

Year 13 Personal Development Programme 2023-2024

Y13 AUTUMN TERM

Autumn 1 – September – October – Life Beyond School

Lesson 1		Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Target Setting	Exam Week	Apprenticeships vs Uni	Types of Degree	Graduate Jobs	Personal Brand	MMI Practice
Step up into Yr. 13		UCAS References	Super Curricular Review	Writing an email	Writing a CV	Writing cover letter
PD Weekly 1		PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Marginal Gains		Goal setting	Bank Accounts	UK Tax	Home and Travel Insurance	Identity Theft

Autumn 2 – November – December – Life Beyond School

Lesson 1	Lesson 2	Lesson 3	Lesson 4			Lesson 5
Preparation for mocks	Interviews	MMI Practice	Assessment Centre			Mock Reflections
General Health	Vaccinations	Breast Health	Smear Tests			

Spring 1 – January – February – Life Beyond School, Staying Safe, Health and Wellbeing

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
	UCAS review	UCAS Track Accepting offers	University Accommodation	University Freshers Week
Online Safety TIK TOK	Online Safety – social media	Dieting	Healthy Diet	Body Image

Spring 2 – Mid Feb – Mid March – Life Beyond School

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Student Finance	Budgeting	Services (GP register etc)	Student Bank Accounts	Bursaries/Scholarships
Self Harm behaviours	Self Harm behaviours	Suicide	Sources of Support at uni	Sources of Support at uni

Summer 1 – Mid April – Early May

	Lesson 1	Lesson 2	Lesson 3
	Examination Briefing	Stress Management	Stress Management

- 1) **Rights, Responsibilities and British Values**
- 2) **Celebrating Equality and Diversity**
- 3) **Relationships and Sex Education**
- 4) **Staying Safe (on and off line)**
- 5) **Health and Wellbeing**
- 6) **Life Beyond School**

- 📁 01 LGBT Equality in the UK
- 📁 02 Toxic Masculinity
- 📁 03 Carrying a Knife - Gangs
- 📁 04 Dealing With My Anger
- 📁 05 What is Cancer
- 📁 06 Medical Ethics and Blood Donat...

- 📁 01 Drugs - Alcohol Safety
- 📁 02 Substance Misuse
- 📁 03 Drugs and their Effects
- 📁 04 Drugs Education - SPICE a Syththeic Cannabinoid
- 📁 05 Drug Classifications
- 📁 06 Drugs Education - LSD
- 📁 07 Drugs Education - MDMA : Ecstasy
- 📁 08 Ext - Drugs Videos

- 📁 01 Health and Wellbeing
- 📁 02 Healthy Eating and Cholesterol
- 📁 03 Immunisation and Vaccinations
- 📁 04 Healthy Eating Habits
- 📁 05 Tooth Decay - Poor Diet and He...
- 📁 06 Eating Disorders
- 📁 07 Stress Management Part 2

- 📁 01 Taxes and the UK
- 📁 02 Banks and Money
- 📁 03 Types of Employment & Paperw...
- 📁 04 What is Debt
- 📁 05 Income and State benefits
- 📁 06 Role of Trade Unions
- 📁 07 Insurance Types

- 📁 01 Dealing with Depression
- 📁 02 Stress and Performance
- 📁 03 Dealing with anxiety
- 📁 04 Fears and Anxiety
- 📁 05 Sleep Hygiene and Mental Heal...
- 📁 06 Promoting Emotional Wellbeing
- 📁 07 Resileince and Growing Up

- 📁 01 Post 16 Options
- 📁 02 Planning for the future
- 📁 03 Personal Branding
- 📁 04 Writing a Personal Statement
- 📁 05 CV Writing
- 📁 06 Making Applications Post 16
- 📁 07 Interview Preparation
- 📁 08 What is an Entrepreneur