



**Hanley Castle High School**  
and Sixth Form Centre

# Year 11 Information Evening

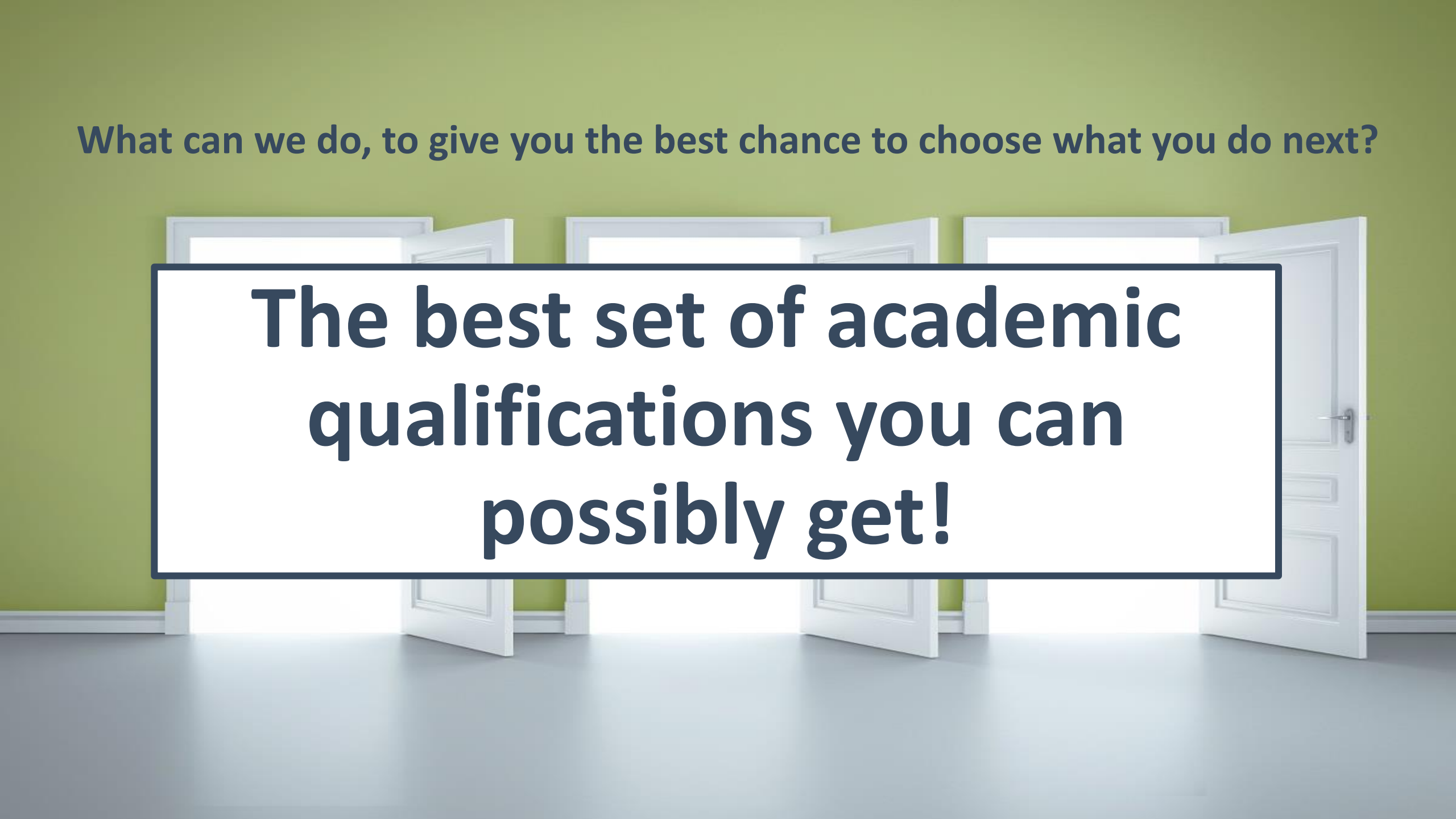
**13 October 2023**

**Mark Stow**  
**Headteacher**





What can we do, to give you the best chance to choose what you do next?



