

All our 6th Form students follow a programme of study called Life Skills. These lessons take place twice a week during academic monitoring and students engage with a variety of topics that help them to prepare best for their future beyond their academic studies.

Please [click here](#) to look at the Life Skills programme and to find useful links, which will always be accessible via this webpage, even after our students leave school.

## Year 12 Life Skills Programme

Half Term	Topic 1	Topic 2
1	<b>Settling in and 6th Form Opportunities</b> <a href="#">Sixth Form Handbook</a>	<b>Study skills</b> <a href="#">9 ways to take better notes</a> <a href="#">Using the Cornell method to take notes</a> <a href="#">Think harder in the classroom</a> <a href="#">Creating a study plan</a> <a href="#">Dual Coding</a> <a href="#">Improving your memory</a> <a href="#">Improving your concentration</a>
2	<b>Drugs</b> <a href="#">Daniel Spargo-Mabbs foundation</a> - the drug education charity <a href="#">Frank</a> - drugs advice <a href="#">Drinkaware</a> - alcohol advice	<b>Wellbeing</b> <a href="#">BGS Wellbeing booklet</a> <a href="#">YoungMinds</a> - young people's mental health <a href="#">NoPanic</a> - support for anxiety <a href="#">Kooth</a> - Online counselling service <a href="#">The Mix</a> - Essential support for under 25s
3	<b>Consent and Contraception</b> <a href="#">NHS</a> - help after rape and sexual assault <a href="#">Rape Crisis</a> - charity to end sexual violence and abuse <a href="#">Refuge</a> - National Domestic Abuse for women and children <a href="#">MSP</a> - Male Survivors Partnership <a href="#">Galop</a> - LGBT+ Domestic Abuse <a href="#">CCard</a> - Register for free contraception <a href="#">The silent solution</a> - when you need to call 999 but can't speak <a href="#">Ask for Angela</a> - safety initiative in bars and pubs	
4	<b>Interview Technique and Rights in Part Time Jobs</b> <a href="#">Citizens Advice</a> - Rights at work for under 18s <a href="#">ACAS</a> - Free, impartial advice	<b>Digital Footprint, Discrimination, Bullying and Harassment in the Workplace</b> <a href="#">Equality Advisory Service</a> - free advice <a href="#">ACAS</a> - Free, impartial advice
5	<b>CVs and Selling Yourself</b> <a href="#">CV Tips</a>	<b>UCAS and Options</b> <a href="#">Videos</a> from former students <a href="#">National Careers Service</a> <a href="#">UCAS</a> <a href="#">Find an Apprenticeship</a>
6	<b>Travel</b> <a href="#">16-25 railcard</a> - save 1/3 on rail fares <a href="#">Money Supermarket</a> - use to compare insurance <a href="#">Fit for travel</a> - vaccination information	<b>UCAS</b> <a href="#">BGS UCAS booklet</a>

## Year 13 Life Skills Programme

Half Term	Topic 1	Topic 2
1	<b>UCAS Application</b> <a href="#">BGS UCAS booklet</a>	<b>Student Finance</b> <a href="#">Podcast</a> about student loans <a href="#">Student Finance Calculator</a> <a href="#">Student Finance Guide</a> <a href="#">Disability Students' Allowance Information</a>
2	<b>Money Matters</b> <a href="#">Best student bank accounts</a> <a href="#">Student budgeting</a> <a href="#">Best savings accounts</a> <a href="#">Splitwise</a> - app to help split bills equally	
3	<b>Fertility and Health Checks</b> <a href="#">NHS</a> - infertility advice <a href="#">NHS</a> - miscarriage advice <a href="#">Brook</a> - pregnancy and miscarriage advice <a href="#">BPAS</a> - British Pregnancy Advisory Service in particular abortion services <a href="#">Coppafeel</a> - How to check your boobs and chest <a href="#">Orchid</a> - advice on testicular cancer and self-examination	
4	<b>Safety and transitioning to independence</b> <a href="#">Frank</a> - advice on spiking <a href="#">StudentMinds</a> - guide on transitioning to university <a href="#">FestivalSafe</a> - advice for those attending a festival	