

# TIPS FOR MANAGING COVID-19 DISRUPTION

The past year has been very difficult for young people, but there will be life after Covid! This advice sheet aims to give you some practical suggestions on how to get through the next few months given the ongoing uncertainty we face, including the cancellation of end of year exams. How do you stay positive, motivated, connected to friends and your community?

## Making the most of what you can control

There are things that are within your control that will help you make the most of the current situation - here are some things you can do:

- Keep up with your school work, assessments and online lessons. This will ensure that whatever method is used to award your final grade you will have done the best you can.
- Have a routine in place that you stick to and make sure it includes a balance of work, relaxation and connecting with other people.
- Talk to your teachers if you're worried about anything. They are there to help and will want to do what they can to support you.

## Identifying the positives from your Covid-19 experience

The past year has been difficult for many people, but there are probably things you are better at now than before the pandemic. Reflect on your skills and behaviour over the past year. Have you learned new things about yourself?:

- Are you better at coping with boredom?
- More creative?
- Improved your IT skills?
- Better at learning independently?
- Discovered a new interest or hobby?
- Realised you like spending some time on your own?

It is likely that there have been difficulties and challenges that you have faced and moved forward from. This is how we become more resilient and this is a good skill to have, so take some time to reflect on how much more resilient you have become.

## Coping with what you can't control

There are some things that are completely out of your control e.g. when lockdown will end, the final decisions around exam grades, when you can see your friends again etc. The best way to cope with this is:

- Try not to spend too much time and energy worrying about things you can't do anything about.
- Do things to fill your time and take your mind off things that make you worried or anxious e.g. exercise, speak to friends and family, hobbies and interests.
- Try things that support your mental health and wellbeing. This is different for everyone and might include; listening to music, mindfulness practice, writing a journal, doing something creative, spending time outdoors...

## Structure, Routine, Balance, Connection

- Having some structure to your day or week can be very helpful and give you a sense of purpose.
- Part of your structure should be to build in time to reflect on your progress and what you have achieved at regular points in the week.
- Routine also helps each day more meaningful so plan your day to include time for getting up, study, exercise, relaxation, time outdoors and going to bed.
- Balance is important too. If you're working too much you can get stressed and burn out. On the other hand too much sleep and relaxation can lead to poor motivation.
- Finally, keep connected. Often a chat with a friend can lift your spirits and cheer you up if you've been feeling down.

You might be thinking about what your next steps are in terms of further study, going to college, getting a job. What are the options? Do you want to re-assess what you thought you would do after your GCSEs or Nat 5s? The information below is designed to help you answer some of those questions.

## Skills Employers are looking for

At school there is a big focus on knowledge accumulation and exam grades. However, employers are also looking for skills and these skills are transferable to any job. The top 10 skills employers look for are:

1. Problem solving - able to use different approaches to solve problems in the most effective way.
2. Creativity - Using imagination.
3. Negotiation - finding win-wins.
4. Co-ordinating with others - understanding the role everyone has in getting the job done well.
5. Emotional Intelligence - understanding how you and others are feeling and supporting their needs.
6. Service orientation - being able to give good service to everyone.
7. Critical thinking - assess, evaluate and select best solution.
8. Adaptability - being able to adapt how you work.
9. People management - getting the best out of people by understanding their motivations, being respectful.
10. Judgement & decision making - making good choices.

## What's next for me? - Other options.

**Get a job** Post-16 you could look for a job, however, there may be fewer options due to Covid-19.

**Join the armed forces** The Army, Navy and Royal Airforce all recruit and offer good opportunities.

**Set up your own business** A challenging option, but if you have a skill or talent maybe worth considering and there may be grants to help (see your local Chamber of Commerce).

There are of course other options you may be thinking about, or you may currently be unsure about what your next steps will be.

It is often helpful to speak to parents and teachers to discuss your ideas and there are also some useful websites you can look at to find out more.

## What's next for me? - Popular options

**A levels  
Scottish  
Highers** If you enjoy academic challenge this will suit you well. Common route to university.

**College courses;  
BTEC, NVQ,  
SVQ** More vocational study that is often linked to a particular job or career.

**Apprenticeship** Combination of work and training where you are based with an employer.

**T levels** New qualification (England only). Equivalent to 3 A levels.

The options above all have different entrance qualifications. You may be worried about what is now going to happen, however, schools, colleges and employers are all fully aware of the situation you are currently in and will be making arrangements to reflect this. Keep working as hard as you can to be in the best possible position to show what you are capable of. The more evidence you have of your potential the better.

### Helpful websites:

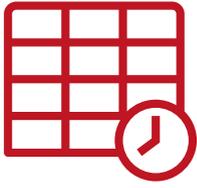
**Mental health & Wellbeing/general advice:**  
<https://youngminds.org.uk/>  
<https://www.themix.org.uk/>

**Careers Information:**  
<https://www.gov.uk/apply-apprenticeship>  
<https://nationalcareers.service.gov.uk/careers-advice/careers-in-the-armed-forces/>

**Vocational Education:**  
<https://www.studential.com/further-education/vocational-qualifications>

**T Levels:**  
<https://www.tlevels.gov.uk/students>

# My coping with Covid plan



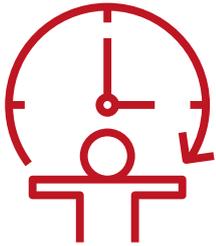
**Structure:** Do you have a study plan for the coming weeks and months? Have you built in time to reflect on progress?

What I'm doing well

- 1.
- 2.
- 3.

What I could

- improve
- 1.
  - 2.



**Routine:** Do you have a routine you follow including when you get up, study, relax, exercise, connect with friends, go to bed?

What I'm doing well

- 1.
- 2.
- 3.

What I could

- improve
- 1.
  - 2.



**Balance:** Is there sufficient balance in your life between work, socialising, relaxation, exercise?

What I'm doing well

- 1.
- 2.
- 3.

What I could

- improve
- 1.
  - 2.



**Connection:** Are you keeping connected with friends, family, outdoors/nature?

What I'm doing well

- 1.
- 2.
- 3.

What I could

- improve
- 1.
  - 2.

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My next steps: Use this space to make notes on what you think you are likely to do from June 2021 onwards. Anything you need to find out about etc?,