



| 2021/2022 | Term 1 | Issue 5 | 8th October | 2021 |

Sixth Form Bulletin

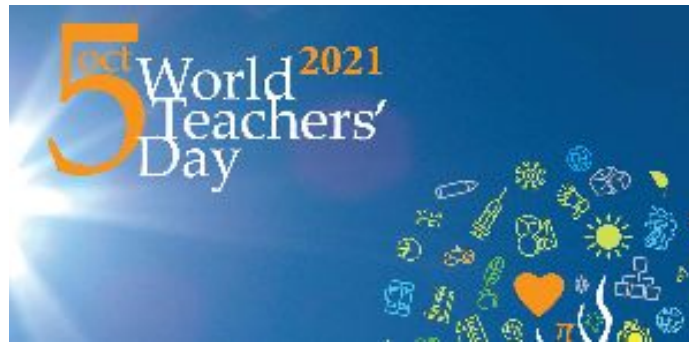
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News In Brief



Staying Safe

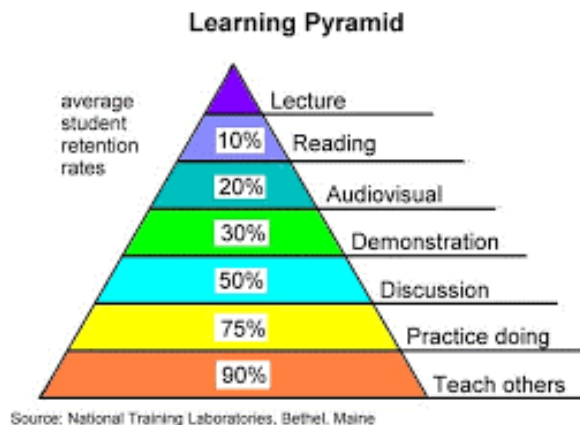
Please remember that, as part of our Outbreak Management Plan, we would like students to wear face coverings in all communal spaces.



The Lumière Film Society

UNESCO World Teachers' Day takes place every year on 5 October. It is a perfect opportunity to thank teachers for their efforts and reflect on the difficult and challenging work they do. Our film recommendation this week highlights the power a teacher has to forever change the lives of his or her students. [Dead Poet's Society \(PG\)](#) is set in Welton Academy, a conservative American private school in the late 1950s, and follows the arrival of English teacher, John Keating, whose lessons teach the value not just of great works of literature, but also of expressing your true self and following your dreams.

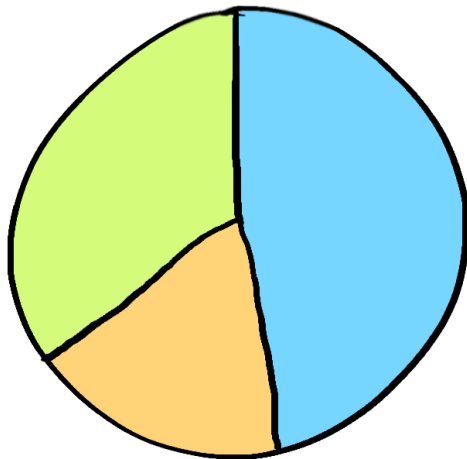
Advice for Sixth Form



Revision Advice

By Zoha Qureshi

"This learning pyramid demonstrates how effective different revision techniques are. Listening to a lecture will not help as much, but the more interactive your revision is, the more easily you will be able to recall the information. For example, when revising a topic I have not looked at for a long time, I get a blank piece of paper and write down everything I remember. Then with a different coloured pen, I go back and add the things I have missed so I know exactly what to revise rather than highlighting a textbook. This saves time and improves efficiency!"



- PEOPLE WHO GET IMPOSTER SYNDROME
- OTHER PEOPLE WHO GET IMPOSTER SYNDROME
- LITERALLY EVERYONE ELSE (THEY ALSO GET IMPOSTER SYNDROME)

EVERYONE FEELS LIKE AN IMPOSTER
SOMETIMES, AND THAT'S OKAY

ERRANTSCIENCE.COM

Imposter Syndrome

By Rebecca Anderson

Imposter syndrome refers to an internal experience of believing that you are not as competent as others perceive you to be. While this definition is usually narrowly applied to intelligence and achievement, it has links to perfectionism and the social context.

This can be caused by many things including your family comparing you to other siblings who you feel are more high achieving than you. It has also been linked to issues of self-esteem and depression. Female students have been shown to be particularly prone to imposter syndrome.

Ways to overcome imposter syndrome include identifying which factors are causing it, recognising when limiting thoughts are coming into your head, and talking kindly to yourself. Be proud of yourself and write down the strengths you show, and the things you achieve. Imposter syndrome is very common and very natural: if you experience it then you're not alone. Just remember that your experiences, insight and knowledge are just as valuable as anyone else's.

Broadening Horizons



International Walk to School Day

International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school. It was celebrated on 6th October this year.

