










Entry 3 (E3) – Personal Development scheme of work 24/25

Term 1 – Everyone Belongs



Week	W/C	Topic	Intended Outcomes	My PD Journey Tracker	National Awareness Days/Weeks/Months
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>Welcome to COBC</u> Expectation of being a COBC student Useful college information - Bus passes, ID cards Expected behaviours around college COBC college facilities	<ul style="list-style-type: none"> ▶ To enhance knowledge of key college information and resources ▶ To demonstrate COBC expectations around behaviour ▶ To identify key college staff and support network 		World Alzheimer's Day 21st September
3	23rd Sept	<u>My Identity</u> Who am I? My impact The importance of making the right choice	<ul style="list-style-type: none"> ▶ To enhance self-understanding ▶ To recognise the impact of positive choices ▶ To identify the importance of individual responsibility 		
4	30th Sept	<u>My Goals & Aspirations</u> What I want to achieve in my time here	<ul style="list-style-type: none"> ▶ To identify key personal goals and aspirations ▶ To develop an action plan ▶ To identify strategies to stay motivated and on track 		
5	7th Oct	<u>My Challenges & Barriers</u> What might stop me from achieving How can I remove barriers	<ul style="list-style-type: none"> ▶ To identify specific challenges/barriers ▶ To develop problem solving skills ▶ To identify the importance of resilience 		National Hate Crime Awareness Week – 12th October
6	14th Oct	<u>Safeguarding - Keeping Myself Safe</u> Online In my community In college	<ul style="list-style-type: none"> ▶ To recognise safe online practices ▶ To create an awareness of personal safety and how to apply personal safety measures ▶ To identify college safety policies and resources 		Black History Month World Mental Health Day 10th October World Values Day – 17th October
7	21st Oct	<u>Equality, Diversity & Inclusion</u> What is EDI? Black history month	<ul style="list-style-type: none"> ▶ To recognise the principles of equality ▶ To identify the importance of diversity ▶ To demonstrate the importance of inclusive behaviour 		
	28th Oct		<u>Half Term break</u>		

Week	W/C	Topic	Intended Outcomes	My PD Journey Tracker	National Awareness Days/Weeks/Months
8	4th Nov	<u>Exploitation</u> CSE County Lines Gang culture Money Mule	<ul style="list-style-type: none"> ▶ To identify what CSE is and how to recognise the signs ▶ To recognise the risks and consequences associated with becoming a money mule ▶ To develop skills to recognise the dangers associated with county lines 		November – Men's Health Awareness Month
9	11th Nov	<u>Employability Skills & Behaviours</u> <u>Week 1</u> Introduction to skills and behaviours for employment National Careers Service /Careers team *Revisit: Safeguarding	<ul style="list-style-type: none"> ▶ To identify key employability skills ▶ To develop key professional workplace behaviours ▶ To identify routes to achieve career goals 	 	Armistice Day – 11th November World Kindness Day 13th November
10	18th Nov	<u>Employability Skills & Behaviours</u> <u>Week 2</u> 5-year mood board – Career plan Careers team	<ul style="list-style-type: none"> ▶ To implement your project around Employability skills and behaviours ▶ To reflect on the impact of the project on your own personal development 		
11	25th Nov	<u>My Organisation Skills</u> Personal College Digital skills *Revisit: EDI	<ul style="list-style-type: none"> ▶ To recognise basic organisational techniques ▶ To identify digital tools to support organisational skills ▶ To get yourself organised and on track with work 		
12	2nd Dec	<u>PREVENT & British Values</u> What is Prevent? What are British Values? *Create a display	<ul style="list-style-type: none"> ▶ To identify current knowledge on BV & Prevent ▶ To raise awareness of risks and responsibilities ▶ To develop one's own critical thinking, resilience and respectful dialogue 		International Day of People with Disabilities – 3rd December International Volunteer Day 5th December
13	9th Dec	<u>Our Community</u> Support with a community event – Winter Fair *PD Tutorial end of term student feedback survey 1 to be conducted	<ul style="list-style-type: none"> ▶ To develop organisational and planning skills ▶ To demonstrate the value of teamwork and collaboration ▶ To promote engagement with the community 	 	Human Rights Day – 10th December
14	16th Dec	<u>Enrichment Competition Week</u> Stop the Tracks Week	<ul style="list-style-type: none"> ▶ To increase engagement and participation ▶ To develop social and communication skills ▶ To increase healthy competition STT – See timetable guidance provided at the time to book onto activities/workshops	 	International Migrants Day 18th December
	23rd Dec 30th Dec		<u>Winter break - Week 1</u> <u>Winter break - Week 2</u>		

