



June 2020

Dear Future Stoic

We are very much looking forward to welcoming you into the School in September!

As part of your preparation for our Third Form programme, we would like to ask you all to complete a reading task before you arrive. You will need to purchase and read a book titled **You Are Awesome: Find Your Confidence and Dare to Be Brilliant at (Almost) Anything**, by Matthew Syed. This is available in paperback through Amazon for £4.99 or on Kindle for £6.99.

Our school vision is to create 'Change-Makers' – young people who are ready to change as the world changes and be ready to change the world. The Third Form programme is designed not only to give you an introduction and grounding to a wide range of academic subjects, sports, and activities, but also to get you thinking about how you learn and to build your skills as an independent learner for your time with us at Stowe, for your studies and life beyond. Over the next few years you will be encouraged to identify those subjects or activities you are particularly passionate about and to learn to pursue those interests in a focused, deep and scholarly way. You will be building your skills of forward planning, research, communication, resilience and reflection, and learning how to become good at those things you want to be good at.

Below you will find five questions based on the contents of the book, which we will expect you to have read about and thought through before you arrive, ready to discuss. This book explains how people learn and improve their skills in all areas – so it should be as useful for your learning in sport or music, as it is for your academic work. Please don't feel you have to write out your answers to these questions in advance, but it may be wise to take down a few notes on these questions over the summer, as you will be expected to be able to talk and write about your thoughts on these themes in the first few weeks in September when we start the course.

Have a great summer and we hope you enjoy the book!

Dr Julie Potter  
Deputy Head (Academic)

Questions and Topics from **You Are Awesome** to think through before arrival at Stowe:

1. Do you have a Fixed or Growth Mindset? How do you know? Is it the same for all aspects of your life, or are you more 'fixed' for some and more 'growth' for others?
2. What is meant by 'neuroplasticity'?
3. What is the main message of the book about failure?
4. What are the key ingredients needed to improve at anything?
5. Is there any such thing as 'natural talent'?

