

Personal Development @ De La Salle

Summer 2026



Connexions

This term, our Connexions Advisor, Abbie, has been utilising the Pod in the Ihub. This specially designed Pod allows students to hold confidential meetings with our Connexions Advisor about their future.

De La Salle Video

Aspiring for the Future
Preparing for Life

Behind the scenes, we have been working on our section of the school website. We invite you to check out our new video!



The summer term has been incredibly busy with lots of activities. We have had University trips to ARU and Essex University for both Year 9 and 10 Students.

We were grateful to welcome several business guests this term from a wide range of sectors who worked with our Year 7 and Year 8 students, introducing the world of work.



The summer term also saw Year 10 students complete work experience placements either in person or virtually.



YEAR 10 WORK EXPERIENCE



It went well. I enjoyed it. It taught me a lot of responsibility and lessons. I enjoyed working with children and will consider working with children in the future. **Emily C**

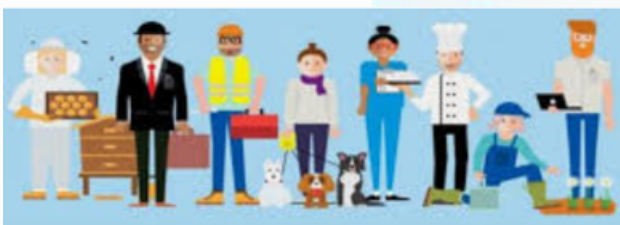


The communications team from Basildon Council gave me a tour of the building and told me how the place runs and different people's roles. Then they all came and chatted with me 1 on 1 and told me what their role is in this team and what they do. They asked me questions about what I want to do when I'm older. Then I joined a meeting, just sat and listened to what was being said then went on a lunch break to come back to proofreading printed-out documents. As I was there for one day there wasn't much they could do. **Eren**



Hi, here's a bit about my work experience. During my time there, it was fun; I learnt about the different jobs in the workplace and how each machine works. I also learned how to manage the workload and the routine of the work experience. Additionally, the time I was there helped me learn how you need to earn your own money and how much work people do. **Florence**

I really enjoyed my work experience with Joe at 121 football. I worked 2 full days helping out at soccer school. My duties included setting up for the daily sessions and helping coach the young footballers. On the second day I helped set up an Easter egg hunt which I really enjoyed. **Jessie**



Work experience was really enjoyable. Work experience taught me valuable life skills that I couldn't learn in a classroom. Doing work experience has helped my communication and problem-solving skills while also helping me manage time and responsibilities. Also work experience is good on your CV as it shows your willingness to learn. **Noah**

YEAR 10 WORK EXPERIENCE

I attended Little Teddies Nursery for my work experience during the Easter holidays. I worked from April 7th to 10th, 9 am to 3 pm. It was only an 8-minute drive from my house, so my mum would drop me off in the morning before 9, and my dad would pick me up after 3. Every day when I arrived, I had to sign in on my sign-in sheet. On this sheet, I also had to sign the time I started my lunch, generally at 12, the time I came back at 1, and when I left the building at 3. The manager, Rebecca, introduced me to all the staff and showed me around the nursery. I put my bag away in the staff room and began work. Generally, for the majority of my day, I just played with the kids. There was a range of rooms with children of different ages in each: babies, toddlers, and preschool. Over the course of these 4 days, I had the chance to work in each room.

My personal favourite was the preschool room. They were at that certain age where they begin growing into their personalities a bit more and can have conversations. I worked alongside staff in the room, who would also give me other tasks during the day. I had to do the washing up 3 times a day: after the early morning snack, after lunch, and after the midday snack. I washed up in their kitchen, dried the dishes, and put them away in the cupboards and drawers. I wasn't there for breakfast or tea, but this nursery was open for those meals as well. They also asked me to set up some beds in the nap room for the children who were sleeping. To do this, I had to collect mattresses, bed sheets, and blankets, and make each individual bed, placing them separately in the room. Once the children were woken up, I also had to take off the bedding, put it in the washing basket, and fold the mattress back up in the staff room. I had an hour's lunch break from 12 to 1, which I spent in the staff room among the other staff. I really enjoyed having daily chats with these ladies outside of the nursery and felt like more of a grown-up. These staff members made the work more enjoyable as they were so nice and welcoming. Working alongside them in the rooms, the children took part in circle time. This was where they would take the register, have phonics lessons, and develop counting skills. We also played a lot of games with the kids, and the best part about it was seeing them smile.

