

Term	Autumn	Autumn	Autumn	Spring	Spring	Spring	Summer
Link to session	Post 16 - Choices, choices	Busting BTEC myths	A level choices	Introduction to apprenticeships in England and Wales Introduction to apprenticeships in Scotland	Wellbeing: Recognising and managing stress and anxiety	Revision techniques - Good vs bad	Coping with changes: Leaving secondary school
Description	Students learn about the opportunities available to them post-16. This is a great time to ask students to record their intentions for the end of this academic year!	How much do your students know about BTECs? They might be surprised by our pop quiz!	Students use the Unifrog platform to research potential careers, degree subjects, and interests that will help them to identify A-Level options.	Students have so many options when it comes to choosing an apprenticeship! This lesson will help them research and make choices that suit them.	Students gain an insight into the difference between stress and anxiety. They'll learn techniques to help manage them and places to go for support.	Students review their current revision techniques and choose two new revision techniques to try out!	Students gain an awareness of the changes ahead of them and develop coping strategies in preparation for this change!
Teacher preparation	<ul style="list-style-type: none"> · Add as an interaction by clicking Advanced view>Sort by school leaving year>[filter for specific students]>+interaction. · Familiarise yourself with the Unifrog Know-how library (Student side>Know-how library) as well as the Apprenticeships (Student side>Apprenticeships) and College/Sixth Form tools (Student side>College/Sixth Form). · Check what options your students may be interested in before the session to make it more relevant. · For a distance lesson or homework after a 15 minute classroom offline lesson, email or print one relevant 'Post 16: Choices choices' Distance learning worksheet per student in your class, making sure to delete the first pages of teacher notes. · You'll be able to use the platform's Usage charts to see a graph of students' Know-how library favouriting (Usage charts>Customise and filter>Know-how library: Favouriting) 	<ul style="list-style-type: none"> · Add as an interaction by clicking Advanced view>Sort by school leaving year>[filter for specific students]>+interaction. · Familiarise yourself with the Know-how library guides 'College qualifications and levels explained (England or Wales)' and the College / Sixth form search tool. · For a distance lesson or homework after a 15 minute classroom offline lesson, email or print one relevant 'Busting BTEC myths' Distance learning worksheet per student in your class, making sure to delete the first pages of teacher notes. · You'll also be able to use the platform's Usage charts to see a graph of students' favoured subjects and use the Know-how library guides once they have completed the lesson and the homework. (Usage charts>Customise and filter>UK pathways shortlisting). 	<ul style="list-style-type: none"> · Add as an interaction by clicking Advanced view>Sort by school leaving year>[filter for specific students]>+interaction. · Familiarise yourself with how students will use the Unifrog Careers library, Subjects library, Interests profile tool and Personality profile tool to consider A-Level options (Student side>Careers library/Subject library/Interests profile/Personality profile). · Check your school policy on which subjects are offered at A-Level. · For a distance lesson or homework after a 15 minute classroom offline lesson, email or print one relevant 'A-Level choices' Distance learning worksheet per student in your class, making sure to delete the first pages of teacher notes. · You'll be able to use the platform's Usage charts to see a graph of students' popular career and subject areas (Usage charts>Customise and filter>Most popular career areas) 	<ul style="list-style-type: none"> · Add as an interaction by clicking Advanced view>Sort by school leaving year>[filter for specific students]>+interaction. · Familiarise yourself with the Unifrog Apprenticeships tool (Student side>Apprenticeships). · For a distance lesson or homework after a 15 minute classroom offline lesson, email or print one relevant 'Introduction to apprenticeships' Distance learning worksheet per student in your class, making sure to delete the first pages of teacher notes. · You'll be able to use the platform's Usage charts to see a graph of students' popular Know-how library guides favoured (Usage charts>Customise and filter>Most popular Know-how library guides) 	<ul style="list-style-type: none"> · Add as an interaction by clicking Advanced view>Sort by school leaving year>[filter for specific students]>+interaction. · Familiarise yourself with your school's safeguarding and mental health first aid policy so you can give students advice specific to their school and read through the Know-how guides on Unifrog called 'Accessing help for stress' and 'Accessing help for anxiety'. · For a distance lesson or homework after a 15 minute classroom offline lesson, email or print one relevant 'Wellbeing: Recognising and managing stress and anxiety' Distance learning worksheet per student in your class, making sure to delete the first pages of teacher notes. · For a 45 minute online or offline lesson, provide paper for students to draw their mind maps and tables. 	<ul style="list-style-type: none"> · Add as an interaction by clicking Advanced view>Sort by school leaving year>[filter for specific students]>+interaction. · Familiarise yourself with the Unifrog guides on revision available to students (Student side>Know-how library>Filter by 'PSHE topic' >Revision). · Check your school's policy on upcoming exams and time available for students to revise. · For a distance lesson or homework after a 15 minute classroom offline lesson, email or print one relevant 'Revision: Good vs. Bad' Distance learning worksheet per student in your class, making sure to delete the first pages of teacher notes. · You'll be able to use the platform's Usage charts to see a graph of students' popular Know-how library 	<ul style="list-style-type: none"> · Add as an interaction by clicking Advanced view>Sort by school leaving year>[filter for specific students]>+interaction. · Familiarise yourself with Unifrog's Apprenticeships and College/Sixth Form tools that students will use as part of their homework (Student side>Apprenticeships; Student side> College/Sixth Form). · Provide each student with a sheet of paper for their mind map if you are delivering a 45m online or offline classroom lesson. · For a distance lesson or homework after a 15 minute classroom offline lesson, email or print one relevant 'Coping with changes: Leaving secondary school' Distance learning worksheet per student in your class, making sure to delete the first pages of teacher notes. · You'll be able to use the platform's Usage charts to
Objectives	<ul style="list-style-type: none"> · To learn about and explore post-16 choices available to students. · To become familiar with the Unifrog Know-how library. 	<ul style="list-style-type: none"> · To develop students' understanding of BTEC subjects, the difference between BTECs and A-levels, and to tackle negative stereotypes. 	<ul style="list-style-type: none"> · To provide students with confidence in their A-Level choices. · To understand how Unifrog can help students to make good choices at A-Level. 	<ul style="list-style-type: none"> · To learn what apprenticeships are and how they work. · To consider the broad range of apprenticeship standards and which ones might be suitable to students. · To become familiar with the Unifrog Apprenticeships tool. 	<ul style="list-style-type: none"> · To give students a better understanding of stress and anxiety and their symptoms · To help students think of ways they could better manage their stress and anxiety 	<ul style="list-style-type: none"> · To familiarise students with 'good' and 'bad' revision techniques. · To give students tips to make their revision easier and more effective. 	<ul style="list-style-type: none"> · To understand the main changes that occur post-secondary school and how to navigate them.

