

Year 7



Personal, Social, Health and Economic (PSHE) Education

1. INTRODUCTION TO STUDYING IN SECONDARY SCHOOL

Name:	
Form:	

Dormston Core Values

Effort	✓
Knowledge	✓
Respect	✓
Responsibility	✓
Resilience	✓

British Values

Individual Liberty	✓
Democracy	
Mutual Respect	✓
The Rule of Law	



INTRODUCTION TO STUDYING IN SECONDARY SCHOOL

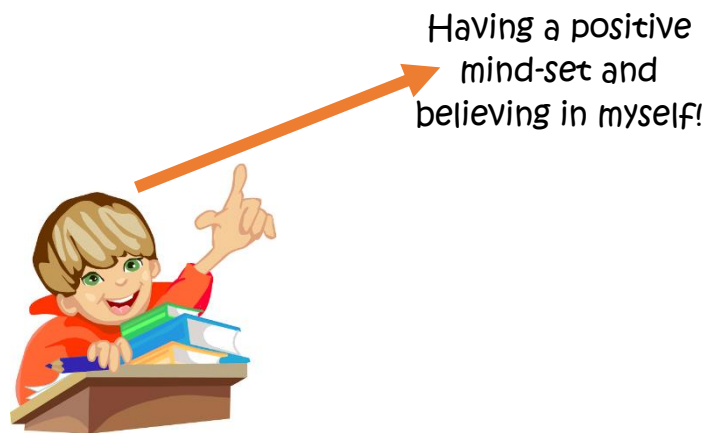
Key vocabulary	
School Vision	The key aims of a school. Dormston School aims to inspire confident, motivated students who have a passion for learning and are fully equipped to contribute to society.
School Mission	How a school plans to achieve its vision. In Dormston we aim to create a vibrant school which provides every student with the means to excel academically and develop into the best version of themselves.
School Values	The fundamental beliefs that guide and motivate a school. At Dormston our values are effort, knowledge, resilience, respect and responsibility.
Knowledge	Facts, information and skills acquired through experience or education.
Effort	To exert physical or mental power, e.g. into learning.
Resilience	The capacity to recover quickly from difficulties.
Respect	Having admiration and appreciation for the feelings, wishes or rights of others.
Responsibility	Being accountable for something, e.g. your own learning.
Memory	The ability to store and remember past information.
Study Skills	A range of techniques that help us learn and remember information more effectively.
Organisation	Being well planned and prepared, e.g. for learning.

This half term you will be learning about...

Tick when complete	Topic	Page(s)
	SESSION 1: What makes a good learner at the Dormston School?	2
	SESSION 2: What do I do when I'm stuck?	3
	SESSION 3: How can I revise for my exams in each subject?	4

SESSION 1: What makes a good learner at the Dormston School?

TASK 1: Mind-map what makes a good learner around the image below:



TASK 2: My Top 3 Priorities

Decide which three of the examples above you are going to prioritise this first half term in the Dormston School. Which do you think you need to develop the most?

1. _____
2. _____
3. _____

TASK 2: What is the Dormston School Vision?

Write down the Dormston School Vision:

In your own words, what does this mean for you?



TASK 3: What are the Dormston School Values? With each value, suggest how it applies to your learning. (The first one has been done for you)

	Value	How does it apply to my learning
1	Effort	I should put 100% effort into all my subjects, both class work and home work.
2		
3		
4		
5		

SESSION 2: What do I do when I'm stuck?

TASK 1: Think of a time you were 'stuck' with your learning. This can be whilst being at Dormston or back in primary school.

