

The King's Academy Lord Wilson Scholar's Guide



Year 11
Cycle One

Name:

Tutor Group:





King's Academy
Lord Wilson

PASSPORT TO



QUEUE UP
CALMLY



PASSPORT
ISSUED

LEARNING



BAG
READY



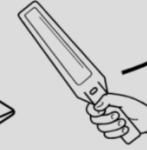
PHONE
READY



UNIFORM
READY



STORE
SECURLY



QUICK
SCAN

TOGETHER WE ARE LORD WILSON

UNIFORM MATTERS AT LORD WILSON

BEING DRESSED APPROPRIATELY MEANS WE ARE SHOWING OUR CORE VALUES

RESPONSIBLE

RESPECTFUL

READY TO LEARN

EVERYDAY UNIFORM



IN MY PE BAG I NEED



UNIFORM MATTERS AT LORD WILSON

BEING DRESSED APPROPRIATELY MEANS WE ARE SHOWING OUR CORE VALUES

RESPONSIBLE

RESPECTFUL

READY TO LEARN

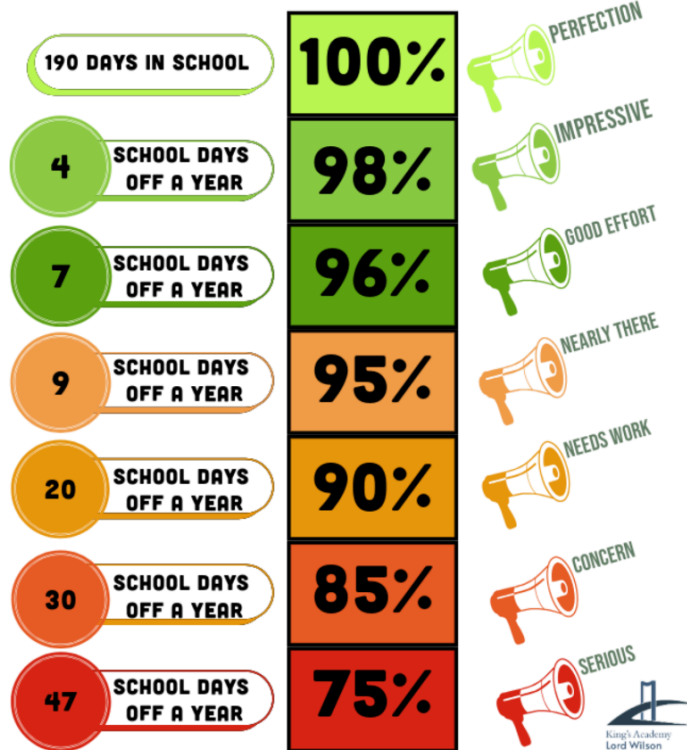
GYM KIT



ATTENDANCE MATTERS AT LORD WILSON

WHEN YOU ARE IN SCHOOL YOU...

EVERY DAY AT SCHOOL COUNTS



LORD WILSON VALUES



RESPONSIBLE
 READY TO
 LEARN
 RESPECTFUL

LORD WILSON VALUES



LORD WILSON VALUES IN THE CLASSROOM





Year 11 - Half Term 1 - ESports BTEC

Week	Topic	I will need to know...	So that I can...
1	What is Esports?	A basic understanding of the Esports Industry. What is it? How is it made up? Develop an understanding that Esports is short for electronic sports and is a form of competitive sport using computer games.	Begin to form an understanding of the industry as a whole, before researching specific areas.
2	Genres of Esport Games	The six main esports genres: MOBA, FPS, Battle Royale, RTS, Fighting Games, and Sports Games.	Understand the differences between the genres and the skills required to perform in each.
3	Different Esports Games	The different games played at competitive level. Focusing on the most popular franchise (Fortnite, EAFC25, Overwatch, League of Legends).	Begin to draw on the similarities and differences across the games.
4	Similarities and Differences between Games	What makes ALL Esports teams similar. Draw on the competitive nature and the team skills required to be successful at each. Also to understand what makes them different and how they are so.	Assess the similarities and differences between two specific games and summarise these.
5	UK Esports Teams	A successful Esports team that is UK based. Understand how successful they are and in what Esports games they compete with.	Begin to evaluate the overall success of UK and Global Esports Teams.
6	Global Esports Teams	A successful non-UK based Esports team. Understand how successful they are in what Esports games they compete.	Compare and contrast the success between UK and Global Esports Teams.

