

The VESPA Model

The VESPA model is based around 5 key components to student success. Based on extensive research, and real life experiences the VESPA System provides a framework for students to develop their study skills, and improve outcomes in public examinations.



ATTITUDE

*The way a student responds
constructively to setbacks*



VISION

is about
having a clear goal.

It's about making a connection between the work you are doing and the reason for doing it.
It's about setting targets for improvement.
It's about knowing what you want to achieve.

STEP 1: Decide what you want to achieve.

STEP 2: Undertake a goal setting process.

STEP 3: Stick to a plan.





EFFORT

The number of hours proactive independent study a student is willing to do

EFFORT

It's probably fair to say that the absence of **EFFORT** pretty much guarantees failure; however, more effort on its own is not a guarantee of success!

TALENT X EFFORT = SKILL



SKILL X EFFORT = ACHIEVEMENT

TALENT - how quickly your skills improve when you invest effort.

ACHIEVEMENT - when you take your acquired skills and use them

The key determining factor for both talent and achievement is clearly **EFFORT**, as it factors twice in the equation!



SYSTEMS

The level to which the student organises their learning resources.

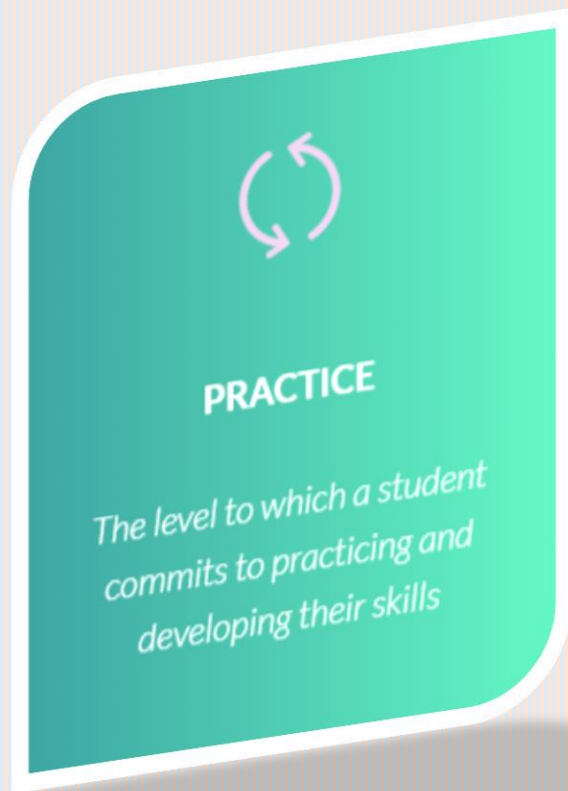
SYSTEMS

...is about two things

- 1 A system to organise learning so students can make sense of it all
- 2 A system to organise their time so students can complete key tasks to deadlines.

The importance of good systems is often over-looked; for many students academic challenges are related more to a lack of organisation than to a lack of intellectual ability.





PRACTICE

PRACTICE doesn't make perfect;
DELIBERATE practice makes perfect.

In other words, effort alone is not enough to guarantee success. Academic progress is as much about **how** you work as it is about **how long** you work for. Understanding PRACTICE is key to student performance.

KEY PRINCIPLES:

- **A clearly defined stretch goal:** very specific and measurable with a "stretch aspect" - you need to practise outside of your comfort zone.
- **Full concentration and effort:** deliberate practice should be performed individually to avoid distractions.
- **Immediate, informative feedback:** difficult to achieve sometimes but an accurate reflection of performance aids progress.
- **Repetition and Reflection:** go back over your work AS SOON AS you know you have made mistakes.





ATTITUDE

... four elements to developing the right attitude.

- 1: **CONFIDENCE:** Key to academic success. Building confidence can be a slow process and involves small steps but celebrating achievements and recognising progress can help.
- 2: **EMOTIONAL CONTROL:** This can impact negatively, particularly at exam time. Learning to control emotions will promote better performance.

3: **ACADEMIC BUOYANCY:** enables a success mindset – critical feedback needs to be viewed as a way of improving. It's not how many times you fall that matters, it's being able to get back up again!

4: **GROWTH MINDSET:** It is crucial to maintain the belief that improvement will happen IF hard work has occurred. The belief that intelligence is fixed or gifted can limit the other three aspects.

Get the attitude right and there is a good chance that a pupil will achieve the best they can be



The VESPA Model

The link below shows a brief introductory video from Steve and Martin. (This video was created for a free programme rolled out during the first Lockdown so they will talk about working in from home.)

[Brief introductory message from Steve and Martin](#)

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CYCLE 1

Deadline: 22-11-2020

- Log on to VESPA Academy using your school email address and password123 – you will be asked to change your password: (Hint: use the same one that you use for school.)
- Get started by completing the questionnaire.
- Have a read through your results and then, using Brightspace, write a short Reflective Report on your reaction to this report. (200-300 words).

 CREATE MY VESPA PROGRAMME

VESPA RESULTS

Name	Group	Cohort	Report Cycle	Vision	Effort	Systems	Practice	Attitude	Overall	VESPA RESULTS	STUDENT REPORT	TUTOR REPORT
Justine Dean	11Charlie	LEVEL 3	2	3	3	6	4	5	4	 view chart	 STURPT	 TUTORPT

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CYCLE 2a

Deadline: 3-1-2021

- Create your own bespoke VESPA programme. And work through this for the rest of the term: pace yourself and consider how the course will impact your habits and your studies. The activities are designed to be habit forming and should be repeated.
- Your tutor will have access to your Tutor Report and will be preparing to talk with you in your next meetings.
- Use what you learn to help change your study habits.

EFFORT ACTIVITY 1

Download Worksheet

[25minsprints](#)

V 1 10 scale

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 hours of study per week.
2. Use the table on the next slide, or your own version.
3. First shade out all the times you are in lessons or 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.

**EFFORT :
26. TWENTY FIVE MINUTE
SPRINTS**

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CYCLE 2b

Deadline: 8-1-2021

- Complete your second questionnaire
- Whilst writing your 2nd Reflection Report, consider how your results have changed, how has working through the programme changed your habits?
- Create your next bespoke VESPA programme.

After this stage, the Intervention Team will analyse your results and identify those individuals that may need some extra help to establish good study habits.

Also remember Y12 Consultation Afternoon is Tues 12 January.

EFFORT ACTIVITY 1

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[25minsprints](#)

V 1 10 scale

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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.

EFFORT :
26. TWENTY FIVE MINUTE SPRINTS

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CYCLE 3

Deadline: 30-4-2021

- Continue to work through your own VESPA programme. Complete your last questionnaire for Y12.
- Having completed your Y12 Exam week, you will shortly receive your Progress Report. As you turn your thoughts towards the UCAS process use the evidence from your last questionnaire, along with your Progress Report, to assess how ready you are for Y13. Write your last Reflective Report for Y12.