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1	9th Sept COBC Introduction Week 2024 Welcome Fest	<u>Introduction Week – Personal Development Workshop & Enrichment (Bookable)</u> Why we do Personal Development Tutorials Attendance How Personal Development links to your course Ice breaker activities	<ul style="list-style-type: none"> ▶ To recognise the purpose of Personal Development tutorials and being a COBC student ▶ To ensure your attendance in Personal Development tutorials remains above 90% ▶ To recognise how Personal Development links with your course 		World Suicide Prevention Day 10th September International Day of Democracy 15th September
2	16th Sept	<u>Induction 1</u> Classroom expectations Student details & timetables Key college information & facilities	<ul style="list-style-type: none"> ▶ To recognise the college expectations regarding classroom rules ▶ To gain information on key college facilities ▶ To understand my timetable 		World Alzheimer's Day 21st September
3	23rd Sept	<u>Induction 2</u> Support in college Teams	<ul style="list-style-type: none"> ▶ To develop knowledge of key college systems such as MS Teams ▶ To raise awareness of key college support networks ▶ To apply for a bus pass, free college meals, and other relevant support 		
4	30th Sept	<u>Our World & Introduction to British Values</u> Similarities/differences UK/your country Intro to British Values	<ul style="list-style-type: none"> ▶ To develop knowledge about similarities and differences with the UK and other countries ▶ To identify any British Values and their importance ▶ To think critically about your own values and how they relate to british values 		
5	7th Oct	<u>PREVENT & E-Safety</u> Freedom of speech/ extremism Radicalisation/Internet grooming What to do if you're concerned about someone	<ul style="list-style-type: none"> ▶ To identify the concepts of PREVENT and e-safety ▶ To recognise warning signs of radicalization, online grooming, and potential threats and know how to respond appropriately ▶ To recognise safety procedures in the event of a potential attack 		National Hate Crime Awareness Week – 12th October
6	14th Oct	<u>Black History Month</u> History of Bristol – past/present. Celebrating diversity/fighting racism	<ul style="list-style-type: none"> ▶ To recognise the importance of Black History Month in acknowledging the contributions and struggles of black individuals throughout history ▶ To develop knowledge into the history of their local area ▶ To identify black role models from their own countries or globally 		Black History Month World Mental Health Day 10th October World Values Day – 17th October
7	21st Oct	<u>College of Sanctuary/ International Week</u> What is a College of Sanctuary? Bristol is a City of Sanctuary	<ul style="list-style-type: none"> ▶ To identify the meaning and significance of being a College of Sanctuary ▶ To define and explain 'immigrant', 'refugee' and 'asylum seeker' ▶ To feel empowered to take action in supporting refugees and asylum seekers within their college community. 		



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8	4th Nov	<u>Mental Health</u> What it is? Why is it important to look after yourself? What can cause bad mental health? What can you do?	<ul style="list-style-type: none"> ▶ To recognise the concept of mental health and develop your own well-being ▶ To identify common factors that may contribute to poor mental health and learn practical coping strategies ▶ To raise awareness of available mental health support services and resources, both within and outside the college community. 	 	November – Men’s Health Awareness Month
9	11th Nov	<u>Sexual Health, Body Image & Bullying/Cyberbullying</u> Cultural norms and understanding people from other cultures Cultural differences and respect Consent	<ul style="list-style-type: none"> ▶ To develop knowledge of cultural norms and differences related to sexual health ▶ To develop appropriate behaviours in college and outside ▶ To recognise the importance of consent in digital communication 		Armistice Day – 11th November World Kindness Day 13th November
10	18th Nov	<u>Knife Crime & County Lines</u> What are the risks? Escalation and retaliation The law How to stay safe	<ul style="list-style-type: none"> ▶ To recognise the reasons behind knife crime, including the lure of easy money and peer pressure, and understand the associated risks such as escalation and retaliation ▶ To develop strategies to stay safe and protect ones self ▶ To identify the importance of reporting concerns and where to seek help and support 		
11	25th Nov	<u>Part time Jobs</u> Laws around working Intro to tax and NI Getting a NI number Looking for work – where to look	<ul style="list-style-type: none"> ▶ To recognise the basic laws and regulations governing part-time employment ▶ To develop knowledge of tax and national insurance contributions ▶ To find part-time employment 		
12	2nd Dec	<u>CV’s & Job Applications</u> CV template What to include in a CV Seasonal jobs – where to look	<ul style="list-style-type: none"> ▶ To recognise fundamental elements to include in a CV ▶ To develop confidence in creating and formatting CVs ▶ To identify seasonal job opportunities and where to look 	 	International Day of People with Disabilities – 3rd December International Volunteer Day 5th December
13	9th Dec	<u>Interview Skills</u> Mock interview *PD Tutorial end of term student feedback survey 1 to be conducted	<ul style="list-style-type: none"> ▶ To develop the fundamentals of interview techniques and etiquette ▶ To enhance communication skills for interviews ▶ To develop confidence in presenting positively and professionally in interviews 	 	Human Rights Day – 10th December