Working at Little Teddies Nursery really confirmed my belief that I enjoy working with young children. Work experience had a considerable benefit as it brought me a little closer to understanding work life and what I like and dislike about it. It created another idea of where I could work or who I could work with when looking for a career later on in my life. Overall, I loved every minute of working at Little Teddies Nursery as I enjoyed getting to know the children and watching them smile while they learned and played with their friends. I got the chance to work with the future generation, and these are the best days they experience in their younger lives. I'm so glad for this opportunity and would recommend it to anyone else to participate in work experience if they get the chance. **Mia**



QualityDiscounts.com

Overall, it was a nice experience; the staff were kind to me and taught me how to price stuff, along with showing me the warehouse. I will need to improve on my communication skills though. **Angelina**

Goals and Aspirations

Year 7



The Goal and Aspiration workshop is a session where you talk about what you want to achieve when you grow up, what jobs you would like to do, and how to set goals. **Ronnie M**

I thought that the Goals and aspirations workshop was really helpful. It helped me learn how to be more responsible. In fact, it is good to have goals because they give you reminders, and it helps you be more organised. **Daria**



In my opinion, it was very good, as I got to say what I wanted for goals and aspirations, and it was very nice, as it was very thought provoking. **Xander**



The workshop was so fun, we talked about our goals for our dream job or career. We did a worksheet about what job we wanted to do, and finally, we did a card. **Kundi**

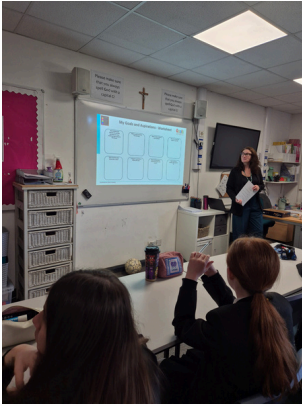
I had a workshop today, and in it, a really nice lady came in and talked to us about goals and aspirations and our future careers. My career is as a zookeeper. We were given a piece of paper with things we want to happen to us later on in life, and it had boxes for us to fill in. The piece of paper had questions on it like what hobbies I want to achieve, our dream job, and where I would like to go on holiday. It also asked who the most important people in my life are. I said it was my family, and the big question was if I could have anything in the whole wide world, what would it be. I really enjoyed this because I got to learn how to set goals and what I want to be one day. **Molly**



In the workshop, we were taught about how to set goals and aspirations and writing goals down is better than keeping them in your head. My favourite part was writing my goals and future down because it felt nice to get it out of my head. We also shared our goals and aspirations, which were interesting too. I really liked getting to know what my friends want in their future. I would very much like to do it again to expand on what my future job would be. **Gab**

Goals and Aspirations

Year 7



I did the workshop today, and it was quite good. It was all about goals. First, we had a look at how you can think of a goal and be 10 times more successful. Then we found out that when you write your goal down, it is 30 times more likely to be successful. We also planned our careers. Overall, it was ok. I learnt a little bit, as we already did something like this.

Hudson

The workshop was very professional and very inclusive. We were asked to share what career we would like to pursue and what lifestyle we wished to have. My favourite part of the workshop was when we got to share what our favourite hobbies were. I really liked all of the variety. I liked it and would recommend it to many. **Luca**



We did a workshop with this lady who works for the government. My future job is to be a nail designer. My goals to achieve it would be learning how to paint nails with small details. We watched a video clip on what goals we should achieve. Then we had to complete a worksheet about it. Like the country I would like to live in England because the prices are really low compared to other countries.

It was fun because we got to discover what our dream jobs are and then we will see in Year 11 if we still agree with our younger selves. **Nicoleta**

Today we did a workshop on our goals and jobs we want to do in the future. We watched a video and we completed a worksheet. There was another worksheet that we will get back in Year 11 so we could compare our answers from Year 7 to 11.

It was fun and good that we could find our dream jobs and also to find out how to keep our goals. So the workshop was really fun and finding out what we wanted to do also it was very interesting. We can see in your 11 if we have the same plans and that will be interesting and fun to find out.

