

## Personal Development at Post 16

In Post 16, we aim to support students in developing the skills they need to be successful, happy and safe young adults. Below are the opportunities that students have across their time at Post 16 to deepen their personal, social, health and economic learning.

### Year 12

TERM 1	TERM 2	TERM 3
TRANSITION TO POST 16 1:1 REVIEWS	CAREER PLANNING (WORK EXPERIENCE) 1:1 REVIEWS	TRANSITION TO YEAR 13 1:1 REVIEWS
BEING SAFE ONLINE INTERNET MODULE	HEALTHY LIFESTYLES: SLEEP HYGEINE	STAYING SAFE: ROAD SAFETY
HEALTHY LIFESTYLE: Alcohol	HEALTHY LIFESTYLES: SCREENTIME	PERSONAL FINANCIAL RESPONSIBILITY
HEALTHY LIFESTYLE : Drugs	STAYING SAFE: A NIGHT OUT IN TOWN	DIVERSITY: LGBTQI+ PRIDE MONTH
ROAD SAFETY "BRAKING POINT"	MENTAL HEALTH DROP DOWN DAY	HIGHER EDUCATION APPLICATIONS
FIRST AID TRAINING (ELECTIVE)	PHYSICAL/SEXUAL HEALTH DROP DOWN DAY	HIGHER & DEGREE LEVEL APPRETICESHIPS
STAYING SAFE: SEXIONS & C CARD	CAREER PLANNING: UCAS CONVENTION	PREPARING FOR WORK EXPERIENCE
STAYING SAFE: KNIFE CRIME & EXTREMISM	HEALTHY LIFESTYLE: BODY IMAGE	CAREER PLANNING: EPQ (ELECTIVE)
COPING WITH STRESS: EXAMS	CAREER PLANNING: STUDENT LOANS	
CAREER PLANNING: AMBITION NOTTINGHAM		

### Year 13

TERM 1	TERM 2	TERM 3
DESTINATIONS 1:1 REVIEWS	DESTINATIONS 1:1 REVIEWS	DESTINATIONS 1:1 REVIEWS
BEING SAFE ONLINE INTERNET MODULE	FUTURE PLANNING: PLANNING A GAP YEAR	TRANSITION TO HIGHER EDUCATION
BRAND YOURSELF	CAREER PLANNING: STUDENT LOANS	UNIVERSITY: MEDICAL ADVICE
Study Skills: Putting in the Hours		
COPING WITH STRESS: EXAMS		
STAYING SAFE: ROAD SAFETY		
HIGHER EDUCATION APPLICATIONS		
STAYING SAFE: KNIFE CRIME		

