

# Personal Development

## Learn to live

We want Personal Development to prepare students for life outside of school; for students to be inspired by the issues of the community and world around them, to be increasingly aware and knowledgeable of those issues and to develop a passion to affect those issues. Students will have opportunities to learn about the possibilities for their future, to aspire to higher goals and to understand the pathways to get there. Furthermore, students will have opportunities to develop themselves; to develop social skills, personal skills and learn how to get the best out of the opportunities that they can create.

Autumn		Spring		Summer
Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Living in the wider world
Building for the future: Exam preparation and relevant health issues	Careers and Aspirations: preparation for life beyond Byrchall	Personal values and assertive communication-in relation to sexual health	GCSE exam preparation	GCSE exam preparation

Unit	Learning Objectives/Outcomes
Building for the future: Exam preparation and managing risk	<ul style="list-style-type: none"> <li>• Mind and Memory. How to master knowledge retention</li> <li>• GCSE revision skills</li> <li>• The dangers of risky behaviour</li> <li>• The impact of binge drinking</li> <li>• Issues posed by tattoos and piercings</li> <li>• How to manage personal safety</li> </ul>
Careers and Aspirations: preparing for	<ul style="list-style-type: none"> <li>• To explain the requirements for a professional CV and a cover letter</li> <li>• To create a CV and covering letter to use in interview</li> <li>• To identify different aspects of correct interview etiquette</li> <li>• To explain the reasons behind interview etiquette</li> <li>• Describe and explain the importance of interview preparation</li> </ul>
Personal values and assertive communication-in relation to sexual health	<ul style="list-style-type: none"> <li>• About gender identity, gender expression and sexual orientation</li> <li>• How to communicate assertively</li> <li>• How to handle unwanted attention, including online</li> <li>• How to challenge harassment and stalking, including online</li> <li>• About various forms of relationship abuse</li> <li>• About unhealthy, exploitative and abusive relationships</li> </ul>

	<ul style="list-style-type: none"><li>• how to access support in abusive relationships and how to overcome challenges in seeking support</li></ul>
GCSE exam preparation	<ul style="list-style-type: none"><li>• Consider effective methods of revision</li><li>• Consider the role of learning styles on effective revision</li><li>• Plan and prepare revision plans to ensure effective exam preparation</li><li>• Consider how distractions can adversely affect revision and create strategies to overcome them</li></ul>

