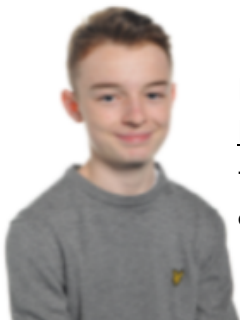


# SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

## MEET THE TEAM JAMIE ROBERTS



Hello, my name is Jamie and I am the Head of Mentoring for the school.

Favourite aspect of RHS Sixth Form: My favourite part of Sixth Form life is the independence that I was met with straight away. I feel that this is crucial for post-18 life in university and adulthood in general.

## MISS COSTICK



Hello everyone, my name is Miss Costick, the new Sixth Form Learning Mentor. I am looking forward to supporting you all and hopefully be able to meet you soon when we are back at school!

Favourite aspect of RHS Sixth Form: The variety of opportunities and support available to prepare for post-18 life.

*Make sure you read the next edition to find out more about Sixth Form life!*

## Study Skills for Remote Learning

The move to remote learning is a valuable opportunity to reevaluate how we use our time and what study skills are the most necessary. You might be more tempted to procrastinate or deviate from your WorkSmart timetable, for example. If you feel that you need a study skills refresher, check out this e-magazine specifically designed for A-level students to help them get the most out of their time at Sixth Form and to bridge the upcoming gap to higher education:



<https://www.hoddereducation.co.uk/media/Documents/Downloads/Study-Skills-Booklet.pdf>

## Spotlight on Sixth Form life: Virtual Work Experience

Work experience is a great way to find out more about a career you are interested in and can help you decide what you want to do in the future. It is a fantastic way to enhance your post-18 applications as they demonstrate that you are proactively expanding your knowledge outside of the classroom and provides you with starting points to demonstrate your knowledge and skills when applying for university or other post-18 pathways.

Edris in Year 12 recently secured a virtual placement with Santander and wrote the following reflection:

*I found out about it on the Speakers for Schools website, and had to write a short paragraph about myself including answering some multiple choice questions about my key skills in order to apply.*

*During the placement, I was introduced to the Marketing and Advertising Director for Santander, got an insight into the day in the life of the company and also learnt how Santander operates as a business.*

*The best thing about the experience was that I was offered an internship as a result of doing the one day's experience, where I will get to do an extended work placement with Santander later this year! I also received a certificate so that I can build a portfolio of work experience achievements to show to an employer or university when applying.*

*My advice to students would be to take every opportunity for work experience, however small, because you never know what it may lead to. I am really looking forward to my longer internship later on this year!*

To see see current opportunities or to find out more visit [www.prospects.ac.uk](http://www.prospects.ac.uk) or scan the QR code:



## Happy Mind



Adjusting to online learning can be challenging and may spark anxieties. Why not try using meditation materials by Headspace throughout the day to find small pockets of peace and quiet and get some headspace!