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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*
 | NovDec | **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*
 | JanJune | **20** |
| **13** | Pastoral/PSHE: **UCAS & Apprenticeship Applications**Curriculum:Unifrog Theme: **Post 18 Applications*** *University and Apprenticeship research*
* *Personal Statements*
 | SeptMar |  |