

# YEAR 11 BULLETIN

CARING - DETERMINED - REFLECTIVE

## REVISITING CORNELL NOTE TAKING

Students have been refining their use of the Cornell Note-taking System.

This is a system for taking, organising and reviewing notes.

A Cornell Notes page will include the following:

### NOTES

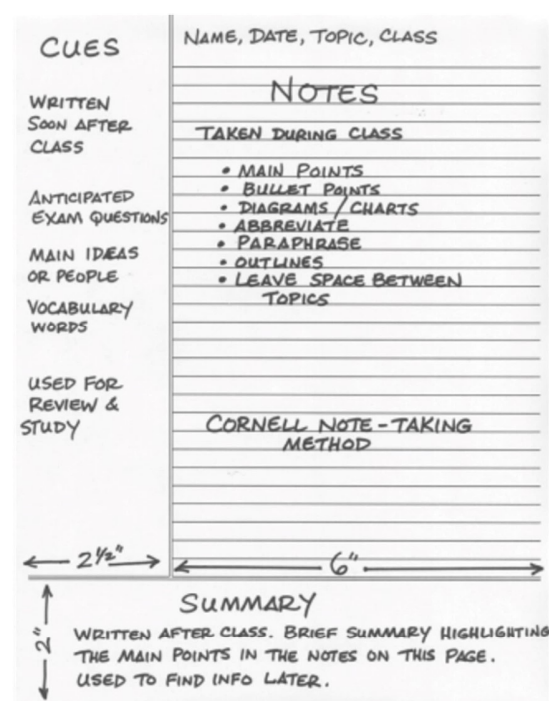
### CUES/ MAIN IDEAS/ QUESTIONS

### SUMMARY

Every student has been given a Cornell notebook to take home and practice with.

Now that they have had lots of practice with the technique, watch the following video together and have your student teach you the steps.

[https://www.youtube.com/watch?v=O2lgP9u\\_bcE](https://www.youtube.com/watch?v=O2lgP9u_bcE)



## GCSE MINDSET

This week, students will be learning about the three types of attention:

1. Proactive Attention (focused, fired up)
2. Active Attention (plugged in, ticking along)
3. Inactive Attention (flagging, tired)

Graham Allcott, the founder of Think Productive, argues that the most successful people get work done in all three states. They don't give up, they just switch tasks.

With this in mind, students are going to be listing all of their current tasks and categorising them to match the three types of attention.

### WHY DO WE DO THIS?

After teaching the students how to be gritty, we need to ensure that they know it's perfectly normal to not always feel motivated. The key though is to have a bank of tasks that do not need their full energy to ensure that they don't just give up.

Explore the list of tasks with your son or daughter. How can you support them when they have reached the point of inactive attention? How can you help them get the most out of the times when they have proactive attention?