



# Personal Development: A Guide for Parents/Carers

## What is Personal Development?

Personal Development sits at the heart of the curriculum at Fernwood School, with importance placed upon dedicated weekly lessons delivered by a team of Personal Development teachers. Other schools may call this PSHE. We focus on nurturing our young people to show empathy to others, be a reflective learner, and to become a critical thinker.

## What will my child learn in these lessons?

Their lessons act as a strong guiding vessel for delivering the schools' curriculum aims; to develop successful learners, responsible citizens, and confident individuals. In Personal Development lessons, pupils are likely to take part in discussions, hear from guest speakers, explore lots of scenarios, role play, challenge misconceptions and encounter lots of new information.

## How can I support my child at home?

The teenage years can be difficult to navigate for both young people and the adults dealing with them! We aim to provide you with an overview of what your child is covering in each half term along with some suggested discussion points/questions you could talk about at home.

## Click on the links below to access further support:

[Young Minds](#): general support with children's mental health.

[National Careers Service](#)

[UCAS parent/carer guide to post-16 options.](#)

[Careers quiz](#)

[Start Careers Platform](#): students will be using this throughout the year.

# Year 11: Autumn Term 1

## Unit 1: Building for the Future

In this unit, pupils will be continuing to think about their futures, their aspirations and their careers, with a large focus on Post-16 options.

This unit covers:

- Writing a personal statement for a post-16 provider or employer
- How to write a CV and what makes it stand out to a future employer
- Digital footprints and why this is an important part of employability
- Interview skills

This unit coincides with the Careers Convention on Thursday 12<sup>th</sup> October.

## Discussion points/questions for home:

- Does your child know what they would like to do when they leave Fernwood? There are lots of options for young people now beyond traditional a-levels which may be more appropriate for your child.
- Has your child looked at any post-16 providers? You may wish to look at the open evening dates for colleges and sixth forms together.
- If your child uses social media, what are their privacy settings? Do they understand the potential future impact of their digital footprint?

## Resources for parents/carers:

- [Parent/carer guide to post-16 options.](#)
- [National Careers Service](#): this website is a fantastic resource for young people and adults alike! There are simple guides to the differences between various qualifications and post-16 options. They also have a bank of job profiles which detail an overview of what the role would entail, average working hours and salary. The profiles also detail how students could achieve this role by suggesting suitable courses/qualifications needed.

**Careers Convention – Thursday 12<sup>th</sup> October 2023**

**Interview Skills Day – Wednesday 20<sup>th</sup> March 2024**