

Let's
Kickstart Year 11



A collection of the most useful tips I know to help you enjoy your summer without worrying about going back to school in September

▮ Cheatsheet on your mindset

▮ How to find what is important to you

▮ 5 top habits you can start to get you ready for Y11



Leneena Mayne

I know that this upcoming year feels like a big one. It already did and then the world came grinding to a halt and you and all your friends got sent home.

For some of your friends that felt like a dream come true. They have done what they had to keep the teachers off their back and spent the rest of the time on facetime and Fortnite.

I have not put this together for them.

I have put this together for the teens who panicked when the schools closed. The teens who worried about all the learning they were going to miss. Who found it hard to focus on the work that the teachers sent out because they couldn't calm their mind.

If you feel like you don't know what you're supposed to do next, keep reading. This is to help you figure out what is most important for you and to give you a good idea on how to make it happen!

I hope this helps

Lennie



Get in the right head space and know how to stay there!

One of the things that we have all had to learn over the past few months is that some things cannot be avoided (clearly). When it comes to problems there are two types of people :

The people who see the problem as an opportunity to learn, change or grow.

Some signs you are this kind of person are:

- You feel less anxiety about how well you are doing
- You believe you can develop any ability through commitment and hard work. Because of this belief, you have a desire to learn new things
- You don't shy away from effort; you lean into it
- When you see others doing well, you're inspired and use what you learn from them to improve yourself
- You see feedback as an opinion on how well you did that day, lesson, hour and not on who you are as a person.

The people who abort mission and get back in bed and wait for this to all blow over.

Some signs you are this kind of person are:

- You believe that you are who you are and can't change that.
- Put time into looking smart instead of learning and developing
- Give up on things very quickly
- Feel humiliated when you get things wrong and say things like "I just can't do it" or "This isn't my thing"
- You avoid new challenges like the plague! and when challenges pop up, you quickly make excuses so you can't be judged
- Feel like people who are good at something are better than they are
- Secretly you wish you could be successful like others



At this point in lockdown, it's likely clear which type of person you are. It's obvious which person is going to find everyday challenges easier. Don't worry though, if you don't like the way you currently handle stress you can change!

If we can take even a smallest bit of the energy you use to put yourself down and worry you will be amazed in how quickly you can start to move forward.



Get to grips with your *Priorities*

A key thing to get you in the headspace that is right **for you** is to know and understand what is important **to you**. Taking inspiration from important people in your life is definitely helpful.

Adults who you look up to or who have a life that you would like to have are a good place to start!

Parents, favourite Aunty and Uncle, older cousins, best teachers or even that neighbour with the proper nice car.

Talk to these people ask them questions about what they prioritise? or if they were in your position what would they be doing?

Think carefully about the people you reach out to for this. If there are aspects about their life that your not a fan of be aware of that. If you ask that uncle, who makes you laugh but has 4 different jobs a year and lives with Nan at 40. If you follow his path why would your future turn out different?



Try answering these questions

This time next year what do I want?

Being clear on what you would be happy with in the future helps you build a picture on where is useful to put your energy. This will stop you from worrying over what you should be doing because you will know what you want to do. To make sure you're goals are genuinely right for you, ask yourself, "What is the outcome behind my goal? What will working towards this goal get me?" "How will my life look when I complete this goal?"



I really want to be an organised person... I hate that im always dead last minute. I want to be organised so I'm not stressed for my GCSE's . I want to go to KGV college & do Btec business I need 5 GCSE's grade 4 at least... but id like grade 5's id be gutted if i got 4's ... I dont want to have to resit my maths! need to get better at maths deffo !

A large, empty rectangular box with a pink border, intended for writing an answer to the question "This time next year what do I want?".

What Does A Successful Outcome Look And Feel Like?

Start with the end in mind and imagine you have already reached your desired outcome fully and completely. What are the major milestones that helped you get there? By asking these questions, you can figure out the important tasks that will get you where you want to be.



