

Personal Development @ De La Salle



Autumn 2



Basildon Skills Show Winners

Congratulations to Joshua and Lily, the fortunate winners from the Basildon Skills Show. George Miranda, from Basildon Council, presented the prizes.



Abbie Tisdall Connexions

We are thrilled to welcome our new Connexions careers advisor, Abbie. A frequent visitor to our school, she is currently working with Year 11 students to help them prepare for their post-16 options.



Brilliant Club Cambridge visit

It's been a busy couple of months with lots of events in the Personal Development Programme. Once again, I have put together some students' feedback.

In addition to the programme of events, students have been completing their Future Skills questionnaires, which will enable us to tailor our programme even more to the needs of our students.

Thank you to all the parents and carers who completed a similar version.



BAE SYSTEMS ROADSHOW



Year 7

The BAE Roadshow is a fun, educational and interesting event about AI. We created a song made by AI, which we described based on what we wanted, and it generated the lyrics to a song for us. We later made a generated image for it. There was a robot dog powered by AI that was able to speak, see, copy movement and describe what it sees. The people who led the roadshow explained everything clearly, and I learned new things. The presentation was clear and simply explained. They made it really fun, and sometimes we were also involved during the presentations. The people who taught us are Mat, Sophie, and Lily. **Victor**



Today I liked everything, especially the robot dog part, and we made our own song using AI. We talked about AI and engineers. The best thing I liked today was the robot dog; it could talk, stand like a human, sense objects in front of it, and it could even talk. His name was Fluffy. It was really fun and exciting. For me I enjoyed it a lot, and I hope you enjoyed it too. **Francesco**

Today I learnt that there are all sorts of engineers, and I liked that Fluffy (an AI dog) can do all sorts of things that humans can do. Although I didn't like the song that we created. It was very fun, but I think they could have improved the song. I learnt that Fluffy can talk. **Sienna**



I thought the show was very good and exciting, and I never got bored. I think, personally, my favourite part about the show was when the robot dog came out and started showing off his gymnastics moves; it was honestly wonderful. And I think the music video was good, and I loved the music very much. **Olivia**



The BAE Roadshow is a great experience with AI. In the workshop, they showed their dog Fluffy, made with only AI. Fluffy can speak, walk, and do everything humans and dogs can do. We also made songs with an AI app. My group suggested playing football at the sea! Everything was completely made up! The AI made the song for us, and then we used a different app to make a video for the song. Everything was meant to be weird. We had a man wearing a cropped West Ham top and pyjama bottoms. His hair was a mohawk, and he had fairy wings on his back. It was amazing! We went through slideshows of questions about AI. We also played a game where one person had to think of an object and answer the other players' questions using only "Yes" or "No."

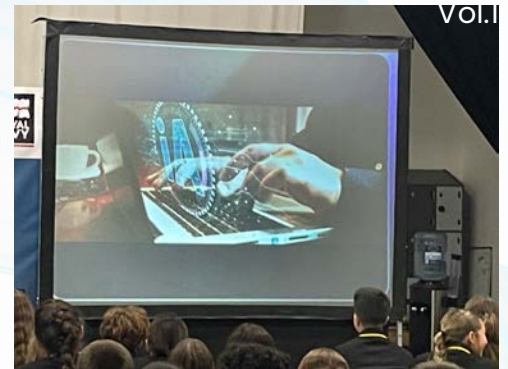
Nataliya

BAE SYSTEMS ROADSHOW

Year 8



The workshop this morning I thought, was fun and interactive, but at the same time was incredibly informative. It showed how AI is used in our day-to-day lives, how some AI can be used to get your data, but it also showed how AI can be used in the Royal Navy for good. This was interactive as there were loads of opportunities for students to answer questions and help make a prompt for a generative AI. **Warrick**



I think the BAE Roadshow was very interactive, and the AI music video was a very good example of what AI can do. Also, the artificial intelligence dog they brought out was a good way to catch our attention and make us listen. This show was very good at explaining it. **Bella**

It was very fun and interactive; it had interesting aspects such as the dog—it was quite nice to see a real one. I found it educational and good to understand how AI works. I liked how they showed a demonstration of the songs and how creative AI could be. **Daniella**



In my personal opinion, I think the BAE roadshow was truly a great experience. In this workshop, you will learn many things about AI (Artificial Intelligence). Also, you will not only be sitting, but you can get up and get involved. In this workshop, you will have the opportunity to create a song and a music video using AI. I had never done this before, but overall it was great. **Mollie**.