Emilee - Rae



Future Thinking project

Year 9

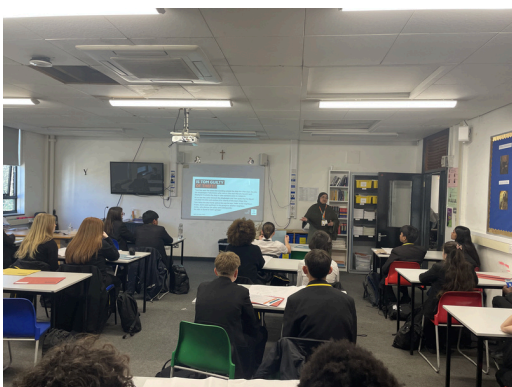


The trip was really good and enjoyable. In it, we went around and saw what life in university would be like. We got to see lots of buildings and got in depth explanations of what they were. Furthermore, we got to understand the struggles of university with further explanations on how university is paid for, how student loans are paid back and different educational paths that we can take before/besides university like A-levels and apprenticeships. Then we got taught about budgeting. **Christopher**



The campus trip was very fun and I learnt a lot. I met some new people who were doing the campus tour. I would definitely go again; my favourite part was the 'how to reach my goals' lecture. It really helped me to put my goals in perspective and made me feel like I can do it. Overall, I would rate the trip a very enjoyable experience and would definitely go again. **Pietros**

The trip we went on to the University of Essex was an amazing experience! It truly inspired me to go to university. Despite that not being my original plan. We had a full tour and even got an insight into what it would be like through the talk we received in the lecture hall. I would recommend this trip to many year groups. **Liza**



YEAR 10

DRAMA PRESENTATION



Working in Partnership with Make Happen



I thought the play we watched was very good. It was basically telling you not to give up and it also had humour in it. I think adding humour and music would make young people listen more, so I thought that the performance was very good and put together well. I think this play would be good to perform to college students because it gives them that extra experience. **Erin**



I think the play taught us that you should always have a plan B, no matter what you want to do. In the future, you don't know what will happen. I found it very funny and also informative. It gave us an idea of how important maths, English, and science are in order to have options open. **Emily**



The play was funny, and it taught me that everything I learn in school is important for my future. **Chidera**

I thought the play was very educational and fun to watch. **Skye**

Overall, I thought the play was very inspiring to the youth. **Joel**

Year 9 ARU Trip



On Thursday the 30th of April I went on a trip to Anglia Ruskin University (ARU Chelmsford). When we arrived, we were given our tour guides, who were students at the university and they were incredibly helpful and were always available if you had any questions. They showed us around the university, showing us the cafeterias, lecture halls and more. We had many tasks to complete and the first one was learning the basics of Korean ! This was incredibly interesting as it gave us all an insight to the possible courses you can take at ARU !! We later went on to learn about budgeting in university and the cost of tuition and other fees - those who went on the university of Essex trip also learnt about this there . Overall it was a good trip and I feel that both the ARU trip aswell as the university of Essex trip were both equally influential on how I feel about university- I'm much more likely to go to university after having been able to see what uni-life is like !

Cambridge vs ARU

Cambridge University is quite popular globally and we visited the science block and discovered what many different students study in that particular range of subjects. First, we had an overview of what student accommodation is like and we met two students who shared their subjects and what university life was like. We then had a tour of the science block and visited many classes. For example, we visited a class where they were doing 3-D printing. After this, we had to go back into the lecture room to complete a quiz on random science questions and then we also had to complete a survey. This day was very fun as we learned many different new things and explored classrooms where students were actively working. A few days later, we also went to Anglia Ruskin University, where we first had a campus tour and visited the library, student accommodations and different subject blocks around campus. We then went into a big lecture room and guessed courses that can be taken A-Z. We then split off into different groups and my group had a subject tasting first. We got to learn Korean and completed a worksheet to learn different consonants and vowels in Korean. We then went to lunch, which was a nice little area to eat. Finally, my group went to a session on student budgeting and we found out how to manage money as a university student and how the government can also help you with loans, etc. At the end of the day, we had to complete another survey. In conclusion, both of these universities were really fun to visit as we all learned many different things, such as student life and different courses at university. Both of these universities were also helpful with the final choice of whether we want to attend university or not. **Evie**

Brilliant Club & Graduation

I was given the opportunity to apply to the Brilliant Club, which I did. The Brilliant Club is a programme where a PhD student delivers weekly tutorials on a given theme. The theme we were given was Archaeological Shipwrecks, where each week we covered different aspects that need to be considered when dealing with conservation. I really enjoyed the whole process of learning about something new, such as the science behind erosion and the moral and ecological aspects that need to be considered. This culminated in us writing a 2,000-word assessment based on the question 'Should we Save the Sunken Ship?' where I argued that a ship shouldn't be excavated. This was then assessed, graded with university-style grades (firsts, 2:1, etc.) and feedback was given to us.

