



# **Ruskin Values**

## **Year 11 Summer Term**

### **Transition Booklet**



**RUSKIN**  
A PRIORY ACADEMY





## Introduction

This booklet provides ideas for over 100 hours of study time. Use the suggested activities to expand your mind, develop your skills, have new experiences and prepare for your future.

All activities and suggested courses are free and can be completed at your own pace.

Remember the Ruskin values as you approach these tasks; have the **wisdom** to see their value, the **curiosity** to try something new, the **generosity** to share your skills, knowledge and experience with others, and the **courage** to step outside of your comfort zone.

## Key

Title highlighted yellow is a hyperlink. Hold down the ctrl and click on the word to open the correct page

### [Developing career resilience](#) Open University

Find out how to take control of your career and deal with the challenges it can bring.

Learn how to:

- identify strengths of resilient [people](#)
- recognise the strengths you already [have](#)
- understand changing trends in the job [market](#)
- identify tactics for goal [setting](#)
- overcome [setbacks](#)

*Certificate of completion: Yes*

*Total study time: 24 hours*

*Study type: Self-paced*

Indicates whether you can earn a certificate for completing the course. These will provide great evidence to boost your CV

A short description is given for each activity

Indicates whether the activity can be completed at your own pace (self-paced) or within a certain time frame.

Suggested study time. Use this to help plan your activities for the day or session





# Wisdom

Task	Completed
<p><b>Make a Mantra</b></p> <p>A personal mantra is a statement to motivate and inspire you to be your best self.</p> <p>Come up with one for yourself, it could be a single word <i>e.g. believe</i> or a short phrase <i>e.g. if you always do what you always did you will always get what you always got</i>.</p> <p>Your mantra should remind you of what is important to you, it may work to calm you or to energise you, but overall it should help you realise your best self when you are finding things tough</p> <p><i>Certificate of completion: No</i> <b>Total study time: 1 hour</b> <i>Study type: Self-paced</i></p>	
<p><b><u>Developing career resilience</u> Open University</b></p> <p>Find out how to take control of your career and deal with the challenges it can bring. Learn how to:</p> <ul style="list-style-type: none"><li>• identify strengths of resilient people</li><li>• recognise the strengths you already have</li><li>• understand changing trends in the job market</li><li>• identify tactics for goal setting</li><li>• overcome setbacks</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 24 hours</b> <i>Study type: Self-paced</i></p>	
<p><b>Critical Reflection Task</b></p> <p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. Go to <a href="http://www.16personalities.com">www.16personalities.com</a>, find the section on the Home page called: <b>What is your type?</b> Take our free personality test today!</li><li>2. Click on "Take the Test". Answer all 60 questions as honestly as possible about yourself.</li><li>3. From the results page, take a note of your Personality Type (it will be four letters, eg ESTJ) and fill in below.</li></ol>	





4. Go to the “Type Description” for your profile and study carefully. Make a note below of a few aspects that you think are like you and one or two that aren’t like you.
5. If you have time, go to “Career Paths” and take a note of possible careers that you might be interested in (if any), or aspects of work that might appeal to you.

**Findings:**

Personality Type, eg ESTJ, INFP	
Type Description – aspects of the profile that are like you (list a few items)	
Type description – aspects of the profile that are not like you	
Career paths – aspects of a job that are attractive to you	
Other observations	

*Certificate of completion: No*  
**Total study time: 2 hours**  
*Study type: Self-paced*





## Enrol at your local library!

Take a visit to Grantham Library for free access to

- books for all ages and interests
- study space
- activities and events
- computers and wifi
- online resources such as Ancestry and Driving Theory Test Pro
- e-books, e-audio, e-magazines and e-music

*Certificate of completion: No*

***Total study time: 2 hours***

*Study type: Self-paced*

# Curiosity

Task	Completed
<p><b>Look to your future ...</b></p> <p>Explore future careers at :</p> <p><a href="#">Careers advice - job profiles, information and resources   National Careers Service</a></p> <p>What interests you? What skills, qualifications and interests would help you achieve your goals? Create a plan.</p> <ul style="list-style-type: none"><li>• What do you next steps need to be?</li><li>• What experiences do you need?</li><li>• What skills do you need to develop?</li></ul> <p><i>Certificate of completion: No</i> <b><i>Total study time:</i></b> <i>Study type: Self-paced</i></p>	
<p><b>Take a Crash Course</b></p> <p>The following YouTube channel has thousands of videos giving you a crash course in everything from Mythology to Chemistry, Film Production to statistics and everything in between. Take a few crash course in things that interest you.</p> <p><a href="https://www.youtube.com/user/crashcourse">https://www.youtube.com/user/crashcourse</a></p> <p><i>Certificate of completion: No</i> <b><i>Total study time: 2hours</i></b></p>	





