

Year 11 PSCH Lessons

As part of the PSCH curriculum students are taught about a variety of personal, social, cultural and health related modules, as part of this they will consider health and wellbeing, relationships, fundamental British values and careers. Year 11 students are taught this as part of their study period tasks.

Half term 1- Careers

Week 1- Work experience reflection (Key objective: To reflect on the importance of work experience)
Week 2- Assembly led by 'Unifrog' (Key Objective: To gain a working understanding of the new careers provision in place)
Week 3- Careers- what do I want to do? (Key objective: To explore different career pathways)
Week 4- Unifrog (Key objective: To understand the provision provided by local higher education facilities)
Week 5- Dealing with mock exams (Key objective: To explore ways of dealing with exam stress and preparation)
Week 6- The ideal candidate (Key objective: To understand what potential employers want)
Week 7- CV writing (Key objective: To gain a working knowledge of the content and formatting of a professional CV)

Half term 2- Healthy relationships and mental health

Week 1- Revision techniques (Key Objective: To explore a range of revision techniques and prepare your own 'revision timetable')
Week 2- Unifrog (To revisit and explore the Unifrog website and understand how it can benefit you)
Week 3- Healthy relationships (Key objective: Develop an understanding of a healthy relationship)
Week 4- Mental health (Be able to recognise the signs and symptoms of mental health issues and how to deal with them)
Week 5- Self harming (Be able to recognise the signs and symptoms of mental health issues and how to deal with them)
Week 6- Dealing with anger (Understand the causes of anger and how to control it)
Week 7- Sexual health recap (Refine your knowledge of sexual health)