

PERSONAL DEVELOPMENT



ALDER
Community High School

YEAR GROUP 11

Careers		
Autumn 1	Knowledge <ul style="list-style-type: none">• To know the different post 16 options that are available• To know how to evaluate which options are best for me.• To know how to evaluate LMI (Labour Market Information) to make plans to help achieve a specific career goal• To know how to explore post-16 options, focusing on browsing college websites, vocational routes, and apprenticeship opportunities.• To 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
Mental Health and wellbeing		
Autumn 2	Knowledge <ul style="list-style-type: none">• To know a range of strategies and techniques that can be used to manage exam stress• To know which strategies for managing exam stress work for me and apply them in my life• To know a range of strategies and techniques to help build resilience• To know which strategies for building resilience work for me and apply them in my life to help me with my future career decisions• 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.	Key Vocabulary Stress Anxiety Coping strategies Mental wellbeing Resilience



How to help at home

Wellbeing support available- [Wellbeing Support | Alder Community High School](#)

Careers support available- [Careers Education, Information, Advice and Guidance | Alder Community High School](#)



SRE

Spring 1	Knowledge <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 know how and where to get help if this is needed	Key Vocabulary Body shaming Body image Revenge porn Upskirting Coercive control
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Living in the wider world- Preparing for life after school

Spring 2 and Summer 1	Knowledge <ul style="list-style-type: none">• To know how to calculate living costs and deductions from my salary such as tax and national insurance• To know how to apply this financial planning in my own life in the future• To know about the risks of gambling• To know how to use this information about gambling to make informed decisions in my own life• To know what social pressures young people face.• To know ways to deal with social pressures in my life effectively• GCSE exam preparation	Key Vocabulary Social pressures Take home pay Taxes Utility bills Rent National insurance Gambling Impulsivity
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