



A REAL WORLD STUDY TO
LOOK AT THE
PERFORMANCE AND
BEHAVIOUR OF STUDENTS
IN SECONDARY EDUCATION
– FLEGG HIGH SCHOOL 2010

In April 2010 Pete and Jo Wortley of “Performance Through People Partnership” conducted a trial in Flegg High School using the MTQ48 Mental Toughness Test and AQR UCanPass Programme.

Achievement Directors within the school firstly identified 16 students who they thought might benefit most from the programme. The students, including three who are defined as “looked after”, each had a range of differing and complex special educational needs including medical health problems, ADHD, dyslexia, social and emotional needs, persistent absenteeism and behavioural issues.

Students were asked to complete the MTQ48 questionnaire at the outset of the programme. Following its completion and one to one feedback, the students were given the opportunity to learn more about the concepts of mental toughness before going on to be taught a range of tools and techniques which they were able to integrate into their everyday life. This was the way in which the UCanPass programme was delivered to this group.

This was achieved in three, two-hour sessions.

Most of the students reported that they had responded well to and enjoyed the sessions. They showed great interest in the results of their Development Report, being quick to voice their disappointment when the sessions ended. Post Course Student Feedback confirmed that:

- 93% of students agreed or strongly agreed that they had a good understanding of Mental Toughness
- 71% of students agreed or strongly agreed that they had learned some important information, tools and techniques
- 71% of students agreed or strongly agreed that they would be able to use some of the tools and techniques learned.
- 64% of students agreed or strongly agreed that all students should be given the opportunity to take part in the UCanPass Programme

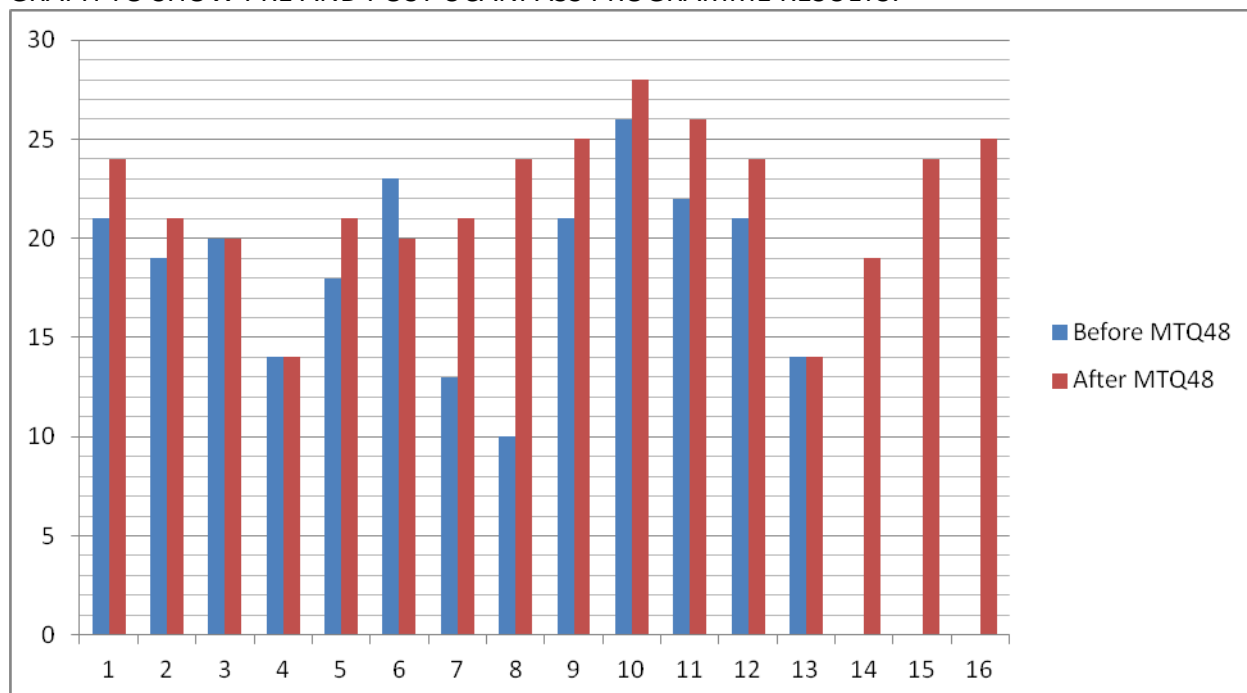
Prior to the UCanPass programme Form Tutors were asked to rate their student on a scale of 1 to 5 in six areas: attendance, emotional control, concentration in class, politeness & positivity, response to coursework & assignments and time management. The Form Tutors then re-assessed the students in October 2010. Some of the results are below.

