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| **Year** | **Activities** | **When** | **Hours** |
| **7** | Pastoral/PSHE: **The Verulam 7 year journey**   * *How will I change over the years?*   Curriculum: **Subjects I enjoy**   * *Enjoying Learning*   Unifrog: **Me**   * *Create a Personality Profile, Record Activities and Competencies* | Apr May | **4** |
| **8** | Pastoral/PSHE: **The Work of Work**   * *What is a job, career & profession?*   Curriculum: **Subjects I’m good at**   * *Targets and Progress*   Unifrog Theme: **The World of Work**   * *Intentions, Plan A and B* | Jan Feb | **4** |
| **9** | Pastoral/PSHE: **Being a Professional**   * *What the law says about work*   Curriculum: **Career Pathways**   * *Targets and progress, from school subjects to earning money* * *Linking options to career aspirations*   Unifrog Theme: **Employability**   * *What Universities and Employers want from the workforce* * *Update Intentions, Plan A and B* | Nov  Dec | **6** |
| **10** | Pastoral/PSHE: **Options post 16 – A Level’s/Uni/F.E./H.E.**   * *A Level’s/Uni/F.E./H.E.*   Curriculum: **Careers Curriculum Enrichment Day**   * Whole School: Apprenticeships evening   Unifrog Theme: **Post 16 Options**   * Amend ‘Action Plan’ on Unifrog | Feb – Apr | **8** |
| **11** | Pastoral/PSHE: **Further & Higher Education**   * *What are the options, what is best for me?*   Curriculum: **Areas of Study**   * *Humanities, Arts, Sciences, Maths Social Sciences - which is me?*   Unifrog Theme: **Universities**   * *University and Course searches* * *Update Intentions, Plan A and B* | Nov - Dec | **12** |
| **12** | Pastoral/PSHE: **Life after School**   * *Lifeskills, personal finance, health and fitness, good habits*   Curriculum:   * *Threshold Exams - Study Skills*   Unifrog Theme: **Post 18 Applications**   * *University and Apprenticeship research* * *Personal Statements* * *MOOCs* * *Update Intentions, Plan A and B* | Jan  June | **20** |
| **13** | Pastoral/PSHE: **UCAS & Apprenticeship Applications**  Curriculum:  Unifrog Theme: **Post 18 Applications**   * *University and Apprenticeship research* * *Personal Statements* | Sept  Mar |  |