As a Sixth Form we strive to offer a broad and varied curriculum which extends beyond the classroom. We promote work experience through a dedicated week in the spring term, while our team also continually seeks out enrichment opportunities in the way of MOOCs (online courses), lectures, open days and other activities that will broaden and enrich our students' experiences. These are posted on a regular basis on our active Twitter feed, which can be found on our Sixth Form website, our year group Google Classroom, and each student's Unifrog dashboard: we have recently introduced the latter platform to support the Sixth Form careers provision.

We also offer mock interviews, which are especially popular with those applying to Oxbridge, courses such as medicine, nursing, midwifery and veterinary medicine, and apprenticeships.

Students undertake a tutorial programme, guided by their Form Heads, which supports the timetabled Personal Development lessons in Year 12 and the wider careers provision offered by the school. In 2020-21 we largely based this on the Unifrog blended learning scheme of work, with adjustments made as necessary. The main themes of the programme will be the development of the necessary academic and interpersonal skills required to make a successful transition to higher education or the workplace. For the former, we encourage students to undertake super-curricular activities which broaden their profile of academic skills, knowledge and understanding. For the latter, we base our approach on the principles of LORIC: Leadership, Organisation, Resilience, Initiative and Communication.

Personal Development lessons (see separate scheme of work) cover themes such as health and well-being, personal safety, managing money and travelling abroad. We have also recently introduced a week of Year 12 work experience and we also offer a supplementary programme of enrichment activities from outside providers, who offer sessions on areas such as student life, student finance, applying for apprenticeships, and gap years.

All students are offered the opportunity for a careers interview with either the Head of Careers or Inspira.

The calendar below details all the planned events for the year. COVID has recently prevented a number from running (eg: work experience week; university events; careers events) but we have adapted, where possible, our provision to include online support.

Year	Autumn Term	Spring Term	Summer Term
11	 Introductory assembly to life in the Sixth Form. Year 11 Careers Day – using Unifrog to make post-16 choices. 	 Sixth Form Information Evening. SFAD process – discussion of suitability, advice on courses and next steps. Students are prioritised according to need; some may be offered interview with Inspira as follow-up. 	 Increase in number of sixth form induction days (introduced in 2021). First day focused on subjects; second day focused on wider aspects of sixth form life. Pre-induction bridging unit introduced in 2021 – using Netsixthform and Unifrog to complete 'Bridging work part 1': this covered study skills; where A Levels can take you; and A Level mindset. Second induction day - talks to support Part 1 bridging work from Lancaster on study skills; Edge Hill on where A Levels can take you; Oxford Queen's College on life at and applying for Oxford. When this is in-person, there will be a greater range of institutions represented, including Northumbria, University of Sheffield, and University of Manchester.
12	 Launch of Unifrog, LORIC and super curricular in assemblies and form time Dream Placement applications promoted and launched. 	 Cumbrian students University Event at Energus - including Oxbridge Oxbridge Conference at Newcastle 	Post-18 Days 1 and 2. In 2021 these were widened from mornings to days. Range of university taster sessions on a variety of subjects; introduction to LNAT/UCAT; student life at Durham/Sheffield/Lancaster; talks from GEN2 and Sellafield, as well as a session run by CLP on CVs/interview skills/building portfolio.

- Introduction to study skills, organisation and prioritising
- Introduce widening participation; take survey.
- Launch of Sutton Trust, Cambridge Fitzwilliam Shadowing Scheme, UNIQ in December/January
- Launch of HeadStart Scheme
- Promote UOC masterclasses
- Launch 'Hello Futures' mentoring for widening participation eligible students.
- Launch work experience week. Work experience vacancies advertised Sept-Dec via 'wider opportunities' bulletin and Cumbria database. Virtual work experience opportunities also identified weekly.
- Residentials/summer school vacancies advertised.
- Introduce REACT Foundation Award.

- Taster days advertised; MOOCs encouraged through Unifrog/Google Classroom
- UCAS/Careers Fairs advertised Jan/Feb.
- University Fair visit, Manchester (selected students only).
- Careers Resilience assembly (National Careers and Apprenticeship Week).
- Keswick Alumni Oxbridge Talk 'What I Wish I'd Known Before Applying).
- Talk from link colleges (Fitzwilliam and Queen's) on Oxbridge.
- Work Experience Week.
- Edge Hill Introduction to Student Finance

- This is to reflect more students applying for apprenticeships.
- Talk from previous student on applying for graduate schemes (NDA)
- Newcastle and Northumbria visit in June.
- Queen's College, Oxford visit in June/July.
- Careers Fair: students meet the employers
- Cumberland Infirmary Careers in Medicine Event.

13	 Mock Oxbridge interviews with governors and another local school. 	 Inspira interviews for students not making UCAS/apprenticeship application. 	N/A
	 Northumbria talk - student life; choosing accommodation. 	Bioscience talk by visiting bioscience engineer. Careers Resilience assembly (National Careers)	
	 Durham University - managing student finance. 	 Careers Resilience assembly (National Careers and Apprenticeship Week). 	
	Gap Year assembly/talk.	 Inspira interviews for students who have not made application through UCAS or to any 	
	 GEN2 drop in session for apprenticeship applicants. 	apprenticeship/work provider.	
	 Medic interviews at Cumberland Infirmary. 		
	 Nursing and midwifery practice interview day (MA). 		
	 Degree apprenticeships advertised Oct/Feb. 		
	 Inspira – employer engagement with mock interviews and apprenticeship preparation. 		