

PERSONAL DEVELOPMENT



ALDER
Community High School

YEAR 11

Careers		
Autumn 1	<ul style="list-style-type: none">To know the different post 16 options that are availableTo know how to evaluate which options are best for meTo know how to evaluate LMI (Labour Market Information) to make plans to help achieve a specific career goalTo know how to explore post-16 options, focusing on browsing college websites, vocational routes, and apprenticeship opportunitiesTo know how to use post-16 options information to inform my post 16 decisions	Key Vocabulary Vocational Academic Ambition Labour market College Sixth form Apprenticeship Vocational
Mental Health and wellbeing		
Autumn 2	<ul style="list-style-type: none">To know a range of strategies and techniques that can be used to manage exam stressTo know which strategies for managing exam stress work for me and apply them in my lifeTo know a range of strategies and techniques to help build resilienceTo know which strategies for building resilience work for me and apply them in my life to help me with my future career decisions	Key Vocabulary Stress Anxiety Coping strategies Mental wellbeing Resilience
Wellbeing support available- Wellbeing Support Alder Community High School		
Careers support available- Careers Education, Information, Advice and Guidance Alder Community High School		



Mental Health and Wellbeing continued

Spring 1

- To know how to make good decisions
- To use decision making strategies to make good choices in my own life
- To know the strategies that people can use to manage their studies
- To know how to manage my studies and mindset effectively and use this to succeed in my GCSEs
- To know which strategies for managing exam stress work for me and apply them in my life
- To know what social pressures young people face
- To know ways to deal with social pressures in my life effectively

Key Vocabulary

Rational self-talk
Inner critic
Inner coach
Growth mindset
Social pressures



SRE		
Spring 2	<ul style="list-style-type: none">• To know what body shaming is• To know the consequences of body shaming• To know how to be more body positive towards myself and others• To know what the long- and short-term consequences are of sharing intimate images• To know how to prevent becoming a victim of revenge porn and what to do and where to get help if I/ someone I know does• To know what makes a healthy and unhealthy relationship• To know how to identify unhealthy aspects of a relationship like coercive control and to know how and where to get help if this is needed	Key Vocabulary Body shaming Body image Revenge porn Upskirting Coercive control