

The background features a dark grey gradient with three overlapping blue circles. A white horizontal band runs across the middle of the image. The text 'Time to press pause' is centered within this band in a dark blue font. Below the band, the text 'Self reflection' is centered in a white font.

Time to press pause

Self reflection

# Time to press pause

- 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?’***

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



# Time to press pause

- 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.

- <https://youtu.be/ntuqTuc6HxM>
- 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



# Success

## Time to press pause

- So if you are happy to share your thoughts talk to the people next to you.
- 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 OF SUCCESS:

0% I WON'T	60% I MIGHT
10% I CAN'T	70% I THINK I CAN
20% I DON'T KNOW HOW	80% I CAN
30% I WISH I COULD	90% I AM
40% I WANT TO	100% I DID
50% I THINK I MIGHT	

“ A GOAL  
without  
A PLAN  
is just  
A WISH ”

The background of the slide features silhouettes of several people in various celebratory poses, such as jumping and raising their arms, set against a warm, orange-hued sunset sky. A large, semi-transparent white circle is overlaid on the left side of the image, containing the text and a link.

# Time to press pause

- <https://youtu.be/18EAqHx2IMk?list=PLhGO2bt0EkwwRUioaJMLxrMNhU44IRWg8>

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