

Personal Development



Career Options

Throughout Personal Development you will have the opportunity to develop essential transferable employability skills which will prepare you for any careers pathway. Skills which are part of the Skills Builder Framework are:

Listening; Speaking; Problem Solving; Creativity; Staying Positive; Aiming High; Leadership; Teamwork.

You will also have the chance to look in detail at different job families and sectors of the labour market, so you have the most up-to-date information available.

Subject Content

Personal Development is divided into three key themes and within those themes there are two different topics:

RSHE (Relationships, Sex and Health Education):

Mental Health – including exploring the influence of role models; British Values, human rights and community cohesion; challenging extremism and radicalisation; tackling stigma of mental health

Managing Change – including Personal values and assertive communication in relationships; managing romantic relationship challenges; tackling domestic abuse and forced marriage; managing change, grief and bereavement; understanding different families.

Living in the Wider World:

Online security and fraud – including managing your 'personal brand'; identity theft; fake emails; protecting yourself financially; online security.

Risk & Reward – including attitudes to risk; assessing risk; investments; gambling.

Careers & Aspirations:

Preparing for the Workplace – including progression routes; work experience; health and safety in the workplace.

Making an Application – including personal statements and CV writing; interview skills and mock interviews; post-16 progression routes and applying for post-16 education and training.

In Year 11, you will also focus specifically on post-16 progression routes, applications, employment skills, revision skills, promoting self-esteem and coping with stress.

Careers Advice & Guidance

Outside of your actual Personal Development lesson each week, there will be plenty of opportunities for you to find out more about your future career pathway. We will have special, extra events that will take place throughout Years 10 and 11, which will include:

- Presentations and talks by employers, training providers and further & higher education providers.
- Interactive workshops with employers, education and apprenticeship providers.
- Annual Careers Fair giving you the chance to speak directly to employers, training and education providers.
- Work Experience placement with local employers
- Careers Weeks within your other subjects
- Trips and visits to employers, education and training providers.

In addition, in Year 11, every student is guaranteed an individual Careers Guidance Interview with our own Careers Advisor. These can be followed up with further interviews where required to ensure that all students have a clear plan for post-16 study and a backup option.

Assessment Information

Your assessment in Personal Development will be on-going, through the different themes and topics that you will complete.

Assessment will include:

- Baseline assessments at the start of a topic
- In class discussions
- Self and peer assessment reviews
- Questionnaires and surveys
- Mind-maps and spider diagrams
- Presentations
- Group work and role-play
- Self-reflection diaries and journals
- One-to-one discussions

Why Study...?

You are growing up in an increasingly complex world and you are living your lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, you need to know how to be safe and healthy, and how to manage your academic, personal and social lives in a positive way. Personal Development is designed to prepare you for your future life. It gives you the opportunity to understand how you can develop into a healthy, independent and responsible member of society and to become a well-rounded citizen able to take your place within society when you leave school at 16 or 18.

Key Contact: Mr Wareham