

Future me: Preparing for future examinations

"...acquiring knowledge and skills to achieve the best possible personal and academic standards...being able to make informed decisions that keep me healthy and safe... becoming a compassionate independent citizen who can make positive contributions to society and thrive in the modern world..."



Summer term 1

Future me: Preparing for future examinations



Exploring careers

Influences and risks:

aesthetic and

cosmetic body

alterations

Screening and

self examination











Managing health

through accessing

services and support

First Aid Skills Life in the wider world: Being independent

Wellbeing

Wednesday

Responding to scenarios task

Assessing and

managing risk and

safety in new

independent contexts











Managing exam stress workshop

Future me: Next steps

Exploring life and study in Sixth Form: Yr 12 link activity

Stress management strategies and the importance of sleep

Effective revision strategies

Future me: Building for the future

Autumn term 1

Developing self efficacy

Identifying causes and symptoms of stress and anxiety



Wellbeing Survey

Autumn

term 2