Student 14 “still has a very low attendance figure of 51%. However there has been a marked improvement in their attitude towards some subjects and the way they interact with other staff and students.”

Student 15 has “matured greatly over the past year, reflecting well on weaknesses and is able to set targets for future improvement.”

Student 16 has “recently been diagnosed with a serious reoccurring illness and consequently has an attendance figure of 66%. However, they try their best to catch up on any work missed and always tries hard.”

GRAPH TO SHOW PRE AND POST UCANPASS PROGRAMME RESULTS:



After a six-week period the majority of students involved with the Mental Toughness Programme showed a significant improvement in attendance, motivation, behaviour and achievement.

On further reflection and analysis of continual teacher assessment data it appears that 13 of the students involved have significantly improved their attainment and achievement across the majority of the curriculum and considerably reduced any negative behavioural incidents.

Just two of the students have made a very small improvement in some areas. One student's assessment result have not changed and one student's results have worsened, but there are lots of circumstances in this student's home life that could account for this. Young people between the ages of 9 and 15 are going through enormous physical changes, as well as pressures from their studies, socially and in their home life.

"The Mental Toughness Programme may be very successful in the adult world of business and sports.

However, for the scheme to be truly successful in a secondary school environment I believe that it must be a continual programme involving all members of staff and parents. The techniques and exercises used in the programme must be fully integrated into the curriculum at a classroom level and used at home.

Parents, Progress Mentors, Subject Teachers and Support Staff must be informed of the results of the Development Report and equipped with the necessary skills to deliver and maintain the scheme so that all students can benefit from heightened concentration, self belief and positive thought."

T Fair. Assistant Headteacher / Director of Intervention and Families – Flegg High School

Diagram 2:

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target
Applied Business	Year_10	C	C	C	C	C	C
Art	Year_10	B	A	B	B	B	B
Citizenship	Year_10			C	C		B
English	Year_10	D	D	C	C	D	C
Ethics	Year_10	C	C	Abs	C	C	B
Geography	Year_10	D	C	C	D	A	C
Literature	Year_10						C
Mathematics	Year_10	D	D	C	B	C	C
Media Studies	Year_10	D	Abs	C	C	B	C
Physical Education	Year_10	X	X	X	X	X	C
Science	Year_10	C	C	D	C	C	C

Subject	Exam	Ass1
Applied Business	Year_11	D
Art	Year_11	B
Citizenship	Year_11	B
English	Year_11	C
Ethics	Year_11	C
Geography	Year_11	B
Literature	Year_11	
Mathematics	Year_11	C
Media Studies	Year_11	C
Physical Education	Year_11	X
Science	Year_11	C

Student A

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target
ASDAN	Year_10	X	X	X	X	X	F
Citizenship	Year_10						G
English	Year_10	X	X	X	E	U	F
Ethics	Year_10	C	X	X	X	X	G
Geography	Year_10	E	E	E	E	C	F
Information Technology	Year_10	E	E	E	E	F	G
Information Technology Diploma	Year_10						E
Literature	Year_10						F
Mathematics	Year_10	F	Abs	E	E	F	E
Physical Education	Year_10	C	B	B	C	C	E
Physical Education GCSE	Year_10	E	E	G	F	F	E
Science	Year_10	E	E	E	E	E	E

Subject	Exam	Ass1
ASDAN	Year_11	F
Citizenship	Year_11	E
English	Year_11	D
Ethics	Year_11	G
Geography	Year_11	E
Information Technology	Year_11	
Information Technology Diploma	Year_11	D
Literature	Year_11	
Mathematics	Year_11	U
Physical Education	Year_11	B
Physical Education GCSE	Year_11	F
Science	Year_11	E