<i>Study type: Self-paced</i>	
<b>Take a virtual field trip</b>	
<p>More than 2,500 museums around the world have made their collections accessible online through Google Arts and Culture; you can also take virtual tours of U.S national parks, the international space station and even the surface of Mars.</p> <p><a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a></p> <p><i>Certificate of completion: No</i> <b>Total study time: 2 hours</b> <i>Study type: Self-paced</i></p>	
<b>Understand the Basics of Code</b> Google Digital Garage	
<p>Learn what code is and why understanding it is useful. Find out:</p> <ul style="list-style-type: none"><li>• how code works</li><li>• why so many coding languages exist</li><li>• which coding languages are suited to specific tasks</li></ul> <p><i>Certificate of completion: No</i> <b>Total study time: 1 hour</b> <i>Study type: Self-paced</i></p>	
<b>Computer Programming for Everyone</b> FutureLearn, Institute of Coding and University of Leeds	
<p>Explore what computer programming and code can do. You will learn:</p> <ul style="list-style-type: none"><li>• how and why people program computers</li><li>• the kinds of problems that computers can help you solve</li><li>• an introductory block-language for coding</li><li>• about different types of coding languages</li><li>• useful applications of code</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 4 hours</b> <i>Study type: Self-paced</i></p>	
<b>Digital skills: succeeding in a digital world</b> The Open University	
<p>Find out how to use digital technology safely and critically. Learn how to:</p> <ul style="list-style-type: none"><li>• be confident about your online identity</li><li>• choose and use the best online tool for a task</li><li>• use technology confidently and critically</li><li>• identify digital skills to develop further</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 24 hours</b> <i>Study type: Self-paced</i></p>	





# Generosity

## Task

Completed

### Cook for someone at home

Try cooking this simple recipe for the family



#### Chicken Chow Mein

##### Ingredients

Thumb sized piece of fresh ginger  
2 garlic cloves  
3 tablespoons of tomato ketchup  
2 tablespoons of oyster sauce  
2 tablespoons of soy sauce  
1 large red pepper  
5 spring onions  
200g of beansprouts  
2 chicken breasts  
3 nests of medium egg noodles  
1 tablespoon of olive oil

##### Equipment

Hob  
Small bowl  
Garlic press  
Chopping board  
Sharp knife  
Saucepan  
Frying pan or wok  
Colander  
Wooden spoon



##### Method

1. Crush the garlic and grate the ginger. Mix in a bowl with the ketchup, oyster sauce, soy sauce and 3 tablespoons of water.
2. Cut the pepper and spring onion into thin strips about 4 centimetres long.
3. Cut the chicken into bite sized pieces.
4. Fill your saucepan with water and bring to the boil on the hob. Once the water has reached boiling, drop in the noodle nests.
5. Boil the noodles for 4 minutes and then drain the water.
6. Heat a tablespoon of oil in your frying pan or wok and add the chicken. Fry off the chicken until it is no longer pink.
7. Once the chicken has cooked through, add the pepper and stir fry for a minute.
8. After a minute, add the sauce you prepared earlier and stir until it begins to bubble and thicken.
9. Add the noodles, beansprouts and spring onions and stir everything together until it is all well coated.
10. Serve the chow mein in bowls and tuck in!



Lots more ideas on the BBC GoodFood website. Commit to cooking one meal a week

[BBC Good Food | Recipes and cooking tips - BBC Good Food](https://www.bbc.com/food/recipes)

Certificate of completion: No

**Total study time:**

Study type: Self-paced





## Become a volunteer

Aside from the obvious feel-good factor from giving your time to a worthy cause, volunteering is a great way to gain practical experience. It can also help you stand out from the crowd and learn practical skills which will make you more desirable for prospective employers.

Contact your local Volunteer Centre Team in Grantham: Lincolnshire CVS South Kesteven  
Room 024 St Peter's Hill Grantham Lincs NG31 6PZ  
Phone: 01205 510888

*Certificate of completion: No*  
**Total study time:**  
*Study type: Self-paced*

## Internships and other work experiences The Open University

Find out about internships and work experience, and the experience they can provide.  
Learn how to:

- identify different types of internship and work experience opportunities
- build on existing skills through an internship or work experience
- define personal goals for an internship or work experience opportunity
- build a personal brand

*Certificate of completion: Yes*  
**Total study time: 24 hours**  
*Study type: Self-paced*

## Get in touch

Is there someone in your life who you have lost contact with? Maybe a friend from primary school or a previous neighbour. This might be a great time to get in touch; send them a message to see how they are or write them a letter.