Entry 3 (E3) – Personal Development scheme of work 24/25

Term 3 – Health & Well-Being



Week	W/C	Topic	Intended Outcomes	My PD Journey Tracker	National Awareness Days/Weeks/Months
15	6th Jan	<u>Healthy Relationships – Week 1</u> Friendships Family *Revisit: Exploitation	<ul style="list-style-type: none"> ▶ To raise awareness of the importance of healthy relationships ▶ To identify support and tools for healthy relationships ▶ To develop healthy behaviours, attitudes and boundaries 		Veganuary BRIT Challenge
16	13th Jan	<u>Healthy Relationships – Week 2</u> Sexual Health Awareness	<ul style="list-style-type: none"> ▶ To develop knowledge and awareness of sexual health ▶ To recognise the importance of consent ▶ To identify where to access sexual health information and support services 		World Religion Day 19th January
17	20th Jan	<u>Well-being Project – Week 1</u> Introduction to well-being How can you improve your well-being? Physical and Mental well-being	<ul style="list-style-type: none"> ▶ To increase knowledge and awareness of health & well-being ▶ To develop healthy behaviours and habits ▶ To identify the importance of a supportive community 		International Day of Education 24th January
18	27th Jan	<u>Well-being Project – Week 2</u> Well-being activity planning week *Revisit: Prevent and BV	<ul style="list-style-type: none"> ▶ To plan your project on well-being to develop awareness to others on the impact of good physical and mental well-being 		International Day of Education 24th January
19	3rd Feb	<u>Well-being Project Week 3</u> Carry out planned student well-being activity	<ul style="list-style-type: none"> ▶ To implement your project around well-being to develop awareness to others on the impact of good physical and mental well-being 		LGBT History Month National Apprenticeship Week
20	10th Feb	<u>Enrichment Competition Week</u>	<ul style="list-style-type: none"> ▶ To increase engagement and participation ▶ To develop social and communication skills ▶ To increase healthy competition 		
	17th Feb		<u>Half Term break</u>		

Entry 3 (E3) – Personal Development scheme of work 24/25

Term 4 – Progression & Destination










Week	W/C	Topic	Intended Outcomes	My PD Journey Tracker	National Awareness Days/Weeks/Months
21	24th Feb	<u>My Positive Mindset</u> Conflict resolution (Case study) Impact of poor communication 21-day habits – Kat Thorne *Revisit: Healthy Relationships	<ul style="list-style-type: none"> ▶ To develop skills needed to for a positive mindset ▶ To recognise and develop conflict resolution skills ▶ To identify the impact of poor communication 		
22	3rd Mar	<u>My Challenges & Barriers to Success</u> Reflect Prepare Achieve	<ul style="list-style-type: none"> ▶ To identify any challenges/barriers to success ▶ To develop strategies to overcome challenges/barriers ▶ To identify how to develop resilience and persistence 		International Women's Day 8th March
23	10th Mar	<u>Enterprise Project Week 1</u> Provide a service or a product for the Spring Fair	<ul style="list-style-type: none"> ▶ To develop entrepreneurial skills ▶ To recognise the importance of marketing and promotion ▶ To demonstrate the value of teamwork and collaboration 		Young Carers Action Day 16th March
24	17th Mar	<u>Enterprise Project Week 2</u> *Revisit: Sexual Health	<ul style="list-style-type: none"> ▶ To plan and prepare your enterprise project to develop awareness to others on the impact of your enterprise 		International Day of Happiness 20th March
25	24th Mar	<u>Our Community</u> Support a local charity – Spring Fair *Personal Development Tutorial end of term student feedback survey 2 to be conducted	<ul style="list-style-type: none"> ▶ To develop organisational and planning skills ▶ To demonstrate the value of teamwork and collaboration ▶ To promote engagement with local charities 		
26	31st Mar	<u>Enrichment Competition Week</u> Stop the Tracks Week	<ul style="list-style-type: none"> ▶ To increase engagement and participation ▶ To develop social and communication skills ▶ To increase healthy competition Stop the Tracks – See timetable guidance provided at the time to book onto activities/workshops		World Autism Awareness Day 2nd April
	7th Apr 14th Apr		<u>Easter break Week 1</u> <u>Easter break Week 2</u>		