What I found difficult:

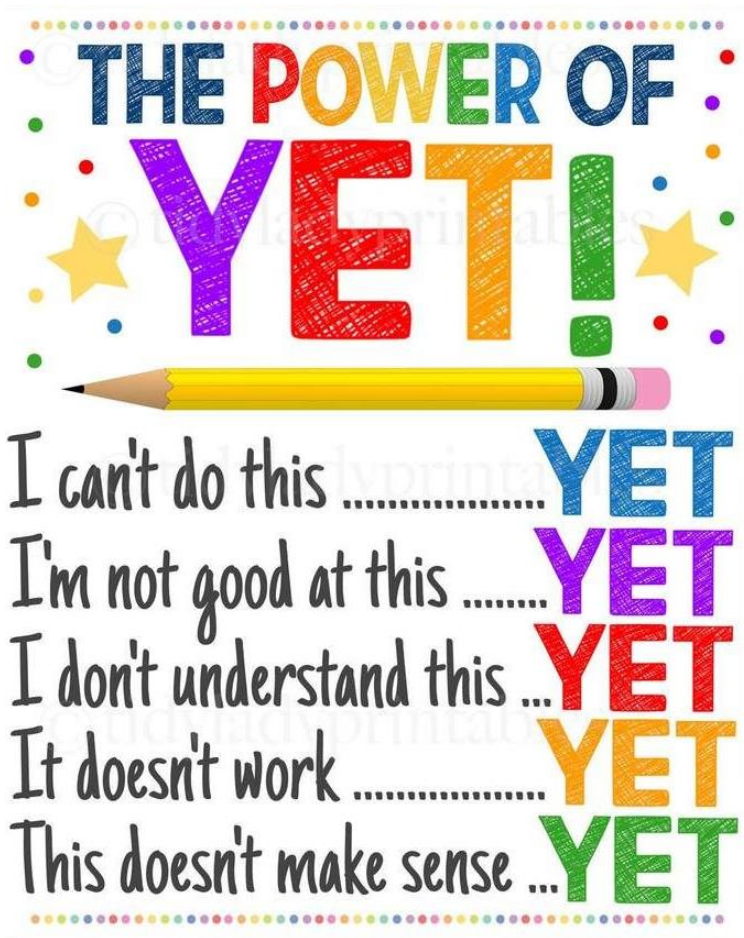
How I dealt with the situation:

Did you deal with the situation positively or negatively?

Positively

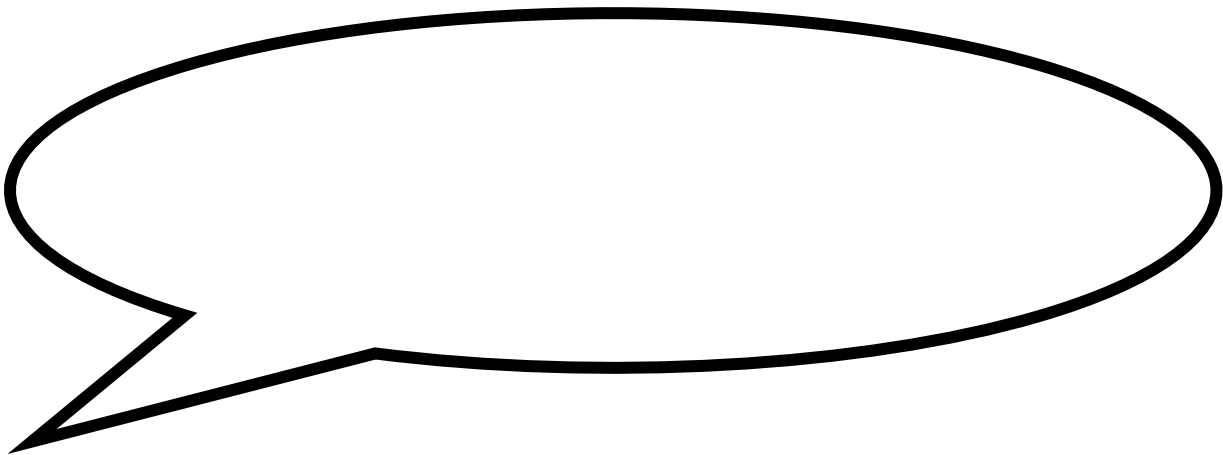
Negatively

How could I have dealt with it better?



TASK 2: The Power of 'Yet'

Write another example of a 'Yet' statement:



TASK 3: Case Studies

With each example below, offer some advice on how they could deal with their problem:

Laura

I'm rubbish at writing! I make mistakes with my punctuation in every single sentence I write. My teacher is always telling me to go and correct my sentence and give capital letters and full stops in the right places. Sometimes I don't even know where they go. And I can't spell!

