



PSCHEe Curriculum Overview Sixth Form

	Autumn Term	Spring Term	Summer Term
Year 12	<ul style="list-style-type: none"> · Study Habits & Independent Learning (Effective revision, time management) 	<ul style="list-style-type: none"> · Post-18 Pathways & Careers (Uni, apprenticeships, employment—focused research and applications) 	<ul style="list-style-type: none"> · Relationships & Personal Safety (Healthy relationships, consent, online safety)
	<ul style="list-style-type: none"> · Growth Mindset & Academic Resilience (Overcoming challenges, self-motivation) 	<ul style="list-style-type: none"> · Financial Literacy & Budgeting (Student finance, cost of living, financial planning) 	<ul style="list-style-type: none"> · Work Experience & Employability (CVs, interviews, professional skills)
	<ul style="list-style-type: none"> · Introduction to Post-18 Pathways (Unifrog, career options) 	<ul style="list-style-type: none"> · Social Justice & Ethical Thinking (Privilege, activism, workplace rights) 	<ul style="list-style-type: none"> · University & Apprenticeship Applications (Final preparation, deadlines, next steps)
	<ul style="list-style-type: none"> · Managing Stress & Wellbeing (Healthy coping mechanisms, exam stress management) 	<ul style="list-style-type: none"> · Mental Health & Resilience (Managing stress, avoiding burnout) 	<ul style="list-style-type: none"> · Preparing for Year 13 (Goal setting, summer planning)
Year 13	<ul style="list-style-type: none"> · Advanced Study Skills & Revision (High-level techniques, metacognition) 	<ul style="list-style-type: none"> · Career Readiness & Financial Planning (Student finance, debt, renting, managing money) 	<ul style="list-style-type: none"> · Transition to Adulthood (Logistics, accommodation, workplace expectations)
	<ul style="list-style-type: none"> · Managing Pressure & Anxiety (Resilience, performance psychology) 	<ul style="list-style-type: none"> · Independent Learning & Time Management (Balancing studies, work, and personal life) 	<ul style="list-style-type: none"> · Planning for University/Work (Final preparation, practical arrangements)
	<ul style="list-style-type: none"> · Post-18 Planning (UCAS, apprenticeships, employment applications) 	<ul style="list-style-type: none"> · Professional & Workplace Skills (CVs, interviews, professional networking) Mental 	<ul style="list-style-type: none"> · Leadership & Self-Advocacy (Confidence, communication, networking)
	<ul style="list-style-type: none"> · Work-Life Balance (Maintaining productivity, self-care) 	<ul style="list-style-type: none"> · Health & Resilience (Handling exam pressure, strategies for wellbeing) 	<ul style="list-style-type: none"> · Final Sixth Form Reflections (Reviewing goals, preparing for next steps)