



It's time to start doing something



STEPS to SUCCESS

A Survivors Guide to Year 11



Diet and Exercise

We might pretend otherwise, but we know how important these two items are.

This session is to get you thinking about it.

Three things I will engage with:

Idea One

Idea Two

Idea Three



Goals and Aspirations

By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – **your own**.

Three things I will engage with:

Idea One

Idea Two

Idea Three



Mindsets

Once your mindset changes, everything will change with it. We will be comparing the growth and fixed mindsets and learning how there is no such thing as failure but only feedback to help you succeed.

The only thing that overcomes hard luck is hard work and this session will give you the tools to believe it.

Three things I will engage with:	
Idea One	
Idea Two	
Idea Three	



Stress Management

The word stress is often used. At its worst, it impacts on our ability to perform.

What can we do about it?

Three things I will engage with:	
Idea One	
Idea Two	
Idea Three	



Memory Learning

You can't escape the fact that by the time you sit your final examinations you will have had to learn thousands of pieces of information. This session is here to help!

Three things I will engage with:

Idea One	
Idea Two	
Idea Three	



The Final Lap

If you understand how year 11 fits together you can plan to achieve your best.

We'll look at how you can think about your learning.

Three things I will engage with:

Idea One	
Idea Two	
Idea Three	



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