

## Year 11

Theme	Exploring careers	Discovering skills and interests	Recording	Wellbeing	Wellbeing
<b>Session</b>	Careers library Treasure Hunt (#4)	Discover your competencies	Recording activities	Wellbeing: Recognising and managing stress and anxiety	Coping with changes - Leaving Secondary School
<b>Description</b>	Use the Treasure Hunt 4 ppt, and get your students to use the Careers library to explore skills, salaries, and how many jobs are related.	Run this speed dating themed competency session, devised to encourage students to think about how specific activities enable the development of specific skill sets and how this is best explained.	Students take part in class discussions and a group activity to identify activities they have already taken part in. Includes a homework task that can be tracked by staff, using Unifrog!	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 gain an awareness of the changes ahead of them and develop coping strategies in preparation for this change.
<b>Downloads</b>	<a href="#">Careers library Treasure Hunt #4 (ppt)</a>	<a href="#">Discover your competencies (ppt)</a>	<a href="#">Recording activities (ppt)</a>	<a href="#">Wellbeing: Recognising and managing stress and anxiety</a>	<a href="#">Coping with changes - Leaving Secondary School (ppt)</a> <a href="#">Coping with changes - Leaving Secondary School (worksheet)</a>
<b>Duration</b>	45 minutes	30 - 45 minutes	45 minutes	15 minutes	
<b>Gatsby</b>	2, 4	3			
<b>Date planned</b>					