Year 11 - Half Term 2 - ESports BTEC



My learning journey so far: Last half term focussed on focus on the core mechanics and fundamentals of various esports genres. This includes understanding the basics of MOBA, FPS, Battle Royale, RTS, fighting games, and sports-based games. Students will learn about key concepts such as objectives, roles, controls, strategies, and game modes within each genre.

This is important because: This foundational knowledge is crucial for anyone interested in esports as it provides a solid understanding of the games and their mechanics. By mastering these fundamentals, students will be better equipped to appreciate esports on a deeper level, analyse gameplay, and develop their own strategies.

Careers to research are: Lord Wilson scholars can pursue roles such as professional esports players, esports coaches, game analysts, esports commentators, or even work in esports-related marketing or management positions.

Week	Topic	I will need to know...	So that I can...
1	Compare Esports to Physical Sports	The games that represent some of the sports played across the world. How does the game portray that particular sport and evaluate the success of one of the games.	Understand how certain Esports games can appeal to a wide audience. Begin to think about marketing and how physical sports attract Esport players.
2	Characteristics of an Esports Player	The essential player characteristics like communication, game knowledge, and mental fortitude.	The skills required to be successful at a competitive level within the Esports world.
3	Teamwork within Esports games	the importance of communication, leadership, and teamwork in esports.	Understand how and why teams are successful.
4	Mental Health of Esports Players	the importance of maintaining physical and mental health for high-performing esports athletes.	Create a training plan for an Esports player that includes training regimes and skill practice
5	Lifestyle of an Esports Player	the importance of maintaining a healthy balance between esports practice, education, and personal life.	Design a a time management schedule that balances Esports with other commitments (eg. education, family time etc)
6	Online VS LAN	The differences between online and LAN tournaments, whilst also discussing the advantages/disadvantages of each.	Evaluate both LAN and Online tournaments and discuss the pro's and con's of each.



Week	Topic	I will need to know...	So that I can...
1	Comprehension and Summary Task Understanding Explicit and Implicit Meanings, and Selecting Information	Explicit meaning: The information that is directly stated in the text. Implicit meaning: The information that is implied or suggested, but not directly stated. Selecting information: Choosing relevant details from the text to answer specific questions or complete a summary.	Understand the main ideas and supporting details in a text. Identify the author's intended meaning, even when it is not explicitly stated. Select and use relevant information from the text to answer questions and write a summary.
2	Short-Answer Questions and Language Task Understanding Explicit and Implicit Meanings, and Analysing How Writers Achieve Effects	How writers achieve effects: The techniques used by authors to convey their message and engage the reader, such as figurative language, imagery, and tone. Analysing language: Identifying and explaining the specific language features used by the author and their effect on the reader.	Understand how authors use language to create meaning and evoke emotions in the reader. Analyse the specific language features used in a text and explain their effect on the overall meaning. Write about a text in a way that demonstrates understanding of the author's techniques and their impact on the reader.
3	Understanding the Question and Planning a Response Identifying the VARPF of Your Question and Planning Your Response	VARPF: Voice, Audience, Register, Purpose, and Form. Planning a response: Identifying the key points from the text, organising your ideas, and considering the appropriate tone and style for the chosen text type.	Analyse the question and identify the specific requirements for my response. Determine the appropriate voice, audience, register, purpose, and form for my writing. Plan a well-structured response that addresses all aspects of the question.



