

Year 12 Transition Work – VESPA

Please follow the link below to read the information on VESPA. There is an intervention booklet designed specifically for Year 12 students that you should also take the time to read.

[VESPA – St Joseph's College \(stjosephstrentvale.com\)](http://stjosephstrentvale.com)

You do not need to complete the questionnaire but you reflect on each of the five VESPA areas. Think carefully about which of these has probably been the least used or the least developed during your time in GCSEs.

Choose one intervention activity and start to put it in place before September. For example:

If you lack vision, why not get creative and make a vision dashboard.

If you lack organisation, consider making an Eisenhower matrix.

If you don't look positively on your studies, change your attitude by starting to reframe your thinking.

Be prepared to share what you have tried in your first study session with Mrs Lawrie.