I personally think the BAE Roadshow was the best experience I've had during my time at the school. I think I walked out of there with knowledge I have never known before. We answered lots of interactive questions, and we could also get involved by coming up to the front to answer some questions or play games to participate. We also met their robot dog called Fluffy, which had human features. In the next part, we made a song about all the things we like. We had to make lots of choices about the clothes, but mostly AI would make the lyrics and find a song that matched your description best. I really enjoyed this workshop and I can't wait for another one!

Abbie.

Emmanuel College Cambridge

Brilliant Club Visit



I applied to join the Brilliant Club because I heard that it would be a good opportunity. My brother, who did this 5 years ago, helped with this as well as Mrs Butler..

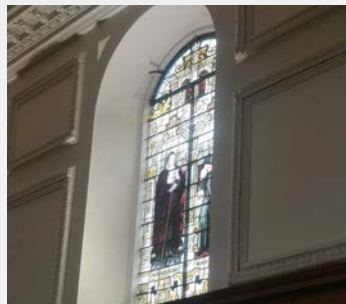
When I got in, I was very happy and proud, so I focused hard on the lessons where we learned about Fintechs and Bigtechs from our tutor, Anthony .

After I completed the programme, I was given a grade 2:1, which I was not very happy with, but it was still okay because I passed and could go on the trip to Cambridge University.

When I went there, we went and were led by our tour guide Katie, and we went around and saw what it was like. She showed us that it wasn't all about studying all day, as they had bars and an outdoor pool, but a large focus was still on studying.

Finally, we returned to a hall to do some practice university work and style planning, such as comparing and contrasting different works like Frankenstein. This helped me to understand the level of work you do at university.

The trip was very nice and informative, and the whole experience was very nice, and the people were welcoming. I thank everyone who helped me go on this trip and hope to revisit a university like Cambridge someday as a student. **Jayden**



Yesterday I attended Emmanuel College as the final segment of the Scholars programme that I was a part of last year. I thought this was a great opportunity to see what life may be like if I were to go to Cambridge University. While we were there, we were able to have a tour of the college led by some of the undergraduates. Our school was shown around by a girl called Katie, who really helped me understand university life at Emmanuel College. After the tour, we had a hot meal provided by the university, which was a great time to reflect on our thoughts about the college. I thought this was a great day and was pleased we were able to see some of the beauty of the school, such as the chapel and library. Overall, I am so happy I was a part of the Brilliant Club and that I can say I completed it. **Amelia**

Emmanuel College Cambridge

Brilliant Club Visit



I really enjoyed the trip to Cambridge University. We were shown a multitude of opportunities and what the campus looked like through a tour around the place. It was a lovely day out; the sessions were very interactive, and we had a lot of opportunities to ask questions. My friends and I were invited on this journey due to the Brilliant Club, a club where we were taught by a PhD tutor who was a specialist in their field. I applied for this club because I was very interested in being educated about subjects that I did not know about previously, and the Brilliant Club gave us the chance to learn about topics we were not educated on, such as economics. After we completed multiple sessions, we wrote an essay about the topic—this allowed us to utilise the skills we had learned throughout the weeks and apply them to our writing. The Cambridge University trip was really helpful, as someone who is aiming to go to further education after school, visiting a place like this was fascinating and provided insight into what to expect in the future. **Ella**



It was very fun. We initially toured around the campus to get a glimpse of what the surroundings were like, studying in Cambridge. We were then taken into a big room with different schools, where we talked and did activities. We were taken up to the dining room to eat. I think this trip helped me visualise life in Cambridge, and the Brilliant Club helped me to experience it there.

Experiencing the Brilliant Club was a massive help to this trip; I was very proud of my grade on my final essay, and I'm very glad I had the chance to experience it.

Overall, the trip was amazing and I would love to go back again if I had another opportunity. The whole place was beautiful, and it was lovely meeting new people and learning about the University. **Enzo**

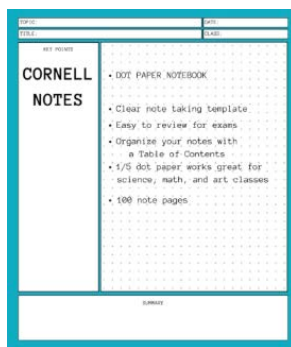
Year 11 Make Happen

Revision workshop



I found the revision workshop to be helpful. They walked me through a method of revising that included breaks (something many of us often forget to take). They also allowed us to test some revision exercises. We learned a lot. It was a very interactive session, which kept us all interested and inspired. The woman who led the session was very bubbly and confident, which made the session feel much more relaxed and enjoyable. Overall, I enjoyed this session.. Annie

CORNELL NOTE TAKING METHOD



The workshop helped me learn how to revise effectively, which was achieved by teaching us how to take Cornell Notes and showing us what chunking was. I recommend this workshop for people who struggle with time management. Andrew L

On Wednesday, we had a workshop about revising, and we learned about various ways to revise. I found it very beneficial, and I tried some of the techniques myself. I found it very fun and engaging. Poppy

The revision session was quite helpful as I was able to hear other people's revision techniques and refresh my memory on previous revision techniques. What I think could be improved is having more new ones. Tatyana .