4	Understanding Text Type Features and Writing Your Response	<p>The key features and conventions of each text type (letter, newspaper article, magazine article, interview, speech, journal).</p> <p>How to adapt their writing style to match the specific requirements of each text type.</p>	<p>Write effectively in a variety of text types. Use the appropriate language, structure, and tone for each text type.</p> <p>Create engaging and informative pieces of writing that meet the specific requirements of the task.</p>
5	Walking, Talking PPE in Preparation for the November Series Exam	<p>Exam format and structure: Understanding the structure of the Reading Paper 1 exam and the time allocated for each question.</p> <p>Exam strategies: Developing effective strategies for managing time, reading comprehension, and writing responses.</p>	<p>Feel confident and prepared for the Reading Paper 1 exam.</p> <p>Use effective strategies to manage my time and complete the exam within the allotted time.</p> <p>Demonstrate my understanding of the reading assessment objectives and write clear and well-structured responses.</p>
6	Exam: Cambridge IGSCCE Reading Paper 1		





My learning journey so far: In the first half of the term, we focused on developing a strong foundation in understanding and analysing texts. We learned to identify key themes, characters, and plot points, as well as the author's purpose and tone. This knowledge is now being applied in the second half of the term as we focus on writing our own pieces. By understanding how authors craft their stories, we can better structure our own narratives and convey our ideas effectively.

This is important because understanding the fundamentals of writing is crucial for success in English language. By developing strong skills in understanding texts, adapting our writing style, organising our ideas, and using language effectively, we are laying the groundwork for future academic and professional success. This learning will not only help us excel in this course but also equip us with valuable skills that will benefit us throughout our lives.

Careers to research are:

Writer: Novelists, journalists, copywriters, and screenwriters all rely on strong writing skills. The ability to craft compelling narratives, use language effectively, and adapt to different styles and tones is essential in these fields.

Editor: Copy editors, proofreaders, and content editors need a keen eye for detail and a strong understanding of grammar, punctuation, and style. The skills you've developed in analysing and understanding texts will be invaluable in these roles.

Teacher: English teachers and language arts teachers use their knowledge of language and literature to educate and inspire students. Your ability to communicate effectively and explain complex ideas clearly will be essential in this career.

Librarian: School librarians and public librarians help people find information and resources. Your skills in research, organisation, and communication will be valuable in this field.

Publisher: Publishing editors and acquisitions editors play a vital role in the book industry. Your understanding of language and literature, combined with your ability to evaluate manuscripts and work with authors, will be essential in this career.

Public relations specialist, marketing specialist, social media manager, graphic designer, and web developer: These careers all require strong communication and writing skills. Your ability to convey ideas clearly and effectively will be valuable in these fields.



Week	Topic	I will need to know...	So that I can...
1	<p>AQA English Language Paper 1 - Section B: The Writing Section</p> <p>Understanding the Stimulus and Context</p>	<p>The key elements of the stimulus (e.g., characters, setting, conflict, theme).</p> <p>The intended audience for my writing.</p> <p>The purpose of the writing task (e.g., to persuade, inform, entertain).</p> <p>The appropriate form for the writing (e.g., descriptive, narrative)</p>	<p>Identify the main ideas and themes in the stimulus.</p> <p>Tailor my writing to the specific needs of the audience and purpose.</p> <p>Choose the most effective form for my writing, particularly descriptive or narrative.</p>
2	<p>Adapting Tone, Style, and Register</p> <p>Selecting an appropriate tone, style, and register for different forms, purposes, and audiences.</p>	<p>The difference between formal and informal language.</p> <p>How to adjust my tone to match the audience and purpose.</p> <p>The appropriate style for different forms of writing (e.g., descriptive, narrative).</p>	<p>Write in a way that is engaging and appropriate for the audience.</p> <p>Use language that is clear, concise, and effective.</p> <p>Create a piece of writing that is well-suited to the chosen form.</p>
3	<p>Organizing Information and Ideas</p> <p>Creating a clear and logical structure for your writing, using paragraphing, connectives, and other structural features.</p>	<p>The importance of a clear introduction, body, and conclusion.</p> <p>How to use paragraphs to organise my ideas.</p> <p>The different types of connectives and when to use them.</p>	<p>Write a well-structured piece of writing that is easy to follow.</p> <p>Use connectives to link my ideas together smoothly.</p> <p>Create a coherent and cohesive text.</p>

