



**Work Ethic** is composed of the following 3 areas:

- **Attitude** in class: behaviour, co-operation, resilience and self-discipline;
- **Effort** in Homework: the application, effort and achievement in work produced at home;
- **Systems:** organisation, punctuality, appropriate equipment and time-management.

Academic attainment

Reports  
(Systems  
Effort  
Attitude)

**A student's systems, effort and attitude are graded as:**

- ++ Excellent
- + At Expected Princethorpe Standard
- Approaching Expected Princethorpe Standard
- Below Expected Princethorpe Standard

**GCSEs**

9

8

7

6

5

4

3

2

1

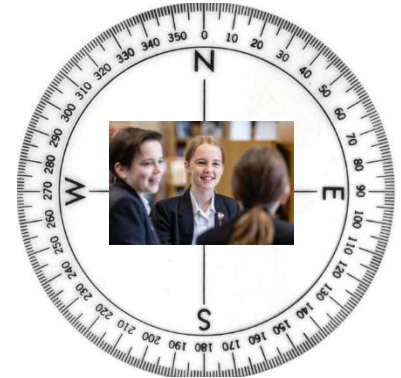
Vision  
Effort  
Systems  
Practice  
Attitude

# Year 10



# Review Evening

Learning Skills for Exams  
Thursday 28<sup>th</sup> April

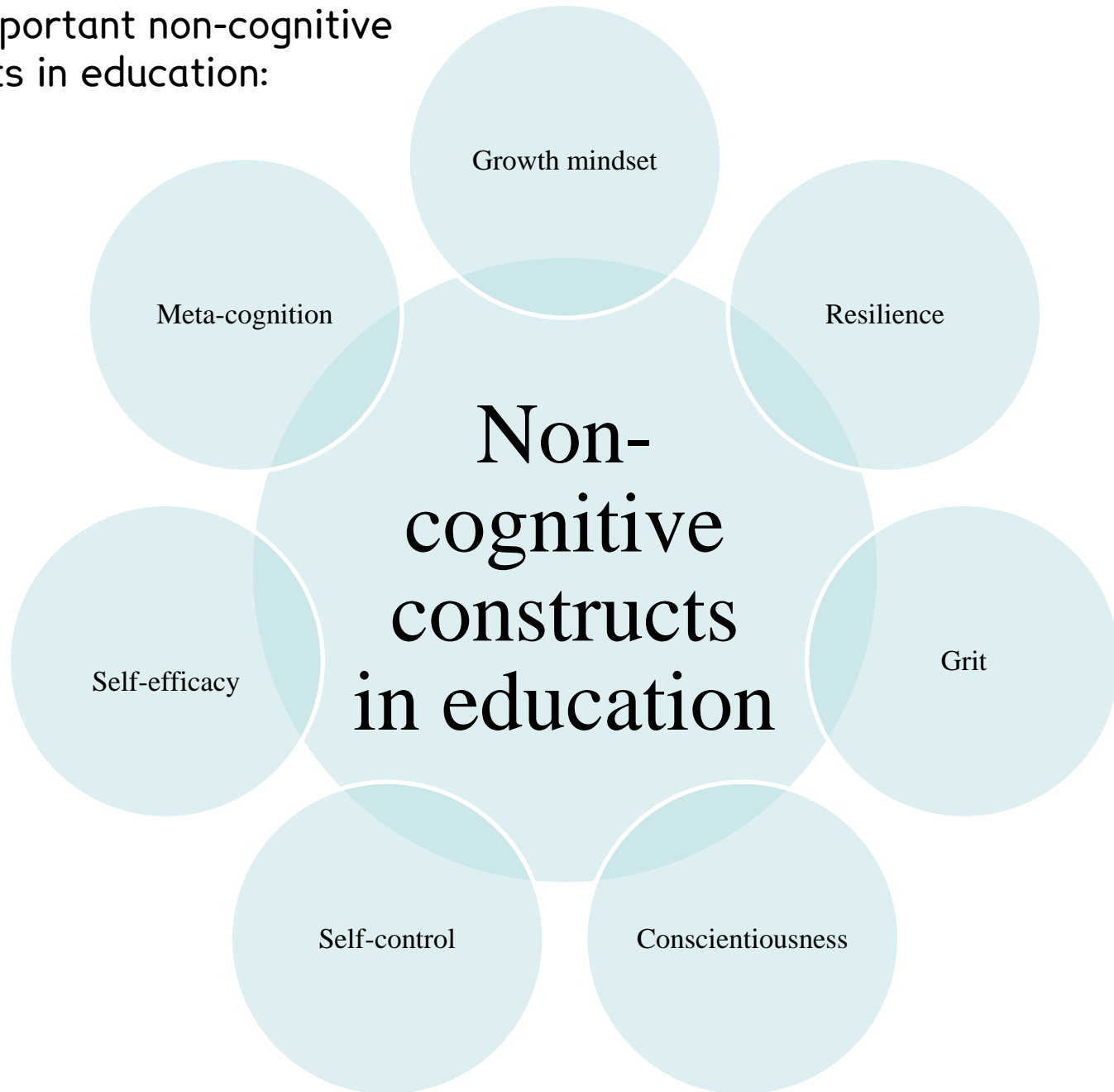


‘Numerous instances can be cited of people with high IQs who fail to achieve success in life because they lacked self-discipline and of people of low IQs who succeeded by virtue of **persistence, reliability and self-discipline.**’ Heckman and Rubinstein

‘While cognitive ability reflects what an individual *can* do, it is **non-cognitive factors** that reflect what an individual *will* do.’ McGeown

‘Good **character education** is good education...we need to take character education as seriously as we take academic education.’ Berkowitz and Bier

Seven important non-cognitive constructs in education:



# V E S P A

	Vision	Effort	Systems	Practice	Attitude
Grit	✓	✓			
Growth mindset		✓			✓
Resilience					✓
Meta-cognition	✓	✓	✓	✓	✓
Self-efficacy	✓				✓
Conscientiousness		✓	✓	✓	
Self-control	✓	✓			✓

Learning Skills  
taught in  
lessons and in  
tutor time

# Tutor Time & Independent



# Tutor Time & Independent



Year 9 Learning Skills 2021-22



Year 10 and 11 Learning Skills 2021-22



Year 7 Learning Skills 2021-22



Year 8 Learning Skills 2021-22



Secondary: 11-16 year olds; character education

- Attitude
- CV
- Effort
- Michaelmas 1 REAL time - VESPA
- Mock Exam Reflections
- Personal Statement
- Personality Types
- Practice
- Revision skills
- Systems
- Unifrog
- Vision