Tasks for students	- Explore the Know-how library and the ways students can use it to learn about their different post-16 options. - Find and read guides in the Know-how library, increasing students' confidence in finding information on the platform.	- Learn about BTEC subjects. - Work through a Know-how library guide to answer pop quiz questions and explore four case studies. - Apply this learning to using the College / Sixth Form search tool.	- Explore what A-Levels are and the factors to consider when choosing A-Level subjects. - Complete exercises on Unifrog, becoming familiar with the routes to A-Level decision-making and various tools on the platform.	- Read and answer questions on a Know-how library guide to find the key facts about apprenticeships. - Explore the Unifrog Apprenticeships tool and create shortlists of potential courses to expose them to the wide range of opportunities available.	- Sort the symptoms of anxiety into behavioural and physical symptoms. - Use the Wellbeing guides in the Unifrog Know-how library to think about what coping techniques might work for students when they are experiencing stress and/or anxiety. - Create a mind map of management techniques that are useful to students.	- Discuss various approaches to revision, what things may hinder revision or produce worse results - Consider how different techniques suit different people.	- Reflect on the exciting and stressful aspects of the changes students are about to undergo leaving school. - Devise strategies for coping with these changes by considering the advice they might offer to other students in hypothetical scenarios. - Collate these strategies into a 'strategy toolkit'.
Tracking progress on Unifrog	Advanced view>Sort by>Library profiles in Favourites	Advanced view>Sort by>UK college shortlists	Advanced view>Sort by>Library profiles in Favourites	Advanced view > Sort by > Apprenticeships	Manage>School leaving year>Locker	Manage>School leaving year>Locker	Advanced view>Sort by>Apprenticeships shortlists Advanced view>Sort by>UK college shortlists
Know-how library guide	<i>How to prepare for college</i> <i>Working in the UK: know your rights</i> <i>An introduction to apprenticeships</i> (Student side>Know-how library>Search 'How to prepare for college' / 'Working in the UK: know your rights' / 'An introduction to apprenticeships')	<i>College qualifications and levels explained</i> (Student side>Know-how library>Search 'College qualifications and levels explained')	<i>Are facilitating subjects still useful?</i> (Student side>Know-how library>Search 'Are facilitating subjects still useful?')	<i>An introduction to apprenticeships</i> (Student side>Know-how library>Search 'An introduction to apprenticeships')	<i>Accessing help for stress</i> <i>Accessing help for anxiety</i> (Student side>Know-how library>Search 'Accessing help for stress'/'Accessing help for anxiety')	<i>Revision techniques: how to ace revision</i> (Student side>Know-how library>Search 'Revision techniques: how to ace revision')	<i>Coping with change: leaving secondary school</i> (Student side>Know-how library>Search 'Coping with change: leaving secondary school')
Gatsby Benchmarks	1. A stable careers programme 3. Addressing the needs of each pupil 7. Encounters with vocational and HE	1. A stable careers programme 3. Addressing the needs of each pupil 7. Encounters with vocational and HE	1. A stable careers programme 3. Addressing the needs of each pupil 4. Linking curriculum learning to careers	1. A stable careers programme 2. Learning from career and LMI 3. Addressing the needs of each pupil 7. Encounters with vocational and	3. Addressing the needs of each pupil	1. A stable careers programme 3. Addressing the needs of each pupil	1. A stable careers programme 3. Addressing the needs of each pupil
CDI Framework	Explore possibilities	Explore possibilities	Explore possibilities Manage career Grow throughout life	Explore possibilities Manage career	Grow throughout life Balance life and work	Grow throughout life	Grow throughout life Explore possibilities
Career Education Standards (Scotland)	Employer and employee responsibilities Access to a range of pathways	Access to a range of pathways	Finding careers information Access to a range of pathways	Finding careers information Access to a range of pathways	Developing work skills	Developing work skills	Developing work skills
Competencies	Aiming high Reading Independence	Aiming high Reading	Aiming high Independence	Aiming high Independence	Problem solving Staying positive Independence	Aiming high Staying positive Independence	Independence Staying positive
PSHE Association	Choices and pathways Work and careers	Choices and pathways Work and careers	Choices and pathways Work and careers	Choices and pathways Work and careers	Mental health and emotional wellbeing	Learning skills	Mental health and emotional wellbeing Ourselves, growing and changing