

# Curriculum Map Personal Development KS5

## Transition



ST ANTHONY'S & ST AIDAN'S  
CATHOLIC SIXTH FORM



By the end of this course students will be able to discuss the following questions  
How do I manage my career? How are careers changing? How can I improve my 'career capital'?  
What's involved in choosing FE, training or employment?  
What's involved in choosing higher education? How do I make the right choices for my personal safety, relationships and well-being?



### Revision techniques and preparation for exams

Review of university offers  
What is clearing? What is adjustment?  
Life after Results day: strategies for coping with challenge and change. Final Revision strategies.



Lessons on applying to student finance, buying a car, payday loans, buying or renting property. Choosing and paying for student accommodation. Borrowing money and funding retirement. Apprenticeship/gap year choices

**Relationships and Society**  
Lessons on controlling relationships, sex and the media, consent. Sex readiness and encounters, online subcultures. CEIAG – responding to university offers, firm or insurance?

### Health and Wellbeing

Lessons on a number of techniques for combating stress including mindfulness and breathing exercises. Students will also be introduced to the prospects website which contains a great deal of valuable advice. Apprenticeship applications



Staying safe- lessons on festivals, drugs and parties. STI clinics and advice centres. Travelling safely. Toxic and positive masculinity, healthy eating and emotional wellbeing.



Completing personal statements and UCAS forms, university choices. Contextual offers are you eligible? Personal Statement one to one interviews with tutors/ Sixth Form Team all logged and edited via unifrog interventions. UCAS applications completed and sent

### CEIAG, Finance and Independence

Lessons on -Interview preparation and workshops Leeds and Newcastle for medical/dental students. Lessons on interview skills and preparation for all students. Lessons on employability skills initiative and problem solving.

Review of mocks Target setting UCAS- procedures dates/ deadlines Students begin to complete their personal statement or CV. research and evaluate progression pathways and return on investment for the higher and further education, training, apprenticeship, employment and volunteering options that are available



Ucas Exhibition, University visits continue. Personal Statement workshop Durham university, Students are registered onto UCAS to start their applications.



CIAG Enterprise Activity organising a charity event. (examples include car wash, vintage fair) Lessons on Personal statements, careers in the core subjects. Newcastle and Leeds university sessions on applying for medicine



### Work Experience

Lessons on researching different jobs in the area and preparation for work experience. I week of work experience. How do I manage my career? How are careers changing? How can I improve my 'career capital'? What's involved in choosing FE, training or employment? What's involved in choosing higher education? Student review Jesus College Cambridge visit



### Finance and Independence

Accenture and Future first apprenticeship workshops. Barclays life skills lesson on managing finance, employment and Social media. Careers guidance interviews

**The Careers Fair**, lessons on Applications, employability skills, Careers and the Labour Market -using Unifrog to assess starting salaries and course employability. Use the unifrog programme to complete a relevant and up to date CV.

### Critical Thinking & CEIAG

Lessons on-Critical thinking and fake news, social justice, honour violence and FGM  
CEIAG- Preparation for the careers fair. University visits begin. EY Workshops. EPQ Launch



### Relationships, Society & CEIAG

The first half of this term focuses on society and includes lessons on Equality, diversity, Feminism, free speech and social justice.  
CIAG- Oxbridge Talk St. Anne's Oxford. Assembly Newcastle university. Work on Unifrog continues.



Focus on wellbeing, gender stereotyping and mental health.



### Health and wellbeing

PSHE and wellbeing lessons on drugs alcohol and smoking. Cancer awareness talks.  
CIAG Oxbridge Talk St. Anne's Oxford Cambridge HE+ selection. Oxnet Launch

### Unifrog Registration and tools

Students register on Unifrog and complete their personality profile. There are lessons on Exploring where your subjects at A level can take you. Relating that to degree choice. Exploring apprenticeships.



### Induction, Study Skills and Transition

Preparation for independent study at A level and higher-level study. Lessons on study skills and the gap between A level and GCSE. Newcastle university study skills sessions



"There is no magic to achievement. It's about hard work, choices and persistence" Michelle Obama