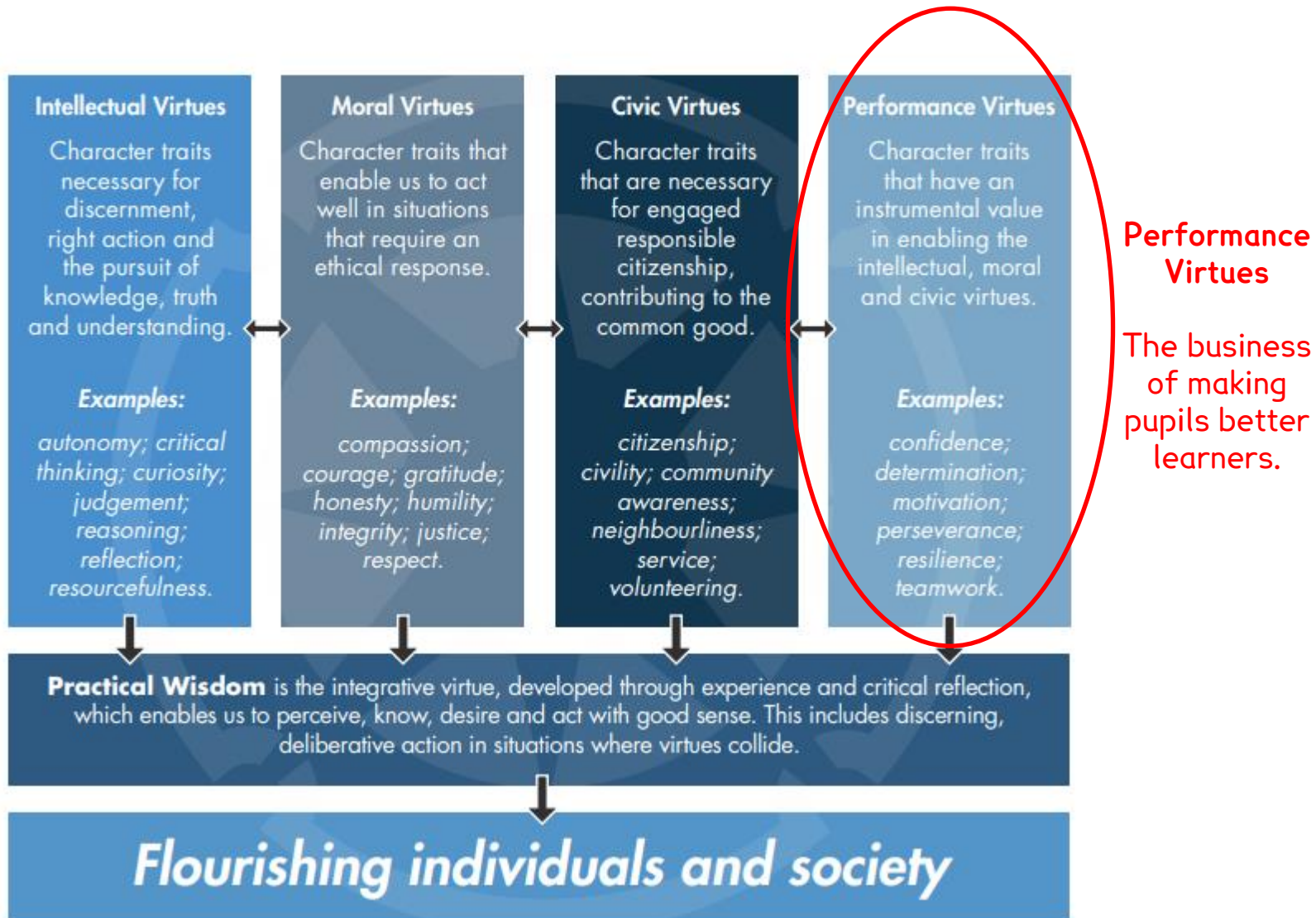
Secondary: 11-16 year olds; character education



The GCSE Mindset  
40 activities for transforming student commitment, motivation and productivity  
Steve Oakes and Martin Griffin



# THE BUILDING BLOCKS OF CHARACTER

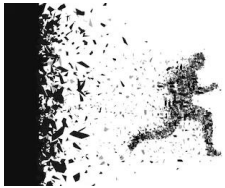






# Past performance $\neq$ future performance

Habits, routines, attitudes and approaches to study are much better indicators of future success.



## Characteristics and behaviours of *breakthrough* pupils:

1. Detailed note taking
2. Tidiness and organisation of learning resources
3. Acknowledging and working on weaknesses
4. Commitment to independent study
5. Positivity, enthusiasm and having a goal

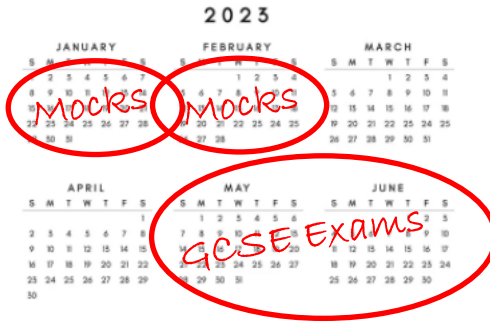
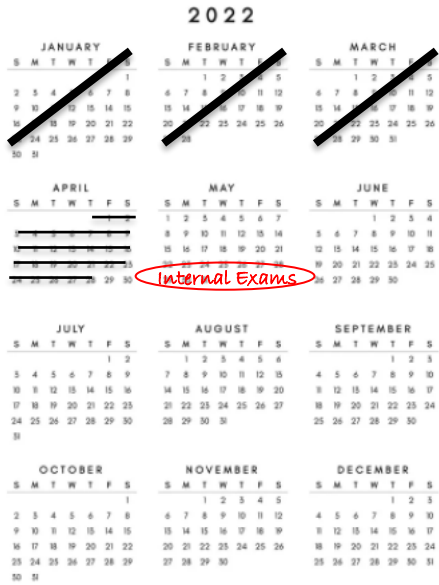




A road stretches into the distance under a blue sky with a large question mark cloud. The road is flanked by green grass and leads towards a horizon with distant hills. A large, white, fluffy question mark cloud is the central focus of the sky. The overall scene is bright and clear, suggesting a path of inquiry or a journey towards a goal.

