

## Year 12 and 13 PSHE Programme: PSHE Days

### Year 12

<b>PSHE Day 1: Study Skills and Future Destinations.</b>			
Session	Topic	Objectives	Other Details <i>(if applicable)</i>
Session 1	Study Skills	<ul style="list-style-type: none"> <li>● Recognise and apply techniques that can be used to improve study skills.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>This session is a continuation of the study skills workshops students participate in during the year 12 induction programme.</i></li> </ul>
Session 2	Revision techniques	<ul style="list-style-type: none"> <li>● Recognise and apply revision techniques that can be used to improve memorisation.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>This session also gives students the opportunity to practise creating a revision aid.</i></li> </ul>
Session 3	Destinations: Post-18 Options	<ul style="list-style-type: none"> <li>● Understand the different post-18 options available to sixth form students</li> <li>● Critically assess post 18 options.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Session covers university education (including foundation degrees), higher level / degree apprenticeships and employment.</i></li> </ul>
Session 4	Destinations: Career Development Planning	<ul style="list-style-type: none"> <li>● Recognise the importance of career development planning</li> <li>● Understand the key elements of an effective career development plan</li> <li>● Complete an initial career development plan</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Students undertake an activity that requires them to consider their strengths and areas for development in relation to future career goals and actions that can be taken in view of the areas of development. They also consider external opportunities and threats relevant to future career aspirations.</i></li> </ul>

## PSHE Day 2: Sex Education / Personal Safety and Managing Risks

Session	Topic	Objectives	Other Details (if applicable)
Session 1	Sex Education: Sexual Health and STIs	<ul style="list-style-type: none"><li>• Understand STIs, including their symptoms and health effects</li><li>• Understand how to maintain good sexual health</li><li>• Recognise how to access local health and support services</li></ul>	<ul style="list-style-type: none"><li>• <i>Workshop delivered by the School of Sex Education</i></li></ul>
Session 2	Sex Education: Contraception	<ul style="list-style-type: none"><li>• Understand how to effectively use different contraceptives, including how and where to access them</li><li>• Evaluate the most appropriate methods of contraception in different circumstances (including emergency contraception)</li><li>• Recognise access the pathways available in the event of an unintended pregnancy and understand the importance of getting advice and support quickly</li></ul>	<ul style="list-style-type: none"><li>• <i>Workshop delivered by the School of Sex Education</i></li></ul>
Session 3	Sexual Violence	<ul style="list-style-type: none"><li>• Understand the effects of sexual violence and trauma</li><li>• Understand the ways in which survivors of sexual violence and trauma can be supported.</li></ul>	<ul style="list-style-type: none"><li>• <i>Workshop delivered by the School of Sex Education</i></li></ul>
Session 4	Young Driver Safety	<ul style="list-style-type: none"><li>• Understand the consequences of speeding, mobile phone usage whilst driving and driving whilst under the influence of drugs or alcohol.</li><li>• Recognise actions that can be taken to travel safely as a driver and a passenger.</li></ul>	<ul style="list-style-type: none"><li>• <i>Workshop delivered by West Midlands Fire Service</i></li></ul>

## Year 13

<b>PSHE Day 1: Preparing for the World of Work (<i>Mock Assessment Centre Day</i>)</b>			
<b>Session</b>	<b>Topic</b>	<b>Objectives</b>	
Session 1	Interview Practice	<ul style="list-style-type: none"> <li>- Recognise the type of questioning used during a competency-based interview</li> <li>- Critically assess the performance of oneself and others in a competency-based interview.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>During this session, students prepare for and attend a mock interview, and gain feedback on their interview performance.</i></li> </ul>
Session 2	Group Challenge	<ul style="list-style-type: none"> <li>- Recognise the type of group-based activities employers often build into assessment centres</li> <li>- Critically assess the performance of oneself and others</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Students participate in a group-based challenge, which assesses interpersonal skills.</i></li> </ul>
Session 4	Skills Tests and Psychometric Testing	<ul style="list-style-type: none"> <li>- Recognise the type of skills tests and psychometric testing used by employers during recruitment and selection</li> <li>- Critically assess the use of psychometric testing as methods of selection</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Students explore the types of organisations that use skills tests and psychometric tests. Students also have the opportunity to try a range of skills tests and psychometric tests.</i></li> </ul>
Session 5	Employer Speed Meet	<p>Recognise the skills and qualities employers look for in sixth form leavers and university graduates.</p> <ul style="list-style-type: none"> <li>- Understand how to be successful in the modern-day workplace</li> </ul>	<ul style="list-style-type: none"> <li>● <i>This session gives students the opportunity to engage directly with employers from a range of industries and sectors, including healthcare, retail, banking, the emergency services, the legal profession, engineering and the military.</i></li> </ul>

## PSHE Day 2: Preparing for Life After Sixth Form

Session	Topic	Objectives	
Session 1	Living Expenses	<ul style="list-style-type: none"> <li>- Recognise the mandatory and essential expenses that will be paid throughout adulthood</li> <li>- Critically assess ways of managing mandatory and essential expenses and reducing their cost</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Session covers electricity and gas bills, water rates, TV licence. Other living costs are covered in the year 12 form time PSHE programme.</i></li> </ul>
Session 2	Personal Budgeting	<ul style="list-style-type: none"> <li>- Assess the benefits an individual can gain from devising personal budgets</li> <li>- Use financial data to devise a personal budget</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Session involves students using data to compile a personal budget for one term at university.</i></li> </ul>
Session 3	Ready, Steady, Cook	<ul style="list-style-type: none"> <li>- Prepare a healthy meal for 2 people within a set budget</li> </ul>	<ul style="list-style-type: none"> <li>● <i>This is a timed challenge, during which students use ingredients to prepare a healthy meal for 2 people.</i></li> </ul>
Session 4	Resilience	<ul style="list-style-type: none"> <li>- Understand how to adapt to adversity and develop grit and determination.</li> <li>- Recognise techniques that can be used to develop personal, academic and social resilience</li> <li>- Recognise techniques that can be used to reduce anxiety and stress</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Workshop delivered by Positively Mad</i></li> </ul>
Session 5	Making Informed Choices	<ul style="list-style-type: none"> <li>● Understand how to view failure as a form of growth</li> <li>● Template</li> <li>● Develop communication skills in the 'digital era'</li> <li>● Develop decision-making, critical thinking skills, confidence and aspirations, along with a positive mental attitude.</li> </ul>	<ul style="list-style-type: none"> <li>● <i>Workshop delivered by Positively Mad</i></li> </ul>