

**Personal Development (This includes Personal, Social and Health Education (PSHE), Social, Moral, Cultural, Spiritual Education (SMCS) and Citizenship Studies.**

What will I learn?

You will have the opportunity to take part in 2 Conference Days where you will attend 3 different workshops each dedicated to a specific topic. Examples of topics studied will be:

- Sexual Relations Education – Keeping yourself safe
- Use and Abuse of illegal substances – including drugs, cigarettes and alcohol
- Academic Resilience – How to prepare yourselves for the future
- Careers Education – Knowing and understanding the processes and choices relating to further education.
- Body Image – Understanding your body and how to take care of it appropriately
- Mental Health – Information and advice about coping with pressure, stress and emotional well-being
- Protecting yourself now and in the future, including information and advice about developing good relationships at home, in the workplace and socially and what to do and where to go in times of need.

You will also have access to a variety of presentations from external providers discussing academic, social and emotional issues on a regular basis. These include talks given by a variety of Career Professionals and Institutions, Health and Welfare organisations and specialist organisations who focus on specific issues including Bereavement, Managing your Money, Global Current Affairs and British Politics.