Right, so I've got on me course... Mum was proper buzzin with me. I don't need to resit Maths because I've passed it. I didn't need to stress as much as other people because I revised the whole way through. I'm made up with myself because of that. OKAY SO I DEFFO NEED TO GET

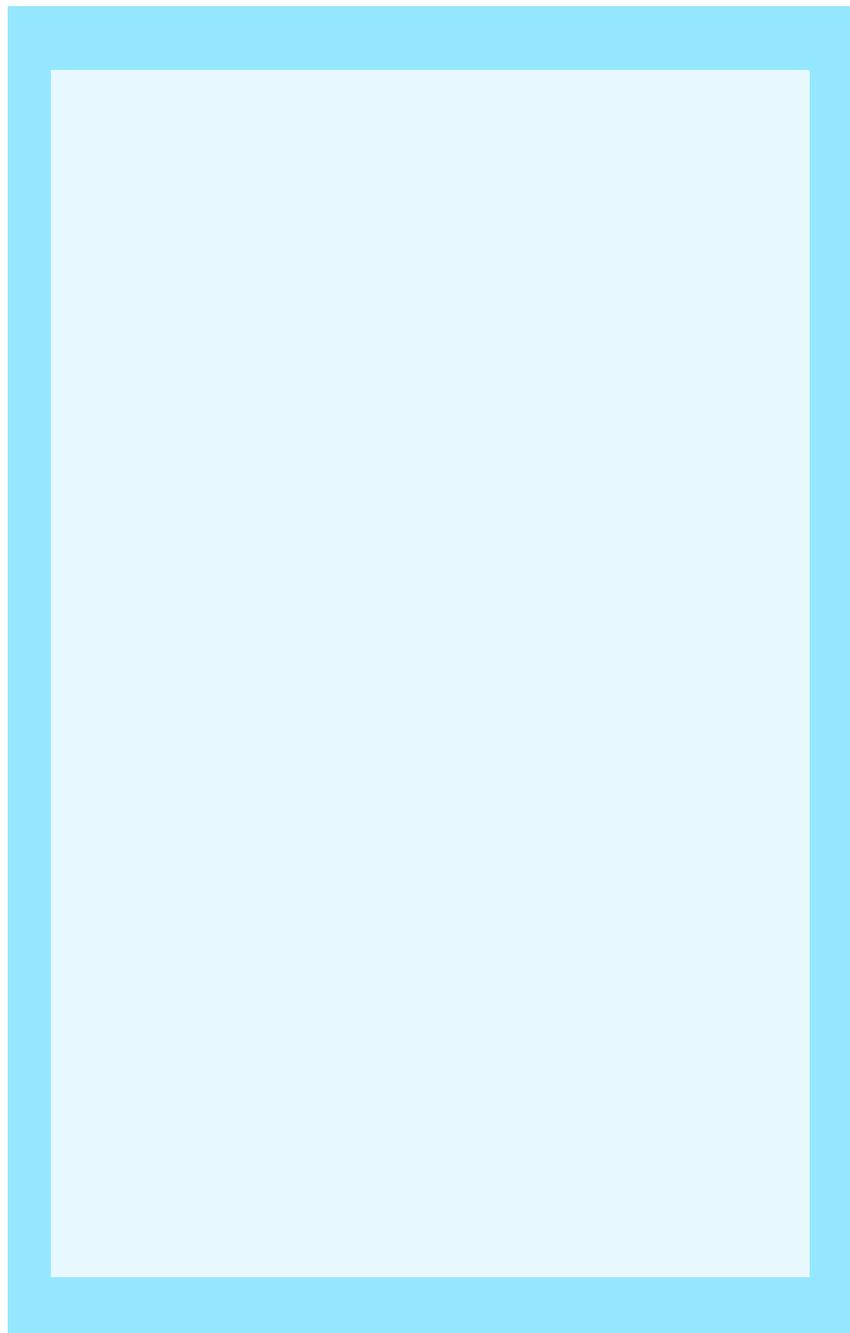
- maths sorted out
- I need to get organised in how to revise

What's My Greatest Superpower?

The art of the self-question is one of the most incredible superpowers we have. Unfortunately, many of us don't use this power on purpose.

Heading in the best direction for you requires you to understand what's best for you. "Who am I?" (emphasis on the "I") is one powerful way to illuminate this. Spend a lot of time exploring this question, and choosing the right goals and directions will be easy.

Errrrm ... I dont know about who am I but I think I reeaally want to go to uni. I want to be organised enough to do really well at uni so I can work in a museum but I need to be able to go out at uni and have fun! Yeah, I really like having a laugh but I hate coming home and realising how far behind I am. I want to make that stop happening



Why Is This My Goal?

