

# **Ruskin Values**

## **Year 13 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 and experience new things. You are about to embark on the most exciting phase of your lives where opportunities should be seized, experiences relished and challenges embraced. However, you will need resilience, determination and purpose to get the most out of everything that comes your way, use these activities to help you prepare for your exciting 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

Have the Wisdom to Plan	Completed
<p style="text-align: center;"><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 style="text-align: center;"><i>Certificate of completion: No</i>  <b>Total study time: 1 hour</b>  <i>Study type: Self-paced</i></p>	
<p style="text-align: center;"><b><u>Growth Mindset</u> Virtual College</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 style="text-align: center;"><i>Certificate of completion: Yes</i>  <b>Total study time: 30 minutes</b>  <i>Study type: Self-paced</i></p>	
<p style="text-align: center;"><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: <p style="text-align: center; color: #00A09A;"><b>What is your type?</b></p> </li></ol>	

Take our free personality test today!

2. Click on "Take the Test". Answer all 60 questions as honestly as possible about yourself.
3. From the results page, take a note of your Personality Type (it will be four letters, eg ESTJ) and fill in below.
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*

<p><b>Total study time: 2 hours</b>  <b>Study type: Self-paced</b></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.  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>  <b>Study type: Self-paced</b></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.  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>  <b>Study type: Self-paced</b></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>  <b>Study type: Self-paced</b></p>	

# Curiosity

Task	Completed
<p><b>Improve your life skills</b></p> <p><b>LifeSkills</b> gives young people the advice and support they need to get ready for the world of work. It's a free programme offering education resources, online activities, events and work experience opportunities. See what you could gain.</p> <p><a href="#">Employability Skills   Young People Job Skills   Life Skills (barclayslifeskills.com)</a></p> <p><i>Certificate of completion: No</i> <b>Total study time: 2 hours</b> <i>Study type: Self-paced</i></p>	
<p><b>Take a Crash Course Linked to your interests</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 courses in something that interests 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>Total study time: 2 hours</b> <i>Study type: Self-paced</i></p>	
<p><b>Take a virtual field trip</b></p> <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>	

## **Understand the Basics of Code** Google Digital Garage

Learn what code is and why understanding it is useful.

Find out:

- how code works
- why so many coding languages exist
- which coding languages are suited to specific tasks

*Certificate of completion: No*

**Total study time: 1 hour**

*Study type: Self-paced*

## **Computer Programming for Everyone** FutureLearn, Institute of Coding and University of Leeds

Explore what computer programming and code can do.

You will learn:

- how and why people program computers
- the kinds of problems that computers can help you solve
- an introductory block-language for coding
- about different types of coding languages
- useful applications of code

*Certificate of completion: Yes*

**Total study time: 4 hours**

*Study type: Self-paced*

## **Digital skills: succeeding in a digital world** The Open University

Find out how to use digital technology safely and critically.

Learn how to:

- be confident about your online identity
- choose and use the best online tool for a task
- use technology confidently and critically
- identify digital skills to develop further

*Certificate of completion: Yes*

**Total study time: 24 hours**

*Study type: Self-paced*

# Generosity

Task	Completed
<p style="text-align: center;"><b>Be generous with your time</b></p> <p>Commit to cooking 1 meal a week for the family. There are lots of great recipes online. Here is a great place to start . . .</p> <p style="text-align: center;"><a href="#"><u>Recipes – BBC Good Food</u></a></p> <p style="text-align: center;"><i>Certificate of completion: No</i> <b>Total study time: 6 hours</b> <i>Study type: Self-paced</i></p>	
<p style="text-align: center;"><b>Be generous with your knowledge</b></p> <p>Get involved in volunteer tutoring online for an hour a week during term-time, in a subject you are passionate about.</p> <ul style="list-style-type: none"> <li>• Support someone else to get as much out of the education system as you have</li> <li>• Be a positive role model: make a significant, lasting impact on a young person's future</li> <li>• Gain valuable tutoring experience and enhance your CV</li> <li>• Enhance your communication, mentoring and planning skills</li> </ul> <p style="text-align: center;"><a href="#"><u>Volunteer Tutoring Online - The Access Project</u></a></p> <p style="text-align: center;"><i>Certificate of completion: No</i> <b>Total study time: 8 hours</b> <i>Study type: Self-paced</i></p>	
<p style="text-align: center;"><b>Be generous with your unwanted items – upcycle</b></p> <p>Upcycling is taking something that's considered waste and repurposing it. Try upcycling something you no longer need and then donate it to a family member, friend or charity who could make use of it.</p> <p>Take a look at this website for inspiration</p> <p style="text-align: center;"><a href="https://www.upcyclethat.com/"><u>https://www.upcyclethat.com/</u></a></p> <p style="text-align: center;"><i>Certificate of completion: No</i> <b>Total study time: 4 hours</b> <i>Study type: Self-paced</i></p>	



<p><b><u>Internships and other work experiences</u></b> <b>The Open University</b></p> <p>Find out about internships and work experience, and the experience they can provide. Learn how to:</p> <ul style="list-style-type: none"> <li>• identify different types of internship and work experience opportunities</li> <li>• build on existing skills through an internship or work experience</li> <li>• define personal goals for an internship or work experience opportunity</li> <li>• build a personal brand</li> </ul> <p><i>Certificate of completion: Yes</i>  <b>Total study time: 24 hours</b>  <i>Study type: Self-paced</i></p>	
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## Courage

Task	Completed
<p><b><u>Personal branding for career success</u></b> <b>The Open University</b></p> <p>Find out how to present yourself to employers and enhance your profile at work. Learn how to:</p> <ul style="list-style-type: none"> <li>• apply marketing techniques to yourself</li> <li>• define your own brand</li> <li>• promote yourself to employers</li> <li>• devise a plan for your brand and career</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>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>	

## Couch to 5K

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

[Couch to 5K: week by week - NHS \(www.nhs.uk\)](http://www.nhs.uk)

*Certificate of completion: No*

**Total study time: 9 hours**

*Study type: Self-paced*

## **Personal and Professional Development: Resilience** Virtual College

Learn how to adapt and be flexible in the face of challenging circumstances, whilst maintaining a stable mental outlook.

This course covers:

- what resilience is
- why resilience is important
- how to improve your own resilience

*Certificate of completion: Yes*

**Total study time: 25 minutes**

*Study type: Self-paced*

## **Neuroscience for Personal Development** Virtual College

Neuroscience plays an important role in how we learn. Insights from neuroscience can help you develop learning, memory and personal development skills.

Find out about:

- neural networks and neuroplasticity
- attention, memory and neurogenesis
- 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>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>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="#">THE 10 BEST Things to Do in Grantham - 2021 (with Photos)   Tripadvisor - Must See Attractions in Grantham, Lincolnshire</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>Entrepreneurship - from ideas to reality</u> The Open University</b></p> <p>Find out how to set up and run your own business.  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>  <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. 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>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. 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>	