

## **Y11 - Life after Stewards...**

Sessions on Unifrog

### Coping With Changes: Leaving Secondary School

- *To understand the options available after leaving secondary school and where to find wellbeing support.*

### Innovative and creative thinking

- *Students are able to recognise the skill of innovative and creative thinking, when they are using it, and work on improving it.*

### Coping with Change

- *Students learn coping mechanisms to help cope with change*

### How to behave in the workplace

- *Students will know how they need to behave at work, and how the employer should behave too!*

### Employment rights for young people

- *Students understand employment rights and entitlements for young people.*

### Exploring stereotypes and microaggressions

- *Students will understand their own subconscious bias, and how to challenge their own and others' prejudices.*

### Independence

- *Students will understand what independence is and how to reflect on it to their advantage.*

### Managing Stress and Anxiety

- *Students have a better understanding of stress and anxiety, how to cope with it using mindfulness and also when to seek the support of a trusted adult or professional.*