

Year 7 'Independent Me' Programme Overview



Key aims:

- 1) Support the transition process to secondary school to ensure students are confident, resilient and increasingly independent
- 2) Support the wellbeing of students, providing opportunities to reflect on their experiences and feelings about school
- 3) Provide practical tools which students can use now and build on in later years to develop their core employability skills

<p>Autumn 1</p> <p>Key skill focus: Staying positive</p> <p>Content:</p> <ul style="list-style-type: none"> - Developing a positive work ethic - Actions and consequences - Effective communication with others - The importance of an education - Keeping yourself in balance 	<p>Spring 1</p> <p>Key skill focus: Aiming high</p> <p>Content:</p> <ul style="list-style-type: none"> - Investing in yourself - Setting targets and having life goals - Challenging yourself - Dealing with disappointment 	<p>Summer 1</p> <p>Key skill focus: Leadership</p> <p>Content:</p> <ul style="list-style-type: none"> - Communicating your needs and feelings - Recognizing and encouraging others' opinions - Managing disagreements - Motivating yourself and others
<p>Autumn 2</p> <p>Key skill focus: Teamwork</p> <p>Content:</p> <ul style="list-style-type: none"> - Organising your time - Recognizing your strengths and weaknesses - Managing conflict appropriately - Supporting others and being a good friend - Developing protective behaviours 	<p>Spring 2</p> <p>Key skill focus: Problem solving</p> <p>Content:</p> <ul style="list-style-type: none"> - Weighing up risk - Developing and using your support network - Taking initiative to get the job done - Being creative and finding new solutions 	<p>Summer 2</p> <p>Key focus: Recognizing, recording and rewarding achievements</p> <p>Content:</p> <ul style="list-style-type: none"> - 'Look at where you've come from!' celebration event - Completion of programme certificate - Putting it into practise at Bude - Getting ready for Year 8