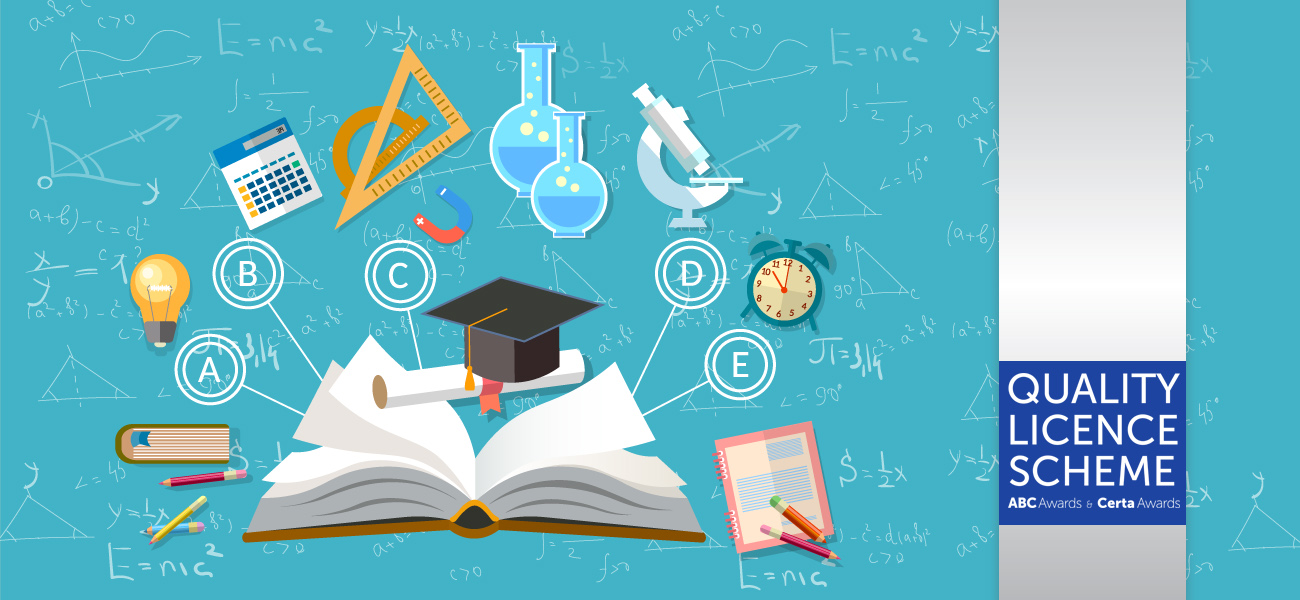
**The Blue Coat Sixth Form**

**Bridging Course**

**Part 1**



**Welcome to the BCSF!** We look forward to you joining us and starting the next part of your academic career.

You have 3 bridging courses to do for the A level subjects you have chosen and a bridging course for 6th Form.

This bridging course is designed to do two things – to give you some tips and guidance on how to best prepare for the challenge of A levels, but also to get some information about you – so that your form tutors, form and the 6th Form team can get to know you.  


**Part 1: Getting to know you**

**BCSF Profile**What would your profile say about you?

**Add a friend:**

**facebook**

Name:

**Likes and interests**

**Activities/Hobbies**

**Music**



**Quick fire random questions**

**just for fun!**

**What is your favourite food:**

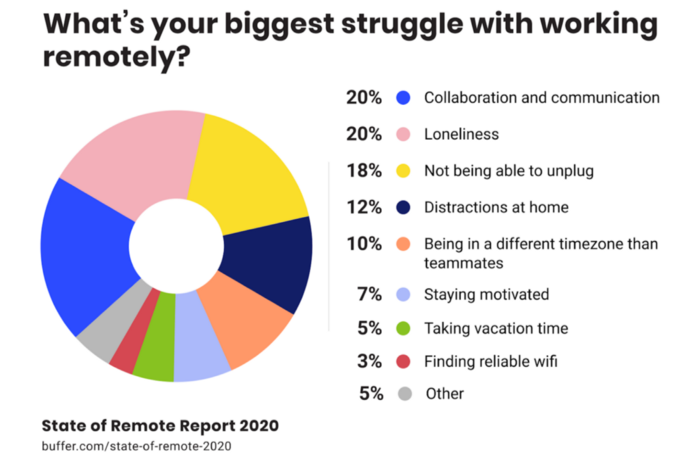
**Best film you have ever watched?**

**Describe yourself in 3 words**

**Chocolate or crisps?**

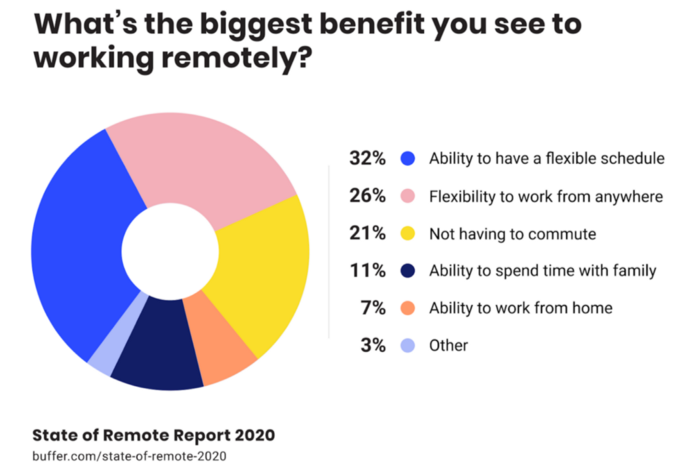
**Part 2: Study skills/working at home**

We all struggle with working at home. Not having friends around you and a change in your school routine can lead to struggling to study and being motivated.

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**What is your biggest struggle when you’re asked to work independently?**

**Well there are lots of benefits too! Take a look……**

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Working from home means you can decide **when and where you work**, whilst having time for things you want to do! For the first time, you get to choose how to plan your time – so use it wisely!

**Daily routine** is really important to continue, this will be different to your usual routine but, will still help you manage your workload and mental health.

* **Be disciplined** – don’t work all day / night. Give yourself time to exercise, enjoy your favourite programme or time on social media. Make sure this is structured and stick to a timetable.
* **Set targets** for your day. Work off to do lists each day. Spread your workload out. Not all work has to be completed in one day.

**Part 3: Get motivated – hot to get started with your bridging courses!**

**Watch the TED Talk clip** <https://www.youtube.com/watch?v=arj7oStGLkU>

**A really interesting (and short) talk about why it might be difficult to make a start on your bridging courses!**

**What now?** Decide which Bridging course you are going to do first. Set yourself a deadline to try and organise your work.

In Part 2 – we will give you more hints and tips on how to manage your time effectively. In the meantime, make a start on your bridging courses.

**Welcome to BCSF.**