Green Thought for the Week

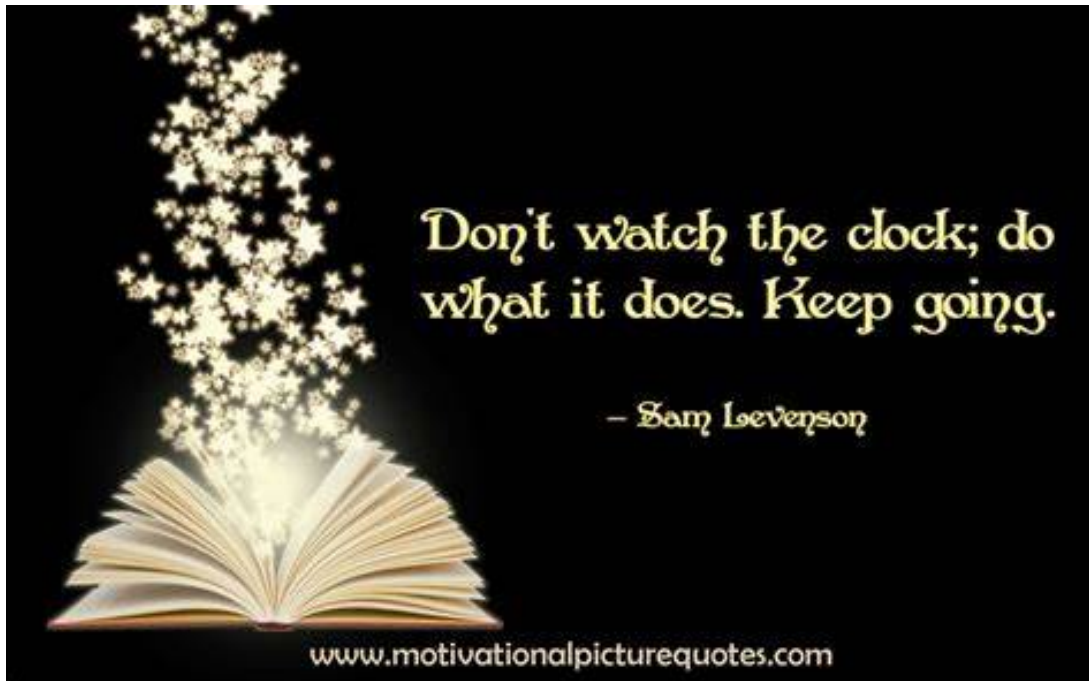


Eat less meat

By Lily Hall

The current gas shortage has led to a sudden decrease in meat production. This is set to become a continuous reality for us as fossil fuels continue to deplete. One way to help tackle this shortage is to increase the number of meat-free meals you eat in a week. For many of you this may be easy, or you may not eat any meat at all, but for some of you this may seem like a daunting idea if you and your family eat meat with every meal. Start simple with either one of two vegetarian evening meals a week, or swap red meat for fish. If you are stuck for ideas, there are plenty of delicious vegetarian recipe ideas on Instagram. Just type in [#easyvegetarianrecipes](#).

Sixth Form Support



Careers and Tertiary Education Spotlight



Careers Information

Please note that we will be saving any careers information that we include in the bulletin in a file called 'Careers Information' on the public drive for students to access. Only new opportunities will be included in the weekly bulletin but you can still find the information from the past bulletins in the folder.



Opportunities

CGI Degree Apprenticeship

Please have a look at the [Digital and Technology Degree Apprenticeship](#) with CGI starting in September 2022. Applications close 1st January.

Springpod Work Experience

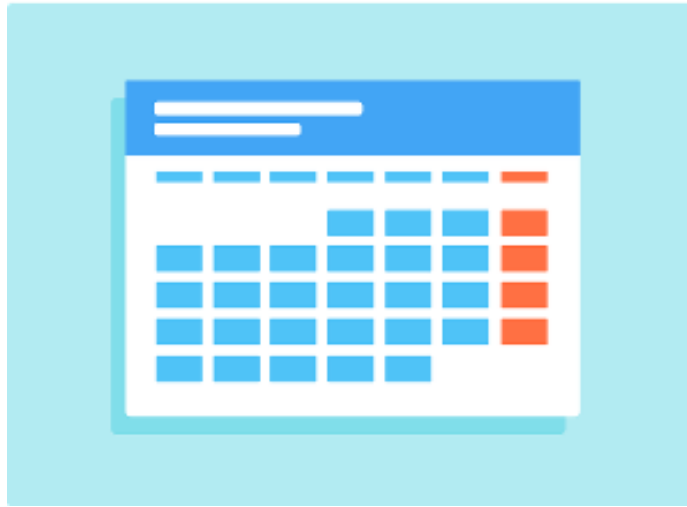
For a large range of work experiences have a look at [Virtual Work Experience Search \(springpod.com\)](#). Please make sure to only sign up for opportunities taking place outside of lesson time.

Care and Volunteering Opportunities

Harwood House Luxury Care in Cookham offer job opportunities in care for over 18 year olds as well as some volunteering opportunities supporting residents with activities and household tasks. If you are interested please email cindy.tabram@harwoodhouse.co.uk.

IBM pprenticeships

IBM is offering a range of school leaver opportunities. Please have a look at details and apply [here](#).



Events

At the [Virtual Fair](#) on Wednesday 20th October students will have the chance to interact and engage with universities, colleges and apprenticeship providers until 6pm. With a series of live webinars throughout the event, and the chance to Live Chat with exhibitors on the day, students can gain a valuable insight into their next steps after sixth form. You can [sign up for this event](#) now.

Contact Us

Please feel free to email any suggestions for future bulletins to: katebretherton@newlandsgirls.co.uk

Acknowledgements

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