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14	16th Dec	<u>Stop the Tracks Week</u>	Specific time allocated to you to engage in a pastoral 1-1 & at least 3 activities relevant to personal development- see timetable guidance provided at the time to book on.		International Migrants Day 18th December
	23rd Dec 30th Dec		<u>Winter break - Week 1</u> <u>Winter break - Week 2</u>		

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15	6th Jan	<p>Healthy Living Week 1 New year's resolutions Food Challenges (no sugar for a week, no smoking) Allergies (food and first aid)</p>	<ul style="list-style-type: none"> ▶ To develop habits with healthy food and drink choices and identify how to make informed decisions ▶ To recognise the importance of making healthy lifestyle choices and setting achievable goals ▶ To identify common food allergies and basic first aid procedures to handle allergic reactions 		Veganuary BRIT Challenge
16	13th Jan	<p>Healthy Living Week 2 Self-care – monitoring your health, self-examination What to do if you're concerned How does healthcare work in UK GP/ Pharmacy/111/Walk in centres</p>	<ul style="list-style-type: none"> ▶ To develop self-care and monitoring health skills ▶ To develop knowledge about the healthcare system in the UK, including the roles of General Practitioners (GPs), pharmacies, NHS 111, and walk-in centres ▶ To identify how to navigate the healthcare system in the UK and access appropriate healthcare services when needed 		World Religion Day 19th January
17	20th Jan	<p>Healthy Living Week 3 Bad habits - smoking/alcohol/drugs Cultural differences – what is the law in UK? What to do if you're worried about someone What to do in an emergency</p>	<ul style="list-style-type: none"> ▶ To recognise the risks associated with smoking, alcohol consumption and drug use ▶ To identify the reasons why people engage in smoking, drinking, or drug use and recognise coping strategies for managing stress and emotions ▶ To develop skills in supporting ones self and others in overcoming unhealthy habits 		International Day of Education 24th January
18	27th Jan	<p>Healthy Relationships Romantic/friendships/family - healthy and unhealthy Consent – FGM/arranged marriage Where to ask for help</p>	<ul style="list-style-type: none"> ▶ To recognise difference between healthy and unhealthy relationships in various contexts ▶ To identify the importance of consent and boundaries in all types of relationships, addressing sensitive topics such as FGM (Female Genital Mutilation) and arranged marriages ▶ To recognise where to seek help and support 		International Day of Education 24th January
19	3rd Feb	<p>Equality & Diversity LGBTQIA+ Valuing & celebrating difference</p>	<ul style="list-style-type: none"> ▶ To develop knowledge of LGBTQIA+ identities, diversity, and the challenges faced ▶ To recognise the importance of inclusion and respect for the LGBTQIA+ society and other diverse groups ▶ To recognise the contributions and rights of LGBTQIA+ societies and develop knowledge of LGBTQIA+ history, achievements and activism 		LGBT History Month National Apprenticeship Week
20	10th Feb	Pick up Sessions & 1:1's	See your PD tutor for details		
	17th Feb		Half Term break		

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21	24th Feb	<p>Careers – Thinking about the Future What's your dream job? How do you get it? Intro to Career pilot Skills profile Explore different jobs in different sectors. Routes into work – apprenticeships, access courses</p>	<ul style="list-style-type: none"> ▶ To reflect on their career aspirations and recognise the steps needed to achieve them ▶ To identify existing skills, strengths and areas for development ▶ To develop knowledge of different jobs and sectors to highlight career opportunities 		
22	3rd Mar	<p>Progression How to progress onto GCSE Finding out about other college courses Progression options 19+</p>	<ul style="list-style-type: none"> ▶ To recognise the steps and requirements for progressing onto GCSE courses ▶ To identify alternative college courses beyond GCSEs to suit interests and career goals ▶ To identify progression options available for individuals aged 19+ 		International Women's Day 8th March
23	10th Mar	<p>Apprenticeships & University What are apprenticeships? Different routes into employment How do universities work in UK? Funding</p>	<ul style="list-style-type: none"> ▶ To identify the concept of apprenticeships and the different routes into employment ▶ To recognise how universities operate in the UK, including the application process and academic requirements ▶ To identify financial aspects of further education 		Young Carers Action Day 16th March
24	17th Mar	<p>Volunteering in the Community Candobristol.co.uk Benefits of volunteering NCS resource Volunteering in the community</p>	<ul style="list-style-type: none"> ▶ To apply for volunteering opportunities in the local community ▶ To raise awareness of resources and support available ▶ To recognise the benefits of volunteering for both personal development and community impact 	 	International Day of Happiness 20th March
25	24th Mar	<p>Religious Celebrations How and why do people celebrate? *PD Tutorial end of term student feedback survey 2 to be conducted</p>	<ul style="list-style-type: none"> ▶ To recognise different religious celebrations, including their significance, customs, and traditions ▶ To identify how and why people celebrate religious holidays ▶ To demonstrate cultural exchange, sharing insights and experiences of religious celebrations from diverse cultural and religious backgrounds 		
26	31st Mar	<p>Stop the Tracks Week</p>	Specific time allocated to you to engage in a pastoral 1-1 & at least 3 activities relevant to personal development- see timetable guidance provided at the time to book on.		World Autism Awareness Day 2nd April
	7th Apr		<p>Easter break Week 1 Easter break Week 2</p>		

