

# Your Progress Sessions 2021/2022

## Autumn Term



### 1st Years

- 1-2-1's
- UNIFROG
- Safeguarding
- Mental Health
- Study Skills
- Vision Board
- Workers Rights/Pay
- Sexual Health
- Diet and Fitness
- Drugs/Alcohol
- Prescription Drugs
- Healthy Relationships
- Online Gaming and Gambling
- Myth busting
- Resilience and Managing Setbacks

### 2nd Years

- 1-2-1's
- Personal Statements
- UNIFROG
- UCAS
- CV's and Cover Letters
- Interview Skills
- Different types of interviews
- Personal Safety
- Workplace Apprenticeship Opportunities
- Health and Safety
- Feedback and Communication skills

## Spring Term



### 1st Years

- Introduction and University to Post 18 options
- Mindfulness and stress management
- Online Safety
- Body Image
- Body Dismorphia
- Fat Shaming
- Resilience
- 1-2-1's
- CV's
- Fatal 4
- Learning to drive
- Car Maintenance
- Procrastination
- Knife Crime/Gangs/County Lines
- First Aid
- BLM

### 2nd Years

- LinkedIn and Personal Branding
- Renting/Independent Living
- Budgeting
- Credit/Debit Cards
- Student Finance
- Revision and Stress
- UNIFROG reflection
- Festival Safety
- Going abroad
- Gap Years and Travel Safety
- Mindfulness
- Resilience
- Teamworking
- Uni Life
- Meningitis and Freshers Week
- Stereotypes in the work place

## Summer Term



### 1st Years

- UCAS Reference Writing
- Equality and Diversity in the workplace
- Positive Relationships
- Labour Market Information
- UCAS Registration
- Personal Statements
- Uni Life
- 1-2-1's
- Goodbyes

### 2nd Years

- Exams
- Flexible 1-2-1s as and when you need them
- Goodbyes

Progress coaches can be found in the Unity Hub and Library!

\*The above programme is subject to change and other sessions could be delivered that may not be on the above list.