

# Advice for sixth form students

Being in Sixth Form can feel like a scary place; you're at the top of the school and in that transition phase between school and your future education (e.g., college, university, apprenticeships). A lot of pressure is put on sixth formers and therefore it can become quite overwhelming to go to school. Here are some tips that can help if you're currently in sixth form or if you're about to enter sixth form.

## 1. Only study subjects that you enjoy/are interested in and don't overwork yourself

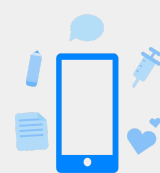
This is a tip, generally, for people who are choosing their A-Level subjects however, it can still apply if you're already studying at sixth form. Just one A-level can be very time consuming and work-heavy therefore it's important to make your decisions early on because they can cause stress down the line. It's also important to weigh up how many subjects you are capable of studying as you don't want to have too much on your plate! So, the advice is to choose subjects that you generally are interested in and ones where you know you'll be able to keep up with the workload. If you are aware that a certain subject involves a lot of writing and you are not good in that area, it may be worth thinking about whether you should choose that subject as one of your options. This is especially important if you know that this may cause you to feel overwhelmed over time.

## 2. Explain to your teacher/head of year if the workload is too much for you

It is important to remember that there is always an option to drop a subject if it's too much for you. That being said, this does depend on your future (e.g., if your university course needs 3 A-levels) but it is still worth mentioning it to someone, to weigh up all of your options. You don't want to be in a situation where you have studied a subject, just because you felt pressured to but then failed that subject because it was too much for you. It is important to acknowledge how much you can handle. Talking to someone can help because they can provide you with alternative options, if you need to drop a certain class. As well as this, in some cases, they may be able to offer you a qualification in that same subject but with different assessments (collaborative courses, BTEC, Foundation tier etc.).

## 3. Make use of resources online

Living in the 21st century means that there are so many resources out there that can help you to study/to learn. Sometimes schools don't provide all the help you may want, so researching online what you're stuck on, can be helpful. Also, read our post on 'useful apps' for some of our recommendations for students.



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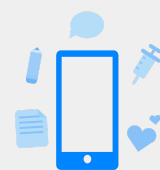
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## 4. Have study/revision sessions with a friend

If you and your friend/peer have a subject that you're both struggling with, why not study together! Having someone there to help you and keep you accountable for your work can be very useful. It can also help because you can work together to figure out the answer/resolution to a problem. You can make this fun and go round each other's house or facetime (concerning Covid) and have snacks to keep you energised! Having someone there to talk to about the work can make you feel less isolated with the problem! You can also test each other (if you have an exam coming up) to help each other out.

## 5. Keep a schedule of your work

With the workload you get in sixth form, it can be helpful to keep a schedule to manage how much time you are going to spend on each subject (outside of school lessons). By doing this, you will be more organised and it will help avoid the stress and anxiety of completing your work at the last minute. You may not always stick to this schedule, but having a guide there helps to give you a starting point. Look at our resource 'how to create a schedule/create a timetable' for more help on this.



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