*Certificate of completion: No*  
**Total study time: 1 hour**  
*Study type: Self-paced*

## Personal branding for career success The Open University

Find out how to present yourself to employers and enhance your profile at work.  
Learn how to:

- apply marketing techniques to yourself
- define your own brand
- promote yourself to employers
- devise a plan for your brand and career

*Certificate of completion: Yes*  
**Total study time: 24 hours**  
*Study type: Self-paced*







# Courage

Task	Completed
<p><b>Be more Mindful</b></p> <p>When is the last time you did absolutely nothing for 10 whole minutes? Not texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that.</p> <p><a href="https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en">https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en</a></p> <p><i>Certificate of completion: No</i> <b>Total study time: 30 minutes</b> <i>Study type: Self-paced</i></p>	
<p><b>Move in a different way . . . . .</b></p> <p>Try these four challenges to get you moving more (and moving in different ways)</p> <p><a href="#">BBC - Make Your Move - What move should I make?</a></p> <p><i>Certificate of completion: No</i> <b>Total study time: 1 hour</b> <i>Study type: Self-paced</i></p>	
<p><b>Couch to 5K</b></p> <p>Try the couch to 5K challenge: a 9 week challenge to get you off the sofa and running for fun improving both you mental and physical fitness</p> <p><a href="#">Couch to 5K: week by week - NHS (www.nhs.uk)</a></p> <p><i>Certificate of completion: No</i> <b>Total study time: 9 hours</b> <i>Study type: Self-paced</i></p>	
<p><b><u>Growth Mindset</u></b></p> <p>A growth mindset is a concept from psychology. It is the belief that you can improve your intelligence and character through learning.</p> <p>You will learn:</p> <ul style="list-style-type: none"><li>• what a growth mindset is</li><li>• how to encourage a growth mindset</li><li>• the benefits of feedback</li><li>• about 'the learning zone' and 'the performance zone'</li></ul>	





<p><i>Certificate of completion: Yes</i> <b>Total study time: 30 minutes</b> <i>Study type: Self-paced</i></p>	
<p><b><u>Personal and Professional Development: Resilience</u> Virtual College</b></p> <p>Learn how to adapt and be flexible in the face of challenging circumstances, whilst maintaining a stable mental outlook.</p> <p>This course covers:</p> <ul style="list-style-type: none"><li>• what resilience is</li><li>• why resilience is important</li><li>• how to improve your own resilience</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 25 minutes</b> <i>Study type: Self-paced</i></p>	
<p><b><u>Personal Development and Self-Awareness</u> Virtual College</b></p> <p>Discover self-awareness and how it can help you develop.</p> <p>You will learn:</p> <ul style="list-style-type: none"><li>• what self-awareness is and why it is important</li><li>• how to set SMART objectives</li><li>• action planning</li><li>• how to apply self-awareness</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 45 minutes</b> <i>Study type: Self-paced</i></p>	
<p><b><u>Dealing with Stressful Situations</u> Virtual College</b></p> <p>Find out how to deal with stressful situations at work and in life.</p> <p>You will learn:</p> <ul style="list-style-type: none"><li>• what stress is</li><li>• what triggers and responses are</li><li>• how people cope with stress</li><li>• tools and techniques for managing stress</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 30 minutes</b> <i>Study type: Self-paced</i></p>	
<p><b><u>Neuroscience for Personal Development</u> Virtual College</b></p> <p>Neuroscience plays an important role in how we learn. Insights from neuroscience can help you develop learning, memory and personal development skills.</p> <p>Find out about:</p> <ul style="list-style-type: none"><li>• neural networks and neuroplasticity</li><li>• attention, memory and neurogenesis</li></ul>	





