



Y12 Student Self-Reflection Exercise (an Aide Memoir for your 1:1 meeting)

This exercise is to help you prepare for your 1-1 meeting. It would be helpful if you reflect honestly on each question and have it to hand for your meeting. All meetings will take place between Wed 24 and Fri 26 June at a time indicated by your parent/carer via a separate parental survey. Your parent/carer will also have indicated whether your meeting will be face to face in school, a phone call or via video conference platform.

Your meeting will be either with your Form Tutor or with a member of the Sixth Form Team (RSH or GHU). The conversation will focus on how the coronavirus and school closure has affected your well-being, and any concerns that you may have. We have a range of support networks so if you do not want to speak to someone at school, we can arrange an alternative.

The conversation will focus on how you are, the work that you have been doing during the closure so far, your engagement with the UCAS/Apprenticeship application process and how you can do your best over the rest of this half term in preparation for September.

It is important that you answer the following questions honestly.

To begin, please write your name and form:

1. We know that the last 12 weeks have been a very 'different' experience for most of us. How difficult have you found the recent school closure? Circle the one that applies to you.

Not at all	A few difficult days	Quite a lot of difficult days	Very difficult most of the time
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2. Are there things you would like to discuss with someone? If 'yes' circle those issues relevant to you. We can then direct you to the most appropriate person in our pastoral team.

Family issues	Friendship issues	Bereavement / Loss	School work	Worry about the virus	Other
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3. How often have you worried about your schoolwork? Circle the one that applies to you.

Not at all	A little	Quite a lot	All the time
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4. How much work have you submitted? Circle the one that applies to you.

No work	Less than expected	Expected amount	More than expected
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5. Think about the quality of the work that you have submitted. Circle the one that applies to your work.

No work done	Below standard	Acceptable standard	All done to the best of my ability	Depends on the subject
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6. How easy has it been to access the work?

Unable to access at all	Difficulties with devices and / or internet	Varied between subjects	Straightforward for most subjects	No issues at all	I received paper copies of work	Other (Please state e.g child care/ carers role)
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7. Did you ask for help from any member of staff? If yes, who was the contact with and did you find the encounter helpful?

If yes, please give details	If no, please say why not
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8. What was the hardest thing you did during this closure, and how did you overcome it?

9. What are you most proud of accomplishing this year?

10. To help us with future planning, what types / aspects of work did you enjoy?

Research work	Project work	Revision questions/using Exam Questions	Powerpoint presentations	Microsoft teams	Other (Please state)
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11. Which (if any) of the following issues affected you?

Sharing laptop or PC	Internet issues	Difficulties with email passwords etc	Difficulties with Microsoft Teams	Understanding the actual work set	None
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12. Is there anything else that you would like us to know or anything you would like us to help you with which we have not addressed in the above questions?

13. Have you registered with STARTprofile.com: Yes No

14. Have you completed the 4 LAMA tasks and sent the work to your Form Tutor; please circle Yes or No

If applying for university:

Task 1:	Researching courses and university	Yes	No
Task 2	Completing a reference questionnaire:	Yes	No
Task 3	Starting on your Personal Statement	Yes	No
Task 4	Registering with UCAS	Yes	No

If applying for an apprenticeship:

Task 1:	Researching apprenticeships	Yes	No
Task 2	Completing a reference questionnaire:	Yes	No
Task 3	Starting on your Personal Statement	Yes	No
Task 4	Registering with UCAS	Yes	No

15. Have you been working more than your original hours in paid work: (please circle) Yes or No

If yes, how many hours did you work a week?

Has this had an impact on the work done for school? Yes No

Have you plans to continue working extra hours? Yes No

16. Are there any positives that have come about because of this closure? For example...have you discovered a new learning style? Have you enjoyed the independent learning?

Thank you for completing this survey and we appreciate your honesty! We look forward to our 1:1 meeting.