

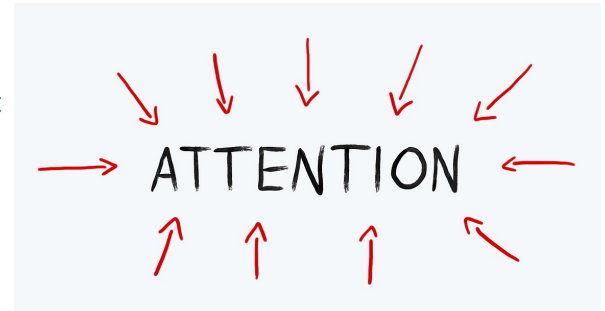
# YEAR 11 BULLETIN

CARING - DETERMINED - REFLECTIVE

## GCSE mindset: Three Types of Attention

This week, students have been examining the three different states of attention. Graham Allcott, founder of Think Productive, describes the three types of attention as the following:

1. Proactive Attention—fully focussed, fired up & feeling fresh.
2. Active attention—plugged in, ticking along nicely.
3. Inactive attention—flagging, fried, foggy.



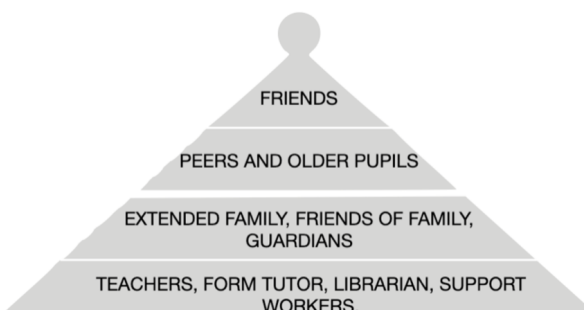
He argues that successful people get work done in all three states, not giving up when they are in state three but switch the type of task they complete during this state. For example, complex tasks require you to be fully focussed whereas regular tasks require active attention. Students sorted the tasks they are currently dealing with into which type of attention they would need to complete it.

Why do we do this?

Being aware of what state you need to be in to complete a task will result in greater success and avoid the frustration of completing complex tasks, such a revision, when in a state of inactive attention.

## Network Audit

Quite often students forget just how many people they have in their network waiting to help them. We want our students to know that they can ask for help and who to ask for help from. They will be listing



three tasks they have coming up and who in their support network will be able to support them.

Why do we do this?

Sometimes, students associate asking for help with failure. We want our students to understand their support network is ALWAYS there to support them and that they are not going through their exam year on their own.

### WHAT CAN YOU DO?

Reassure your child that you are there to support them and ask what tasks this week they need you for. Discuss the rest of their support network together and which person is best for which task.

Discuss with your child if there are certain times of day when they are more likely to be in state one of attention and align this with when they are going to be doing their complex tasks, such as school work.

# REVISION NEWS

## Period 6 Timetable: 3.30-4.30 pm

DAY	SUBJECT	LOCATION
Monday	Art, 3D Design & Textiles	Art studios
Tuesday	Science	R8
	History	B9/B10
	Business	R19
	Textiles—invite only	Textiles studio
Wednesday	Maths	Maths corridor
	Computer Science	B4
	French & Spanish	MFL corridor
Thursday	English	English corridor
	Music	M6
	Drama	M6
	Hair & Beauty	Salon

### Tuesday 17<sup>th</sup> October

**Science** : Chemistry core practicals: Making salts

Further information on other p.6 sessions are shared via Virtual Y11 school on Teams

#### WHAT CAN YOU DO?

- ◇ Provide a quiet study environment, consider places students can work; a parent's home office, an attic room, a relative's house
- ◇ Remove distractions, such as smart phones from where students are working
- ◇ Help students construct a revision timetable and keep a copy somewhere visible
- ◇ Be positive, particularly in moments of panic
- ◇ Be aware of their road map and any missions and medals they planned for themselves, offer some incentives to work
- ◇ Make sure they have a healthy balanced diet to support effective studying
- ◇ Try to avoid tension or arguments
- ◇ Encourage regular exercise and a good night's sleep

#### What to revise this week?

**Biology**: 3. Genetics - DNA & Reproduction—[BBC bitesize: DNA & Reproduction](#)

**Chemistry**: 2. States of matter; Mixtures —[BBC bitesize: State of matter & mixtures](#)

**Physics**: 4. Core practical: Waves (ripple tank) —[BBC bitesize: Ripple tank practical](#)

**Geography**: Coastal Landscapes - Coastal management & Holderness Coast (CASE STUDY) - Revision guide pages 12-13

**History**: Challenges faced by the Weimar Republic —[resources](#)

**Business Studies**: Theme 1.3 The importance of cash and cashflow forecasts

**Psychology**: Neuropsychology Issues & Debates: How Psychology changes over time —[Neuropsych CB P23-26](#)

**Sociology**: Changing relationships and families — Purple book p.34-36 and your curriculum booklet