

KIMBERLEY  
SCHOOL  
SIXTH FORM

# PERSONAL DEVELOPMENT



“Minds are like flowers, they want to grow”



At Kimberley School Sixth Form we know that great people achieve great things.

Everything we do is designed to develop the character of our students: because success only grows with the right conditions in place.

These conditions are captured by our 'Flower of Success'. Compassion, positivity, flexibility and aspiration are equally important in creating students who will be successful at school, and on into adult life.

Our personal development sessions are designed to help students reflect, discuss, and collaborate with others. They challenge students to question assumptions and form evidence based opinions about contentious issues. High quality resources are provided so that students leave us with all the tools they need to make their mark on the world.

## Personal Development – topics covered

The topics covered in KS5 Personal Development are varied and change on a regular basis. The following table is designed to give you an idea of the breadth of our curriculum by including the scheme of learning for the Autumn Term 2023. This is intended as a snapshot to give a flavour of the support and guidance we give our young people.

Session	Year 12	Year 13
1	<b>Drugs and Festivals</b> – investigating the myths and truths of festival going to prepare students to have safe fun	<b>Professional Applications</b> – Considering the language and structure needed for professional applications and applying this to UCAS personal statements and curricula vitae.
2	<b>Feminism</b> – what are the roots of modern feminism and what challenges does it face in the 21 <sup>st</sup> century?	<b>Drugs Awareness</b> – Raising awareness of national and local trends in drug usage and the harms caused to individuals and society.
3	<b>Tolerating intolerance</b> – in the social media age, how can we learn to listen and respond constructively to those with different opinions	<b>Completing application forms</b> – whether for university, apprenticeship or job applications, learning to sell yourself on paper is an important skill to develop
4	<b>Sex and the media</b> – how is sex used in the media and how do these depictions affect our own views of sex – what is a healthy attitude to sex?	<b>Domestic Abuse</b> – Understanding and recognising domestic abuse to help protect ourselves and others.
5	<b>Misogyny, women in danger</b> – how can young people avoid being drawn in by online influencers pushing dangerous ideas about the role of women in society?	<b>Apprenticeships &amp; Employability</b> – External speaker discussing the practicalities of applying for apprenticeships and jobs.
6	<b>Prevent</b> – how to spot the signs of grooming and radicalisation and what to do if you suspect this happening to yourself or others	<b>Breast Cancer Awareness</b> – Using resources from the UK-leading charity coppafeel.org to make sure we all know our boobs and the facts about breast cancer.
7	<b>Substance abuse</b> – external speaker discussing the attractions and dangers of substance abuse	<b>Digital Security &amp; Scam</b> – How can we recognise a cyber-attack and what are the best practices for keeping our digital information secure?
8	<b>Children in Need</b> – preparations for the school charity day events and activities	<b>Children in Need</b> – preparations for the school charity day events and activities
9	<b>Remembrance</b> – marking Armistice Sunday by thinking about sacrifices people make for each other	<b>Critical Thinking Skills</b> – learning to differentiate between reliable and unreliable sources of information in the media
10	<b>Relaxation</b> – methods and strategies to aid rest and relaxation.	<b>Interview Skills</b> – External speaker from University of Nottingham to deliver vital information about all types of professional interview.
11	<b>Coercive and controlling relationships</b> – what are the signs of unhealthy relationships and what could be done about your own or someone else's.	<b>UCAS Ready?</b> – A review of all the key points to remember when completing a UCAS application with the opportunity to work on all application types with tutors.

<b>12</b>	<b>Critical Thinking Skills</b> – learning to differentiate between reliable and unreliable sources of information in the media	<b>Eating Disorders</b> – Dispelling some of the myths around eating disorders and raising awareness of how to find support.
<b>13</b>	<b>Financial education</b> – learn the difference between interest rates and inflation, credit cards and debit cards and much more.	<b>Sex &amp; Relationships</b> – External speaker to run a complete review of all sexual health and relationship knowledge required by young adults.
<b>14</b>	<b>Christmas Quiz!!!</b>	

## Morning Mindset meetings

In addition to Personal Development lessons in tutor groups, students and tutors also spend time, once per fortnight, with pairs of students discussing key learning skills and academic progress. The table below gives examples of the kinds of topics covered during these sessions. These are based on the 'VESPA' VI Form mindset programme.

	<b>Title</b>	<b>Summary</b>
<b>1</b>	<b>Twenty Questions</b>	Asking key questions to help crystallise your ambitions for the future.
<b>2</b>	<b>The Change Curve</b>	Recognising the changes in motivation are normal and that with commitment can be overcome.
<b>3</b>	<b>1-10</b>	Learning not to compare yourself to other students but to focus on your own achievements and areas for improvement.
<b>4</b>	<b>SMART goals</b>	Setting goals for study and life which are achievable and will lead to sustainable success.
<b>5</b>	<b>Getting dreams done</b>	Learning to differentiate between realistic and unrealistic aspirations and putting in place strategies to start achieving.
<b>6</b>	<b>Recognising your blockers</b>	Being honest about our levels of application, identifying key obstacles to commitment and planning to overcome procrastination.
<b>7</b>	<b>The power of 'If...then...' thinking</b>	Acknowledging that academic setbacks will occur and planning mental strategies to overcome disappointment.
<b>8</b>	<b>Inner storytelling</b>	Listening to your inner voice and challenging negative messages you tell yourself.
<b>9</b>	<b>The vampire test</b>	Reflecting on the benefit of your friendships. Who are the friends who build you up, and which friends suck your energy?
<b>10</b>	<b>Snack don't binge</b>	Developing wisdom in how you approach daunting tasks. Breaking large commitments down into manageable chunks.