## YEAR 11 BULLETIN

## CARING - DETERMINED - REFLECTIVE

## A FOCUS ON CAREERS

The Malling School has an exciting Facebook page focused

on careers. Just search for:

THE MALLING SCHOOL - FUTURE YOU.

Here, you will find content specifically about post 16 options and applications that will be particularly helpful to you as a year 11 parent. You will be able to keep up to date on everything that needs to be completed for your child to be ready for their future after year 11, not matter which pathway they are considering.



## GCSE MINDSET

This week, students are going to be considering the idea of 'personal bests'.

The term 'personal best' is often used in the sporting world to explain when an athlete records their best ever time. It is something that most athletes are striving for.

Professor Andrew Martin at the University of Sydney used personal bests with students and found it could make a big difference in terms of academic performance.

Along with their form tutor, students are going to be designing some personal best targets for key subjects. What are they aiming for and how are they going to get there?

WHY DO WE DO THIS?

Evidence suggests that really specific goals can help to motivate students. Setting a personal best target and considering ways in which they can reach it, will help to focus the students' revision before the mocks begin.

Ask your son or daughter about their personal best targets. How might you be able to support them to reach their goal?