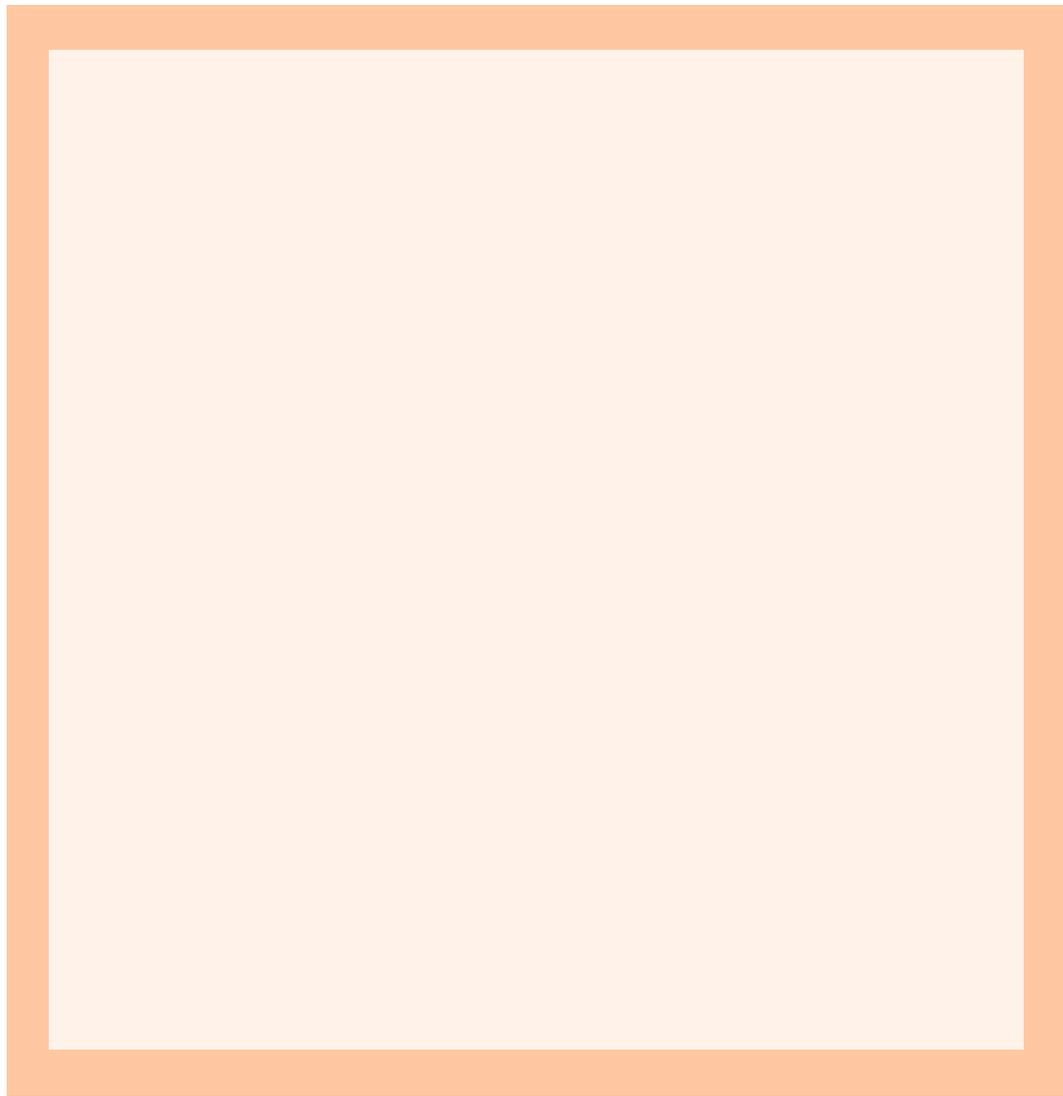
Why will this goal benefit your life, results, dreams and future? If you ask why about everything you're doing in your life, you will better gauge what is really going to help you succeed.

Once you know why you're doing something, you'll be able to be less vague. If you're vague in your goals, you'll be vague in your results. This will make you feel as though you've failed

Well if I get more organised and do the work I need to do without the stress ill be able to get on the course I want and not hate the last year of school as much. I want to have a laugh & enjoy it but I really dont want to fail maths so that's important too.

THIS
IS
YOUR
YEAR





What Do Others Say About My Goals?

Now would be a good time to take what you have back to the people you trust and look up to. It's better if they are someone who knows you well and will give fair, true opinion.

Be specific when asking them for advice by saying, "What is one thing I should start, stop or change that will enable me to be more effective in my career?" By going outside of yourself, you expand your resources so you can head in the best direction.

Mum said she's going to help me sort my folders out and remind me to do some maths bitesize every week. She didnt know i wanted to do to uni I think she was surprised. Cheeky!

The things you can do about it

Now that you have thought about what's important to you, take some time to get a clear picture of it. What does that look like in real life? How will you know when you have got it?

It might be that you have to walk away and come back to them to help you get a strong sense of what you want your Y11 to look and feel like.

This could include so many things

- Friends
- Organisation
- Spare time

Everyone will have different key needs. Getting a clear idea of what you want to come out of Y11 with creates a road map on where you need to focus your energy!