Entry 3 (E3) – Personal Development scheme of work 24/25

Term 5 – The Wider World



Week	W/C	Topic	Intended Outcomes	My PD Journey Tracker	National Awareness Days/Weeks/Months
27	21st Apr	<u>Money Management</u> Basic budgeting Debt Setting up a bank account Online banking safety/security Signposting for financial help	<ul style="list-style-type: none"> ▶ To develop basic budgeting skills ▶ To recognise financial tools and resources available to people ▶ To develop knowledge around debt 	 	Earth Day – 22nd April National Stephen Lawrence Day 22nd April
28	28th Apr	<u>Helping Your Community Week 1</u> Introduction to project Small community project with budget *Linked to work related activity hours	<ul style="list-style-type: none"> ▶ To identify community needs ▶ To develop project management/planning skills ▶ To empower students to make a difference within their community 		
29	5th May	<u>Helping Your Community Week 2</u>	<ul style="list-style-type: none"> ▶ To plan and prepare your community project to develop awareness to others on the impact of supporting your community 	 	Local & Community History Month
30	12th May	<u>Helping Your Community Week 3</u> *Revisit: Money management	<ul style="list-style-type: none"> ▶ To implement your community project to develop awareness to others on the impact of supporting your community 		
31	19th May	<u>Helping Your Community Week 4</u>	<ul style="list-style-type: none"> ▶ To implement your community project to develop awareness to others on the impact of supporting your community 		World Day for Cultural Diversity Dialogue & Development 21st May
	26th May		<u>Half Term break</u>		

Entry 3 (E3) – Personal Development scheme of work 24/25 Term 6 – My Learning Journey & Next Steps



Week	W/C	Topic	Intended Outcomes	My PD Journey Tracker	National Awareness Days/Weeks/Months
32	2nd Jun	<u>My Progression Route Week 1</u> Application support Taster sessions Meet the lecturer	<ul style="list-style-type: none"> ▶ To identify clear progression route ▶ To provide effective application support ▶ To increase engagement through taster sessions and meet the lecturer ▶ To secure a destination for next academic year 		Pride Month World Environment Day 5th June
33	9th Jun	<u>My Progression Route Week 2</u> Application support Taster sessions Meet the lecturer *Revisit: all key topics	<ul style="list-style-type: none"> ▶ To identify clear progression route ▶ To provide effective application support ▶ To increase engagement through taster sessions and meet the lecturer ▶ To secure a destination for next academic year 		
34	16th Jun	<u>My Progression Route Week 3</u> Application support Taster sessions Meet the lecturer *PD Tutorial end of term student feedback survey 3 to be conducted	<ul style="list-style-type: none"> ▶ To identify clear progression route ▶ To provide effective application support ▶ To increase engagement through taster sessions and meet the lecturer ▶ To secure a destination for next academic year 		World Refugee Day – 20th June
35	23rd Jun	<u>Enrichment Competition Week</u> Personal Development 1:1's Stop the Tracks Week	<ul style="list-style-type: none"> ▶ To increase engagement and participation ▶ To develop social and communication skills ▶ To increase healthy competition ▶ To reflect on your year and update of your Grofar in creation of your digital CV <p>Stop the Tracks – See timetable guidance provided at the time to book onto activities/workshops</p>		

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