Student B

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target
ASDAN	Year_10	X	X	X	X	X	F
Citizenship	Year_10						F
Dance	Year_10	D	D	G	G	F	F
Drama	Year_10	E	E	E	E	E	F
English	Year_10	X	X	X	D	G	F
Ethics	Year_10	C	X	X	X	X	F
Information Technology	Year_10	G	G	F	F	F	F
Literature	Year_10						F
Mathematics	Year_10	U	U	U	E	F	G
Physical Education	Year_10	C	C	C	E	E	F
Science	Year_10	D	E	E	F	E	G

Subject	Exam	Ass1
ASDAN	Year_11	F
Citizenship	Year_11	X
Dance	Year_11	X
Drama	Year_11	E
English	Year_11	E
Ethics	Year_11	X
Information Technology	Year_11	D
Literature	Year_11	
Mathematics	Year_11	G
Physical Education	Year_11	X
Science	Year_11	G

Student C

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target
ASDAN	Year_10	X	X	X	X	X	D
Catering	Year_10	F	U	E	C	D	D
Citizenship	Year_10						D
English	Year_10	D	D	E	F	E	D
Ethics	Year_10	C	X	D	E	D	D
Information Technology	Year_10	F	E	E	E	E	D
Literature	Year_10						D
Mathematics	Year_10	F	F	D	E	F	E
Physical Education	Year_10	D	D	D	E	D	E
Science	Year_10	U	E	E	F	E	E
Textiles	Year_10	D	C	C	D	F	D

Subject	Exam	Ass1
ASDAN	Year_11	F
Catering	Year_11	F
Citizenship	Year_11	Abs
English	Year_11	D
Ethics	Year_11	Abs
Information Technology	Year_11	E
Literature	Year_11	
Mathematics	Year_11	U
Physical Education	Year_11	X
Science	Year_11	E
Textiles	Year_11	X

Student D

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target
Applied Business	Year_10	E	F	Abs	D	G	C
Citizenship	Year_10						B
English	Year_10	Abs	D	E	Abs	E	B
Ethics	Year_10	Abs	C	Abs	Abs	E	B
Geography	Year_10	Abs	D	F	F	A*	C
Literature	Year_10						B
Mathematics	Year_10	F	Abs	F	F	G	C
Media Studies	Year_10	Abs	Abs	Abs	Abs	D	C
Music	Year_10	X	G	U	U	G	C
Physical Education	Year_10	X	X	X	X	X	C
Science	Year_10	X	E	E	F	E	C

Subject	Exam	Ass1
Applied Business	Year_11	E
Citizenship	Year_11	D
English	Year_11	E
Ethics	Year_11	Abs
Geography	Year_11	Abs
Literature	Year_11	
Mathematics	Year_11	Abs
Media Studies	Year_11	C
Music	Year_11	U
Physical Education	Year_11	X
Science	Year_11	E

Student E

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
Catering	Year_10	C	A	C	B	A	A	Catering	Year_11	D
Citizenship	Year_10			B	B		A	Citizenship	Year_11	B
English	Year_10	B	Abs	B	B	B	A	English	Year_11	B
Ethics	Year_10	C	B	B	B	B	A	Ethics	Year_11	B
Geography	Year_10	C	C	B	A*	A*	A	Geography	Year_11	C
Information Technology	Year_10	Abs	C	A	A	B	A	Information Technology	Year_11	A
Literature	Year_10						A	Literature	Year_11	
Mathematics	Year_10	B	A	A	A	A	A*	Mathematics	Year_11	A
Physical Education	Year_10	C	D	D	E	D	A	Physical Education	Year_11	D
Science	Year_10	B	B	A	A	A	A	Science	Year_11	A
Spanish	Year_10	C	A	B	C	C	A	Spanish	Year_11	B

Student F

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
ASDAN	Year_10	X	X	X	X	X	E	ASDAN	Year_11	G
Art	Year_10	D	D	D	D	D	D	Art	Year_11	D
Citizenship	Year_10			F	F		F	Citizenship	Year_11	E
English	Year_10	X	F	F	F	F	E	English	Year_11	E
Ethics	Year_10	Abs	X	X	X	X	F	Ethics	Year_11	F
Graphics	Year_10	E	C	E	E		U	Graphics	Year_11	D
Information Technology	Year_10	D	F	F	F	E	D	Information Technology	Year_11	D
Literature	Year_10						E	Literature	Year_11	
Mathematics	Year_10	G	G	F	G	G	G	Mathematics	Year_11	G
Physical Education	Year_10	C	D	D	D	D	E	Physical Education	Year_11	B
Science	Year_10	U	F	E	G	F	F	Science	Year_11	F

