

Personal Development Journey at Southmoor Academy



Continue your lifelong love of learning and personal development



Go to university to enhance your studies and get a degree



Become a member of Southmoor Alumni



Learn and understand all about **student finance** in preparation for future study



Confirm and accept your **future pathways offer**



Complete a **mock interview**

Continued support to complete your applications through UCAS

UCAS



Take a gap year, travel the world and embrace new cultures

Start a degree level apprenticeship

Consider **summer internship and voluntary work** to enhance your learning

Revise for and sit **public A2 and vocational examinations**

Complete the the Sixth Form Sixty: university, careers, culture, philanthropy, study skills, life skills



Refine and perfect your **revision techniques**

YEAR 13



Complete a week-long **work placement**



Start on completing the Sixth Form Sixty: university, careers, culture, philanthropy, study skills, life skills

YEAR 12

Set targets and goals for the academic year



Have an independent and impartial **careers guidance interview**



Take part in **widening participation activities** with universities, such as summer schools.



Subject lectures from internal and external speakers

Attend the **UCAS fair**

Sit **public AS or vocational exams**

Revise for and sit your **actual GCSEs** to give yourself a competitive edge in life



Transition to Sixth Form **study skills**

Learn about **OxNet**

Listen to a range of guest speakers looking at **careers** such as employability skills, CV writing, interview skills

Complete an **EPQ project**



Start on completing the Sixth Form Sixty: university, careers, culture, philanthropy, study skills, life skills

Promoting **self esteem and coping with stress strategies**

Careers & Aspirations: attend presentations about post-16 opportunities from colleges, sixth form, apprenticeship providers



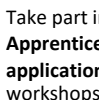
Have an independent and impartial **careers guidance interview**

Revise for and sit your **Y11 mock exams**.

Develop your **wellbeing and relaxation techniques** ready for the examination period



YEAR 11



Take part in **Apprenticeship application workshops**



Apply for Southmoor Sixth Form, college or apprenticeship



Learning and revision skills to maximise potential



Learn about **social action opportunities**



Attend **Southmoor sixth form taster lessons**

Develop an effective **revision calendar** and put it to use.



Revise for and sit your **Y11 mock exams**.

Develop your **wellbeing and relaxation techniques** ready for the examination period



Apply for a **work experience placement**

Find out about the range of **extra-curricular activities** that take place



Careers & Aspirations: progression routes, preparing for work experience, tackling discrimination, health & safety and breaking the glass ceiling

Update **pupil passport**

Living in the Wider World: take part in a work experience placement to understand the world of work

Careers & Aspirations: CV writing, skills analysis, personal statements, admissions tests, post-16 routes and applying for post-16 education or training

Attend Southmoor Sixth Form Summer School



Take part in **1:1 mock interviews** to prepare for future career interviews

RSE & Health: tackling relationship myths and expectations, personal values, romantic relationship break-ups, domestic abuse, managing grief, different families & parental skills

RSE & Health: Diet, lifestyle balance, coping strategies, managing conflict, healthy relationships, consent, coercion and control, STIs, sexting and pornography

Find out about the range of **extra-curricular activities** that take place

Living in the Wider World: Earnings, pay slips, income tax, NI, self-employment, methods of payment, pensions, low income support

Set targets and goals for the academic year



YEAR 10

Start your **GCSE courses** and take the linked challenges head on



RSE & Health: Growing up – Managing puberty, personal hygiene, managing change and loss, tackling discrimination, FGM.



Living in the Wider World: your digital footprint, cyber crime, savings, loans, interest, borrowing, debt

Careers & Aspirations: Exploring higher education – student life

Living in the Wider World: Rights and Responsibilities – UK Government, Parliament, crime and punishment



Careers & Aspirations: post-16 opportunities, careers goals, employability & transferable skills

Living in the Wider World: understanding modern Britain, RE, environment, conflict, wealth, poverty

RSE & Health: peer pressure, assertiveness, gang crime, homophobia, transphobia, sexism, risks of drug and alcohol abuse

Careers & Aspirations: Enterprise in action, social action, employability skills, enterprise challenge

YEAR 9

Explore what is **Higher Education** in more detail



Start thinking about **GCSE option choices**

Transition: Meet your form tutor and be introduced to our school through transition activities



RSE & Health: exploring sexuality and consent, contraception

RSE & Health: Healthy lifestyle, diet, exercise, risks of alcohol/other substances, healthy friendships & relationships

YEAR 7



Careers & Aspirations: Self Awareness & Skill Attributes – all about me, life map, enterprise skills, why people work, different jobs and job families



Living in the Wider World: Online safety, digital literacy, needs and wants, making most of your money (spending, and saving)

Find out about the range of **extra-curricular activities** that take place

welcome

Attend school **Open Evening, Insight events and visits**



Living in the Wider World: British Values & Modern Britain – learning about British values, religions, extremism and radicalisation

Opportunity to be elected to **student council**

Update **Pupil Passport**

Find out about the range of **extra-curricular activities** that take place

YEAR 8

Careers & Aspirations: Introduction to Higher Education – what is university, what can you study, progression routes

Introduction to the **Pupil Passport** to record learning outside of classroom

RSE & Health: All about people – self-esteem, body image, friendships & romance, issues of unwanted contact, diversity, prejudice and bullying, family life and relationships.

Learn about the importance of **safeguarding**