**The best set of academic  
qualifications you can  
possibly get!**



October – Year 11 Careers Interviews

Thursday 12th October – Elevate Revision Session

**Monday 27th November - Friday 8th December - Year 11 Mock Exams**

**Thursday 23rd November - Hanley Castle 6th Form Open Evening**

Monday 18th December – Hanley Castle 6th Form Applications Deadline

Thursday 21st December - Year 11 Mock Results

Tuesday 16th and Wednesday 17th January - Year 11 Parents Evening

Thursday 21st March - Year 11 Advice sheets home

**Monday 13th May (provisional) - GCSEs start**

Wednesday 26th June - Exam Contingency date

Thursday 27th June – Year 11 Prom, Stanbrook Abbey



# 24 SCHOOL WEEKS...

## How will you use yours?



# Attendance

Attendance	Number	Average Grade	Value Added
Above 95%	77	5.4	+0.6
90.1-95%	35	4.9	+0.4
80.1-90%	34	3.9	-0.2
<b>Overall</b>	<b>169</b>	<b>4.8</b>	<b>+0.3</b>



- 1. I don't know how to revise - I find it hard to remember things.**
- 2. I'm finding it hard to get motivated.**
- 3. I'm just not used to doing extra work in the evening, I can't get in the habit.**



→		BA
→		WZ
→		MO
→		SA
→		RY
→		EZ
→		EX
→		WZ
→		EX
→		UA
→		SV
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**BBC ITV SKY CNN FOX MSN**

