



Watch the Youtube video on how to take notes using the Cornell Notes method. This method helps you to organise your notes during lessons and during your reading tasks.

It helps you become an active listener in lessons and keep a record of your extra reading tasks.

[Cornell Note Taking Method](#)

YouTube



Complete this course on **Resilience** from Eton School. The course will help you to

- understand and regulate your emotions
- recognise and build on your strengths

- handle stress and learn from setbacks
- form new, healthy habits
- see situations from different perspectives
- have a positive, optimistic attitude
- build your support network
-

How to sign up to your EtonX course:

2. Go to <https://signup.etonx.com/>
3. Choose **Sign up with Access Code**.
4. Your code will be emailed by 6th Form.
3. Enter your Access Code.
4. Follow the on-screen instructions. Please sign up with your **school email address**.

Eton Course



Read this study skills booklet. It covers a range of necessary skills for A Level studies and also to prepare for those who intend to go onto university.

It is important to practice these skills that will improve your independence and resilience.

[Study Skills Booklet](#)

Hodder Education



Watch the following TED Talks on:-

Happiness – we all want to be happy. What brings us happiness – money, success, fame? This talk explores the results of a study on happiness. As fulfilled human beings what do we want and what’s our potential.

[TED Talk Robert Waldinger](#)

Choosing a Subject – what inspires us in our subject choices? What about future study? These series of talks explore various paths and can be a start to discover your inspiration and passion.

[TED Talks on Choosing What To Study](#)



Complete this course on Improving Your Study Techniques.

This course from the University of Groningen will Improve your study skills and get better results by learning to use the 'three-step study model'.

[Improving Your Study Techniques](#)

FutureLearn Groningen University



Read the short PowerPoint (**Top Learning Tips**) in the folder about how to study. It is important that you are effective in your study habits and techniques.

One size does not fit all. Variety is important, and suiting your technique to your area or topic of study.

Look at the variety of ways to study and aim to use them throughout your 6th Form Preparation work.

PowerPoint in Folder