

Why should you set goals and build essential skills?

## The Top 10 Key Competencies



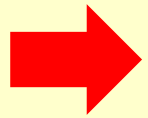
## KNOWLEDGE GOALS

### Study Skills

Why should you set goals and build essential skills?

## KEY VOCABULARY

Goals / Skills / Transferrable Skills



## LINKING

Exam courses



## LADDERING



Be able to **understand** why goals are important and **set** some personal goals. To demonstrate **understanding** of the skills needed for success and future progression.

## LOOKING



Exam  
success



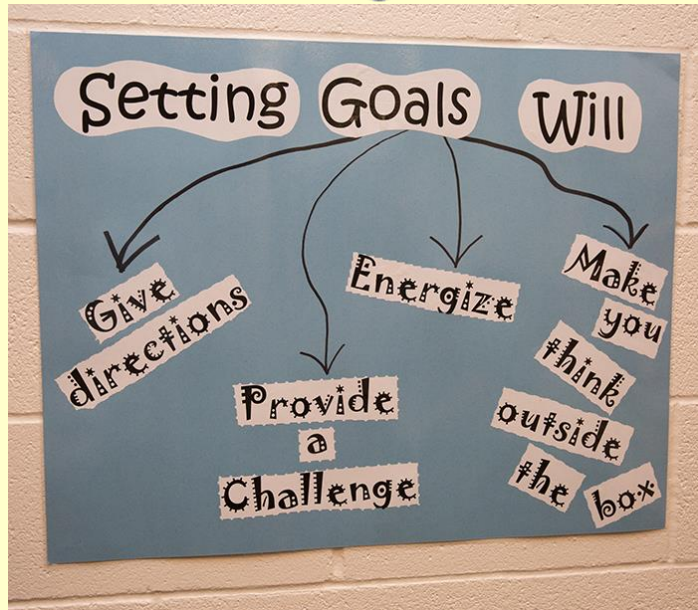
Make sure you use the next pages as a Slide Show.





## DISCUSS.....

### Why is it important to set goals?



1. To take Control of Your Life
2. To get Maximum Results
3. To creates Focus
4. To create a sense of achievement
5. To motivates you and increases self - awareness

6. To improves decision making skills and boosts self confidence



A goal is something that you determine you want, and you work hard to achieve it.

Progress step 1  
Why is it important to set goals?



**Success**

I can correctly identify what goals are and how they can be used to achieve success.

# Lesson objective: Why should you set goals and build essential skills?



Long term goals are something you want to accomplish in the future. They require time and planning and are not something you can do this week or even this year. Long-term goals are usually at least several years away and for a school student usually link to a future career, college or university course.

A short-term goal is something you want to do in the near future. For a student they usually relate to improving your performance in school or on an extra curricular activity.

## Progress step 1

Why is it important to set goals?



## Success

I can correctly identify what goals are and how they can be used to achieve success.

# Lesson objective: Why should you set goals and build essential skills?



## Examples of short term goals



### Finish Homework Early Each Week

Helps you to be proactive and schedule your time in advance. Being proactive can help you plan for the unexpected and avoid unnecessary stress.

### Speak Up More in Class

Helps you build self-confidence and recognize the value in sharing appropriate information with classmates.

## Find an Effective Study System

Understanding how your brain works and what strategies work best for you can be useful in both your personal and professional life. Taking the time to try out different study systems until you find your perfect fit is a great exercise in self-discovery and focusing on strengths.



Put the title -Why should you set goals and build essential skills?

SO think about how you are doing on your examination course?

- What do you need to improve?
- What are your aims?



Now write down THREE short term and TWO long term goals you want to achieve.

### Progress step 1

Why is it important to set goals?



### Success

I can correctly identify what goals are and how they can be used to achieve success.



## DISCUSS.....

What essential skills do you need for success on your examination course?

### Four key skills you need to develop:

- **Independent study skills** - Learn to organise your notes and prepare your revision resources as you go along. Keep on top of homework.
- **Time management skills** - Plan effectively throughout the year. Memorise essential materials. Work out your strength and weaknesses. Develop a study routine.
- **Revision skills** - Through trying various active learning techniques decide on what best works for you.
- **Examination skills** - Practice, Practice, Practice. Passing exams is a learnt skill. Your teachers often set homework based on exam expectations, so use these to develop your examination skills.

#### Progress step 2

What essential skills do I need?



#### Success

I can identify key essential skills to be successful in my GCSEs.



# Lesson objective: Why should you set goals and build essential skills?

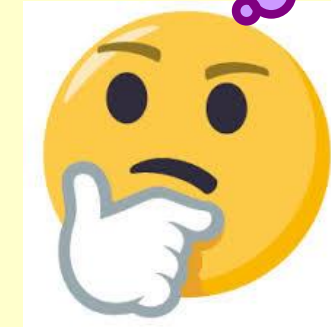


Put the sub title - 10 tips to pass your GCSEs  
Whilst watching the exam coach note down his 10 tips.



<https://www.youtube.com/watch?t=2s&v=-Sez4cZarVo> 7.04 mins

- 1) Become awesome at taking exams
- 2) Plan effectively
- 3) Pay attention in lessons and make good notes
- 4) Have a study space
- 5) Use effective revision techniques
- 6) Use the right tools - the syllabus, the past papers, mark schemes and model answers
- 7) Use routines to build motivations
- 8) Prepare for exams like a pro athlete
- 9) Develop pre, during and post exam routine
- 10) Decide on how you will manage your smart phone so it supports your learning rather than causes a distraction.



Which do you think was the best advice?

Progress step 2

What essential skills do I need?



Success

I can identify key essential skills to be successful in my GCSEs.



