

ASDAN: Personal Development Programme

Teamwork

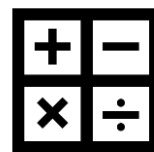
Learning

Coping with problems

Use of Maths

Use of English

Use of IT



Module 1: Communication
Skills focus: English, coping with problems and IT.

Take part in a group discussion about your experience of school.
(10 credits)

Complete your ASDAN Personal Development Portfolio

Write out your 'Summary of Achievement' and 'Personal Statement'.

Learning Journey

Module 8: World of Work
Skills focus: learning, coping with problems, use of English

Undertake take a mock job interview at 'IKEA'. Fill in job applications, write a cv and learn interview skills.
(10 credits)

Module 8: World of Work
Skills focus: teamwork, learning, coping with problems, use of Maths, use of English and use of IT.

Undertake a week of work experience at a local business
(20 credits)

ASDAN Personal Development Programme

Year 11

Module 2: Community
Skills focus: teamwork and coping with problems

You undertake 10 hours of volunteering work at a local charity.
(10 credits)

Module 1: Communication
Skills focus: English and learning

Research and write reviews of two films by the same director that you have recently seen.
(10 credits)

Key Stage 4

Year 10

iPad Problems Project:

You continue with this project and are introduced to new problem solving APPS that help and develop your skills.

BBC Ideas Project:

You continue your learning journey using the videos from this website.

PEAK Brain Training Project

You continue to undertake a daily 15-minute brain training programme at home.

ASDAN Personal Development Programme

<p>Module 2: Community Skills focus: teamwork and coping with problems</p> <p>You undertake 10 hours of volunteering work at a local charity. (10 credits)</p>	<p>Module 12: Beliefs and Values Skills focus: Learning and coping with problems</p> <p>You learn what 'Positive Psychology' means and look to incorporate it into your everyday life. (10 credits)</p>	<p>Introduction</p> <p>You begin a 3-year course which allows you to be awarded a Gold (180 credits), Silver (120 credits) or Bronze Certificate (60 credits) for developing skills in the following areas: teamwork, learning, coping with problems, use of Maths, use of English and use of IT.</p> <p>Look at the forthcoming modules for how many credits they are worth – they will be highlighted in yellow.</p>		<p>ASDAN Personal Development Programme</p>	<p>PEAK Brain Training Project</p> <p>You continue to undertake a daily 15-minute brain training programme at home.</p>
<p>Challenge 7</p> <p>Plan and undertake a journey in the community</p>	<p>Challenge 8</p> <p>Engaging with community organisations</p>	<p>Challenge 9</p> <p>Helping others in the community</p>	<p>Year 9</p>	<p>iPad Problems Project:</p> <p>You continue with this project and are introduced to new problem solving APPS that help and develop your skills.</p>	<p>BBC Ideas Project:</p> <p>You continue your learning journey using the videos from this website.</p>
<p>Challenge 6</p> <p>Going out for a trip in the community</p>	<p>Challenge 5</p> <p>Going out for a meal and drink in the community</p>	<p>ASDAN Lifeskills Challenge</p>	<p>BBC Ideas Project:</p> <p>You continue your learning journey using the videos from this website.</p>	<p>PEAK Brain Training Project</p> <p>You are shown how the APP works and you undertake a daily 15-minute brain training programme at home.</p>	<p>Introduction: PEAK</p> <p>This APP is designed to Challenge the skills that matter to you most with games that test your Focus, Memory, Problem Solving, Mental Agility and more.</p>
<p>Challenge 3</p> <p>Paying for an item</p>	<p>Challenge 4</p> <p>Using transport</p>	<p>Year 8</p>	<p>Problem Solving</p>	<p>iPad Problems Project:</p> <p>You continue with this project and are introduced to new problem solving APPS that help and develop your skills.</p>	<p>Independent Learning</p>
<p>Challenge 2</p> <p>Using and understanding money</p>	<p>Challenge 1</p> <p>Going shopping</p>	<p>Introduction:</p> <p>You are set a series of challenges that develop skills and knowledge that are important for success in adult life.</p>	<p>ASDAN Lifeskills Challenge</p>	<p>BBC Ideas Project:</p> <p>Choose from over 350 videos that open your mind to a range of skills and knowledge. You record your learning after each video.</p>	<p>Introduction:</p> <p>You are taught skills to allow you to learn independently at home to increase your skill and ability to study on your own.</p>
<p>Key Stage 3</p>	<p>Year 7</p>	<p>Problem Solving</p>	<p>Introduction:</p> <p>You are taught the following skills: how to stay calm; lateral Mindset; resilience; flexibility – coping with change; initiative – thinking for yourself; teamwork.</p>	<p>iPad Problems Project:</p> <p>You are introduced to an iPad with 42 problem solving APPS. This gives you the chance to develop these skills and record their progress throughout Key Stage 3 and 4.</p>	<p>Independent Learning</p>