

BECOME THE FUTURE YOU

A Level Law

EAST SUSSEX COLLEGE STUDY PACK.



HELLO, NICE TO MEET YOU. LET'S GET STARTED!

Hi, my name is Ryan Jinks and I teach A-Level Law at ESCG Lewes. This will be my 3rd year teaching at the college, following my venture into the criminal law sector. Whilst the law doesn't change much, the cases we see ongoing every day is symbolic in the way that the law operates daily. In this course, we will study the elements of crimes, using this to uncover whether offences have been committed or not, all whilst putting this into a practical setting ourselves, in mock trials. Lessons will be enjoyable, interactive, yet challenging and students will come away knowing something about the law they didn't before, and hopefully enjoyed as well. I have put together some resources to get you started into thinking legally and the different sources of information you can use to broaden your understanding of the legal system, all of which will be posted regularly on the Google Classroom set up for you.

We will begin in September with some essential thinking tools before moving into the units.

The English Legal System will address why we have law, how laws are made, the different offences and courts in which these offences will be heard and individuals that can be found in the legal system. Criminal Law focuses on the elements that make up a crime and the various offences that an individual can be tried on in a criminal court – ranging from assaults/battery up to murder.

Tort Law looks at the different offences that an individual could face in the civil court system. This correlates with the 'suing culture' and covers an array of topics from psychiatric injury through Negligence through to damages. We will also look at mooting, which is the study of how to perform and act in a court setting, debating a case scenario in front of a judge and jury!

Your **main contact** for this course is:

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HOW DO I CONNECT TO MY GOOGLE CLASSROOM?

If you have already applied to East Sussex College, you will be sent a Google classroom link to your registered email by the 7th June (if for any reason you do not receive this please contact us [here](#)).

For any students who have not yet applied but would still like to participate in our Y11 activities please register [here](#).

NOT SURE HOW TO USE GOOGLE CLASSROOM? [CLICK HERE](#)

STUDY TIPS.....

SET AN ALARM

If you're learning at home, try to plan your day and include regular intervals for when you will take a break. Set an alarm or timer on your phone to let you know when it's time to take a break. We find this makes us even more productive during the time we're working!

GET A DRINK OR SNACK

Going to get a cup of tea or a snack will give you a chance to take time away from work, pause, and give you something else to focus on for a short time.

LISTEN TO MUSIC OR A PODCAST

It can help pause and reset your thoughts and help you feel calm.

TAKE DEEP BREATHS

Every so often, just take a few minutes to close your eyes and take deep breaths in and out. Think of your favourite place. What can you see? What can you smell? What can you feel? Connect with yourself.

BE MINDFUL

Be more aware of the present moment, your body and the world around you. This can help how you approach your work and see things from a different point of view.

BECAUSE YOU CAN DO ANYTHING! BUT YOU CAN'T DO EVERYTHING.

These days, we're relying on our laptops and other digital devices more than ever - and it's taking a toll on our eyes! Working towards our dreams shouldn't affect our health, so try following these simple steps to reduce strain and improve concentration.

THE 20-20 RULE

Every 20 minutes, look at something that's at least 20 feet away (which is around 6 meters), for at least 20 seconds. This will give your eyes some time to readjust.

THINK BLINK!

Blinking is really important. Your eyelids are a bit like windscreen wipers. They help to keep your eyes clean and moist, which sharpens your vision. The problem is - when we look at screens, we blink less! So every now and then, take a break and close your eyes without any digital distractions.

SORT OUT YOUR SCREEN!

Your screen should be about an arms length away from your face and slightly below eye level. This can be difficult with laptops, so try to use an external keyboard if you can. Having your study space set up properly will improve any back, neck and eye strain problems!

GO BIGGER, NOT BRIGHTER.

Adjust the font size on your smart-phone or tablet to make reading and concentrating easier. You should also try to adjust the brightness of your screen to compliment the surrounding light that you're currently working in.

GET OUTDOORS

Taking regular short breaks from your screen is really important. This will not only relieve pressure on your eyes, but just being outdoors will do wonders for your all round mental and physical well-being.

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