Student G

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
Catering	Year_10	D	D	D	D	C	D	Catering	Year_11	C
Citizenship	Year_10			D	E		D	Citizenship	Year_11	D
English	Year_10	E	Abs	D	D	D	C	English	Year_11	D
Ethics	Year_10	C	X	X	X	X	D	Ethics	Year_11	C
Geography	Year_10	D	D	C	B	A	D	Geography	Year_11	C
Information Technology	Year_10	D	C	D	D	C	D	Information Technology	Year_11	C
Literature	Year_10						C	Literature	Year_11	
Mathematics	Year_10	F	F	D	E	E	D	Mathematics	Year_11	G
Media Studies	Year_10	E	C	D	C	C	D	Media Studies	Year_11	C
Physical Education	Year_10	C	D	C	D	C	D	Physical Education	Year_11	B
Science	Year_10	D	D	D	E	D	D	Science	Year_11	D

Student H

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
ASDAN	Year_10	X	X	X	X	X	E	ASDAN	Year_11	U
Applied Business	Year_10	F	U	G	F	U	D	Applied Business	Year_11	F
Catering	Year_10	C	F	D	D	D	E	Catering	Year_11	D
Citizenship	Year_10						E	Citizenship	Year_11	E
English	Year_10	X	X	X	F	F	D	English	Year_11	E
Ethics	Year_10	C	X	X	X	X	E	Ethics	Year_11	F
Geography	Year_10	E	E	E	E	C	E	Geography	Year_11	C
Literature	Year_10						D	Literature	Year_11	
Mathematics	Year_10	G	U	U	G	U	E	Mathematics	Year_11	U
Physical Education	Year_10	C	C	C	D	D	D	Physical Education	Year_11	C
Science	Year_10	G	U	D	F	F	E	Science	Year_11	F

Student I

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
Art	Year_10	C	C	C	C	C	D	Art	Year_11	C
Citizenship	Year_10			E	F		D	Citizenship	Year_11	D
English	Year_10	F	E	D	F	F	D	English	Year_11	C
Ethics	Year_10	D	D	X	X	X	D	Ethics	Year_11	D
Graphics	Year_10	E	C	D	D	D	D	Graphics	Year_11	D
Information Technology	Year_10	D	D	D	D	D	D	Information Technology	Year_11	D
Literature	Year_10						D	Literature	Year_11	
Mathematics	Year_10	D	E	D	E	D	C	Mathematics	Year_11	E
Music	Year_10	B	U	E	F	E	D	Music	Year_11	D
Physical Education	Year_10	C	C	C	D	C	D	Physical Education	Year_11	C
Science	Year_10	E	E	D	E	E	C	Science	Year_11	D

Student J

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
Applied Business	Year_10	F	U	F	D	F	C	Applied Business	Year_11	F
Art	Year_10	D	B	C	C	C	B	Art	Year_11	C
Citizenship	Year_10						C	Citizenship	Year_11	C
English	Year_10	E	C	C	D	Abs	C	English	Year_11	C
Ethics	Year_10	D	D	D	E	Abs	C	Ethics	Year_11	X
Graphics	Year_10	E	C	C	D	Abs	C	Graphics	Year_11	C
Literature	Year_10						C	Literature	Year_11	
Mathematics	Year_10	D	D	C	B	C	C	Mathematics	Year_11	C
Media Studies	Year_10	D	Abs	D	D	D	C	Media Studies	Year_11	D
Physical Education	Year_10	D	X	X	X	X	C	Physical Education	Year_11	X
Science	Year_10	D	D	D	D	D	C	Science	Year_11	D

Student K

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
Applied Business	Year_10	D	E	C	C	F	C	Applied Business	Year_11	E
Art	Year_10	C	C	B	C	C	C	Art	Year_11	C
Citizenship	Year_10			F	E		C	Citizenship	Year_11	B
English	Year_10	D	F	D	Abs	D	C	English	Year_11	D
Ethics	Year_10	Abs	Abs	X	X	X	C	Ethics	Year_11	E
Geography	Year_10	B	B	B	Abs	A*	C	Geography	Year_11	C
Graphics	Year_10	E	C	D	D	D	C	Graphics	Year_11	C
Literature	Year_10						C	Literature	Year_11	
Mathematics	Year_10	E	E	E	F	E	C	Mathematics	Year_11	E
Physical Education	Year_10	X	X	X	X	X	C	Physical Education	Year_11	B
Science	Year_10	D	D	D	D	D	C	Science	Year_11	D