Whether it be A*'s or the first step to your dream career, you will know where you want to go and how you want to feel.

This is the best way to start, now we keep you there.

Know how to

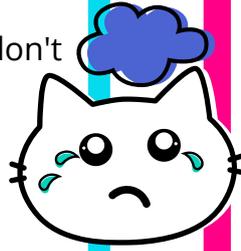


Stress and anxiety is a **100% normal** and natural feeling. Think of it as your bodies way of telling you something isn't right. It's important to know the signs of what happens to you when you're stressed. For everyone, it's a different feeling.

You might notice

Emotional changes

- Worrying about things that don't usually bother you
- Feeling on edge
- Narky
- Struggle concentrating
- Want/ need to do something constantly
- Unexplained outbursts



It's normal to feel off occasionally. Watch out for patterns of your body telling you somethings not right.

- Frequent headaches, including migraines
- Stomach aches
- Unexplained aches and pains
- Feeling exhausted
- Changes in eating habits.
- Difficulty falling asleep
- Waking up through the night
- Not feeling refreshed after sleep

Feeling stressed or anxious can make you want to be alone

- Avoiding messaging friends
- Find excuses to not spend time with people
- Spending increased time alone
- Feeling emotions has an impact on your body

Keep you and your Mind active

Things you can try

Calm your Mind!

Now that you have an idea on what you want, knowing how to calm yourself enough to follow through will be massively helpful!

The next time you're feeling stressed try

- **Finding something to focus on** - Breathing, the way something feels between your fingers, A helpful thought ("once I have calmed down, I will be able to get better" OR "Doing this I will be able to *your goal*")
- **Allow all other thoughts to pass by** - This one takes some getting used to! Scientists believe that we have between 50,000 & 80,000 thought a day... that means we have literally thousands of thoughts and don't even realise! So, training your brain to listen to the helpful ones and allow the others to pass by is massively helpful. As all other thoughts come in don't engage with them
- **Repeat** - When a thought that you can't allow to pass by comes in go back to whatever your focus is and pay attention to that until the unhelpful thought has quieted

Start this by setting a timer for 5 minutes each day and see how quickly you improve to 10!

It is so easy to lose an entire day to Netflix, Try to make space a few times a week to be active.

- Dance sesh for a Tiktok
- Kickabout in the back garden
- Social distanced walk with friends or family
- Clean your room or help with the cleaning (may as well get brownie points with the parents)
- Tick, Stuck in the mud, Manhunt whatever you used to play ... It was fun then, with the right people it will be fun again now!



1

Let's get a plan

- **Picture your day in chunks and dedicate a chunk of time to each of your goals.** half an hour of maths is still half an hour! Don't worry that it isn't long enough. Plus Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.
- **Schedule in plenty of free time to unwind, and protect this time.** Nobody can work all day every day. Give yourself plenty of rest and you can do the same amount of work in half the time or less.
- **Most importantly don't panic if you go slightly off schedule** - tomorrow is another day.

- **Don't set yourself ridiculous goals.** There is no need for you to tear yourself inside out to be successful. Remind yourself that there are no deadlines right now and just keep it simple and moving.
- **Don't cut out all the enjoyment from your life.** Don't do it to yourself! So many students think to keep on track they need to be all "focus". You will burn out if you give yourself a massive wall of work. Set small goals and reward yourself!
- **Avoid stimulants.** Caffeine, alcohol and drugs wreck your energy and concentration in the long term. It'll also make it more difficult to get that much-needed sleep.

2

Avoid bad habits

3

Good habits

- **Don't expect to teach yourself the world and become the ultimate Y11** Don't plan to learn everything, have in mind what your goals are and what would make you proud of yourself.
- **Schedule in plenty of free time to unwind, and protect this time.** Nobody can work all day every day. Give yourself plenty of rest. Remember you are setting yourself up for success
- **I repeat DON'T PANIC if you go slightly off schedule** - tomorrow is another day.

- **Don't be influenced by others telling you how much or how little they're doing.** If they're doing nothing then they're setting themselves up to fail and if they're all work all the time they will burn out. Stick to **your** goals, and if you think someone else has a good idea add that into your plan. Just keep the balance.
- **If you're feeling worried or anxious, chat to a good friend, family member, or tutor.**
 - It helps to get it out of your system, the more you think about it on your own the more intense you will feel it
 - If you share your goals/plans with trusted people when you wobble, they know what track you want to be on to help you
 - Worrying on your own is like running on the spot... you're exhausted and you have gotten nowhere!

4

Get Support