- what holistic learning is
- the limits of learning

*Certificate of completion: Yes*

**Total study time: 20 minutes**

*Study type: Self-paced*

## Passion

Task	Completed
<p><b>Reflect on your passions</b></p> <p>Reflect on what you are passionate about. Are there higher education courses or apprenticeships relating to your passion? Could this passion become your career? Complete some research</p> <p><a href="https://nationalcareers.service.gov.uk/">https://nationalcareers.service.gov.uk/</a></p> <p><a href="https://www.notgoingtouni.co.uk/">https://www.notgoingtouni.co.uk/</a></p> <p><a href="https://www.ucas.com">https://www.ucas.com</a></p> <p>“Find a job you enjoy doing, and you will never have to work a day in your life.” Mark Twain</p> <p><i>Certificate of completion: No</i> <b>Total study time: 3 hours</b> <i>Study type: Self-paced</i></p>	
<p><b>Choose a NEW Passion</b></p> <p>Have the PASSION to learn/try something new this week, use the link below to choose from hundreds of online courses from top universities:</p> <p><a href="https://www.futurelearn.com/courses?filter_availability=upcoming">https://www.futurelearn.com/courses?filter_availability=upcoming</a></p> <p><i>Certificate of completion: No</i> <b>Total study time: 20 hours</b> <i>Study type: Self-paced</i></p>	





<p><b><u>Business and customer awareness</u></b> Learning Curve Group</p> <p>Find out how to meet the expectations of businesses and customers when looking for work.</p> <p>Learn how to:</p> <ul style="list-style-type: none"><li>• find local job opportunities</li><li>• identify the skills needed for a job</li><li>• write a CV</li><li>• apply for a job</li><li>• prepare for a job interview</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 2 hours</b> <i>Study type: Self-paced</i></p>	
<p><b>Become a local tourist</b></p> <p>Are you guilty of telling yourself “there’s nothing to do in my hometown” Then it’s time you found the beauty in your own hometown by becoming a tourist! Take a look at Trip Advisor to give you some inspiration</p> <p><a href="#"><u>THE 10 BEST Things to Do in Grantham - 2021 (with Photos)   Tripadvisor - Must See Attractions in Grantham, Lincolnshire</u></a></p> <p><i>Certificate of completion: No</i> <b>Total study time: 6 hours</b> <i>Study type: Self-paced</i></p>	
<p><b><u>Introduction to Business Management</u></b> FutureLearn and King's College London</p> <p>Develop a range of business management skills relevant to the world of work.</p> <p>Learn how best to manage:</p> <ul style="list-style-type: none"><li>• people</li><li>• money</li><li>• information</li><li>• yourself</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 16 hours</b> <i>Study type: Scheduled, no instructor</i></p>	
<p><b><u>Entrepreneurship - from ideas to reality</u></b> The Open University</p> <p>Find out how to set up and run your own business.</p> <p>Learn how to:</p> <ul style="list-style-type: none"><li>• develop and refine a business idea</li><li>• identify gaps in resources and capabilities</li><li>• create a business plan</li><li>• pitch an idea</li></ul> <p><i>Certificate of completion: Yes</i> <b>Total study time: 24 hours</b></p>	





## [Miss Geeson's Best Books for Young Adults to Read Right now!](#)

### ***The Fault in Our Stars***

**John Green, 2012**

Soon to be made into a film starring *The Descendants*' Shailene Woodley, *TFIOS*, as fans call it, has been making waves among young adult (YA) readers ever since it shot to the top of the *New York Times* best-seller list last year. A poignant, bittersweet tale, it's the story of Hazel Lancaster, a 16-year-old battling stage-four thyroid cancer. When she falls in love with fellow sufferer, Gus, who she meets at a cancer support group, they decide to take a trip to Amsterdam to meet the author of their favourite book and fulfil Gus' last wish. What could easily be another bucket-list story is steered close to literary perfection through Green's exquisite blend of humour and tragedy, with critics endorsing it as an adult read too.

### ***The Harry Potter series***

**JK Rowling, 1997-2011**

This seven-book series matures along with its characters, with the darker themes of death and loss really coming to the fore in the fourth book, *Harry Potter and the Goblet of Fire*. Having reignited the joy of reading for youngsters through its creativity and humour, the franchise cast a spell over people of all ages and it's even made it on to the curriculum of a UK exam board.

### ***The Curious Incident of the Dog in the Night Time***

**Mark Haddon, 2003**

Haddon's 15-year-old hero, Christopher John Francis Boone, is a mathematical boy genius. But he also suffers from Asperger's syndrome, making social interactions painfully difficult. When he is suspected of murdering Wellington, the neighbour's dog, he decides to independently investigate the dog's death and prove his innocence, discovering one truth too many in the process. The world as Christopher perceives it – replete with his





frustrations, joys and fears – brings alive the chaotic thrust from childhood to adulthood that adolescents face.

