

SIXTH FORM GUIDANCE PROGRAMME



Guidance includes:

1. KS5 PSHE CONTENT
2. KNOW AND REMEMBER MORE ACTIVITIES (KARM)
3. LIFE SKILLS
4. CAREERS GUIDANCE
5. KS5 RELIGIOUS STUDIES CONTENT

GUIDANCE- 1 timetabled hour per week

Guidance allows us to prepare students for life beyond Sixth Form and for Personal Development. Guidance also provides great opportunities to bring in external providers to lead on topics which fall within the categories outlined below. All other sessions are led by the Guidance tutors.

Content	Details
KS5 PSHE	Mental Health, Physical Health, Sexual Health, Online Safety, Finance, Employment rights and responsibilities.
KARM	Organisation of learning, Time management, Revision activities and Techniques, Learning styles.
Life Skills	Written etiquette, Critical reading, Cooking, First Aid, Budgeting and Mortgages, Resilience and Stress Management.
Careers Guidance	CV, UCAS Applications, Unifrog, Apprenticeships, Careers Guidance, Post TSCA options.
KS5 Religious Studies	Religion impacting worldviews, prejudice and discrimination, Racial equality act, inequality, exploitation and expression of beliefs.