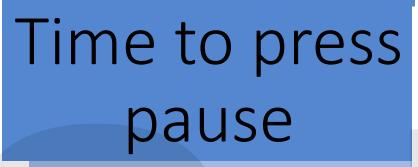
Time to press pause

Self reflection



- Since the start of our new academic year we have had 68 school days.
- This equals 340 lessons or 340 hours of learning / opportunities to make progress!!
- With such a large amount of time spent at school take time to 'press pause' and reflect on what you may have achieved this term.
- Think -what have you done to make you feel proud?

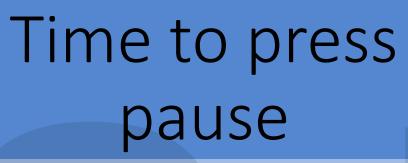


Time to press pause

- One of the theme tunes for The London Olympic Games says it all.
- While it is playing think to your self;
 - 'What have you done this term to make you feel proud?'

- <u>https://youtu.be/LEoxGJ79PMs</u>
- 4 mins





- Time to search for those things that you haven't quite managed to master or achieve this year.
 - What are you still trying to achieve?
- What would you like to accomplish next term?
- What are you setting your sights on?
- While the music is playing take time to think and write down your 'next step targets' for 2018.

- <u>https://youtu.be/ntuqTuc6HxM</u>
- 4mins



Time to press pause

- Perhaps some of your school based targets are on the right, if so can you put some numbers,%, grades next to them?
- Simply saying I want to improve will not be good enough, try and be specific and give yourself a clear and aspirational target.

- Attendance
- Praises
- Concerns
- GCSE/Coursework
- Next assessment
- Strongest subjects- even better if...
- Weakest subjects- improve by.....
- Involvement in clubs
- Helping others

Time to press pause

• So if you are happy to share your thoughts talk to the people next to you.

12

8 .

- Do you share similar targets?
- Do you think you could help one another?
- Tell them what you have managed to achieve this year.

Time to press pause

 Remember you have to commit to things you want to achieve

• Discuss the two slides on the right with your partner

CHANCES OFSUCCESS:0% I WON'T60% I MIGHT10% I CAN'T60% I MIGHT20% I DON'T KNOW HOW60% I CAN30% I WISH I COULD60% I CAN40% I WANT TO90% I AM50% I THINK I MIGHT1000% I DDID

" A GOAL without A PLAN is just A WISH "

Time to press pause

<u>https://youtu.be/18EAqHx2lMk?</u>
<u>list=PLhGO2bt0EkwvRUioaJMLxrMNhU44lRWg8</u>

• When you have set your targets go for it and don't let anyone stop you!