

## Sixth Form PSD: Making the most of you

At the heart of the sixth form lies our aim to ensure that students develop academically, but also as well-rounded young people. One of the key ways in which we try to develop students for the modern world is through our Personal and Social Development programme. This programme, delivered weekly on a Wednesday afternoon, is divided into four sections:

- **Developing as an adult.** Through this section of the programme, we aim to help students develop the sort of behaviours and mindsets that will allow them to flourish as adults. Thus, we explore issues of mental health and resilience, issues of safety and responsibility, and important life skills, such as personal finance
- **Passions.** We all want students to understand themselves so that they make good choices about their futures. As well as this, we want to encourage students to develop empathy for others' passions, and be able to have the wisdom to discern who to listen to and when to listen to them
- **Employability.** It is important for students to develop the skills that employers want to see, and that will help students to flourish in the workplace, so we spend a considerable amount of time thinking about how we should present ourselves in a place of work and about working with integrity. Our careers and personal development adviser, is also working on creating a 'skills audit' for students, so that they can reflect on what skills they have already, and what they can develop. We also introduce students to the world of work, through talks from employers (e.g. IBM), and some of our students each year go straight to employment, many with leading companies
- **UCAS/ University.** A great majority of students at SWGS will go on to university, and ensuring that they get this life-changing decision right is a central part of the PSD and associate advice programme. In PSD, students will become fully versed in the increasing range of university options, and will be guided through the UCAS process.

On the next page is a table showing how the overall programme of Sixth Form PSD fits together.

## Sixth Form PSD Overview: Making the most of you

Developing as an adult	Passions	Employability	UCAS / University
<b>Wellbeing</b>	<b>What do you love?</b>	<b>Professional behaviour</b>	<b>Understanding options</b>
- health	Love of learning	- written etiquette	- how to choose
- drugs / alcohol / sex	Understanding what makes you tick	- spoken etiquette	- course
- managing risk	Volunteering / Work Experience	- personal behaviour	- university
- positive mental attitude	<b>Understanding Options</b>	<b>Selling yourself - STAR</b>	- country
- self-belief	- employment	<b>Where are the jobs?</b>	- university visits
- resilience	- apprenticeships	<b>What do employers want?</b>	- <i>HE Conference</i>
- trust	- universities	- organisational ability	<b>The UCAS process</b>
- motivating yourself	- gap year	- interpersonal skills	- application Forms
- reflective behaviour	<b>What others are passionate about</b>	- problem solving	- Oxbridge
- managing yourself	- students	- judgement	- registration
- mindfulness	- ex students	- innovative thinking	- interviews
<b>Life skills</b>	- parents	- integrity and ethics	- written work
- healthy eating	- employers	- applications	- scholarships
- budgeting and finance	- schools liaison teams	- interviews	- finance
- personal safety	- staff	- telephone	
- coping when things go wrong		- face to face	
- safe driving		- assessment centre	
<b>Learning and leading</b>		- networking	
- independent learning		- CV	
- leadership		- interviews	
- citizenship		<i>Women Mean Business Conference</i>	
- the issue of radicalisation			
- transferable skills			