The workshop helped me revise by telling me about the Cornell diagram which helps me remember and makes it easier for me to revise Ryan M

The Wednesday revision workshop was very helpful in broadening my horizons of revision methods and how the brain retains information over time. The Cornell note taking method was very helpful.

CV WORKSHOPS



Working in Partnership with DWP



I enjoyed the workshop as it helped me understand what is essential in a CV and how I can improve my own to make my real CV the best it can be. I also appreciated the fact that we were taught what is and isn't necessary on your CV, e.g., you never need your address. Even though it was a brilliant workshop, next time I would prefer if we had slightly more time, as we were unable to complete everything that was set to do. Amelia

- 1.Helps us reflect on ourselves and our skills.
- 2.I liked that we got to write about ourselves and what our achievements were in life.
- 3.It would be better if we had more time to think about our reflection and how it develops us as a person.

Creating a CV: A Learning Experience. While it was beneficial for me to learn how to create a CV, I felt a bit pressured to complete it within a tight timeframe. Reflecting on my past achievements was a positive exercise, but the absence of work experience added some stress, especially since I had nothing to include in that section.
Oliver

Navy Attract Team



The workshop was a lot of fun! We started by standing behind a blue rope and played a game where we had to follow different commands, like jumping over the rope and back again. After that, we were given a bag of materials and had to build a tower that was six feet tall. To finish, the instructors told us about their jobs in the Navy: one was a Cook, another was a Medic, and the last one was a Logistics Specialist who got supplies for others. Lacey.

TRANSFERABLE SKILLS

We spent time with the Navy, playing games and building a tower designed to withstand a hurricane. They shared that there are loads of opportunities in the Navy, such as cooking, medical care, and more. We learned about various skills. They explained how the Navy plays a crucial role in keeping us safe and secure. This experience was truly amazing. The Navy-related games, and the tower activity was both a brain teaser and a test of concentration and patience. Cheyenne

The workshop this morning was pretty good and it was fun when we got to the tower building part. The rope jumping was also fun. It good that they made us do exercises. Henry

Listening challenge



I thought the Navy event was really impressive. I liked what they were talking about and all the activities we got to do. I really enjoyed it, especially learning about all the different jobs you can have in the Navy. Harry.



It was an amazing experience, and I really enjoyed the game we played as well. Building it was a lot of fun. Even though my team didn't win, we had to create something that was six feet tall. Ellie.



Teamwork

The workshop was really fun and we did loads of activities. One of the best parts was building a six-foot tower that could withstand shaking, like an earthquake simulation. We also played a game where you had to do certain actions when told, and the last people standing won.

Overall, I found this activity really enjoyable, and I hope we can have more workshops like this in the future. Levente

A friendly team



It was really enjoyable; I liked it a lot because there was so much to do. I stayed focused the whole time, and it turned out to be a great team-building exercise. The staff were super friendly and really helpful. Harvey.



The Navy Attract was a fun experience. I enjoyed it. Reggie

SPRING HIGHLIGHTS



Year 7 Local Labour Market Workshop



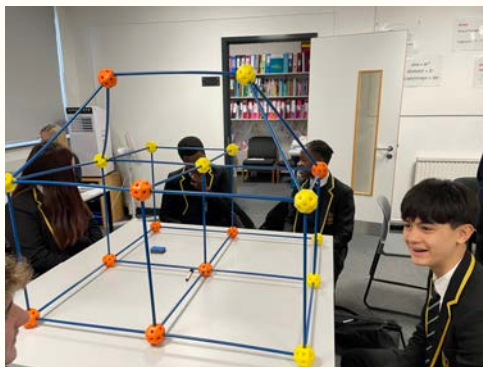
Unifrog sessions



Year 10 Work Experience



Year 10 & 11 Mr Beezy,



Year 9 Taster sessions



Year 9 Essex University Mentoring



Year 8 unconscious bias workshop



Year 9 Brilliant Club