

## **EFFORT :**

### **1. THE 1-10 SCALE**

**"CONTINUOUS EFFORT, NOT  
STRENGTH OR INTELLIGENCE  
IS THE KEY TO UNLOCKING  
OUR POTENTIAL"  
WINSTON CHURCHILL**

### **ON A SCALE OF 1-10.....**

1 2 3 4 5 6 7 8 9 10

- Reflect on the work you have done so far this term and think about the levels of effort.
- Using the guidelines below, rate your EFFORT from 1-10.

1	Little or No Effort
5	Some Effort – You're working quite hard
10	High Levels of Effort

OUR RESULTS WHEN WE ASKED STUDENTS TO RATE THEIR EFFORT IN THIS WAY...



**HOWEVER...**

**WHAT ARE OTHER  
STUDENTS DOING?**



**IS YOUR OWN PERCEPTION  
OF EFFORT THE SAME AS  
OTHER STUDENTS?**

**....OR DO YOU THINK YOU  
ARE MAKING MORE EFFORT  
THAN YOU REALLY ARE?**

### THE PROBLEM WITH SUBJECTIVELY RATING EFFORT...

- The numbers mean different things to different people.
- We tend to surround ourselves with people who do similar or less work than ourselves.
- We might "normalise" the amount of work we're doing, even feel good about it, because we can point to someone doing less than we are.

5

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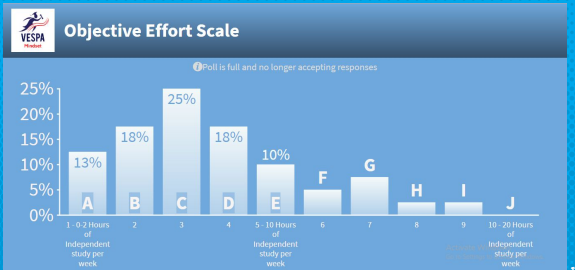
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- We don't have a clear idea of what the hardest working students are doing.
- No one can know what students are doing in other schools and colleges.

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### OUR RESULTS WHEN WE ASKED STUDENTS TO RATE THEIR EFFORT USING AN OBJECTIVE SCALE...



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**HOW DID YOUR RESULTS COMPARE?**

**DID YOUR EFFORT SCORE CHANGE IN THE 2ND POLL?**

# BIG IDEA



- × During research done in the VESPA lab we have interviewed hundreds of post 16 students.
- × Therefore we know that AS students (year 12) who end up with 3 A's tend to do **twenty hours** of independent study **per week**.
- × Our questionnaires show that this 20 hours is spread across 3 or 4 subjects; about 6-7 hrs per subject, per week.
- × The same research with A Level students (year 13) shows that top students, those aiming for (3 A's or A\*s) do up to thirty hours independent study per week.

## WHAT CAN YOU DO?

First try and reach a score of 5 out of 10, the average effort score:

1. Put a timetable in place that takes you to 10 hrs of independent study per week.
2. Use the table on slide 19, or your own version.
3. First shade out all the times you are in lessons or otherwise engaged (e.g. Work, social times, time when you are not able to do independent study.)
4. Stick with the plan for at least 3 weeks.
5. With help from your tutors, step it up gradually for the next 3 week cycle, e.g. 12 hours, then 14 etc.

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**STUDIES SUGGEST IT  
TAKES 30 DAYS TO  
ESTABLISH A HABIT**

**IF YOU WANT TOP GRADES,  
AIM TO GET TO 20 HRS  
PER WEEK BY THE SPRING  
TERM OF AS OR A2.**

EXAMPLE STUDENT TIMETABLE SHOWING 10 HRS OF INDEPENDENT STUDY.

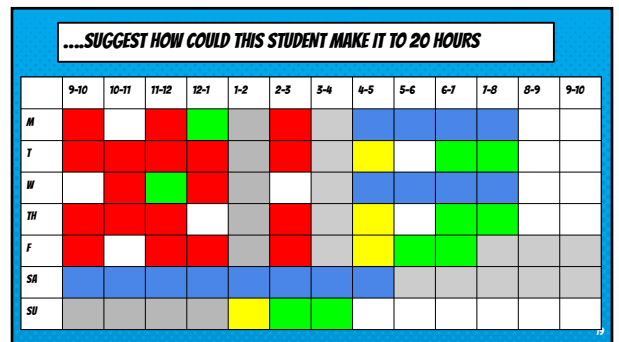
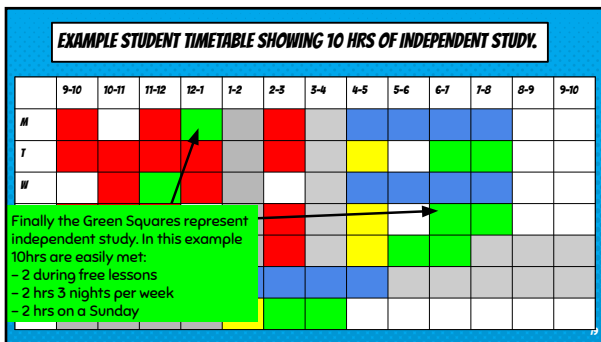
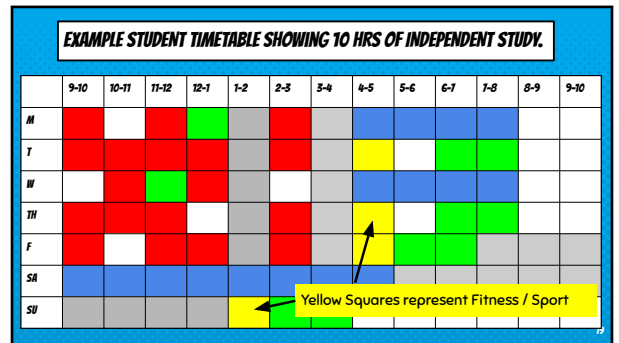
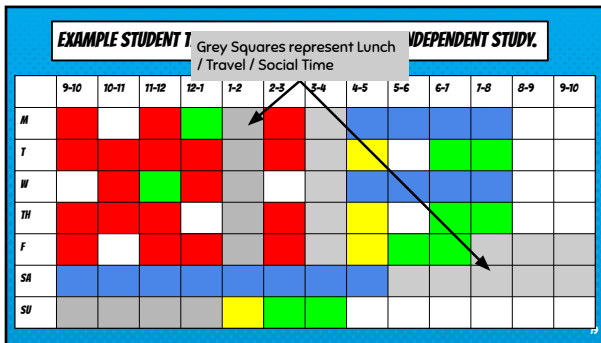
	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8	8-9	9-10
M													
T													
W													
TH													
F													
SA													
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Red Squares represent Lesson Time

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Blue Squares represent Part Time Work



### OVER TO YOU....

1. Create an independent study timetable which increases the amount of study hours you do per week.
2. Pledge to stick to the timetable for a period of 3 weeks.
3. Try doing this exercise with a friend, and check up on each other to help motivate yourselves to stick to the programme.