

# **Year 11 Bulletin**

**Monday 15<sup>th</sup> June**



# GCSE Results

Many of you have been asking us about your GCSE results day.

As far as we know, this will still go ahead on the original date of **Thursday 20<sup>th</sup> August 2020**.

Usually students come in to the school dining room to collect their results, and at the moment this is still the plan, although social distancing will likely be required.

We will send out any updated information about results day on the Year 11 2020 Teams channel, and by text message to your parents/carers.

# Coming back in to School

Some of you have asked about coming back in to school to collect books/folders.

Only a very limited number of Y10/12 students will be allowed back on school site before the summer holidays, so unfortunately you won't be able to collect anything before then.

It is possible that you may be able to collect your books on GCSE results day, or in September.

# Leavers' Activities

Last Friday should have been your last exam, with your leavers' assembly and shirt signing. We should have had an emotional afternoon taking lots of photos and saying goodbye before watching you all walk out the gates together for the last time.

The Year 11 Team really want to make sure that you don't miss out on these activities, as they're a rite of passage that all teenagers should get to complete. When it is safe to do so, we will organise a time for a leavers' assembly, but it looks like this won't be until September at the earliest.

Ms Smikle is also working to reorganise the prom. We will communicate the new date with you as soon as it is confirmed.

# Employability Skills

Take the time now to improve your employability. There is a post about this on the channel already, but here are some links to check out:

[Writing a CV](#)

[Presenting with Impact](#)

[Skilled Trade Courses](#)

e.g. plumbing, engineering, motor, carpentry

[Basic First Aid](#)

NATIONAL

**Writing Day**

---

24 JUNE 2020



# #247CHALLENGE

1. Write a **24-word** story on a piece of paper (or record on video) starting with '**One day...**'
2. Take a **photo** of your notebook or take a photo of yourself with your writing
3. Share online using hashtag **#247challenge** and tag **@writeday**
4. Don't forget to **tag three friends!**

NATIONAL  
**Writing Day**

24 JUNE 2020  
nationalwritingday.org.uk

Link to the website: [#247challenge](https://nationalwritingday.org.uk/#247challenge)

# 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**  
Use the Zierganick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



## Do the task for just a few minutes

Not only do procrastinators spend longer distracting themselves doing the 'wrong things' but they also delay starting the 'right' things. This was the finding of a study into students who procrastinate. To combat this, Professor Richard Wiseman talks about *The Zierganick effect*, which describes how once you start something, your brain remains alert until you finish it. Starting a task is often the hardest part. If you can persuade someone just to start it for a few minutes, the brain's desire to see it through to completion should then take over.

# 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**  
Use the Zierganick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



## Do the hard and important tasks first

Our daily biological clocks, known as our Circadian Rhythm, ensure that we are often at our most alert at about 10am before we suffer a mid-afternoon dip.

The harder the tasks are, the more energy and concentration we need to complete them. It therefore makes sense to do the hardest and most important tasks first

## 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**  
Use the Zeigarnick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



## Improve self-regulation ability and beliefs

Self regulation is the ability to select appropriate strategies and self-correct them during a task.

Procrastination has been described as 'a failure to self-regulate'; however, procrastination researchers state that knowing self-regulation is important is not enough to overcome procrastination on its own. To be effective, students need to have the confidence to implement these strategies and skills.

## 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**  
Use the Zeigarnick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



## Manage your environment

If you can see temptations, you are more likely to be distracted by them, and therefore procrastinate. For example, a recent study found that having your phone out and in sight, even if you are not using it, can make you perform 20% worse than if you had put your phone away. The authors of this study state that 'the mere presence of a cell phone may be sufficiently distracting to produce diminished attention'. Consider your working environment; is it conducive to the task at hand or one where procrastination can flourish?

# 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**  
Use the Zeigarnick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



## Set yourself a short deadline

In his meta-analysis on procrastination, researcher Piers Steel notes that 'it has long been observed that the further away an event is, the less impact it has on people's decisions.' Break down the task and give yourself a short deadline for each part.

# 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**  
Use the Zeigarnick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



## Increase confidence and self-belief

Students who believe that they won't be successful at the task at hand are more likely to procrastinate. One way to increase confidence is to consider how others who have been in a similar position have been successful (psychologists call this 'modelling'). This can make the task at hand seem achievable and provide a possible template to follow.