<p>4</p>	<p>Using a Wide Range of Vocabulary and Sentence Structures</p> <p>Using a variety of vocabulary and sentence structures to express your ideas clearly and effectively.</p>	<p>How to use a thesaurus to find synonyms and antonyms.</p> <p>The different types of sentence structures (e.g., simple, compound, complex).</p> <p>How to vary my sentence length and structure to create interest.</p>	<p>Avoid repetition and overuse of the same words.</p> <p>Use language that is precise and engaging.</p> <p>Create a piece of writing that is varied and interesting to read.</p>
<p>5</p>	<p>Focusing on Technical Accuracy</p> <p>Paying attention to grammar, punctuation, and spelling to ensure your writing is accurate and error-free.</p>	<p>The rules of grammar and punctuation.</p> <p>How to proofread my work carefully.</p> <p>The importance of using Standard English appropriately.</p>	<p>Write in a clear and concise manner.</p> <p>Avoid errors that can detract from the overall quality of my writing.</p> <p>Present my ideas in a professional and polished way.</p>
<p>6</p>	<p>Practice and Review</p> <p>Practising writing in different styles and forms, and reviewing the key skills covered in the previous weeks.</p>	<p>How to apply the skills I have learned to different writing tasks.</p> <p>The importance of regular practice to improve my writing.</p> <p>How to identify my strengths and weaknesses as a writer.</p>	<p>Feel confident and prepared for the AQA English Language Paper 1 - Section B.</p> <p>Write effectively in a variety of styles and forms.</p> <p>Achieve my best possible mark on the exam.</p>



Year 11 - Half Term 1 - Film Studies GCSE

Week	Topic	I will need to know...	So that I can...
1	Mise-en-Scène (in <i>Attack the Block</i>)	How to define: setting, props, lighting, costume, colour palette, technical codes, composition in Cornish's <i>Attack the Block</i>	Analyse how these elements contribute to the film's atmosphere, character development, and narrative
2	Cinematography (in <i>Attack the Block</i>)	How to describe: camera angles, movement, shots, focus, lighting in Cornish's <i>Attack the Block</i>	Understand how cinematography affects the film's pace, style, and storytelling
3	Editing (in <i>Attack the Block</i>)	How to describe: transitions, cuts, pacing, montage in Cornish's <i>Attack the Block</i>	Analyse how editing techniques create rhythm, tension, and meaning in the film
4	Sound (in <i>Attack the Block</i>)	How to define and describe: dialogue, music, sound effects in Cornish's <i>Attack the Block</i>	Understand the role of sound in creating atmosphere, emotion, and characterization
5	Narrative Structure (in <i>Attack the Block</i>)	How to define and describe: narrative, plot, character, setting, theme, conflict in Cornish's <i>Attack the Block</i>	Analyse how the narrative structure of a film unfolds and develops
6	Genre (in <i>Attack the Block</i>)	How to define: conventions, expectations, subgenres in Cornish's <i>Attack the Block</i>	Understand how genre influences the film's style, themes, and audience expectations