## Lesson objective: Why should you set goals and build essential skills?

Your examination courses will also develop transferable skills which are highly sought after in the employment market.

Transferable skills are skills and abilities that are relevant and helpful across different areas of life: socially, professionally and at school.

Can you.....

- Working effectively in a group or team?
- Show initiative and leadership abilities?
- Manage and prioritise your workload and time effectively?
- Demonstrate good listening skills?
- Write accurately, clearly and concisely in variety of styles?
- Speak clearly and dynamically?
- Gather, interpret and analyse information?
- Accurately and effectively work with numbers?
- Effectively use computers and technology.



Progress step 3  
What are transferrable skills?



Success  
I can identify and make a judgement about transferrable skills





Put a sub title -

## Transferrable Skills

- 1) Pick two skills that you think you have developed and give an example/s of what you can do to demonstrate this skill.
- 2) Pick one skill you think you need to develop.



Which skill/s do you think is the most important to help you achieve success on your examination course. Explain why?

Can you.....

- Working effectively in a group or team?
- Show initiative and leadership abilities?
- Manage and prioritise your workload and time effectively?
- Demonstrate good listener skills?
- Write accurately, clearly and concisely in variety of styles?
- Speak clearly and dynamically in a variety of styles?
- Gather, interpret and analyse information?
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### Progress step 3

What are transferrable skills?



### Success

I can identify and make a judgement about transferrable skills

# Knowledge Check



## Why should you set goals?

- To take Control of Your Life
- To get Maximum Results
- To creates Focus
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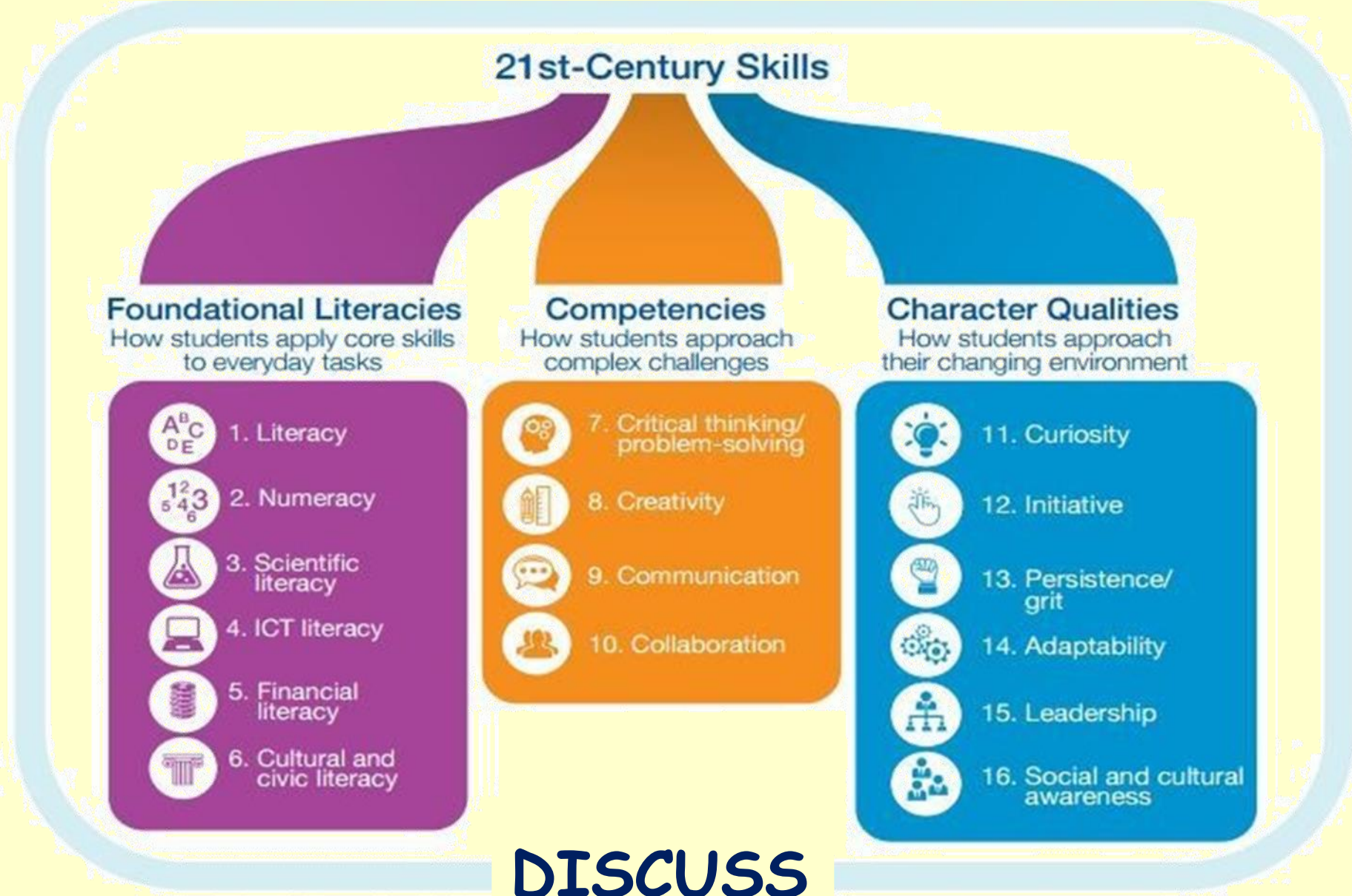
## Name four key skills you need to develop:

- Independent study skills
- Time management skills
- Revision skills
- Examination skills

## What are transferable skills?

- Skills and abilities that are relevant and helpful across different areas of life: socially, professionally and at school.

Plenary



Which of these 21<sup>st</sup> Century Skill areas do you think is the most important and why?