



## *Sixth Form Induction Overview*



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*“I learnt that I need to believe in everything I do, and aim for exactly what I want, not less”*

Rebecca McLernon, Havelock Academy Sixth Form Induction



# 1. About Future Foundations

**Founded in 2004, Future Foundations (FF) is an education training organisation focused on the personal development of young people.**

Working in partnership we provide coaching, mentoring and training to grow the academic and leadership potential of young people. We run immersion learning programmes which last between one and five days, both residential and non-residential throughout the UK.



There are five themes that run throughout FF programmes:

- **Take personal responsibility**
- **Be yourself**
- **Know yourself**
- **Find your talents**
- **Serve others**

## 2. Sixth Form Induction - Overview

**Typically a one or two day programme for year 12 and/or 13 with the following aims:**

- Helping students to think about their vision for sixth form and set tangible goals
- Challenging the students to make the jump from GCSE to Sixth Form work, and understand what is expected of them (i.e. student, parent and teacher expectations)
- Encourage the students to take responsibility for their own learning and to go beyond what is being asked of them in class.
- Build the students confidence, teamwork and commitment towards their vision through team work and presentation skills training/practice.
- Launch the sixth form with a fun and interactive experience which the students will remember.

**The programme will be delivered in small groups to encourage maximum participation.**



# 3. Typical Workshops and Options

| Example Sessions                                 | Typical Content (adapted by the facilitators to suit the ability of the group)  |
|--|---|
| 1. Sixth Form Secrets                            | <p><b>Helping students make the jump from GCSEs to Sixth Form</b></p> <ul style="list-style-type: none"> <li>- The common denominators of sixth form success, understanding and taking its opportunities, maximising life as a sixth-former, the importance of personal responsibility, achieving balance in sixth-form and setting a compelling vision for sixth-form</li> </ul>   |
| 2. Self Leadership (optional additional session) | <p><b>To be effective in your prefect role requires the ability to lead yourself, become clear about the vision you are working towards, and take responsibility for that journey.</b></p> <ul style="list-style-type: none"> <li>- This session focuses on helping the students to gain a deeper understanding of the relationship between success and attitude and improved listening skills and awareness of their impact on others</li> </ul>                                   |
| 3. Knowing Yourself                              | <p><b>Helping young people to identify their natural abilities and strengths, and how they can use them to reach their potential</b></p> <ul style="list-style-type: none"> <li>- Exploring students' strengths and learning styles, approach to work and the link between knowing yourself and success</li> <li>- Identifying study tools and techniques to help reach your potential</li> </ul>   |
| 4. What's your story?                            | <p><b>To enable the students to identify what stories are holding them back and how they can develop them.</b></p> <p>The sessions aims to:</p> <ul style="list-style-type: none"> <li>- Show students it is possible to find the excuse underneath things that are holding you back – and choose to not act on it.</li> <li>- Help students choose a different story to the one that is holding them back from succeeding</li> </ul>   |
| 5. Time of Your Life                             | <p><b>Helping young people realise they control their time and to achieve their goals in life they need to consciously manage their time</b></p> <ul style="list-style-type: none"> <li>- Wheel of Life - identifying how students spend their time and where it goes</li> <li>- Life strip - helping students understand the importance of their time</li> </ul>   |
| 6. Finding your voice.                           | <p><b>Uses tools and techniques in a fun and interactive way to help young people develop their presentation skills</b></p> <ul style="list-style-type: none"> <li>- Helps young people to build confidence in speaking passionately and authentically</li> <li>- The finale of this session challenges the students to take on leadership roles, self manage and provide inter-team feedback using the tools and techniques taught during the first half of the session</li> </ul> |
| 7. It's The Way You Do It                        | <p><b>Study skills and independent study</b></p> <ul style="list-style-type: none"> <li>-The expectations of sixth form study, getting organised, starting with the end in mind, thinking and writing originally, the habits of study success, Who's on Your Team? (your study dream team), must knows, should knows and could knows.</li> </ul>  |
| 8. Sixth Form Goal Setting                       | <p><b>This session builds on Sixth Form Secrets.</b></p> <p>The power of goal setting, daring to think big, the Harvard study on those who set goals, having enough reasons (why v how), models of setting goals, OPA model – outcome, purpose, action, success quotes on goal-setting, change is inevitable growth is optional</p>   |



## 4. a) Typical One-Day Timetable with Suggested Sessions

Depending on Option chosen, this could be delivered once to all, or delivered twice to 30 students at a time.

| Timing | Sessions   |
|--------|--|
| 09.00  | <b>Opening Plenary:</b><br>Choice and personal responsibility<br><b>Experiential Learning Activity: Driving Me – demonstrating to the students they have control over their destiny if they choose</b> |
| 10.30  | <b>Workshop 1. Time of Your Life</b>   |
| 11.30  | <b>Break</b>   |
| 11.45  | <b>Workshop 2. Sixth Form Goal Setting</b>   |
| 12.45  | <b>Lunch</b>   |
| 13.15  | <b>Group Session. Finding Your Voice</b>   |
| 15.00  | <b>Team Coach Session: Review of the day and Action Plan</b>   |
| 15.30  | <b>Feedback, Photo Montage &amp; Closing Plenary:</b><br>Turning ideas and good intentions into reality.   |
| 16.00  | <b>Close</b>   |

***Depending on Option selected, we may be able to run a small group leadership session specific for prefects or other Heads of School.***

## 4. b) Typical 'Two-Day Programme' Timetable

| Day 1 |  |
|-------|--|
| Start | Session                                |
| 08.30 | Registration & Icebreakers             |
| 09:00 | Morning plenary                        |
| 10:00 | Team Coach Session                     |
| 10:30 | Break                                  |
| 11:30 | Workshop 1.                            |
| 12:30 | Group session 1:<br>What's your story? |
| 13:00 | Lunch & Group photo                    |
| 13:30 | Team Task 1. followed by<br>Review.    |
| 14:15 | Group Session:<br>Finding Your Voice   |
| 16.15 | Close                                  |

| Day 2 |   |
|-------|---|
| Start | Session                                 |
| 08:30 | Morning plenary                         |
| 09:00 | Team Task 1. followed by<br>Review.     |
| 09:45 | Workshop 2.                             |
| 10:45 | Break                                   |
| 10.00 | Workshop 3.                             |
| 11:00 | Preparing for presentations in<br>teams |
| 12:00 | Inspiring Story                         |
| 12:30 | Lunch                                   |
| 13:00 | Group Presentations                     |
| 14:00 | Team Review with Coach                  |
| 14:30 | Closing plenary                         |
| 16:15 | Close                                   |

## 5. Contact details

For more information on this programme, FF or other programmes please contact us:

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