



Personal Development: A Guide for Parents/Carers

What is Personal Development?

Personal Development sits at the heart of the curriculum at Fernwood School, with importance placed upon dedicated weekly lessons delivered by a team of Personal Development teachers. Other schools may call this PSHE. We focus on nurturing our young people to show empathy to others, be a reflective learner, and to become a critical thinker.

What will my child learn in these lessons?

Their lessons act as a strong guiding vessel for delivering the schools' curriculum aims; to develop successful learners, responsible citizens, and confident individuals. In Personal Development lessons, pupils are likely to take part in discussions, hear from guest speakers, explore lots of scenarios, role play, challenge misconceptions and encounter lots of new information.

How can I support my child at home?

The teenage years can be difficult to navigate for both young people and the adults dealing with them! We aim to provide you with an overview of what your child is covering in each half term along with some suggested discussion points/questions you could talk about at home.

Click on the links below to access further support:

[Young Minds](#): general support with children's mental health.

[National Careers Service](#): you can search various careers to discover key information and the qualifications required for the role.

[UCAS parent/carer guide to post-16 options](#).

[Start Careers Platform](#): students will be using this throughout the year.

Year 10: Autumn Term 1

Unit 1: Aspirations and Working Life

This unit follows your child's year 10 induction at the beginning of the year and prepares them for work experience in February. We ask students to consider their personal strengths as well as their future goals. It is important to note that students are not expected to know exactly what they want to do when they leave school or as a career. However, we do encourage them to think about what they'd like to achieve as they begin their GCSEs.

This unit explores:

- What dreams and aspirations do you have?
- What career opportunities are out there?
- What personal qualities and strengths do you have? Which careers lend themselves to these attributes?
- What are your personal values? Why are these important when thinking about a career?

Students are encouraged to organise their own work experience placements during this term. It is essential that they do this as early as possible to ensure their placement is viable.

Discussion points/questions for home:

- Does your child know what you do for work? You may be surprised by how many students tell us they have no idea what their parents/carers do! Tell them about your own journey and remind them that success is never linear.
- Does your child have a dream career? How could they make this happen?
- If your child has someone they look up to (a celebrity or well known person in their field), can they reflect on the qualities of this individual that they need to be successful?
- Where do you want to be in 10 years time?

Work experience form deadline: Friday 10th November