Year 11 - Half Term 2 - Film Studies GCSE

My learning journey so far: The first half term covered fundamental film elements, including mise-en-scène, cinematography, editing, sound, narrative structure, and genre.	This is important because understanding these foundational elements is crucial for analysing and appreciating films on a deeper level. It allows students to recognize and appreciate the artistic choices made by filmmakers.	Careers links: the skills acquired in the first six weeks of the course can be applied to a variety of careers related to film and media. These include film critics, screenwriters, directors, cinematographers, editors, sound designers, and film producers.
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Week	Topic	I will need to know...	So that I can...
1	Historical, cultural, social context of (<i>Attack the Block</i>)	The historical, cultural, social context of Cornish's <i>Attack the Block</i>	Understand how the film reflects and responds to its time and place
2	Key Scene 1	Mise-en-scene: Gritty urban setting, low-key lighting, crude weapons, casual attire. Cinematography: Handheld camera, low-angle shots, shallow depth of field, wide-angle lenses. Editing: Fast-paced, quick cuts, parallel editing. Sound: Diegetic and non-diegetic sounds, electronic and orchestral score. Narrative structure: Exposition, rising action, climax, resolution. Genre: Science fiction, horror, coming-of-age.	Analyse the first key scene in "Attack the Block" in depth, applying my knowledge of film elements
3	Key Scene 2	Mise-en-scene: Confined space, interior lighting, police equipment, casual attire. Cinematography: Static camera, close-ups, medium shots, shallow depth of field. Editing: Slower pacing, smooth cuts, dissolves. Sound: Diegetic and non-diegetic sounds, subdued score. Narrative structure: Rising action, conflict, turning point. Genre: Science fiction, thriller, crime drama.	Analyse the second key scene in "Attack the Block" in depth, applying my knowledge of film elements
4	Key Scene 3	Mise-en-scene: Rooftop setting, setting sun, alien spaceship, casual attire. Cinematography: Static camera, establishing shots, shallow depth of field. Editing: Fast-paced, quick cuts, parallel editing. Sound: Diegetic and non-diegetic sounds, electronic and orchestral score. Narrative structure: Climax, resolution, denouement. Genre: Science fiction, action, coming-of-age.	Analyse the third key scene in "Attack the Block" in depth, applying my knowledge of film elements
5	Exam preparation	Essay structure, evidence, analysis	Prepare for the Eduqas film studies exam by practising essay writing and developing your analytical skills
6	Exam preparation	Essay structure, evidence, analysis	Prepare for the Eduqas film studies exam by practising essay writing and developing your analytical skills



Week	Topic	I will need to know...	So that I can...
1	Metric unit conversion	How to use and convert standard units of measurement for length, area, volume/capacity, mass, time and money How to use and convert standard units in algebraic contexts.	Solve problems involving measurements Understand and interpret data presented in different units. Perform calculations accurately and efficiently when dealing with measurements.
2	Compound measures	How to use and convert compound units (e.g. for speed, rates of pay, unit pricing, density and pressure). The speed = distance/time equation and apply it to unknown situations How to use and interpret SDT graphs The density = mass/volume equation and apply it to unknown situations	Solve problems involving compound units. Understand and interpret data presented in compound units.
3	Bounds	How to use inequality notation to write down an error interval for a number of measurements rounded or truncated to a given degree of accuracy. How to apply and interpret limits of accuracy.	Understand and interpret the accuracy of measurements. Calculate and analyse the error associated with measurements.
4	Surface area and volume	How to calculate the surface area and volume of cuboids and other right prisms (including cylinders). How to calculate the surface area and volumes of spheres, cones and simple composite solids (formulae will be given). How to calculate the surface area and volume of a pyramid (formulae will be given).	Solve problems involving the surface area and volume of various shapes. Understand and interpret the relationships between dimensions, surface area, and volume. Calculate the amount of material needed for construction or packaging. Determine the capacity of containers or structures.
5	Mock exam preparation	Revision of HCF, LCM The four operations Squares, cubes and roots	Prepare of OCR mock exams by revising basic knowledge points and how to interpret questions
6	Mock exam preparation	Standard form Simplifying Factorising	Prepare of OCR mock exams by revising basic knowledge points and how to interpret questions



Year 11 - Half Term 2 - Mathematics GCSE

My learning journey so far: Last term we learnt how to use mathematical skills to solve everyday problems such as calculating the volume and surface area of shapes and calculating distance, speed and time of objects.

This is important because maths is a multidiscipline tool which can be used in many situations meaning that the basics of maths knowledge is useful to us in many ways.

