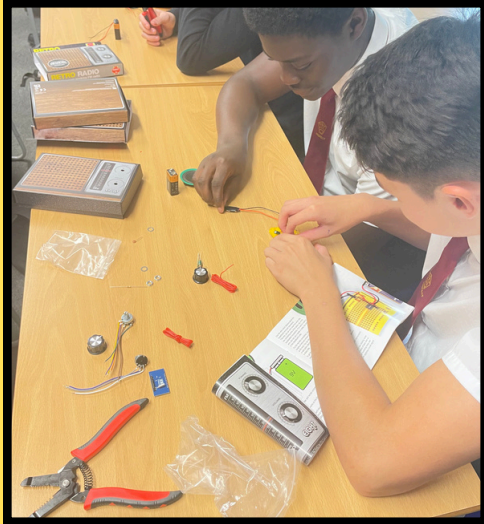




# Personal Development @ De La Salle



**It has been a hectic few weeks.**

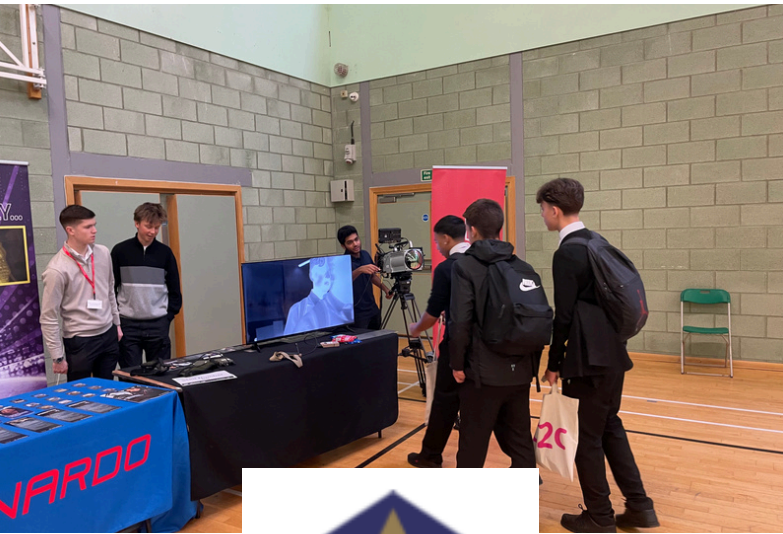
This term has certainly started with a bang!

Our students have taken part in a wide range of exciting activities and opportunities — from the Basildon Skills Show to our Year 7 Oracy workshops. While I've been sharing regular updates on social media, I thought you might enjoy hearing directly from the students themselves about their experiences so far this term.



# BASILDON SKILLS SHOW

The Basildon Skills Show was a fun and creative way for us as students to figure out what we would like to do post year 11 and even as a career after college, six form etc. There were many different stalls for us to go and visit, ask questions about and gather an idea about what that specific company was about. Some of the stalls were completely information based while others had interactive aspects too. For example, there was a bird called Bella who we were allowed to hold. We got told about what Bella does and how they mainly work with C2C to ensure there are not too many pigeons in the train line tunnels and stations. There was also a St Luke's stall where you could practise putting a cannula into a fake arm and balance on a wobbly board which they use for patients who have recently suffered from a stroke or are in physiotherapy.



We entered the skills show around 10 am and were allowed to walk around and visit all the different stalls. There were employers there as well as colleges and universities. Being able to speak to these different companies allowed us to get a feel of what we could potentially experience in the future. As we entered the Skills Show, we were given a worksheet to fill out; this had various questions. At the end of the Skills Show you had to put your name and school on the back as there were prizes available to be won. This worked as a good motivation for students to actually ask different questions and find out more about different companies and employers. All of the employers were really welcoming and open to questions. This allowed some of the quieter students to come out of their shell and ask questions that could help them with their future. Lillie



# YEAR 10 MENTORING



It helped us focus on certain jobs we could aim for within our interests and hobbies, so we could give ourselves an idea of what we can do for work in the future. We did searches together, made notes and talked about the openings of the jobs. We looked at the qualifications needed to get the jobs, in my opinion, was helpful. I now know where I need to study to gain those qualifications. That's why I think the Mentoring Programme was good overall. Benaiah



