel motivated to do. Think of all the tasks you've got to do that you just can't bear to begin – there might be revision notes, essays to write, jumbled notes to file away or a piece of coursework to start.

Choose one that's become a bit of a nightmare for you – that's hanging over your head and you just don't want to do. Make a note of it here:

.....



# Improving Mindset

## Step 1

Now for the tomato. By which we mean getting hold of either a kitchen timer (needless to say, it doesn't have to be shaped like anything in particular!) or the timer on your phone.

Find somewhere quiet. Arrange the things you need to begin. You're going to do a twenty-five minute sprint. It's important to tell yourself this: *twenty-five minutes – that's all*. You're allowed no distractions whatsoever in that twenty-five minutes. Don't worry. You can be back on social media in twenty-five minutes' time, checking updates and messages. Now start the timer and go!

# Improving Mindset

## Step 2

Congratulations! You've got that nightmare task started. All of a sudden, this job is going to seem less frightening. You'll be able to come back to it. Some suggestions for messing around with the Pomodoro Technique:

1. The Quick Sprint: try twenty-five minutes on, twenty-five minutes off, twenty-five minutes on. It takes one hour and fifteen minutes in total, and you can do it at a regular time each night after school.
2. The Serious Sprint: try twenty-five minutes on, five minutes off, twenty-five minutes on, five minutes off, twenty-five minutes on. It takes about one hour and thirty minutes, and is a useful technique for really attacking a difficult piece of work.
3. Try measuring tasks in sprints. How many will it take? This way, you'll develop a sense of how you work, and you can begin picking off scary tasks more quickly and easily.
4. Try using sprints to review work. Suddenly you'll find yourself ahead and on top of things. It's a great feeling!

# Improving Mindset

## Setting Up a Quick Sprint

Preparation	25 minutes on!	25 minutes off	25 minutes on!
<ul style="list-style-type: none"><li>» Find somewhere quiet.</li><li>» Gather everything you need.</li><li>» Put phone on airplane settings.</li><li>» Bring up timer, set countdown and alarm.</li><li>» Tell yourself: 'Just 25 minutes. That's all.'</li></ul>	<ul style="list-style-type: none"><li>» Go!</li><li>» Imagine it's an exam.</li><li>» Stay intense, keep going.</li></ul>	<ul style="list-style-type: none"><li>» Set timer and countdown.</li><li>» Enjoy yourself.</li></ul>	<ul style="list-style-type: none"><li>» Tell yourself: 'Just one last 25 minute blast. That's all.'</li><li>» Put phone back on airplane settings.</li><li>» Return to the task.</li><li>» Go!</li></ul>

# Leavers' Hoodies

SHOP IS NOW OPEN

<https://www.leavershoodies.com/shop/nottingham-academy-2020>

Order yourself

£21.99



CHILD SIZES

All colours are available in adult sizes, only colours in shaded area are available in child sizes



# **Nottingham Academy Prom**

**we are in contact to re-arrange the date and  
will keep you informed!**

# WORD OF THE WEEK

ACADEMIC LANGUAGE

# HYPOTHESIS

↑  
**hypo**  
(below)

(Ancient Greek)

↑  
**thesis**  
(placing)

