

Personal Development Curriculum - (Resource References Becoming X - <https://www.becomingx.com/>)

	Autumn 1 Respectful Operator and Tribe Builder	Autumn 2 Inspiring Leader and Ambitious Dreamer	Spring 1 Life Long Learner and Reflective Thinker	Spring 2 Go-Getter and Resilient Survivor	Summer 1 Effective Communicator and Expert Practitioner	Summer 2 Solutions Finder and Team Player
Now Me	Building a tribe of friends is crucial to success and happiness at secondary school. Respect is one of our values at Bow School and you will be celebrated and rewarded for showing respect to your peers, teachers and any other adult you encounter.	Developing leadership skills at school means you can positively influence others and support us in improving school life. Having ambitious dreams helps you to picture your future and motivate you in all aspects of your life.	Understanding how you learn, and what works best for you is going to help you with your academic progress. Being reflective is key to improving and learning from mistakes.	Having a 'go getter' approach to school life is going to be crucial for your success and enjoyment; whether that is taking extra curricular opportunities that come your way or really throwing yourself into your learning. Resilience is going to be key as you experience challenges with your learning, work and sometimes personal life throughout school.	Being able to communicate well will help you in your learning, whether that is asking questions when you are stuck or supporting a friend through a challenging time. Being able to think critically about how well you are doing at school and why will support you in making the absolute best progress you can.	Being at school is being part of one big team. By learning how to work as a team, you will be contributing to the success of your class, year group and the school as a whole. Finding solutions to problems is something you will need to do in every lesson, everyday at school.
Future Me	Respect is fundamental in the work place, and for when in life you encounter people with different backgrounds or beliefs to you. Understanding who is important to you in life, and working on relationships is key to future happiness. Having a successful professional network, can also be crucial in building your career and developing opportunities.	We want all of our pupils to be leaders, whether this is in the workplace or our community. Developing these skills from a young age means you can lead change as an adult. We believe that being ambitious about where you want to go and what you want to achieve is important at any age; having goals and working towards them play a huge part in your wellbeing too.	Learning, at any age is proven to support positive wellbeing. Equally, to progress and develop, you will need to have the capacity to learn at any age. The ability to reflect on success and failure, we know, is integral in the world of work.	Planning to be successful, and having a strategy for getting there is important in planning a career but also in projects within the working world that you will find yourself in. We know that your life and career is going to throw countless unforeseen challenges at you. Being resilient, and having the skills and qualities to overcome these will be fundamental.	Effective communication will be essential at University, whether that be in with your peers or your professors. Nearly all careers require this skill too. Becoming an expert in your field means a successful career; from being a Doctor, to Scientist, to teacher; all will require your expertise in your chosen area.	Being part of a team is a key part of life, whether that is in a sport team you decide to join, group work at university or a team you work with as part of your job. As part of these teams, or when working independently, you will need to solve problems, evaluate solutions and be decisive about your next steps.