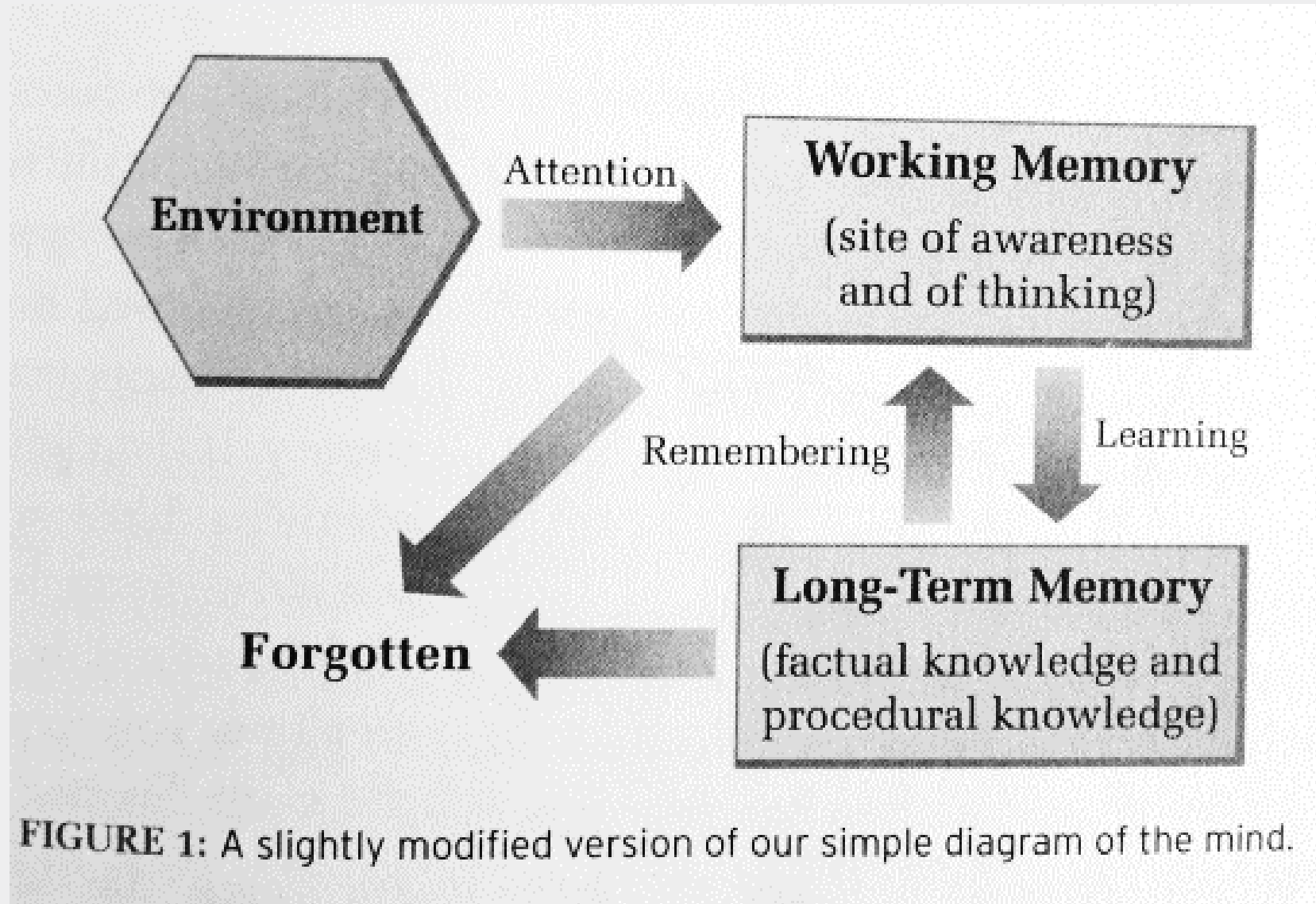


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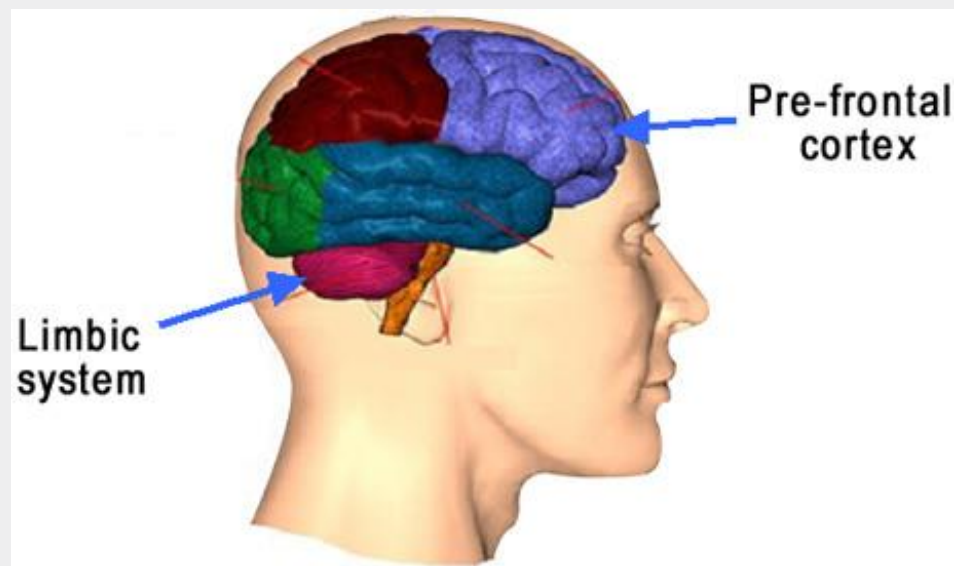
**the cat sat on the mat**