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Jake

I don't know why my teacher is bothering with me to do these equations. I don't even know all my times tables. I'll never be good at maths. I just don't get it. This is why I don't even bother.

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Meesha

I was away last week in geography and I'm not sure what to do with this task on the weather. I usually like geography and hate being behind. I don't know what to do, I hate putting my hand up to ask for help.

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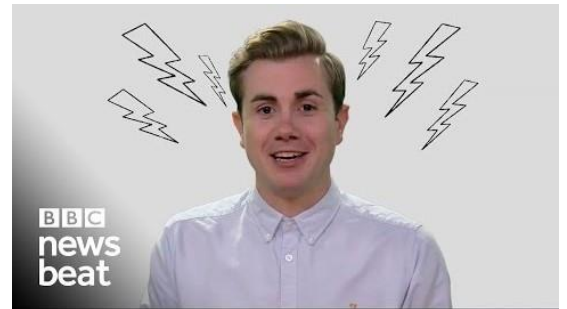
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SESSION 3: How can I revise for my exams in each subject?

TASK 1: How to Revise Video

This video gives three top tips for revising. What are the three top tips?

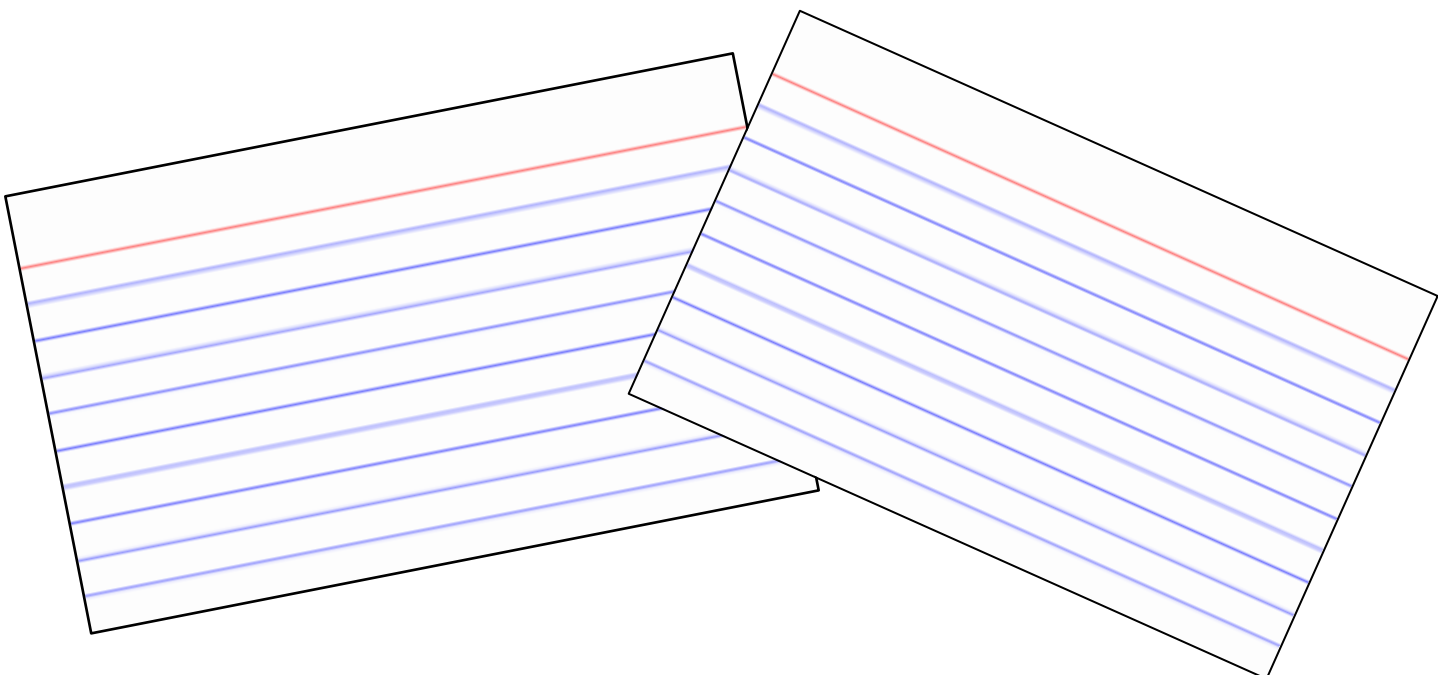
- 1.
- 2.
- 3.