We then enjoyed a graduation day trip to the University of Cambridge. We were shown around the Science and Engineering departments, where we spoke to students and were able to ask questions about the subjects offered. A lecturer gave us information about different types of universities and which one would be best for us, explaining how Cambridge is a collegiate university. The day culminated in us being awarded our graduation certificates. I really liked the feel of Cambridge University and felt very lucky to have had the chance to be a part of the Brilliant Club and to visit this university.

Another university I visited was Anglia Ruskin University with the whole of year 9. We had a tour where I liked the look of the campus, especially the library, which was very well structured with three floors allowing different noise levels. We went into a lecture hall where we were given the itinerary. We then experienced different lessons, one being Business where we learned how to manage money, and we also attended a Korean lesson which I really enjoyed.

Both university experiences were extremely valuable and enjoyable. I personally preferred the feel of Cambridge University. However, I felt ARU would also be a good university for someone to attend.



'What's My Job'

Year 8



Today I participated in a career workshop which I enjoyed. It helped me open up my options about my future. It gave me an idea of what people can do after I complete school. The people who I spoke to were very friendly and were more than happy to answer my questions; they spoke to me about their jobs, what they do, and how they manage it.

Delilah.

The workshop was fun; I learned a lot of new jobs to do when I am older. However, I didn't get to see every person, so that was a bit sad because it might have been a job I wanted to do when I am older. Some of the people talked about insurance, the NHS, building, and the government. Also, my team and I asked questions. The workshop was fun, and I hope to do it again.

Alicia



One thing I really enjoyed at today's workshop was how very kind and welcoming they were as they explained to us very well what and who they were working for. What I have learned from that workshop is how to apply for a job I want and also the qualifications needed.

Archie

The workshop today was about different careers and what they do. It was fun to learn about what other people do and to see what items they use day to day. We got to ask questions about how they do their jobs and to see what they do. There were all different types of jobs like the NHS, Construction and from the Council.

Ava



I liked the workshop because I got to learn about jobs that I might be interested in in the future. It was very nice to interact with other people. I think it is very useful to learn about all of these job opportunities because I will never know what I will end up doing.

Alexandra

The workshop was pretty fun today and the people were really nice. We talked about future jobs, careers, and all sorts of things. We went around in a circle talking to different business guests. Every table had a different job/career.

Filip





Work Shadowing Day

Year 7



I went to my old primary school The Willows and worked with my mum in the nursery. When I came in everyone wanted to play with me. Then I went outside with my mum and some of the children. They all told me what they liked doing and we played games with tyres. They then came in for their snack and after that if they wanted they could stay outside or go back inside. Then they learnt their days of the week and months. After it was lunch, when they finished lunch, they were allowed to play. It was chaos. After lunch, they sang some nursery rhymes. After that, we went outside to the end of the day to play. At the end of the day they tidied up then they went home. They were upset when I told them that I wasn't in the next day. We stayed some more to help tidy up. **Lucas**



I went to my grandad's workplace called Pope and Meads. He is a quality manager. What I did there was learn about the process of how they get materials like metal and turn them into parts. Smaller parts go into the office and bigger parts go upstairs for cleaning. Then he checks them for damage, which I did for him; there was a lot of damage. The good thing about working there is that you see the behind-the-scenes of how satellite parts are made. The bad thing was how early he wakes up because of how far away it is. **Matthew**



On Tuesday, 12th May, I went to work with my mum and she works as a cleaner. I got to help her with the dusting and skirting. I have learnt that you don't break, smash or stain things. Overall, I like the work experience and I would like to do it again. **Daria**



On Tuesday 12th May, I went to a children's care centre with one of my mum's very close friends and I learned that you had to be patient and kind. I helped put the toys away and helped make food for them. **Ronnie**



On Tuesday, I went to a school in Grays and my mum is a learning assistant working with children. As the day went on, I followed my mum everywhere until it was break or lunch. I learned that you have to be patient and have to have good grades to do the job. I had a good time and it was fun. **Tyler**