**FIGURE 1:** A slightly modified version of our simple diagram of the mind.



# DELAYED GRATIFICATION





**Motivation is invisible and complex.**

**System to direct attention based on  
the ‘best investment’.**

**Specific to a situation – unreliable.**



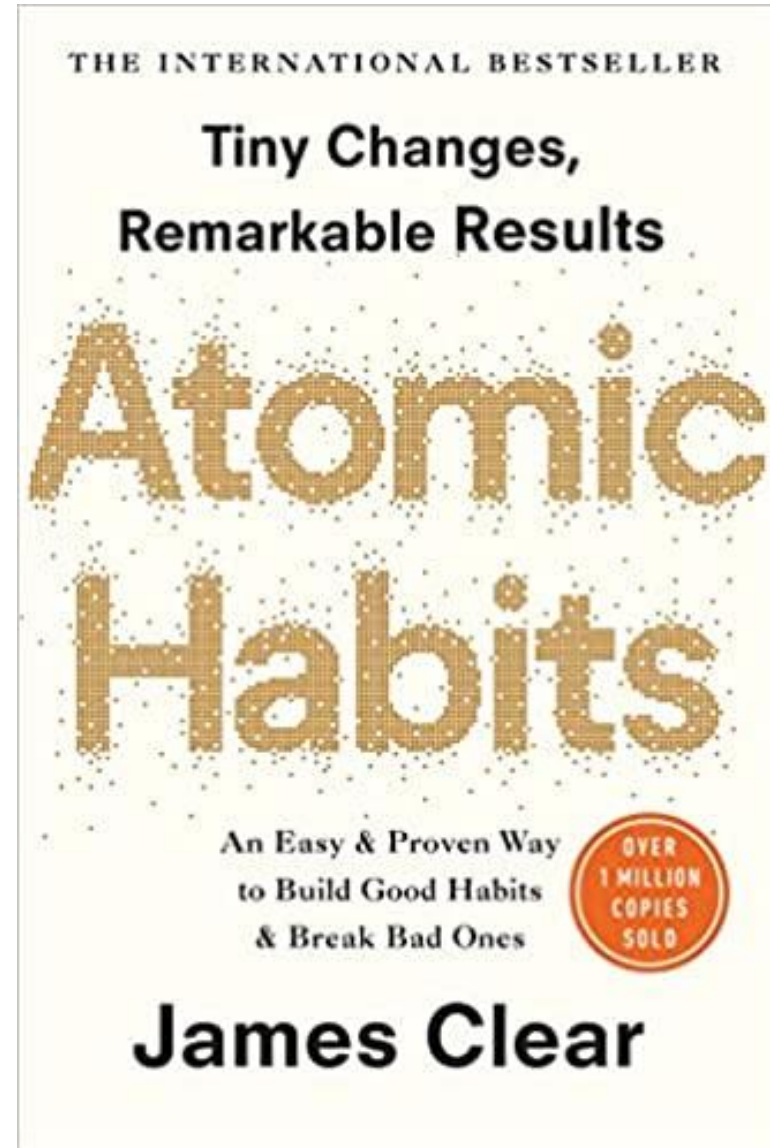
**On average, it takes more than 2 months before a new behaviour becomes automatic — 66 days to be exact.**

And how long it takes a new habit to form can vary widely depending on the behaviour, the person, and the circumstances. In Lally's study, it took anywhere from **18 days to 254 days** for people to form a new habit.

**MOTIVATION  
GETS YOU STARTED,  
HABIT  
KEEPS YOU GOING.**

Lally et al. (2009) How are habits formed: Modelling habit formation in the real world *European Journal of Social Psychology*

“Success is the product of daily habits—not once-in-a-lifetime transformations.”



