

PSHE and beyond – sessions overview – Part 4

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: Character Development

Learning opportunities include:

- People skills
- Critical thinking
- Compassion
- Interpersonal relationship

Session 2: Interpersonal Development

Learning opportunities include:

- Collaborative
- Leadership
- Interpersonal
- Analytical skills
- Goal setting

Session 3: Mental Acuity

Learning opportunities include:

- Self-Management
- Metacognitive skills

- Problem Solving skills
- Memory Retention

Session 4: Neuroplasticity

Learning opportunities include:

- Fortitude
- Vitality
- Multitasking
- Reaching out to a friend

Session 5: Persuasion

Learning opportunities include:

- Nutritional Psychology
- Problem-based learning
- Intelligence
- Motivation

Session 6: Ethics

Learning opportunities include:

- Dealing with pressures and everyday issues
- Compassion
- Kindness
- Integrity