Student L

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
ASDAN	Year_10	X	X	X	X	X	D	ASDAN	Year_11	G
Catering	Year_10	C	C	D	D	E	D	Catering	Year_11	D
Citizenship	Year_10						D	Citizenship	Year_11	X
English	Year_10	X	X	X	G	G	D	English	Year_11	E
Ethics	Year_10	B	X	X	X	X	D	Ethics	Year_11	F
Information Technology	Year_10	F	F	F	F	F	D	Information Technology	Year_11	E
Literature	Year_10						D	Literature	Year_11	
Mathematics	Year_10	F	G	D	F	F	D	Mathematics	Year_11	F
Physical Education	Year_10	C	Abs	X	Abs	D	D	Physical Education	Year_11	D
Resistant Materials	Year_10	D	D	E	E	E	D	Resistant Materials	Year_11	E
Science	Year_10	G	U	D	G	F	D	Science	Year_11	F

Student M

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
Art	Year_10	C	B	C	C	C	C	Art	Year_11	C
Catering	Year_10	D	C	E	C	B	C	Catering	Year_11	B
Citizenship	Year_10						C	Citizenship	Year_11	C
English	Year_10	F	E	C	D	F	C	English	Year_11	D
Ethics	Year_10	D	D	D	Abs	Abs	C	Ethics	Year_11	C
Geography	Year_10	C	D	C	Abs	A	C	Geography	Year_11	Abs
Information Technology	Year_10	F	F	D	D	D	C	Information Technology	Year_11	E
Literature	Year_10						C	Literature	Year_11	
Mathematics	Year_10	D	D	D	D	E	C	Mathematics	Year_11	D
Physical Education	Year_10	C	C	C	C	D	C	Physical Education	Year_11	B
Science	Year_10	E	E	D	E	E	C	Science	Year_11	E

Student N

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
Applied Business	Year_10	C	Abs	E	D	E	D	Applied Business	Year_11	E
Catering	Year_10	D	Abs	E	A	C	C	Catering	Year_11	D
Citizenship	Year_10						C	Citizenship	Year_11	D
Dance	Year_10	D	D	E	E	U	C	Dance	Year_11	X
English	Year_10	Abs	Abs	E	D	E	C	English	Year_11	C
Ethics	Year_10	D	Abs	Abs	D	D	C	Ethics	Year_11	C
Literature	Year_10						C	Literature	Year_11	
Mathematics	Year_10	F	G	E	E	F	D	Mathematics	Year_11	G
Media Studies	Year_10	Abs	Abs	Abs	C	C	C	Media Studies	Year_11	D
Physical Education	Year_10	D	D	D	Abs	E	D	Physical Education	Year_11	Abs
Science	Year_10	U	F	D	E	E	D	Science	Year_11	F

Student O

Subject	Exam	Ass1	Ass2	Ass3	Ass4	Ass5	Target	Subject	Exam	Ass1
Applied Business	Year_10	D	D	C	D	E	D	Applied Business	Year_11	D
Art	Year_10	D	C	C	C	C	D	Art	Year_11	C
Citizenship	Year_10			D	D		D	Citizenship	Year_11	E
English	Year_10	D	D	C	Abs	D	D	English	Year_11	C
Ethics	Year_10	C	D	D	D	D	D	Ethics	Year_11	C
Literature	Year_10						D	Literature	Year_11	
Mathematics	Year_10	D	E	E	E	D	D	Mathematics	Year_11	D
Media Studies	Year_10	D	C	C	D	C	D	Media Studies	Year_11	B
Physical Education	Year_10	C	B	B	B	C	D	Physical Education	Year_11	B
Physical Education GCSE	Year_10	D	D	D	D	D	D	Physical Education GCSE	Year_11	D
Science	Year_10	Abs	U	Abs	D	D	D	Science	Year_11	E

Student P