Careers to research are:
Carpentry and Construction, Electrician, Plumber, Accountant, Engineer

Week	Topic	I will need to know...	So that I can...
1	Non-calculator arithmetic	Multiplication and Division Negative Numbers BIDMAS Decimals	Perform basic arithmetic operations efficiently and accurately. Solve real-world problems involving multiplication, division, and negative numbers. Improve your problem-solving abilities by applying these skills to various scenarios. Understand the correct order for performing calculations involving multiple operations. Avoid common errors in calculations by following the BIDMAS rule.
2	Percentages	Basics of Percentages Percentage Increases and Decreases	Understand the concept of percentages and their relationship to fractions and decimals. Calculate percentages accurately and efficiently. Solve real-world problems involving percentages, such as discounts, sales tax, and interest rates.
3	Growth and Decay	Simple Interest Estimation Percentage Change	Apply simple interest calculations to various financial situations, such as loans and investments.
4	Sequences and Linear Graphs	Arithmetic Sequences: Find the n th term, recognize Fibonacci and quadratic sequences. Linear Graphs: Find and interpret the gradient and intercept of straight lines. Use $y=mx+c$ to find and sketch equations of straight lines.	Understand and analyse the patterns in sequences, particularly arithmetic sequences. Predict future terms in a sequence based on its pattern. Represent and analyse linear relationships using graphs and equations. Solve problems involving linear functions and their applications.
5	Parallel Lines and Gradients	Parallel Lines: Identify and find equations of parallel lines. Gradients: Understand the relationship between gradient and ratio. Interpret Gradients: Interpret straight line gradients as rates of change	Understand the relationship between parallel lines and their slopes. Find the equation of a line parallel to a given line. Analyse the rate of change represented by the gradient of a line. Apply these concepts to real-world problems involving linear relationships and slopes.
6	Quadratic & Cubic Graphs	Quadratic Graphs: Recognise & sketch graphs of simple quadratic, cubic and reciprocal functions.	Visualise and understand the behaviour of quadratic, cubic, and reciprocal functions. Sketch accurate graphs of these functions using tables of values.
7	Graphs and Equations	Roots of Quadratic Equations: Use graphs to find approximate roots of quadratic equations and simultaneous equations	Understand the relationship between the graph of a quadratic function and its roots. Approximate the solutions of quadratic equations using graphical methods. Solve systems of linear equations graphically.

Year 11 - Half Term 1 - Science (Synergy) GCSE



Week	Topic	I will need to know...	So that I can...
1	Building blocks for understanding - The periodic table	<p>What the periodic table looks like and how to locate metals and non-metals on the table.</p> <p>Key information on groups and periods of the periodic table.</p> <p>How to read the element boxes in the periodic table.</p> <p>How to locate the mass number and proton number of each element.</p>	Use the periodic table to answer questions about elements and compounds.
2	Building blocks for understanding - Atomic structure and bonding	<p>Atoms are composed of protons, neutrons, and electrons.</p> <p>The nucleus contains protons (positively charged) and neutrons (neutral).</p> <p>Electrons (negative) orbit the nucleus in energy levels or shells.</p> <p>The number of protons in an atom, which determines its element.</p> <p>The mass number is the sum of protons and neutrons in an atom.</p> <p>Ionic bonding: Transfer of electrons between a metal and a non-metal.</p> <p>Covalent bonding: Sharing of electrons between non-metals.</p> <p>Metallic bonding: Sharing of electrons among all atoms in a metal.</p> <p>Key concepts to understand:</p> <p>Electron configuration: The arrangement of electrons in an atom's energy levels.</p> <p>Diagrams that show valence electrons as dots around an element symbol.</p>	<p>Predict the formation of compounds.</p> <p>Explain the properties of substances.</p>
3	Building blocks for understanding - chemical reactions	<p>The idea of conservation of mass and how it can work differently in a practical situation.</p> <p>Write word equations of key reactions.</p> <p>Determine and use the states of matter in equations (s, l, g, aq)</p> <p>How to calculate the relative formula mass of any given compound</p>	Construct equations of practicals that I do
4	Building blocks - states of matter	<p>Construct particle diagrams of solids, liquids and gases</p> <p>Investigate a heating curve and draw a graph based on real data.</p>	Explain how particles behave when energy is added or taken away.
5	Mock exam preparation	Exam structure and technique.	Preparation for paper 1 and paper 3 mock exams
6	Mock exam preparation	Exam structure and technique.	Preparation for paper 1 and paper 3 mock exams

Year 11 - Half Term 2 - Science (Synergy) GCSE



My learning journey so far: We have learnt the basics of chemistry, including structure, bonding and properties of materials

This is important because it helps to make sense of other areas of science as this is the building blocks of all science learning.

