



Personal Development Programme – Key Stage 5

Term	Year 12	Year 13
1	<p>Flourishing as a Sixth Former</p> <ol style="list-style-type: none"> 1. Flourishing as a sixth form student 2. Who am I now? Managing identity and self-concept. 3. Student Skills – Personal organisation 4. Study Skills – Effective notetaking 5. Study Skills – Revision theory & techniques 6. Managing mental health 7. How and why we should celebrate cultural diversity 	<p>Beginning my Post 18 Career</p> <ol style="list-style-type: none"> 1. Personal development & the year ahead 2. Applications 3. CVs, referees & references 4. Acting the interview 5. Assessment centre 6. Independent research/applications 1 7. Independent research/applications 2
2	<p>Personal Health, Wellbeing & Safety</p> <ol style="list-style-type: none"> 1. Personal, health & wellbeing 2. Mental health issues 3. Body enhancement and modification 4. Alcohol 5. Drugs 6. Travel 7. Extremism and radicalisation 	<p>Managing Finances Effectively</p> <ol style="list-style-type: none"> 1. Finance 1010 – Income, expenditure, tax, NI etc. 2. Planning expenditure & budgeting 3. Mortgages, loans, credit cards, etc 4. Financial difficulties and how to get support 5. Saving, investment & pensions 6. Consumer rights
3	<p>Careers – Opportunities & Pathways Post 18</p> <ol style="list-style-type: none"> 1. Unifrog 2. Global marketplace 3. Pathways 1 – Apprenticeship 4. Pathways 2 – University 5. Pathways 3 – Employment 6. Pathways 4 – Gap year options 	<p>Employment Rights & Responsibilities</p> <ol style="list-style-type: none"> 1. Building professional relationships in the workplace 2. Challenging inappropriate behaviour in the workplace 3. Professional conduct 4. Rights as part time workers 5. Confidentiality, security and data handling 6. Professional organisations
4	<p>Careers – Personal Branding</p> <ol style="list-style-type: none"> 1. Employment skills 2. Personal branding 3. CV's, referees and references 4. Acting the interview 5. Enterprise challenge 6. Enterprise challenge 	<p>Travelling Safely</p> <ol style="list-style-type: none"> 1. Planning holidays 2. Staying safe abroad 3. Preparing for travel presentations 4. Travel presentations
5	<p>Being Safe in the Wider World</p> <ol style="list-style-type: none"> 1. First Aid 2. Being safe online 3. Being a critical consumer online 4. Being safe in relation to others 5. Bullying, prejudice & discrimination 6. Forced marriage & honour based violence (HBV) 	



Term	Year 12	Year 13
6	<p data-bbox="347 241 730 302" style="text-align: center;">Developing & Maintaining Healthy Relationships</p> <ol data-bbox="240 338 662 562" style="list-style-type: none">1. Healthy & unhealthy relationships2. Consent3. Sexual abuse & domestic violence4. Contraception5. STIs6. Pregnancy7. Parenthood	