

The Mentorship Programme

The Mentorship Programme provides students with an essential and holistic framework for development, blending academic, personal, and social growth across one academic year. In today's complex and competitive world, mentorship plays a critical role in equipping students with resilience, emotional intelligence, self-confidence, and practical life skills. The programme's holistic approach ensures students are supported in all areas of their lives, helping them understand and develop their unique strengths while fostering a growth mindset. Through weekly contact sessions, self-reflection, and skill-building activities, students gain the balanced support they need to navigate life beyond school with clarity, confidence, and purpose.



The Mentorship Programme Outline

Programme Duration

1 Academic Year

Contact Time

1 hour per week

Self-Study & Reflection

1 hour per week

Programme Structure & Weekly Topics

1

Weeks 1-2: Introduction to the Mentorship Programme

Contact: Overview of programme goals, holistic approach, and mentorship structure. Students meet mentors, set personal goals, and learn how the programme addresses both academic and personal growth.

Self-Study: Reflect on initial goals and complete a self-assessment to identify strengths, interests, and areas for development.

2

Weeks 3-4: Building Aspirations and Goal Setting

Contact: Introduce goal setting and aspirations, focusing on both academic and personal life. Students learn the importance of well-rounded aspirations for growth.

Self-Study: Set short- and long-term academic and personal goals for the year, using SMART criteria for clarity and focus.

3

Weeks 5-6: Study Skills & Academic Strategies

Contact: Discuss holistic study approaches, time management, and effective exam preparation. Students are encouraged to see study skills as a part of their overall development.

Self-Study: Develop a study schedule, try new study techniques, and reflect on how academic habits influence other life areas.

4

Weeks 7-8: Developing Communication Skills

Contact: Explore the importance of clear communication, active listening, and presenting with confidence in various life situations.

Self-Study: Prepare a presentation on a topic of interest, focusing on effective communication techniques and self-expression.

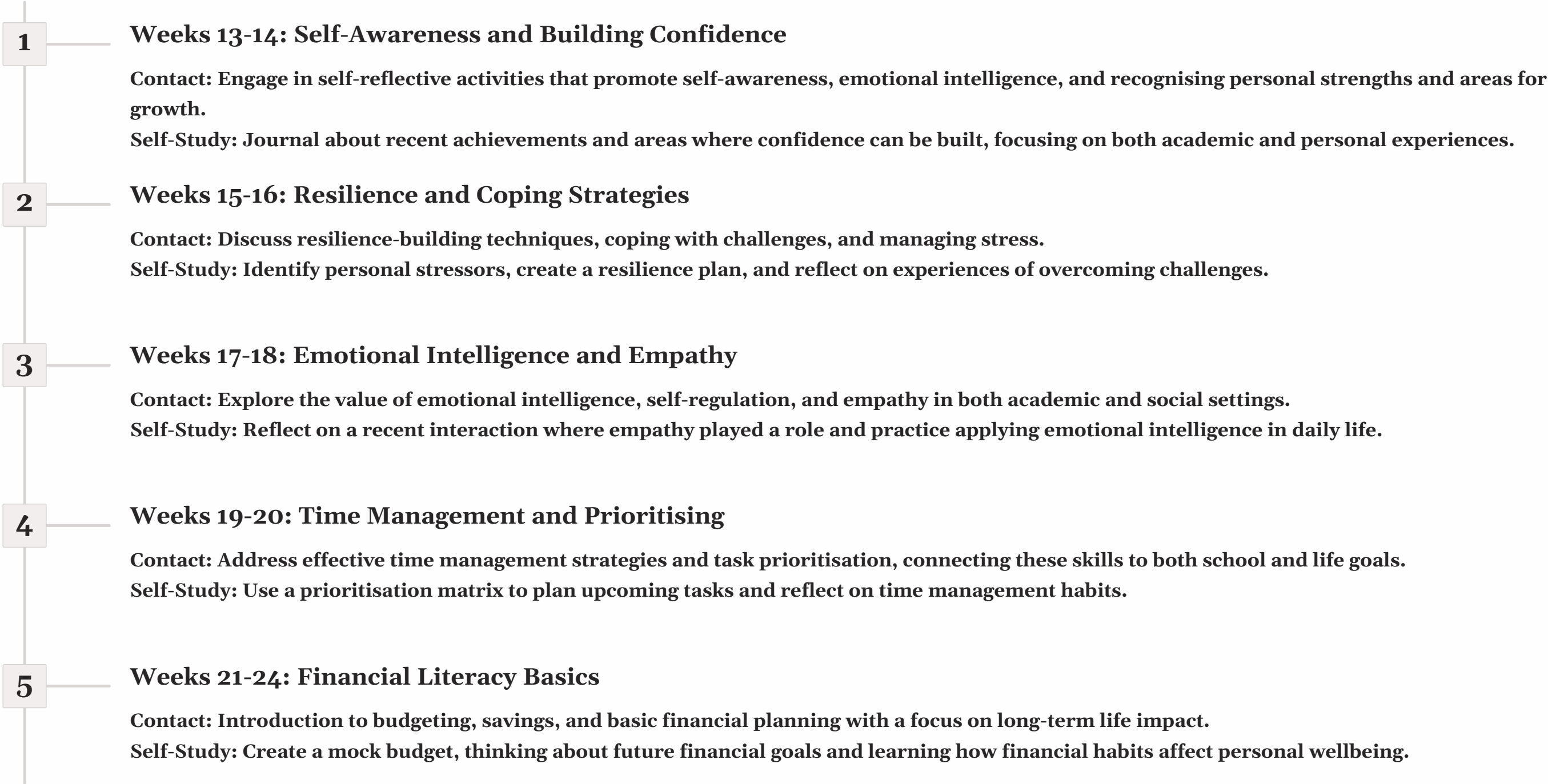
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Weeks 9-12: Personalised Academic Support

