



**LOUGHBOROUGH**  
Grammar School



# **Sixth Form**

## **Professional Development Programme**

# At Loughborough Grammar School, we believe that you should get more from your Sixth Form experience than just ‘three good A Levels’.

Sixth Form at Loughborough Grammar School is a place where boys become men: well-rounded and ready for the wider world. We want to equip you with the best possible skills, qualifications and experiences to help you navigate the world beyond LGS.

In Sixth Form at LGS we seek to develop and embrace your gifts with passion, determination and resilience. We will strive to fully prepare you in pursuing a pathway towards challenging, yet rewarding courses and apprenticeships, at top universities or businesses. We have developed the LGS Professional Development Programme (PDP) with this specifically in mind and we aim to:

- Give you the chance to gain professional qualifications linked to your chosen career.
- Enable you to take responsibility for, and ownership of, your learning journey.
- Give you the chance to take leadership opportunities.
- Enable you to add breadth to your portfolio, increasing your chances of university offers.
- Give you the chance to experience the workplace.
- Help you prepare for life beyond LGS; for example, by writing CVs, setting up LinkedIn profiles, and gaining proficiency in Microsoft Office and beyond.

Employers want more than just three good A Levels.

University applications are better with more than just three good A Levels.

LGS Alumni stand out from the crowd because you are more than just three good A Levels.

With Loughborough Grammar School's Professional Development Programme, you will be much more than just three good A Levels.

**“One of the best things in the world to be is a boy; it requires no experience, though it needs some practice to be a good one. The disadvantage of the position is that it does not last long enough; it is soon over; just as you get used to being a boy, you have to be something else, with a good deal more work to do and not half so much fun.” Charles Warner**



## What's involved?

The Professional Development Programme at LGS is bespoke to each of you.

You design and build your own timetable, to include areas of:

- **Community**  
Gain skills and experience from volunteering.
- **Academic Enrichment**  
Additional academic qualifications, breadth and skills.
- **Professionalism**  
Develop personal attributes for career success.

Each subject at A Level has ten taught periods (five hours) per week, plus Personal, Social and Health Education (PSHE), Games and Thursday afternoon enrichment. This leaves 13 'self-directed' periods, which can be customised by you for your PDP – not forgetting some time for socialising!

If you have selected four A Levels, you will still be able to access aspects of the PDP, in a modified, slimmed down way.

The LGS Professional Development Programme links in closely with the 'LGS Learner,' which represents our academic philosophy in action to equip you with a broad portfolio of learning skills as illustrated below:



## A typical three A Level timetable in Year 12:

Blue, yellow and green are A Level lessons, grey is the PDP (13 periods)

				PHSE
	Games		Thursday PM	

The maximum and minimum number of periods for each strand of the PDP is detailed below:

	Minimum no. of PDP periods per week	Maximum no. of PDP periods per week
Academic enrichment	2	5
Community	2	4
Independent study	3	6
Social	0	3
Professional lecture series	1	1
Academic skills	0	3



# Community

The aim of the community strand is to develop soft skills such as working in teams outside of the classroom, responsibility, and organisation. It should also be enjoyable. Certain activities can only take place at specific times, some of the possible activities are listed below and you will be provided with the full menu electronically with links to the activity details.

There are two things you need to do:

1. Choose what you want to do
2. Choose when you want to do it based on your timetable

If one activity proves extremely popular, we may suggest an alternative. External roles require references and an interview, which we will help you with. If you are concerned about maintaining commitment, please do not choose to work with an external organisation as we would not want to let any of them down.

Activity	What it involves
<b>Reading at a Primary School</b>	Listening to pupils read at Holywell Primary School, Rendell Primary School, Fairfield Prep and Loughborough Grammar Year 6. Mostly with Key-Stage 2 (7- to 11-year-olds)
<b>Sport at a Primary School</b>	Helping deliver PE lessons at Rendell Primary School.
<b>John Storer Reception</b>	Working with the public, taking sales from the charity shop, signposting people to services and answering the telephone. This would suit a confident person who is able to work more independently.
<b>John Storer Wellbeing room</b>	Supporting people with learning disabilities or memory loss to engage in meaningful activities, under the instruction of paid Activity Workers and other volunteers. On Wednesdays and Thursdays, (if you have musical abilities) we have participants that would appreciate listening to live music/performances. This would suit a person who enjoys helping others.