**DEFINITION:** A proposed explanation based on limited evidence as a starting point for further investigation

Who use the Scientific Philosophy Research Society

**PHILOSOPHY:**  
“The hypothesis that every event has a cause.”

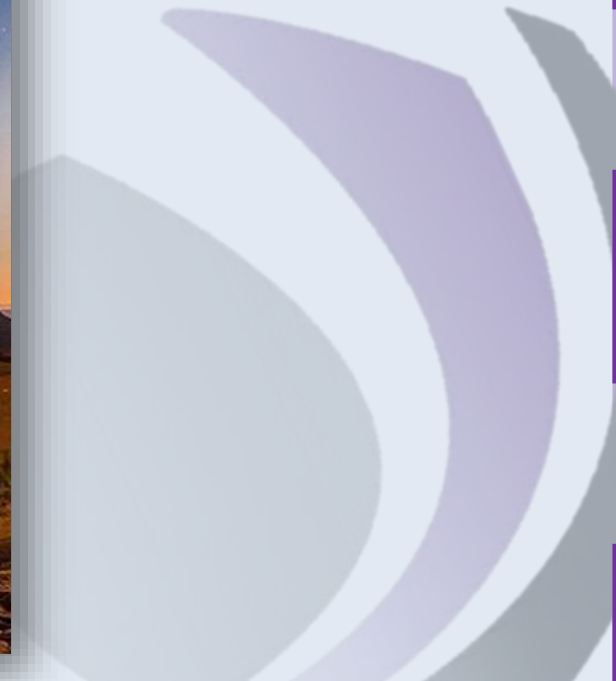
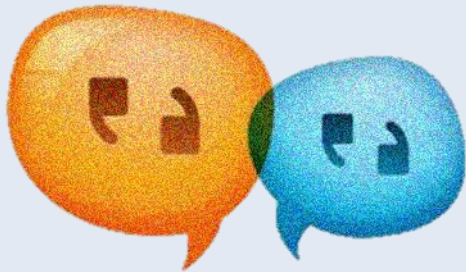
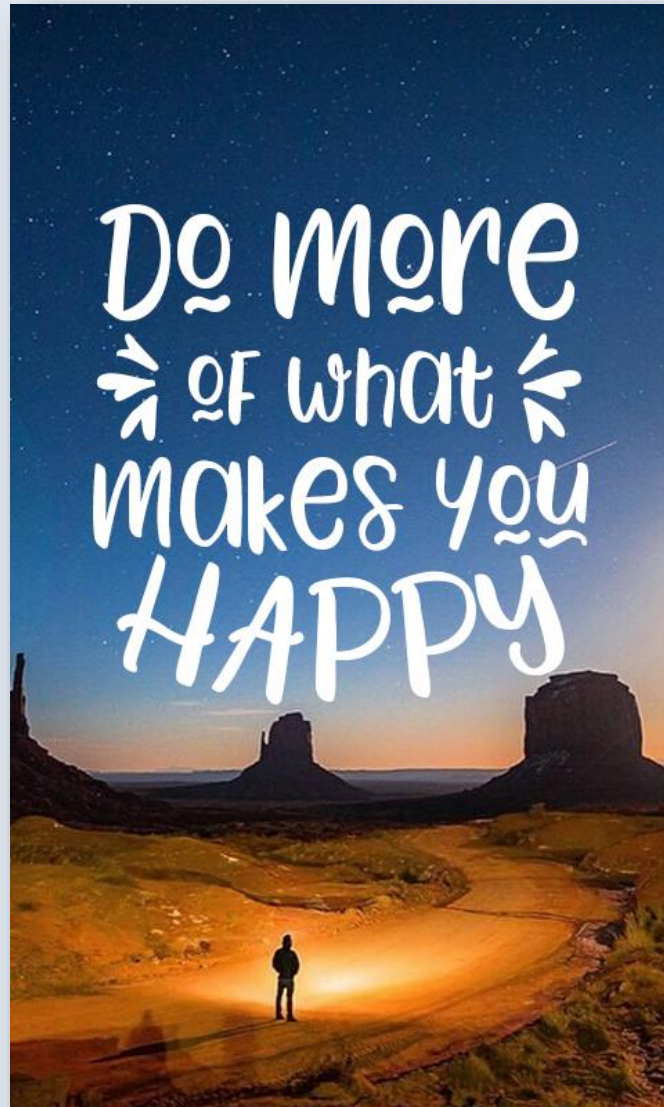
**PHYSICS:** “The ‘steady state’ hypothesis of the origin of the universe.”

**SYNONYMS:**  
theory, speculation, supposition, assumption, notion, concept, idea, belief, view

**STATISTICS:**  
“There is no evidence to accept or reject this hypothesis.”

**Grammatical noun: hypotheses**

# Quote of the Week





# Staff Contact

## Year 11 Team

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Feel free to send us an email if you have a query.  
Try to show good email etiquette!