Contact: Work on academic challenges with a personalised approach, reinforcing confidence in each student's unique learning style.

Self-Study: Complete practice exercises and reflect on feedback. Journal about academic progress and identify personal strategies for improvement.

Term 2: Life Skills & Personal Development



Term 3: Future Planning, Sport & Physical Wellbeing

Weeks 25-26: The Role of Physical Wellbeing in Personal Development

Contact: Discuss the impact of physical health on mental and emotional wellbeing and its importance for a balanced life.

Self-Study: Set a personal fitness or wellness goal and create an action plan, reflecting on how physical health supports other goals.

Weeks 31-32: CV Building and Interview Skills

Contact: Review CV building and interview techniques, with a focus on expressing both academic and personal strengths.

Self-Study: Draft a CV that highlights unique qualities and strengths; prepare personal examples to use in an interview setting.

Weeks 27-28: Career Exploration and Building Aspirations

Contact: Explore career paths and discuss the skills required for different options, helping students match career goals with their personal values.

Self-Study: Research two potential careers, listing necessary skills and education while considering alignment with personal strengths.

Weeks 33-34: Practical Skills for Higher Education or the Workplace

Contact: Discuss practical skills such as email etiquette, teamwork, and self-discipline, relating them to both academic and life settings.

Self-Study: Practise writing a professional email, reflect on a teamwork experience, and journal about how these skills can benefit life after school.

Weeks 29-30: Developing a Growth Mindset

Contact: Introduce the growth mindset concept and its impact on learning, resilience, and overall development.

Self-Study: Reflect on a recent experience where a growth mindset could have made a difference, journaling about potential areas for adopting this mindset.

Weeks 35-36: Reflecting on Growth and Setting Future Goals

Contact: Review the year's progress with mentors, reflecting on growth in academics, personal strengths, and future readiness.

Self-Study: Complete a final reflection, summarising key learnings, achievements, and goals for continued growth.



Assessment & Reflection

1

Reflective Journal

Students maintain a reflective journal throughout the year, recording personal growth, challenges, and insights.

2

Reflection Sessions

Reflection sessions at the end of each term provide students with feedback and guidance.

3

Final Summary

The final summary report or presentation allows students to showcase their holistic growth, highlighting academic achievements, personal development, and future aspirations.



Final Thoughts

Holistic Integration

By integrating both academic and personal growth, the Mentorship Programme Course prepares students for a well-rounded future.

Key Skills

The programme equips students with the resilience, emotional intelligence, and skills needed for success in all life areas.

Outcome

This holistic approach ensures that students emerge from the programme confident, self-aware, and ready to navigate future challenges with clarity and purpose.



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To find out more please contact the team on:

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