Careers to research are: Engineer, mechanic, biological scientist, medical researcher, genetics scientist, space scientist.

Week	Topic	I will need to know...	So that I can...
1	Building Blocks - Pressure internal energy	How particles behave in each state of matter Why gases exert a force on a container. How changing the temperature of gas increases the gas pressure inside the container.	Understand the properties of solids, liquids, and gases. Explain the behaviour of particles in different states of matter. Understand the relationship between temperature, pressure, and volume of gases.
2	Building Blocks - Cells	The difference between plant, animal and bacterial cells and classify them. Describe the differences between eukaryotic and prokaryotic cells in terms of structure and size.	Understand the fundamental building blocks of living organisms. Differentiate between plant, animal, and bacterial cells based on their unique characteristics. Recognise the differences between eukaryotic and prokaryotic cells.
3	Building Blocks - Movement of substances	The difference between diffusion, osmosis and active transport. How temperature, concentration gradient and surface area affect the rate of the movement of substances.	Understand the different ways substances move across cell membranes. Explain how factors like temperature, concentration gradient, and surface area influence the rate of diffusion, osmosis, and active transport.
4	Building Blocks - cell division	How to draw diagrams to describe mitosis.. The term gametes and describe their genetic material. How to draw diagrams to explain how gametes are formed in meiosis. Explain the number of chromosomes in the gametes during meiosis and fertilisation. Describe how an embryo is formed.	Understand the process of cell division that produces new cells. Explain the formation of gametes and their role in sexual reproduction. Trace the genetic material from parent cells to offspring cells. Analyse the changes in chromosome number during meiosis and fertilisation. Describe the early stages of development in an embryo.
5	Building Blocks - waves	The difference between transverse and longitudinal waves. How to calculate the wavelength, frequency and speed of a wave.. How to describe the main groupings of the spectrum – radio, microwave, infrared, visible (red to violet), ultraviolet, X-rays and gamma rays, that these range from long to short wavelengths and from low to high frequencies, and that our eyes can only detect a limited range.	Understand the characteristics of different types of waves. Calculate the key properties of waves, such as wavelength, frequency, and speed. Recognise the different types of electromagnetic waves and their applications. Explain the relationship between wavelength, frequency, and energy of electromagnetic waves.
6	Building Blocks - review week	Review our learning so far of building blocks	Answer examination questions around these topics.



Personal Development and Thrive

Half term	Curriculum Areas	What I will need to know	So that I can
1	<p>PD: Are we an adult in the world at 16?</p> <p>Careers: What are my employability skills?</p> <p>Thrive: Understanding mental health.</p>	<p>Relationships, substance misuse, technology, emergency response, the law.</p> <p>Accountability, problem solving, independence, creativity and innovation, ethical judgement, teamwork.</p> <p>Coping, strategy, regulation.</p>	<p>Understand the complexities of adulthood at 16 and make informed decisions about my own life.</p> <p>Develop the essential skills desired in the workplace.</p> <p>Develop coping strategies for self-regulation.</p>
2	<p>PD: Can I rely on myself to achieve my goals or do I need luck or destiny?</p> <p>Careers: Post-16 choices.</p> <p>Thrive: Self care for mental health.</p>	<p>Dreams, goals, realistic, expectations.</p> <p>Education (vocational and academic), employment, apprenticeships, traineeships.</p> <p>Mindfulness, regulation, social care, positive thinking.</p>	<p>Develop realistic goals for my future and know the steps to achieve them.</p> <p>Make informed decisions about my future pathway.</p> <p>Develop self care strategies that promote my mental health.</p>