

# Personal Development Plan 2023-24



Personal development (PD) forms part of the PSHE programme for Comberton Sixth Form students, complemented by the assembly and tutor programme. PD is made up of both Life Lectures, which involve members of the sixth form team or guest speakers giving a talk, and Life Lessons, where students complete a classroom based interactive session in their tutor groups.

PD takes place on Wednesday afternoons, when there is no PD scheduled below students take part in their enrichment options.

## Block 1

Date	Life Lecture	Life Lesson
04/09/2023 OR 05/09/2023	Introduction to VESPA (EJ) during Welcome Talk	N/A
06/09/2023	Mental health and wellbeing	N/A
13/09/2023	Healthy Relationships (WYCCM) This is sexual health week.	Finance
20/09/2023	Safer corridors	Cognitive science and revision techniques

## Block 2

Date	Life Lecture	Life Lesson
10/01/2024	Mock exams – no PD	
17/01/2024	The RAP Foundation – Online awareness	Mental Health and Social Media
24/01/2024	Drug Awareness - CASUS	Alcohol awareness and drug abuse
31/01/2024	'Investigating Islam in Britain: Countering Islamophobia'	Cultural Day and the Relevance of Religion
07/02/2024	Coppafeel – Breast cancer	Consent Matters
14/02/2024	Emma Cole – Positive Voice & HIV	Mantras for Life

## Block 3

Date	Life Lesson/lecture
05/06/2024	UCAS registration (in computer rooms)
12/06/2024	Your online presence (WYCCM and JF)
19/06/2024	Mock exams – no PD
26/06/2024	Walk for the World – no PD
03/07/2024	Personal statements (SL)
10/07/2024	Work experience – no PD
17/07/2024	Y12 end of year social event (organised by sixth form council)