### ***The Perks of Being a Wallflower***

**Stephen Chbosky, 1999**

Yes, the 2012 movie hit starring Emma Watson – which was nominated for Writer’s Guild and MTV awards, among others – is based on a literary original that fed end-of-the-millennium teens the concept of being ‘infinite’. On the brink of entering high school without his best friend, who died a few months before, Charlie resorts to writing letters to a stranger in a bid to handle his anxiety and loneliness. The letters track his progress from the margins of life to the centre of things as he gradually finds a sense of belonging. Laced with nostalgic 1990s pop culture, it is as pertinent a Bildungsroman (coming of age story) now as it was then.

### ***The Princess Bride***

**William Goldman, 1973**

Goldman didn’t specifically write his 1973 masterpiece for adolescents – the cult adult following of the 1987 film adaptation proved that. But there’s an intrinsically offbeat, fairy tale charm to his epic fantasy, ensuring it’s a YA favourite. Buttercup, ‘the world’s most beautiful woman’ and Westley, her farmhand, have boarded the love train bound to happily ever after. But when Westley is presumed dead, she’s abducted by the dastardly trio of Fezzik the Giant, Inigo Montoya the Fencer and The Sicilian. A complex plot teeming with larger-than-life characters and cryptic life lessons, it’s a page-turner fuelled by love, action and wry satirical humour.

### ***The Outsiders***

**SE Hinton, 1967**

Considered to be the novel that set the ball rolling for YA fiction, Hinton wrote the majority of her controversial 1967 debut as a 16-year-old highschooler herself. Set in Oklahoma, Hinton’s story traces the lives of rival groups of teenagers: The Greasers, from the wrong side of the tracks, and the Socials (Socs), rich jet-setters. Told through 14-year-old Ponyboy Curtis, this gritty novel deals with the archetypal YA themes of socioeconomic struggle,





ethical conflict and the pursuit of happiness. Francis Ford Coppola's onscreen adaptation was one of the defining films of the 1980s, and the book is still a set text for many schools today.

### ***To Kill a Mockingbird***

**Harper Lee, 1960**

This Pulitzer Prize-winning classic has a lot more in common with the young-adult genre than you might think. The novel is six-year-old Scout Finch's honest observations of growing up in the conservative American South with her older brother and best friend, while her father defends Tom Robinson, a black man accused of assaulting a white woman. Lee's simple language and humorous tone effectively convey serious themes of prejudice, discrimination and hypocrisy, while showing how the incidents around her transform Scout. The end of the novel marks Scout's loss of innocence, but not her faith in human goodness – something adults and youngsters need in great measure today.

### ***The Lord of The Rings***

**JRR Tolkien, 1954**

Every novel belonging to the fantasy fiction genre is eventually boiled down to the singular question – is it as good as *The Lord of The Rings*? But the hobbit Frodo Baggins' journey through Middle Earth to destroy the ring that is the source of Dark Lord Sauron's evil is as much a coming-of-age tale as any other YA book. Tolkien's magnum opus has also been the inspiration for other important works in the YA fantasy genre such as Christopher Paolini's *Inheritance Cycle* and CS Lewis' *The Chronicles of Narnia*.

### ***The Catcher in the Rye***

**JD Salinger, 1951**

Through his iconic anti-hero, Holden Caulfield, Salinger captured the quintessential adolescent conflict in colloquial teenage lingo – aspiring to the adult world and its ways, yet disheartened by the materialism it embodies. From an undisclosed sanatorium Holden Caulfield narrates in first person the incidents from defining days of his life after being expelled from school. In a plot made up of sleepy everyday activity, the psychological analysis of his surroundings makes for an eye-opening read. Add to that evocative





descriptions of 1950s New York and what it was like to be young and alienated in the city of dreams and it's obvious why the book has such a cult following, even 62 years after its publication.

### ***Great Expectations***

**Charles Dickens, 1861**

One of the most famous Bildungsroman novels of all time, Pip, the first-person narrator, is said to be the character who most resembles Dickens himself. We follow Pip's 30-year transformation from a poor seven-year-old orphan in the Kent marshes to a young gentleman with great expectations, in the form of money bestowed upon him by an anonymous donor. He assumes his benefactor to be the eccentric Miss Havesham – whose icily beautiful ward, Estella, he is madly in love with – but events reveal another far more sinister plotline. Part morality play, part social critique and part romance, this nuanced novel has only profited from its many screen adaptations.