<p><b>John Storer</b> Your store</p>	<p>Helping with deliveries and replenishing stock. This would not be a customer-facing role but would enable boys to gain skills in working as a team and see first-hand how the Social Supermarket operates.</p>
<p><b>John Storer</b> Allotments</p>	<p>The opportunity would involve supporting people with additional needs, by doing nature-based activities outdoors, or crafts in the shed, depending on the weather. You would be under the guidance of paid Activity Workers and volunteers. This would suit a person who is interested in helping others and loves nature and growing.</p>
<p><b>In school</b> CCF/DofE compound</p>	<p>Working with Mr Dart on a range of activities in a mix of practical and administrative tasks.</p>
<p><b>Assisting in lessons</b></p>	<p>Art / Games / MFL. Working as an assistant in the lessons. Would suit someone looking to go into teaching, coaching or sport as a career OR looking to do a course which requires a year abroad.</p>
<p><b>PTA Shop</b></p>	<p>Manage and staff the shop as a small business.</p>



# Academic Enrichment



You will select from a range of options, mostly online and self-studied, including:

- professional qualifications
- online GCSEs
- university modules/MOOC (Massive Open Online Courses)

These professional qualifications will be undertaken alongside A Levels and will help you stand out, not just in university applications, but in the job market, too. Some of the possible options are listed below and you will be provided with the full menu electronically with links to the course details:

Ivy House Award
MOOC
Future Learn
Online GCSE Courses   Fully Accredited   Cloudlearn
CefS (Certificate in Financial Studies)
Rosetta Stone
Young Reporter Scheme
Global citizenship
British Sign Language
The Modern MBA   Quantic School of Business and Technology
10+ Best LinkedIn Learning Free Courses in 2023 (Top Picks) (prosperityforamerica.org)
Finding Your Professional Voice: Confidence & Impact   Coursera
Stanford University 'Game Theory' module: Game Theory   Coursera
Top Free Courses - Learn Free Online   Coursera
Book review Oxbridge prep Suggested Subject Resources   University of Oxford
<a href="http://www.kings.cam.ac.uk/study/undergraduate/reading-lists">www.kings.cam.ac.uk/study/undergraduate/reading-lists</a>
Podcasts
<a href="http://www.youngengineers.org">www.youngengineers.org</a>
MASSOLIT - Short video lectures from the world's best academics for school teachers and students around the world
School and College Programmes - Unloc
Language Leaders
Leadership Skills in Eng/Maths/Science
Teaching English as a Foreign Language

These courses and qualifications should link to your chosen career or help to broaden your skillset. Each week, you will spend two to five periods working through your chosen enrichment option.

You can pick more than one over the course of the year.

## Academic Skills Workshops



The Academic Enrichment strand of the Professional Development Programme offers opportunities to develop academic skills specific to your A Level subject. These will be workshops run by an A Level subject specialist who may be a different person to your timetabled A Level teacher. Please be aware that the availability of these sessions is limited and not everyone's timetable will be able to incorporate Academic Skills into your bespoke PDP.

Academic Skills are 30-minute workshops taught, structured sessions which are subject specific skill development sessions to improve your performance in your A Level examinations/assessments. If you build Academic Skills into your PDP, you will commit to a term of workshops, after which your place will be reviewed.

You must play your part in these sessions and expect to be asked to problem-solve and undertake subject-specific exercises to develop your problem solving and metacognition skills. Typical activities could include studying specific examination questions, graph work, analytical skills, essay analysis.

There are no timetabled Academic Skills Workshops for Art, DT, Music, MFL, or Drama. If you are studying these A Levels and wish to include Academic Skills relating to these in your PDP, you are responsible for coordinating with the department additional time to spend in the department developing the practical aspects of these subjects. Academic Skills Workshops are not available for Psychology, Classics or PE.



For more information about what will be covered in your Academic Skills Workshops, please speak to the relevant Head of Department.

Please note that these are not drop in sessions, or where you can seek individual support with the subject. For this, go to the lunch time Subject Surgeries or speak directly with your teacher.





# Professionalism

This strand includes a series of 30 minute seminars and lectures to upskill and develop a mindset for moving on.

