

Understanding the exciting and challenging aspects of studying at KS5

Task 1

Card sort: **Part one**

1. Cut the cards out and place the cards in order of the things which you are **most looking forward to**.
2. **Think about why** you have selected each card.

Having more independence	Going into more detail in my favourite subjects
Other (e.g. meeting new people, new experiences)	Developing my skills
Getting ready for life after KS5 and the opportunities I have	Getting the chance to do more things – Extra Curricular

Task 2

Card sort: Part two

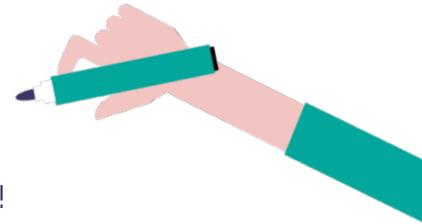
1. Cut the cards out and place the cards in order of the things which you are most **concerned about**.
2. **Think about why** you have selected each card and what strategies you can use to help you prepare.

I'm not sure I like my subjects now	I'm not sure what comes next
Other (e.g. I don't feel prepared, I am worried about so many things)	I'm unsure what studying at home will be like
I might struggle with stepping up from GCSE to A Level, BTEC or NVQ	How will I settle in whilst studying virtually?

TAKE YOUR PLACE

Task 3

One way to feel more prepared is to make an example **timetable**. Make sure you work out how many free periods you want to use for studying.



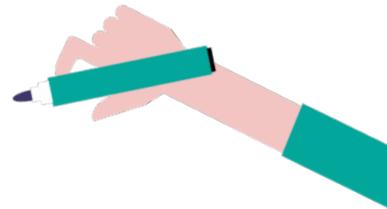
Example timetable – You can make these as personal as you wish!

Class/Subject	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend

TAKE YOUR PLACE

Task 4

Overcoming our challenges is a key part of transitioning through our studies. Write down the strategies you considered in the card game in Task 2. To ensure you remember these - keep them close to a place you often work or study. This will help remind you of your plans whenever you are feeling concerned.



I'm concerned about...	I'll manage this by....