

# Sixth Form Life Skills 2017-18

Autumn 1 - Friday 15 <sup>th</sup> September – Periods 1 and 2	
Life Skills 1 - 2 hours	1 - Year 12/13/14 – Team Building & Buddy System - 1 hour
	2 - Year 12 – Study Skills & Enrichment opportunities - 1 hour
	2 - Year 13/14 – What next? University applications, Personal Statements, Careers Guidance – Classrooms – 1 hour

## Careers Fair and Workshops – 9<sup>th</sup> November – 11.00am onwards

Autumn 2 – Wednesday November 15 <sup>th</sup> – Periods 3 and 4	
Life Skills 2 - 2 hours	Year 12 – Emergency First Aid at Work Qualification – All Day – Certificated course
	Year 13/14 – The secrets of a healthy relationship workshop - 2 hours

Spring 1 – Tuesday 23 <sup>rd</sup> January – Period 3 and 4	
Life Skills 3 - 2 hours	Year 12 – University & apprenticeship presentations – Hall followed by classroom research into open days, courses and a career path
	Year 13/14 – Leaving the Sixth Form: Students choose options from: <ol style="list-style-type: none"> <li>1. Looking at a Gap Year</li> <li>2. Presentation on confirming offers and the clearing process including housing and accommodation</li> <li>3. Nutritious meal on a budget!</li> <li>4. Further research on careers</li> </ol>

Spring 2 – Thursday 15 <sup>th</sup> March – Periods 3 and 4			
Life Skills 4 - 2 hours	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;">           Year 12 Students choose 1 of:           <ul style="list-style-type: none"> <li>• Preparation for Dorset HE Fair</li> <li>• Stress/Anxiety Management</li> <li>• Planning a revision programme(practical tips)</li> <li>• Guidance with apprenticeships</li> <li>• Extended writing support</li> </ul> </td> <td style="width: 50%; vertical-align: top;">           Year 13/14 Students choose 1 of:           <ul style="list-style-type: none"> <li>• Interview Skills/CV writing</li> <li>• Stress/Anxiety Management</li> <li>• Planning a final revision programme (practical tips)</li> <li>• Guidance with apprenticeships</li> <li>• Develop your cooking skills</li> <li>• Finance and Money management</li> <li>• Getting through the first term at university</li> <li>• Extended writing support</li> </ul> </td> </tr> </table>	Year 12 Students choose 1 of: <ul style="list-style-type: none"> <li>• Preparation for Dorset HE Fair</li> <li>• Stress/Anxiety Management</li> <li>• Planning a revision programme(practical tips)</li> <li>• Guidance with apprenticeships</li> <li>• Extended writing support</li> </ul>	Year 13/14 Students choose 1 of: <ul style="list-style-type: none"> <li>• Interview Skills/CV writing</li> <li>• Stress/Anxiety Management</li> <li>• Planning a final revision programme (practical tips)</li> <li>• Guidance with apprenticeships</li> <li>• Develop your cooking skills</li> <li>• Finance and Money management</li> <li>• Getting through the first term at university</li> <li>• Extended writing support</li> </ul>
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Year 12/13/14 - Question Time and Debate on Current Affairs: Local Politicians / Speakers invited to Sixth Form ( <i>linked to tutorial time</i> ) 1 hour			

Summer 2 - Monday 18 <sup>th</sup> June – Periods 3 and 4	
Life Skills 5	<p>Year 12 – Students will be prepared on:</p> <ol style="list-style-type: none"> <li>1. Going to University – Presentation on Universities/registering/personal statement</li> <li>2. Importance of the Curriculum Vitae – Led by tutor team and external agencies</li> <li>3. Digital Footprints – keeping a check on e-safety</li> </ol> <p>Follow up <b>Interview Skills</b> with external companies for all Year 12's Monday 2<sup>nd</sup> July from 9 - 1pm</p>