

**Theme:** Fostering holistic wellbeing, developing future-readiness, and building essential life skills for personal and collective growth.

### Unit 1: Personal Wellbeing and Growth

- 1.1 Introduction to Personal Wellbeing
- 1.2 Emotional Intelligence and Resilience
- 1.3 Building Healthy Relationships
- 1.4 Strategies for Managing Stress and Anxiety
- 1.5 Exploring Mindfulness Practices
- 1.6 Balancing Academic and Personal Life
- 1.7 Overcoming Challenges and Setbacks
- 1.8 Reflecting on Emotional and Mental Health
- 1.9 Setting Personal Growth Goals
- 1.10 Term Reflection and Feedback

### Unit 2: Building Life Skills

- 2.1 Understanding Financial Literacy
- 2.2 Critical Thinking in Everyday Decisions
- 2.3 Navigating Technology and Digital Tools
- 2.4 Effective Time Management Strategies
- 2.5 Developing Problem-Solving Skills
- 2.6 Enhancing Communication and Collaboration
- 2.7 Healthy Habits for Productivity
- 2.8 Reflecting on Personal Growth and Skills
- 2.9 Applying Life Skills in Real-Life Scenarios
- 2.10 Term Reflection and Feedback

### Unit 3: Developing Future Skills

- 3.1 Introduction to Study and Learning Skills
- 3.2 Advanced Time Management Techniques
- 3.3 Effective Communication Skills
- 3.4 Problem-Solving and Decision-Making
- 3.5 Developing Emotional Intelligence
- 3.6 Building Resilience and Adaptability
- 3.7 Study Skills for Senior Years
- 3.8 Reflecting on Skills for the Future
- 3.9 Applying Skills to Achieve Goals
- 3.10 Review and Next Steps

### Unit 4: Transition and Future Planning

- 4.1 Preparing for Senior School
- 4.2 Managing Independence and Responsibility
- 4.3 Exploring Wellbeing in New Contexts
- 4.4 Strategies for Managing Transitions
- 4.5 Reflecting on Personal Growth
- 4.6 Goal Setting for Senior Years
- 4.7 Exploring Vision and Action for the Future
- 4.8 Celebrating Achievements and Milestones
- 4.9 Final Reflection on Year 10
- 4.10 Looking Ahead: Preparing for Year 11