**GOAL SETTING:**  
*start with the end  
in mind*

# How long does it take for a routine to become a habit?



You have a good amount of time to adopt the behaviours of breakthrough students





**RUNNER'S WORLD CHALLENGE**

## Your Best Marathon Plan

An intermediate plan, developed by coach Janet Hamilton with RW experts, for those who have run a marathon and log 25 weekly miles. Find other options at [runnersworld.com/trainingplans](http://runnersworld.com/trainingplans).

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Rest	3 miles easy	5 miles hills	Rest	5 miles easy	3 miles easy	9 miles LSD	25 miles
2	Rest	3 miles easy	6 miles hills	Rest	6 miles easy	3 miles easy	9 miles LSD	27 miles
3	Rest	4 miles easy	6 miles hills	Rest	6 miles easy	3 miles easy	8 miles LSD	30 miles
4	Rest	4 miles easy	6 miles hills	Rest	6 miles easy	5 miles easy	10 miles LSD	29 miles
5	Rest	4 miles easy	7 miles hills	Rest	6 miles with 2 miles @ MP	3 miles easy	13 miles LSD	33 miles
6	Rest	4 miles easy	7 miles hills	Rest	6 miles with 3 miles @ MP	4 miles easy	14 miles LSD	35 miles
7	Rest	4 miles easy	8 miles hills	Rest	7 miles with 3 miles @ MP	4 miles easy	16 miles LSD	39 miles
8	Rest	4 miles easy	Hill Repetition: 8 miles with 8 hill repeats	Rest	7 miles with 4 miles @ MP	4 miles easy	14 miles LSD or half-marathon	37 miles
9	Rest	4 miles easy	Mile Repetition: 8 miles with 3 1-mile	Rest	9 miles with 6 miles @ MP	3 miles easy	18 miles LSD	42 miles
10	Rest	4 miles easy	Yasso 800s: 9 miles with 4 800	Rest	10 miles with 7 miles @ MP	Rest	20 miles LSD	40 miles
11	Rest	4 miles easy	9 miles easy	Rest	10 miles with 8 miles @ MP	4 miles easy	20 miles LSD	47 miles
12	Rest	4 miles easy	Mile Repetition: 9 miles with 4 1-mile	Rest	7 miles with 5 miles @ MP	8 miles easy	15 miles LSD	43 miles
13	Rest	5 miles easy	Yasso 800s: 10 miles with 3 800	Rest	10 miles with 8 miles @ MP	4 miles easy	22 miles LSD	50 miles
14	Rest	5 miles easy	Mile Repetition: 9 miles with 3 1-mile	Rest	9 miles with 4 miles @ MP	4 miles easy	18 miles LSD	43 miles
15	Rest	4 miles easy	6 miles easy	Rest	6 miles with 3 miles @ MP	4 miles easy	12 miles LSD	32 miles
16	Rest	4 miles easy	Rest	Rest	Rest	3 miles very easy	<b>RACE DAY</b>	33.2 miles

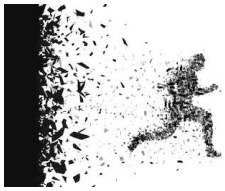
**KEY** → Rest: No exercise at all or nonimpact cross-training, yoga, or swimming. Easy: Run at a conversational pace, rest, or cruise train with a sustained aerobic effort. Hills: Run the hilliest course you can find, using leading an even effort as you climb and descend. Hill Repetition: Find a hill that takes at least two minutes to climb; mark off a short repeat halfway up from the bottom. Warm up for two miles, then run to the short mark three or four times. Jog down to recover. Then run to the top, jog down to the short mark, then repeat to the bottom (without skipping your feet). Repeat three or four times. Finish with three or four sprints up to the short mark. Cool down with two easy miles. Mile Repetition: Warm up for one mile, then run one mile at 80% pace. Jog a half-mile. Repeat as directed. Cool down with one easy mile. LSD: Long, slow distance runs build endurance. Run them at one to two minutes slower than marathon goal pace. MP: Marathon goal pace. Warm up for one mile, then run your target speed. Cool down with one easy mile. Yasso 800s: Warm up with easy running, then run 800 meters at the given time that is "Yasso" to your marathon time. So if your goal is a 3:00 marathon and the workout calls for "3 Yasso 800," run for 8:00, and run each 800 in 3 minutes and 45 seconds. Recover with 400 meters of jogging and walking. Then repeat the cycle. Cool down with easy running.

