



ABINGDON

4th Year Parents' Evening

Andrew Crisp – Middle Master

andrew.crisp@abingdon.org.uk



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Where we are in the journey

–4th Year exam results

- taking stock
- moving forward

–End goal

–Next year

- lots of work
- lots of support



GCSE Mocks

–Start of the Lent term 2020

- last minute vs regular consolidation

–Keys for success

- Good habits
- on-going dialogue with teachers
- Feedback – being proactive
- Firefly resources
- Subject help clinics
- Learning support department
- Tutor



OH

–Balance

–Opportunities:

- Trips - Berlin / Japan
- DofE – Bronze
- Concerts
- Sports fixtures



Post-GCSE and Careers Guidance



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- September: online career profiling questionnaires report
30-minute one-to-one guidance interview
 - November: Into the 6th Form Evening
Tentative choices of A level subjects made.
 - January: A level taster lessons
 - February: A level choices confirmed
 - 13 March 2020: Abingdon Careers Convention at OLA
 - Summer of 2020 – work experience
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Support

Pastoral team

My Abingdon – Targets for next year

Subject teachers

Supervised Study

On-line resources

Outside agencies - Elevate





Firefly


- Departmental pages
 - advice
 - revision resources
 - past papers
- Study Skills / Revision page

Personal Development Education

- Personal Development Education
- > 5th Form PSHCE resources
- > Staff teaching guidance
- > Anti-Bullying Week 2018: "Choose Respect"
- > Tutor time discussion materials: Gender
- > Safer Internet Day
- > Mental Health Awareness Week May 2019
- > Sixth Form Enrichment Programme
- > 3rd & 4th year PSHCE teaching materials
- > What to do if you need COVER for PSHCE
- > **Study Skills, how to revise, exam tips and more.....**

Personal Development Education > Study Skills, how to revise, exam tips and more.....

Study Skills, how to revise, exam tips and more.....

 [Click this link for further resources from the Learning Support Department](#)

#ADDRESS YOUR STRESS

We all use unhelpful coping strategies sometimes, but as with any skill we can learn new, helpful coping strategies. Here's some **self-care tips** to help **protect against stress**:

Try

Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule. 

 **Setting aside time** to have fun or indulge yourself – positive emotions can help build a buffer against stress.

 **Learning a new skill** – whether painting, playing guitar or a new language.

 **Sharing how you're feeling** – it's OK to ask for help and support.

 **Switching off from distractions** – make time for yourself as a regular part of your routine. Schedule a reminder if you need to.

Avoid

Overdoing it on sugar, caffeine or alcohol – they're a quick fix which can increase stress in the long term. 

Overworking and checking your emails out of hours – we all need time to unwind. 

Spending **too much of your free time** in front of a screen – phone included. Don't feel pressured to always be 'doing' something. 

Chasing perfection – it can create unrealistic expectations. Accept that mistakes will happen. 

Bottling up your feelings and assuming they will go away – this can make things worse in the long run.



Firefly

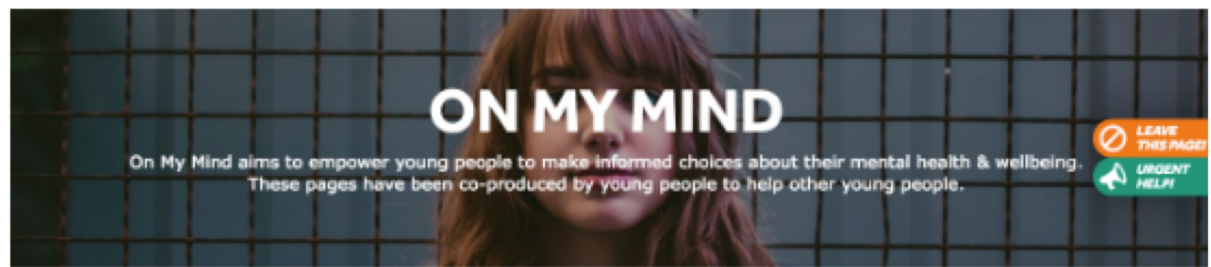
- Departmental pages
 - advice
 - revision resources
 - past papers
- Study Skills / Revision page
- Well-being page



- Wellbeing
- > Action for Happiness
- > Anxiety
- > Body image, social media, peer pressure
- > Childline - Need to talk to someone?
- > Dealing with stress
- > Headtalks playlists for Abingdonians
- > Privacy Notice wellbeing survey
- > Resilience
- > Sleep Hygiene
- > Struggling with your mental health?
- > Useful Apps
- > Wellbeing Twitter feed
- > Who to talk to in school?
- > Worried about a friend?

Wellbeing

★ [Click here for "On my Mind" student wellbeing resources](#)



About Resources

ABOUT US f t i in LOGIN SIGN UP DONATE

THE MIX
Essential support for under 25s
0808 808 4994 1-2-1 Chat Crisis Messenger

GET INFO GET SUPPORT YOUR VOICES APPS & TOOLS GET INVOLVED NEWS & RESEARCH

Sex & Relationships Body Mental Health Drink & Drugs Housing Money Work & Study Crime & Safety Travel & Lifestyle

How can we help?

There are other links on the left, by topic, which you might also find useful too.



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Counsellors





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Final points

Use the Summer well

Develop good habits – routines / be proactive

Work hard

Ask for help
