

LESSON 30

Strand 1.1 Synthesis and ALT 1 Bank

60 minutes

Strand 1.1: Understanding Myself

Reflecting

Feeds ALT 1

Outcome LCW.M1.S1.ALT1.1

Outcome LCW.M1.S1.PD.2

WHAT THIS LESSON DOES

Consolidate your personal statement drafts into Personal Statement V1 Final, write a Strand Synthesis naming insight, surprise, and one value for Strand 1.2, and bank both artefacts so ALT 1 is complete before progression planning.

CURRICULUM OUTCOMES

Outcome	What the specification asks for
LCW.M1.S1.ALT1.1	create and develop a personal statement.
LCW.M1.S1.PD.2	create goals for personal development and reflect on their progress.

WHAT STUDENTS SHOULD BE ABLE TO DO

- Bank Personal Statement V1 Final as the ALT 1 artefact in Strand 1.1
- Write Strand Synthesis naming biggest insight, most surprising finding, and one value for Strand 1.2
- Compare the Lesson 1 baseline with the final statement on the page

KEY TERMS

Term	What it means here	For example
Strand synthesis	A short, honest account of what you now know about yourself that you did not know at the start of Strand 1.1, drawn from the work you actually produced rather than from a general feeling.	A one-paragraph note naming your biggest insight, the most surprising finding, and the value you will take into Strand 1.2
ALT 1 final	The consolidated personal statement that banks Applied Learning Task 1: one clean version built from every earlier draft, revision, peer review, and spoken cut, ready to revisit later in the course.	Personal Statement V1 Final in your Strand 1.1 folder, replacing scattered draft files as the single source of truth
Portfolio bank	The moment a piece of work stops being a draft in progress and becomes a labelled, findable artefact your future self (and the Portfolio in Action brief) can actually use.	Saving Personal Statement V1 Final and Strand Synthesis in Strand 1.1 so both are immediately openable in Sixth Year

BEFORE THE BELL

- Confirm students can open Lesson 1 Tell Me About Yourself and their latest personal-statement draft
- Prepare any printed copies of the sample banking note if required
- Have a catch-up list ready for fragment-only finals before Strand 1.2
- Students need their Lesson 1 baseline and latest draft open. Anyone missing a draft works from the strongest fragment they have, saves it as Personal Statement V1 Final, and notes the gap in their synthesis.
- On screen this lesson: document annotator.

Strand 1.1 Synthesis and ALT 1 Bank

HOW THE LESSON RUNS		
5 min	introduction	Getting Started
4 min	content	Key Terms
33 min	activity	Bank ALT 1 and Write Your Synthesis
10 min	content	Think About It
8 min	summary	What you covered

STEP BY STEP

5 min Getting Started

Open by asking who still has their Lesson 1 *Tell Me About Yourself* document openable in under thirty seconds. If several cannot find it, that is already the banking lesson landing.

Confirm every student can open their latest personal-statement draft and their Strand 1.1 folder before step 3.

4 min Key Terms

Keep this brisk (about three to four minutes). Stress that **bank** means one labelled final file, not a folder full of nearly-final drafts with no owner. Do not linger on the table; the production step needs the bulk of the period.

33 min Bank ALT 1 and Write Your Synthesis

On screen: document annotator

SUGGESTED TIMING (ABOUT 33 MINUTES)

- Annotation and model reveal: about five minutes
- Consolidate and save Personal Statement V1 Final: about twenty minutes
- Strand Synthesis paragraph: about eight minutes

LOOK-FORS

- Final statement has concrete evidence, not slogan lines
- Synthesis compares with Lesson 1 instead of only praising the new draft
- The value named for Strand 1.2 is one they can defend from a moment on the page, not a decorative word

THE LEAST THAT COUNTS AS BANKED

A labelled Personal Statement V1 Final plus Strand Synthesis in Strand 1.1. Late students clear that pair before dismissal; polish can follow in catch-up, but the banking itself does not wait for Strand 1.2.

When a student finishes early, ask them to read the first three sentences of Lesson 1 aloud, then the first three of the final: the gap should be audible.

10 min Think About It

Give the first two minutes to a silent save-and-open check. Only students with both banked files open start the pair task. Anyone still finalising stays on the save-and-name task, and an unfinished synthesis becomes homework logged for ALT catch-up so that Strand 1.2 is not blocked for them.

A paired read-aloud of the two openings works well: ninety seconds each, then one observation each. When an observation is only praise, ask which line on the page shows what they have just claimed, because that is what turns a compliment into evidence of change.

8 min What you covered

Keep these closing minutes for the banking check itself rather than letting them be whatever is left after the writing runs over, because the files are what carry ALT 1.

Before dismissal, check that **Personal Statement V1 Final** and **Strand Synthesis** exist in Strand 1.1 with those exact names. Log ALT 1 as banked for anyone who has both.

CATCH-UP FOR A FRAGMENT-ONLY STATEMENT OR A MISSING SYNTHESIS

- Book a short catch-up before Strand 1.2 starts, in same-day study or the next pastoral slot.
- The minimum to clear ALT 1 is a labelled Personal Statement V1 Final plus Strand Synthesis in Strand 1.1.
- Pass those names to the Strand 1.2 teacher, since Strand 1.2 assumes a banked ALT 1.

ANSWERS AND LOOK-FORS

- "one clean personal statement, not five half-finished drafts" - Ready to bank as final - Banking is a decision about one labelled file. Multiple near-finals with no owner is not a bank.
- "drops the generic hard-worker sentence I could never prove" - Ready to bank as final - Cutting unproven claims is part of finalising. A shorter evidenced statement beats a longer hollow one.
- "I no longer open with a list of subjects. I open with a real place..." - Shows growth since Lesson 1 - This is growth you can show by holding two documents side by side, not a mood about the strand.
- "other people named organisation before I did" - Belongs in the synthesis - A synthesis names what surprised you. Agreement is less useful than the gap between self-view and what others saw.
- "I still need a stronger line on where I am going next" - Still vague or unfinished - Honest unfinished business belongs in the synthesis or a next-strand note. Do not fake a destination to make the final look complete.
- "The value I am carrying forward is reliability" - Belongs in the synthesis - One named value with a plain meaning. This is the bridge into Strand 1.2, not a decorative closing line.

TEACHING MOVES

- Keep Key Terms brisk; production needs the bulk of the period
- State the minimum viable bank early: Personal Statement V1 Final plus Strand Synthesis
- Gate the side-by-side compare on both files existing
- Use paired read-aloud for comparing openings only when both documents are open
- Protect the final minutes for the filename spot-check, not overrun recovery
- Model annotation of the sample if needed for the group

WHAT TO WATCH FOR

- Students may leave multiple drafts instead of one final file: remind them to replace with Personal Statement V1 Final
- Synthesis may be too vague: guide them to ground it in actual work produced
- Decorative values with no page evidence: ask which moment in the final proves the word
- Forgetting to name a value for Strand 1.2: prompt with the progression planning link

DIFFERENTIATION

- Support: Allow students missing drafts to work from strongest fragment, save as Personal Statement V1 Final, and note gaps in synthesis
- Support: Provide sentence starters for the synthesis paragraph
- Extension: Encourage deeper comparison of specific lines between baseline and final

WHAT STUDENTS ARE LEFT WITH

- Strand Synthesis plus ALT 1 Personal Statement Final banked