**Your First Day**  
Here's when to begin training for one of these fall marathons

MARATHON	RACE DAY	START
Chicago	10/7	6/18
Portland	10/7	6/18
Twin Cities	10/7	6/18
Marine Corps	10/28	7/9
New York City	11/4	7/16
Philadelphia	11/18	7/30



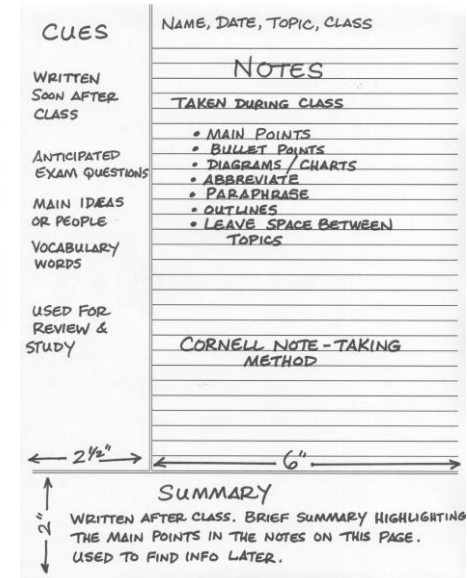




# Adopt the behaviours of *breakthrough* pupils:

## 1. Detailed note taking

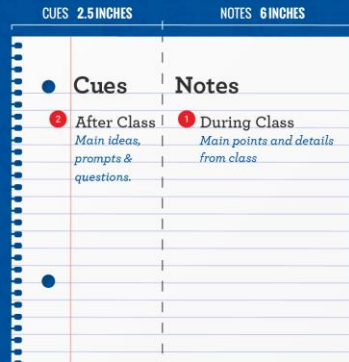
- Cornell system
- Chunking & trigger words
- Contents page
- Folders and tab dividers
- Use highlighters & Post its
- Write 'to do' lists
- Traffic light specifications



# THE CORNELL NOTE TAKING METHOD

**BEST FOR**

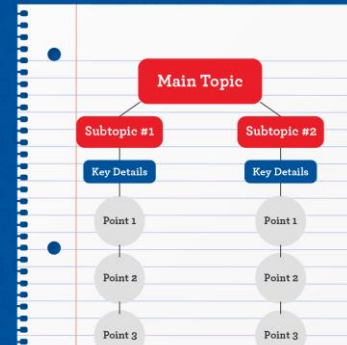
Understanding key ideas and relationships



# THE MAPPING NOTE TAKING METHOD

**BEST FOR**

Visualizing connected topics and ideas

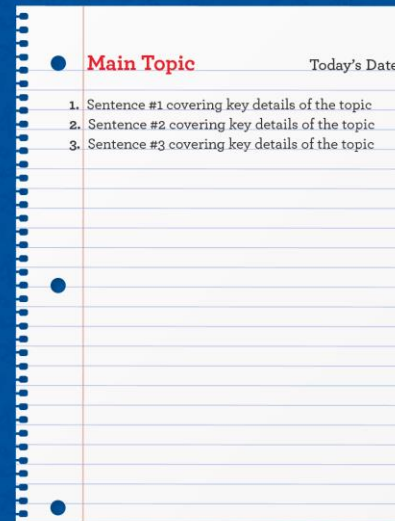


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# THE SENTENCE NOTE TAKING METHOD