## 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**  
Use the Zeigarnick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



## Make the task harder

This may sound counter-intuitive. Surely a harder task will lead to someone wanting to put off the task even more? Apparently not. People report a higher sense of satisfaction if they have successfully completed a difficult task. To combat high achieving students who may get bored, making the task a little more challenging should work, as long as it is still achievable.

# 7 Ways to Overcome Procrastination

by @inner\_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**  
Use the Zeigarnick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**  
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**  
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**  
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**  
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**  
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**  
Sounds counterintuitive but it can make the task more interesting.



# Careers Profiles

Interested in exploring different careers?

Visit this website:

<https://www.prospects.ac.uk/job-profiles/>

# Free Online Courses

The screenshot shows the OpenLearn website interface. At the top, there is a navigation bar with the OpenLearn logo, the text 'Free Learning from The Open University', a search bar with the placeholder text 'Search for free courses, interactives, videos and more!', and a 'Create account / Sign in' button. Below the navigation bar, there are links for 'Home', 'Free courses', 'Subjects', 'For Study', 'For Life', and 'TV & Radio'. The main content area is titled 'All our free courses' and features a search bar for 'Search free courses'. On the left side, there is a sidebar with 'Free courses' and 'Create your free OpenLearn profile' sections. The main content area displays a list of course categories, each with a representative image and a dropdown arrow:

- Health, Sports & Psychology
- Education & Development
- History & The Arts
- Languages
- Money & Business
- Nature & Environment
- Science, Maths & Technology
- Society, Politics & Law

There are lots of free courses available which will look amazing on your CV and support applications to further and higher education.

Ms Smikle and Ms Geary are going to do one. Let us know which one you choose!

<https://www.open.edu/openlearn/free-courses/full-catalogue>

## Imari Design Competition:

Crown Derby China and especially the 'Old Imari' design, holds a special significance for some Travellers. When people travel, delicate items become very precious and highly prized. Some Traveller families love to display their collections. Derby China was the only manufacturer of luxury fine bone china when it was first established in 1750. The Imari pattern was first produced in Victorian times, when it became very fashionable and Queen Victoria gave a Royal Warrant to the factory. Today the pattern remains true to those original Victorian designs and each piece is hand finished with 22ct gold. Therefore pieces can command a very high price.

### **Competition details:**

Create your own or copy a Gypsy/ Roma Imari design.

Be as creative as you can with colors/ paints and any other resources you find; the more creative the better!

**Deadline: Sunday 7<sup>th</sup> June (3pm)**

Winner will be announced on Monday 8<sup>th</sup> June and prizes will be posted home!

Send to: [himtiaz@nottinghamacademy.org](mailto:himtiaz@nottinghamacademy.org)

Google 'Gypsy/ Roma Imari design' for ideas ☺

**Let's celebrate Gypsy,  
Roma, Traveller  
History Month  
together!**



**GRTHM JUNE 2020**

# WORD OF THE WEEK

ACADEMIC LANGUAGE

# PARADIGM

plural noun: paradigms

para- (Ancient Greek: beside)

deiknunai (Ancient Greek: to show)

**NOUN:**  
a typical example or pattern of something

Who would use this word?

Philosopher, Scientist, Economist, Politician, Linguist

**ECONOMICS:**  
"It was a paradigm of economic productivity and well-being."

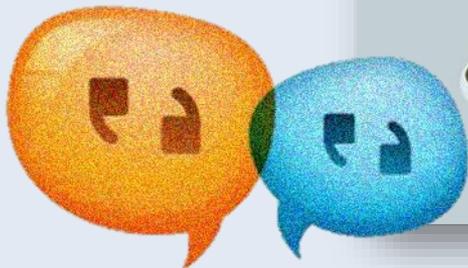
**COMPUTING:** "The object-oriented paradigm is a new and different way of thinking about programming."

**HISTORY:** "The institutional arrangements of a particular society cannot serve as a paradigm for all others."

**SYNONYMS:**  
model, example, pattern, prototype, archetype, exemplar

# Quote of the Week

do things  
your future  
Self will  
thank you  
for



# Staff Contact

## Year 11 Team

Ms Goldby – [tgoldby@nottinghamacademy.org](mailto:tgoldby@nottinghamacademy.org)

Ms Geary – [lgeary@nottinghamacademy.org](mailto:lgeary@nottinghamacademy.org)

Ms Smikle – [ismikle@nottinghamacademy.org](mailto:ismikle@nottinghamacademy.org)

Feel free to send us an email if you have a query.

Try to show good email etiquette!