

PSHE and beyond – sessions overview – Part 1

Through a series of enrichment focused workshops, this course is designed to give an appreciation of how PSHE contributes to everyday applications and for pupils to gain an insight into a range of related careers.

Breakdown of sessions for the PSHE workshops:

Session 1: Empathetic and Active Listening

Learning opportunities include:

- Moral decision making
- Memory retention
- Mental acuity
- Cognitive empathy

Session 2: Emotional empathy

Learning opportunities include:

- Compassionate empathy
- Consciousness
- Perception and action
- Lateral thinking

Session 3: Positive psychology

Learning opportunities include:

- Attitude
- Mental acuity
- Cognitive empathy
- Emotional empathy

Session 4: Fortitude

Learning opportunities include:

- Compassion
- Ethics
- Civics
- Decision making

Session 5: Collaborative Learning

Learning opportunities include:

- How to respectfully challenge authority
- How to be aware of our respective privilege and advantages
- How to confront someone who's just doing the wrong thing

Session 6: Effective Communication

Learning opportunities include:

- Dealing with pressures and everyday issues
- Perception
- Motivation
- Visual Perception