**BEST FOR**

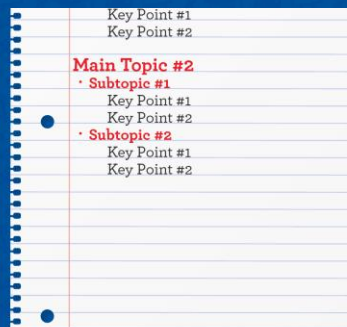
Taking quick and simple notes



# THE OUTLINING NOTE TAKING METHOD

**BEST FOR**

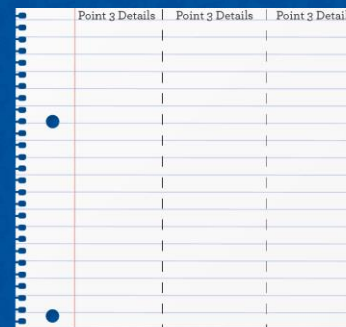
Easily creating study questions for review

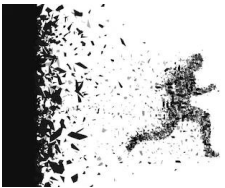


# THE CHARTING NOTE TAKING METHOD

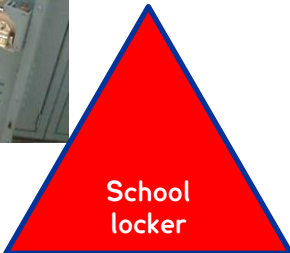
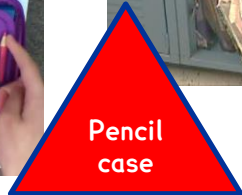
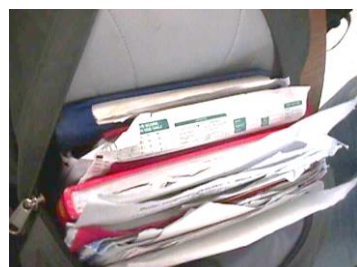
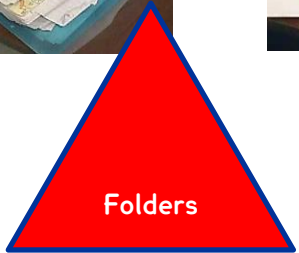
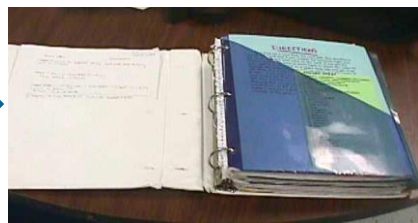
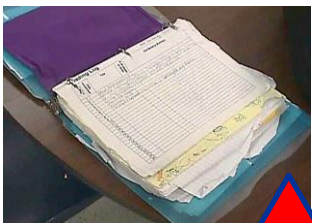
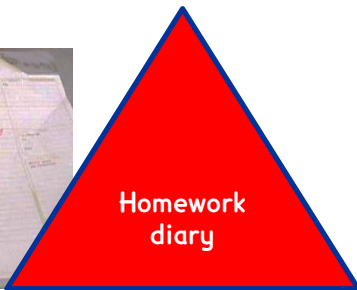
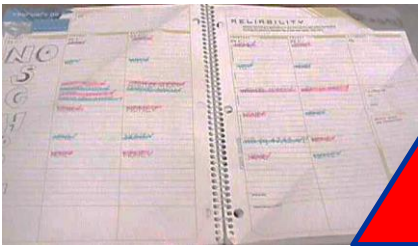
**BEST FOR**

Reviewing lots of facts

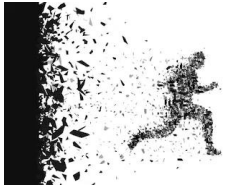




## 2. Tidiness and organisation of learning resources





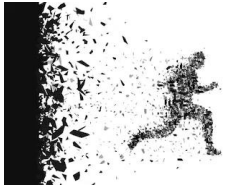


Adopt the behaviours of *breakthrough* pupils:

## 2. Tidiness and organisation of learning resources



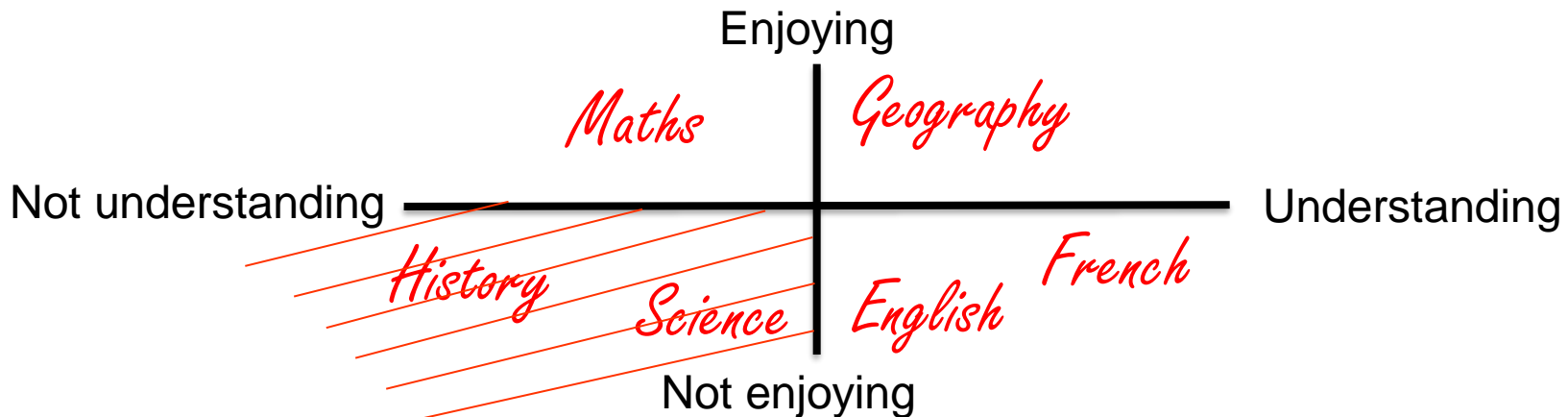


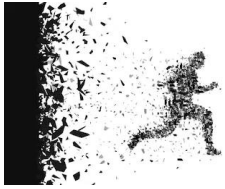


## Adopt the behaviours of *breakthrough* pupils:

### 3. Acknowledging and working on weaknesses

- Compare your work with that of pupils who get higher grades
- Choose a specific area of difficulty and discuss it in detail with a friend, go to a clinic or stay behind after a lesson and talk it through with your teacher
- Arrange a meeting with an older student or sibling who has done the course before
- 'Weekly Review'





## Adopt the behaviours of *breakthrough* pupils:

### 4. Commitment to independent study

- Reactive (homework) AND proactive (self-set) work
- Rate yourself:

Reactive

Proactive

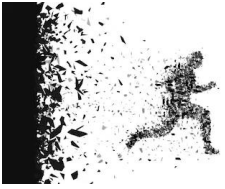


Where would you put yourself on this scale?

Are you working hard enough yet?

What things could you change to push further to the right?

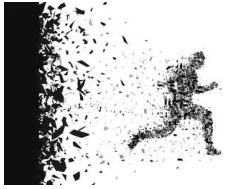
Make a note of 3 or 4 pupils working harder than you. What are they doing? What adjustments could you make?



## Adopt the behaviours of *breakthrough* pupils:

### 4. Commitment to independent study

- Review your notes after each lesson, recasting them in some way
- Put a regular number of proactive study hours in each week
- Find spaces in which you can do *deep* work and reach some version of a *flow* state
- Read around your subjects (watch a YouTube video, read a book, do some online research)
- **The Three Rs of Habit:** Reminder, Routine, Reward



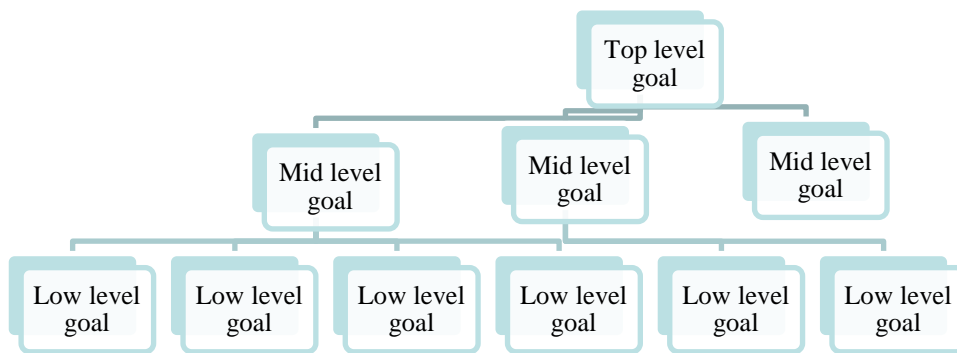
## Adopt the behaviours of *breakthrough* pupils:

