

PSHE (Personal, Social and Health Education) and IAG (Information and Guidance) In OLCC Sixth Form

PSHE and IAG is delivered in a number of ways throughout the two year course:

- PSHE sessions – (1 hour per fortnight)
- Tutor Group (20 minutes each morning)
- Assemblies (once a week)
- One to One Tutor mentoring (twice a year)
- Talks after school from employers and HE subject specialists

The following is a summary of items covered in each year group

Year 12 Programme

Term 1

Study Skills Programme (delivered in the first 5 PSHE lessons)

- organisational skills and preparation for the 'big step' into level 3
- research skills – referencing and advice on how to avoid plagiarism
- summarising and reviewing work
- wider reading – access to the Philip Allan on-line resources
- revision techniques and coping with exam stress

Body Image and Sexual Health

Two lessons delivered in PSHE by Lancaster University Medical students

Term 2

The emphasis in term 2 is planning for the future post- Sixth Form

PSHE and Tutor Group sessions cover the use of the Careers Planner web-site. The school holds its annual Careers Fair at the start of the term and local HE institutions are invited in to PSHE lessons.

Students receive one-to-one IAG interviews with tutors or the Careers Officer.

Students are taken to the Lancashire HE Convention (usually in Manchester)

Lancaster University provides speakers to inform students about life at university and give a brief outline of student finance.

Lancashire County Council talk about apprenticeships.

Students are informed about the advantages and disadvantages of both Apprenticeships and University.

By the end of Term 2 – students make a decision to either attend UCAS preparation in Term 3 or Apprenticeships and Traineeships (and it is explained that it is possible, and for some a good idea, to apply for both)

Wasted Lives – during Term 2 Lancashire County Council representatives deliver a very effective extended PSHE session on driving safely – both as a young driver and as a passenger.

Term 3

At the start of this term we ask students whether they are considering going to university. If there is a possibility that they may choose this route we ask them to go into a **UCAS Preparation Group**. If they definitely decide that they do NOT want to go to university –we ask them to join an **Apprenticeship and Traineeship Work Group**. Activities for the rest of the term are organised in small groups of approximately 10 students per tutor.

Apprenticeship and Traineeship Group

Students are guided through a detailed workbook which covers:

- What is an Apprenticeship?
- What types of Apprenticeship are there
- Finding an Apprenticeship

Students register and familiarise themselves with the gov.uk website considering the range of apprenticeships available and the skills they need to undertake one.

UCAS Preparation Group

Students are guided through the start of the application process

- Use of Course Search and explanation of the UCAS Tariff
- Planning for the Personal Statement
- Drafting an outline of a Personal Statement
- Registration with UCAS

Running alongside these sessions, we also hold an IAG meeting for interested parents and students receive a one to one IAG interview with their Form Tutor

Year 13 Programme

Term 1

Students remain in the allocated groups of either **UCAs Preparation** or **Apprenticeship and Traineeship Preparation** for most of this term.

UCAS Preparation Group

Students are guided through the remainder of the UCAS application process

- PSHE tutors and Form Tutors assist with checking and improving of Personal Statements
- The UCAS application form is completed and all qualifications added
- Each student makes an appointment with Mrs Lowe for a 1 hour checking session before the final application is sent off to UCAS

Apprenticeship and Traineeship Group

Students continue to be guided through the workbook started in Year 12

This includes:

- The application process for apprenticeships
- Preparation of a CV

Lancashire County Council send a representative to talk about apprenticeships in the area and how to apply for them.

Kendal College and Lancaster & Morecambe College come in to talk about apprenticeship-related courses. Other companies such as EDF and NHS are invited in either to PSHE lessons or for optional after-school lessons.

Interview Preparation

Both groups attend a joint session on how to prepare for an interview.

Students are encouraged to ask for a Mock Interview before they attend a 'real interview'. We have many volunteers from out of school who help with this process.

For teaching and nursing we conduct a mock group interview as this is often another way in which students are assessed on an 'applications day'.

Terms 2 and 3

Students who have applied through UCAS continue to receive advice through Form Tutors.

Students who are applying for apprenticeships are invited to meet with a specialist tutor once a week to look at the apprenticeship web-site and search for new opportunities. (This could include those who have also applied through UCAS)

The remainder of the PSHE sessions are designed to prepare students for life after Sixth Form and raise an awareness of other important issues in the UK. The sessions vary from year to year but usually include

- Budgeting when living alone /Banking and credit
- Applying for Student Finance (including advice to non-UK students)
- Alcohol Awareness / British Red Cross / Dangers of binge drinking
- The Anthony Nolan Trust / Blood Donations
- Body Image (Part 2) – delivered by Lancaster University Medics
- Coping with Fresher's Week at University

Students also re-visit revision planning and techniques in a session before their mock examinations.