I enjoyed the mentoring which had helped me with my Career Journey and I now know what things I need to do to get a job. The mentors were very kind towards everyone and they made the lessons a lot more fun. I would say 9/10. Lacey

I found the mentoring so much fun and I really liked it. I learnt a lot about the career I wanted to do and lots of other careers and the qualifications I need for the job I want to do in the future. I learned about teamwork and learned about how to get into other careers. Ella



I really liked the Leonardo session as it was very hands on and simple to do but also helped me to see what it is like to work with electronics in the future. All the people that came in were very nice and friendly and helped to explain everything to us what it's like to be a part of their team. Also they helped provide information on different jobs and apprenticeships that are in Leonardo. Eryca

## AMAZING LEONARDO



The time we spent with Leonardo was amazing because I am interested in a career in engineering and this really helped me understand what it takes to be an engineer and what it's like to be one. Ronnie



## FUN AND INTERACTIVE

I found it very fun and interactive, me and my partner were the ones who were able to get the radio going. The session was amazing. The staff were fantastic and very friendly. I was able to really understand what goes on at Leonardo and my questions were answered. Fejiro



# YEAR 11 MOCK INTERVIEWS

Yesterday, I was very nervous about meeting the person who was going to interview me. When I got called up, my heart was pounding very hard but was instantly hit with relief as I found out she was lovely. Her name was Carol and made me settle really quickly. With every question she asked me she gave me time to think and if I was struggling, she then gave me pointers to guide my sentences to be more interesting. I told her about my diabetes and she asked me more questions based around it as well as team work related. As it came to the end Carol talked about how my communication skills were very good and gave me a tip to add three positive things about myself. I've never felt confident about this interview and made me walk away smiling. This makes me feel confident about future interviews I may have in in the future. Georgia



I was nervous before, but as it went on, I grew more confident. I was able to answer all the questions that they threw at me. I was able to walk away with personal feedback on what I could do to improve. This was good practice for realistic interviews in the future, Fejiro

# Year 7 Oracy WORKSHOP



I liked the experience in the workshop because I had fun and learnt how to get more confident and share a bit about myself. I would do it again. Aline.

I really liked the workshop. What I really liked was the breathing techniques to calm your body and nerves. But I also liked talking in front of the class as it helped my confidence. I would definitely do it again. Sophie



The workshop was good because it was fun. We did some activities and so much more. I wish I could do it again because it was so much fun. Chidera.

The workshop was fun. I enjoyed the fact that you had to stand up but could also watch other people and I liked T.I.N.S.E.L. I would definitely do it again. William

I liked the workshop because it really showed my confidence and got me out of my comfort zone and made me feel more proud of myself. I liked how we all had to speak up, and it wasn't just me. I'd do it again because I would be more confident the second time. Alice.





# APPRENTICESHIP CAROUSEL

It was a useful session because it made me think twice about the decisions I'll make after leaving De La Salle. It allowed me to gain more insight into post-16 choices and the world of work.  
Divine



## Post 16 choices

Today I have learnt about different types of apprenticeships and different things you can do. Also, about how much money you can earn with an apprenticeship.  
Alesia



## Earn as you learn

I spoke to most of the guests, who were very helpful in explaining how to get an apprenticeship. I found it useful, as I now know what qualifications I need to get.  
Kayleigh



It was really good. I got to know different apprenticeships and what routes are available. I might do an apprenticeship in the future.  
Margarita

It was good because you got to learn about different kinds of apprenticeships.  
Aaron



**SCAN HERE**  
to be connected with the  
Apprenticeship Hub service



# COMING SOON

Our Personal Development Programme keeps growing  
— here are some highlights coming soon



BAE Systems Roadshow in Partnership with the RAF and Royal Navy



Navy Attract



Emmanuel College  
Cambridge

## Also coming up:

Year 11 revision with Make Happen, Year 10 CV-writing workshops, and the launch of Year 9 mentoring with Essex University.