Topics may include:

- What does 'working in the city' actually mean?
- How to be an effective time manager?
- How to shortlist a university course?
- How to use IT productively?
- What is LinkedIn?
- Where should you get your news from?

## How does the PDP work?

After initial meetings with a senior member of staff to design your bespoke timetable, you will begin in your chosen areas. Although much of the programme relies on independent study and self-motivation to complete, you will also have a supervision session every fortnight, to check on your progress and to offer guidance and support.

Supervisions entail a meeting between you, and a 'supervisor': this is a member of staff there to offer support and guidance and to oversee how your bespoke programme is going.

Your supervisor will be able to change your timetable, in agreement with you, if you or your teachers feel a need to change focus a few weeks in. This could be to drop one of the enrichment activities in order to pick up another Academic Skills session, if you are falling behind in a subject, for example. Your supervisor does not replace your form tutor. These are very different roles and your tutor should still be your first port of call for any issues you are experiencing.

## Independent Study



Developing independent study skills is a key part of your Professional Development Programme. Being able to study independently is central to A Level success but also to all future learning you will do beyond Sixth Form, whether for further academic qualifications or professional qualifications to advance your career.

The academic enrichment strand of your PDP offers further bespoke opportunities for you to develop your independence in learning. To support this, you will be allowed access to the Sixth Form Work Zone at certain times during the week for independent study. You will need to schedule and plan your workload effectively to maximise your success.

## Protocol for the Sixth Form Work Zone

- The Work Zone is a SILENT working area.
- Headphones can be used providing no sound can be heard by others.
- Devices can be charged using the charging facilities while working in the Work Zone.
- Please do not disturb staff working in the Work Zone.
- Only attend the Work Zone when scheduled to do so.
- If you want a silent working area outside of your Work Zone allocated time, you may use the school library.

- Food or drink, other than water, is not permitted in the Work Zone.
- Please do not rearrange the desks.

**Remember:**

Independent study does not end at 16:00! Aim to do a couple of hours at home most weekday evenings and at the weekend (ten-fourteen hours a week as a guide).

If you think you have nothing to do when in the Work Zone – think again!

## Example PDP timetables:

	Voluntary Work			
	Voluntary Work			Subject skills Chemistry
	Voluntary Work			Independent Study
Subject Skills		MOOC		
Independent Study		MOOC		
	Independent Study	BSL (British Sign Language)		
	Independent Study	Lecture		
	Games		Thursday PM Enrichment	

### Jeevan

Keen to go into a business/finance career.

Academic Enrichment: Selects the Ivy House Award to help develop his leadership (attracted by the LinkedIn connections) and Academic Skills Eco.

Opts for one term volunteering in community (charity shop) followed by six weeks work experience that he has organised with a family business, then swaps in Spring to two periods volunteering in school (producing an Economics magazine for Year 11) with an additional Academic Skills in Maths.

Voluntary Work				
Voluntary Work				
Social				
				Independent study
				Independent study
	Voluntary work in school		Independent study	
	Voluntary work in school	Lecture	Social	
		Future Learn		
		Future Learn		
		Future Learn		

### Jovan

Wants to do Medicine but is very worried about getting the academic grades. His family want him to just focus on his A Levels.

Selects MOOC health and medicine related units and British Sign Language to help him in medical interviews and takes Academic Skills in Chemistry. Swaps one Independent Study for Biology Academic Skills after Easter to improve his Biology.

Opts for three periods a week volunteering in a care home.



		Ivy House		
		Ivy House		
		Independent study		
			Social	
			Subject Skills Economics	
	Social			Independent study
	Social	Lecture		Independent study
Voluntary work in community	Games		Thursday PM Enrichment	
Voluntary work in community				
Voluntary work in community				

## Jack

Wants to follow a career in sport, possibly coaching.

Finds several sports coaching courses on Future Learn so subscribes to this.

Volunteers in a local primary and in school supporting Year 7 games.

Swaps school volunteering in January to Academic Skills for PE and another Independent Study as he was starting to fall behind with his academics.

## Be proactive and take responsibility for your future success.

Further information is available on Firefly, under Year Groups: Year 12

If you have any questions about the Professional Development Programme, please don't hesitate to contact:

**Mrs Herring** – Deputy Head Academic, [m.herring@lsf.org](mailto:m.herring@lsf.org)

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