CUE

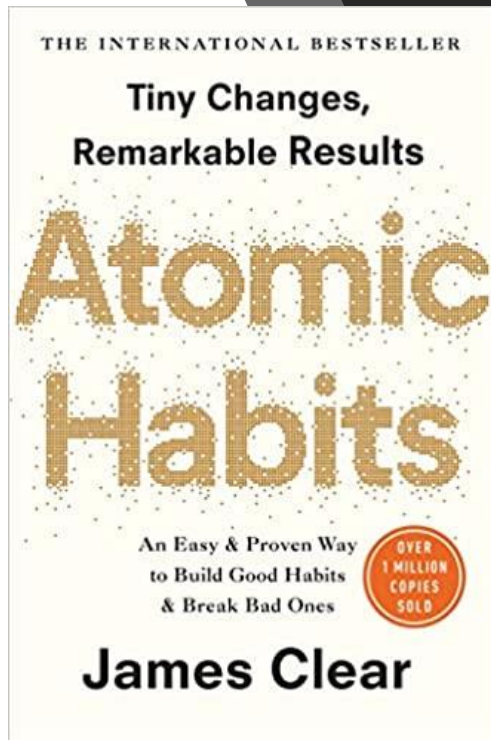
CRAVING



REWARD

RESPONSE

# Creating new habits



**1<sup>st</sup> Law – Cue**

→ **Make it obvious.**

**2<sup>nd</sup> Law – Craving**

→ **Make it attractive.**

**3<sup>rd</sup> Law – Response**

→ **Make it easy.**

**4<sup>th</sup> Law – Reward**

→ **Make it satisfying.**

# “The ultimate form of intrinsic motivation is when a habit becomes part of your **identity**.”

Runs	75
Time	50h 34m
Distance	385 mi
Elev Gain	20,702 ft

## Morning Run

Distance	Pace	Time	Achievements
7.84 mi	7:49 /mi	1h 1m	   7



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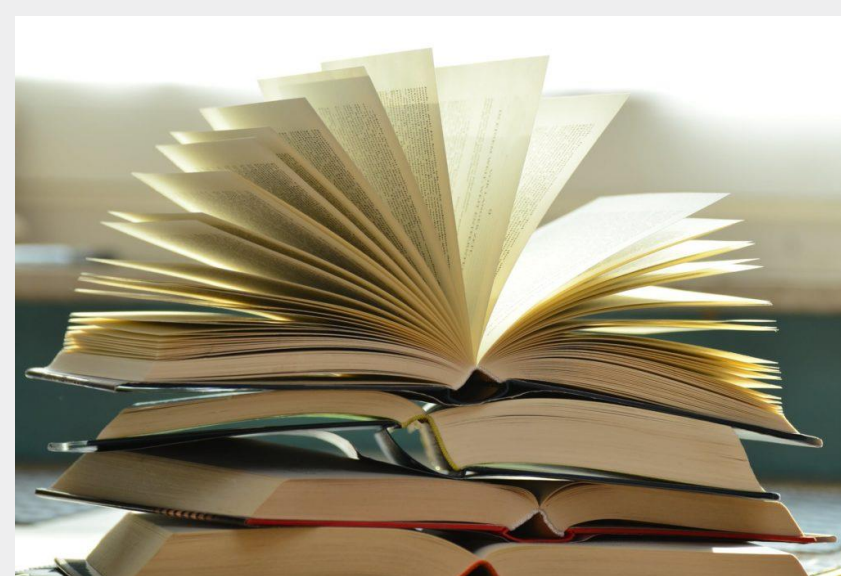
Distance	Pace	Time	Achievements
7.84 mi	7:49 /mi	1h 1m	   7





- 1.How can I make it obvious?**
- 2.How can I make it attractive?**
- 3.How can I make it easy?**
- 4.How can I make it satisfying?**

- 1.Agree a time and routine.**
- 2.Set a reward... dinner.**
- 3.Put clothes/shoes ready.**
- 4.Improvements! Tracking.**



- 1. How can I make it obvious?**
- 2. How can I make it attractive?**
- 3. How can I make it easy?**
- 4. How can I make it satisfying?**

- 1. Agree a time and place.**
- 2. Set a reward.**
- 3. Remove distractions.**
- 4. Improvements. Track it.**



**WE ARE WHAT  
WE REPEATEDLY  
DO: *Excellence,*  
THEN, IS NOT  
AN ACT, BUT A  
*Habit***



**Careers Aspiration and UCAS Applications – Mr Cook**  
**Retrieval and Revision techniques – Mr Stow**  
**Safeguarding Hot Topics – Mrs Anderson-Kirby**  
**Managing and supporting Mental Health – Mrs Mason**  
**School Support– Mr Johnston**  
**The Power Hour – Mrs Burrows**



<b>Form</b>	<b>No.s</b>	<b>Class</b>	<b>6.20</b>	<b>6.30</b>	<b>6.40</b>	<b>6.50</b>	<b>7.00</b>	<b>7.10</b>
<b>11JG</b>	21 (9 students)	L02	JMP	SC	RJ	MCS	SA	JBL
<b>11MBL</b>	28 (11 students)	L03	JBL	JMP	SC	RJ	MCS	SA
<b>11AD</b>	25 (11 students)	L11	SA	JBL	JMP	SC	RJ	MCS
<b>11THH</b>	20 (8 students)	L12	MCS	SA	JBL	JMP	SC	RJ
<b>11ASW</b>	11 (6 students)	L13	RJ	MCS	SA	JBL	JMP	SC
<b>11BH</b>	21 (9 students)	L14	SC	RJ	MCS	SA	JBL	JMP