**What does effort look like?**

**Activity 1:**

On a scale of 1-10 rate your effort in the following areas (1 being really low, I don’t really do anything; 10 being really working hard, there is nothing more I need to do; 5 being the midway point between the two):

Classwork:

Homework:

Revision:

Does your effort differ between subjects, if so which ones and why?

How could you improve your effort in these subjects?

**Activity 2:**

Is your self-assessment a fair one?

* Use the ‘What does effort look like’ resource on the back page to reflect on what your effort is *really* like. Was your 1-10 score right?
* Using the ‘What does effort look like’ resource, tick which descriptors best describe you.
* If you are **low-mid** in most areas, decide on one to two things you can do over the next term to improve your effort (e.g. get homework in on time; start revising; arrive to lessons on time and be ready for learning; etc).
* If you are in **high**, are you getting the right school work/life balance? It is OK to take a break sometimes! Your challenge is to set yourself a ‘take a break’ goal that you will aim to do each week (must involve not doing any school work, must get you out of your studying area; e.g. watch a film/go for a walk/see a friend/read a book/listen to music etc)

Fill in the box on the next page with your next step around effort.

The effort area that I’m going to work on is / my take a break goal is \*

**Activity 3: Effort should count for you:**

Ideas about your future are often shaped by the conversations you have with the adults around you. Your target grades are set for you; your teachers, parents and carers will have aspirations for you. At times, it may feel like you are so busy doing your GCSEs, that you haven’t stopped to think about what **you** actually want from them.

Take a moment now to think about what you personally want to achieve from your GCSEs?

It could be:

* Personal achievement
* Getting onto a specific course
* A specific job
* Long-term goal
* Want to be pleased with my results
* Want to pass
* Want to beat my target grades
* Etc

What **I** actually want from my GCSEs (a goal for myself):

**What does effort look like?**

**Classwork**

**Low:**

* Your classwork is often unfinished or lacks detail.
* You are often distracted/cause distraction to others.
* You are quick to give up on tasks that you find challenging.

**Medium:**

* Your classwork is completed to the best of your ability.
* You are generally focused in lessons and very rarely are distracted/cause distraction.
* You try, even if things are challenging.

**High:**

* Your classwork is always completed to the best of your ability.
* You are always focused in lessons.
* You go out of your way to complete more challenging and/or stretch tasks.

**Homelearning**

**Low:**

* You frequently miss homework or complete it last minute.
* You rarely check classcharts and/or Google Classrooms.

**Medium:**

* You regularly complete homework on time and you usually take time over it.
* You frequently check classcharts and/or Google Classrooms.

**High:**

* Your homework is always done on time and you give yourself enough time to do it properly.
* You frequently check classcharts and/or Google Classrooms.

**Revision:**

**Low:**

* You rarely revise for tests and if you do it is last minute; a quick read of notes.
* You rarely or never engage with recommended online revision resources/attend revision sessions.

**Medium:**

* You usually revise for tests, generally reading over notes and making additional revision resources.
* You often use recommended online revision resources and attend revision sessions – once a week.

**High:**

* You have a good system of revision and are practising and testing yourself.
* You use online recommended revision resources and attend revision sessions – three or more times a week.