### 5. Positivity, enthusiasm and having a goal

Step 1 - Decide what you want to achieve

Step 2 - Set top, mid and lower level goals to achieve this vision

Step 3 - Stick to the plan!

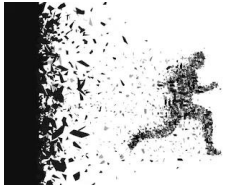


"If you are working on something exciting that you really care about, you don't have to be **pushed**.

The vision **pulls** you."

-Steve Jobs.

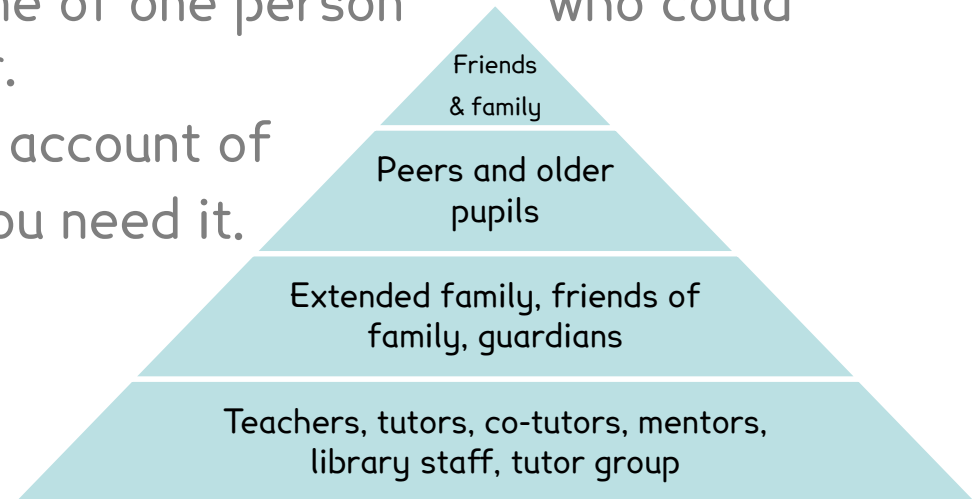




## Adopt the behaviours of *breakthrough* pupils:

### 5. Positivity, enthusiasm and having a goal

- Maintain a resilient positivity through tough times by relying on a network of friends.
- You're the dot at the top and underneath you is a team of people waiting for the chance to support you.
- List three things you need to get done this month and for each of the tasks, attach the name of one person who could help you get it done quicker.
- Help others and build up an account of goodwill to draw on when you need it.

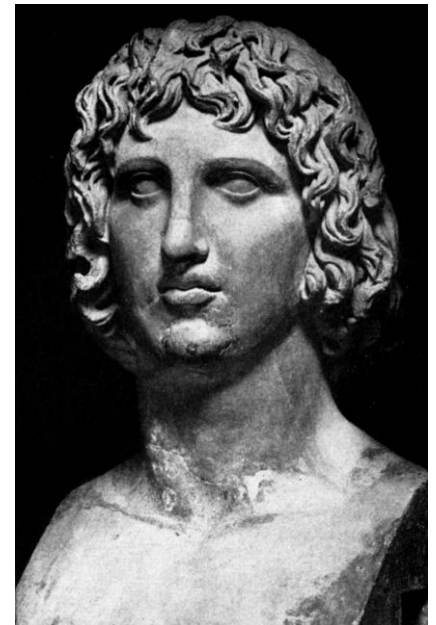


*Possunt, quia posse videntur*

They can because they think they can.

Virgil, Aeneid: Book V.

- Self-efficacy (SE) has been recognised as a pervasive mechanism of human agency influencing motivation, performance and well-being.





*You can if you think you can.*

