

December 2021

Dear Parent/Carer

**Year 12 Autumn Term Personal Development Sessions**

To enable you to support your child in their Personal Development work, please find below a summary of the learning that has taken place in PD sessions this term. I have also included a few key questions which you may wish to use as the basis for a discussion with your child.

As always, please refer to the website for the detailed curriculum plan and sources of support.

Yours sincerely



Mrs K Martindale  
**PD Lead**

Session Title	Content	Questions for discussion
Where am I now and where am I heading?	Understanding the skills needed to be a successful sixth form student. Growth mindset and how to build resilience. Learning strategies for dealing with stress.	<p>How many hours of independent study should sixth form students do per subject per week?</p> <p>What does it mean to have a positive attitude or a growth mindset?</p> <p>What techniques would you like to use to alleviate stress?</p>
Respectful relationships	Relationship values, building relationships in different contexts (eg personal life, work, online). Communication styles including passive, assertive and aggressive, and where these may (or may not) be appropriate.	<p>Can you give any examples of values that people might hold?</p> <p>What is the difference passive, assertive and aggressive communication? Which communications style do you use the most?</p> <p>What behaviours are appropriate/inappropriate in different contexts? (eg work, personal life, online)</p>
Financial choices	Financial choices: planning expenditure and budgeting including, savings, mortgages and managing debt.	<p>What is the difference between renting and buying and what sorts of situations do they suit?</p> <p>What do you need to be aware of to effectively budget?</p> <p>What different options are available for people who need to borrow money?</p>
Virtual skills carousel	Employability -Preparing for work: identify strengths and weaknesses, skills needed for success in employment and CV/job application preparation.	<p>What transferable skills do I have/ need to improve?</p> <p>How can I be successful with CVs, covering letters and on interview?</p> <p>How do I improve my performance at interviews?</p>