TASK 2: Revision Cards

Choose one topic in one of your subjects. Perhaps something you've learnt since being at Dormston!

Write out the front and back of a revision card for this subject.

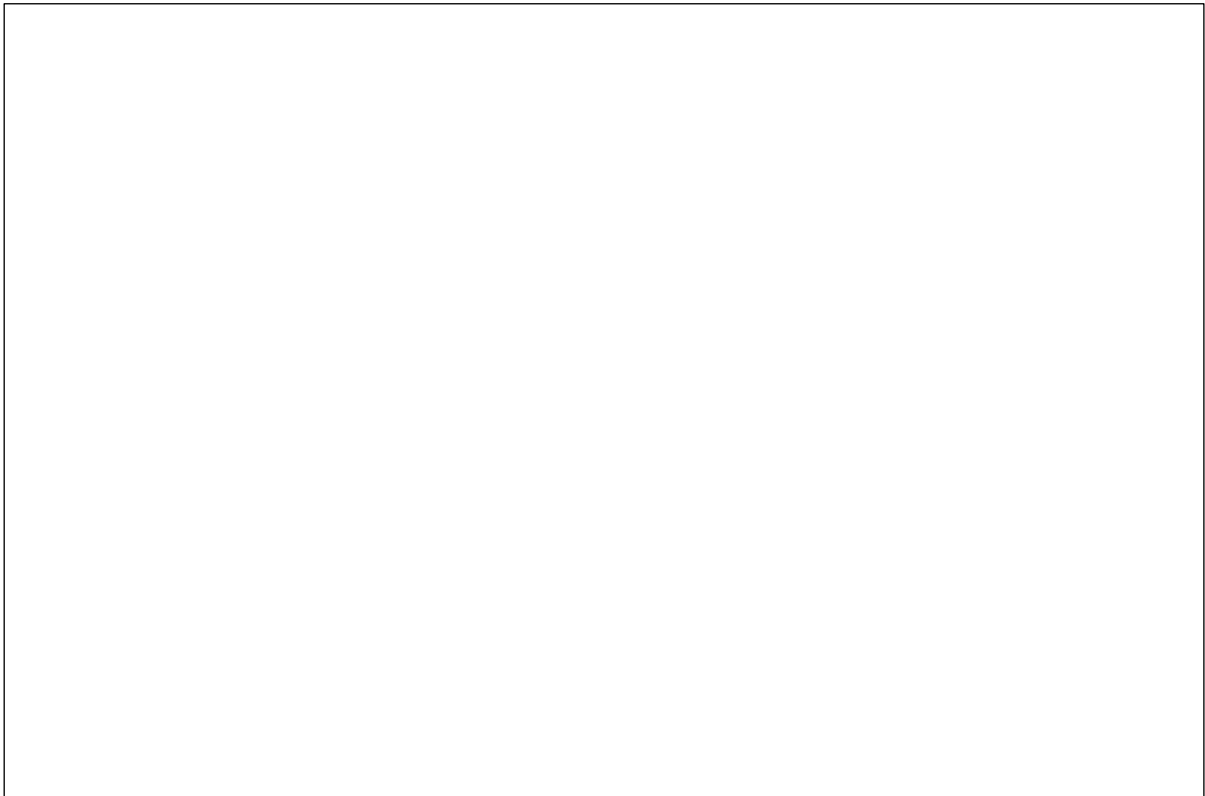


Task 3: Acronyms

Write your own acronym for a topic you have learnt about. Remember you can use your Knowledge Organisers.

Task 4: Dual Coding

Using one of your Knowledge Organisers, create a series of images to help you remember key points on one topic.

A large, empty rectangular box with a thin black border, intended for the student to draw or create images as part of the dual coding task.