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27	21st Apr	<p><u>Money Management</u> Bank accounts (different types of cards) Banking safely and securely Online shopping Money in the workplace – tax, NI and pensions</p>	<ul style="list-style-type: none"> ▶ To recognise how to bank safely and securely, including protecting personal and financial information ▶ To identify basic financial concepts related to earning money, taxes, and budgeting when starting work ▶ To recognise the different types of bank accounts and financial services available 		<p>Earth Day – 22nd April</p> <p>National Stephen Lawrence Day 22nd April</p>
28	28th Apr	<p><u>Money & Driving</u> Tips and tricks to save money Managing your money/shopping Introduction to driving – car/moped Types of licence – how to get a provisional Licence Rules/laws Costs – buying a car/insurance/tax</p>	<ul style="list-style-type: none"> ▶ To develop practical tips and tricks for saving money and managing their finances effectively ▶ To identify basic of driving information, including the types of licenses, rules, and costs associated with driving ▶ To develop awareness of road safety principles and regulations to become responsible drivers 		
29	5th May	<p><u>Global Citizenship & SDG's</u> What is a global citizen? Globalisation, interdependence, social justice, equity, identity and diversity SDGs (education, health, climate, hunger, poverty)</p>	<ul style="list-style-type: none"> ▶ To recognise Sustainable Development Goals (SDGs) and the importance in addressing global challenges ▶ To be inspired to become active global citizen to make a positive social change ▶ To recognise the concept of global citizenship and its core principles 		Local & Community History Month
30	12th May	<p><u>The Environment – Week 1</u> Animal Rights, Ethical Trading, Environmental Impact</p>	<ul style="list-style-type: none"> ▶ To recognise the environmental impact of human activities and the importance of sustainability ▶ To identify the concepts of animal rights and ethical trading practices ▶ To take action to protect the environment and promote sustainable practices in their communities 		
31	19th May	<p><u>The Environment – Week 2</u> What's the problem? (Different environmental issues around the world) Why is it important to protect the environment? What can we do?</p>	<ul style="list-style-type: none"> ▶ To develop awareness of various environmental issues occurring worldwide, such as climate change ▶ To recognise the significance of protecting the environment for the well-being of present and future generations ▶ To identify actions and solutions to address environmental challenges, both individually and collectively 	 	World Day for Cultural Diversity Dialogue & Development 21st May
	26th May		<u>Half Term break</u>		

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32	2nd Jun	<u>Things to do in the Summer</u> Volunteering Free activities/courses Jobs Trips	<ul style="list-style-type: none"> ▶ To develop knowledge of opportunities available during the summer, including volunteering, free activities/courses, jobs and trips ▶ To recognise the benefits of actively engaging in summer activities to enhance skills, knowledge, and experiences ▶ To develop planning and organisational skills to make the most of the summer break 		Pride Month World Environment Day 5th June
33	9th Jun	<u>Final Round Up Session/1:1's</u>	See your Personal Development tutor for details		
34	16th Jun	<u>Final Round Up Session/1:1's</u> *Personal Development Tutorial end of term student feedback survey 3 to be conducted	See your Personal Development tutor for details		World Refugee Day – 20th June
35	23rd Jun	<u>Final Round Up Session/1:1's</u> <u>Stop the Tracks Week</u>	Specific time allocated to you to engage in a pastoral 1-1 & at least 3 activities relevant to personal development- see timetable guidance provided at the time to book on.		

Area of PD	Careers	Employer/ Encounter	Youth Social Action	Enrichment	World Awareness	Health & Well-being	Work Experience
Token Colour	