

6<sup>th</sup> Jan 2016

**optimising delivery**

# Personal Development



**MCAST**

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# Overview

This powerpoint aims to describe the:

- Modality of content delivery
- Linkage between personal development and work exposure
- Proposed methods of assessment



**class based**

**work exposure**

**seminars**

**visits**

**lectures**

**placements**

**group interventions**

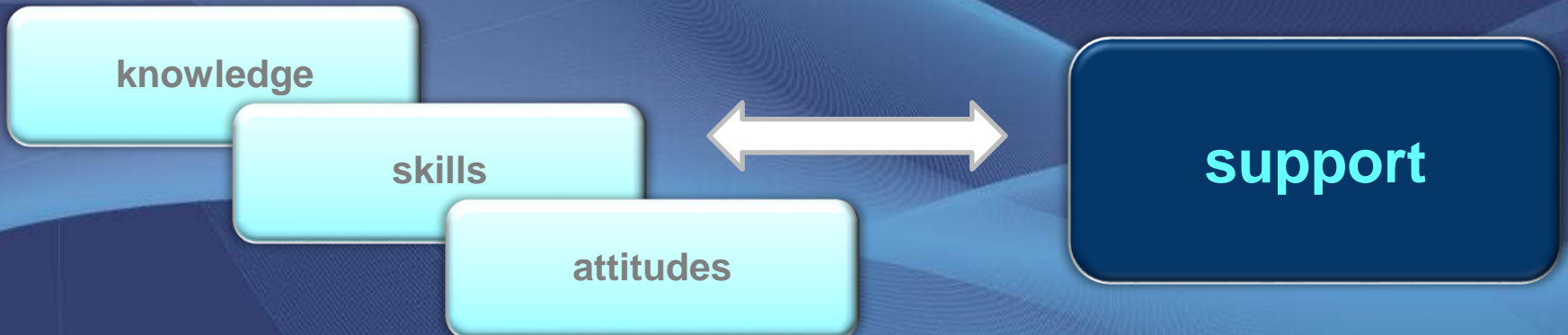
**apprenticeships**



# Class Based

Main focus during sessions held within a controlled environment:

- Getting to know each other
- Understanding oneself & others
- Minimalising friction between peers
- Working upon attitudes in preparation of a lifelong journey



1

# Seminars

Main seminar to be held during induction week period:

- Initiating year group
- Students develop early bonding
- Facilitating transition from secondary to a vocational institution
- Giving a purpose to college based education

socialisation

friendships

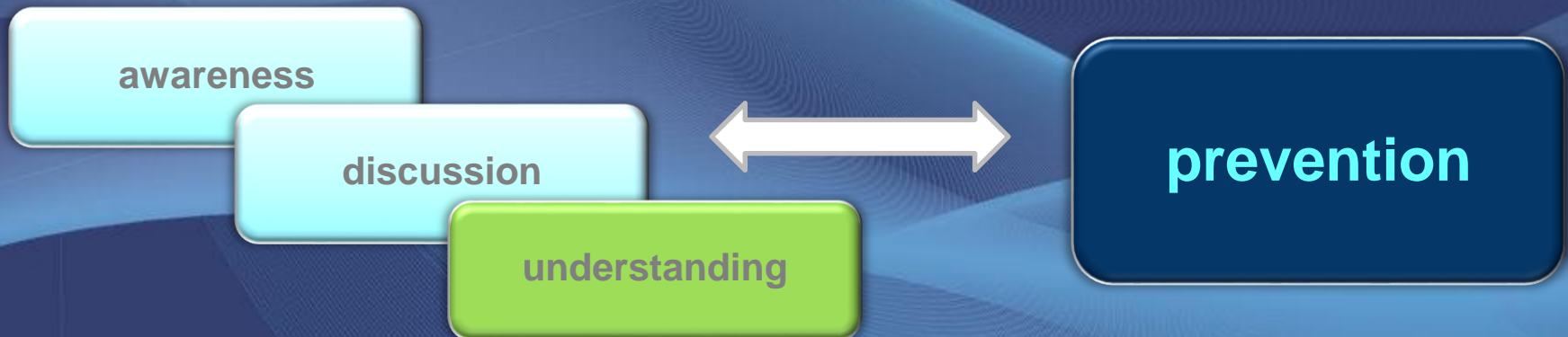
careers

sense of  
belonging



Traditional weekly one – hour sessions to be held in class:

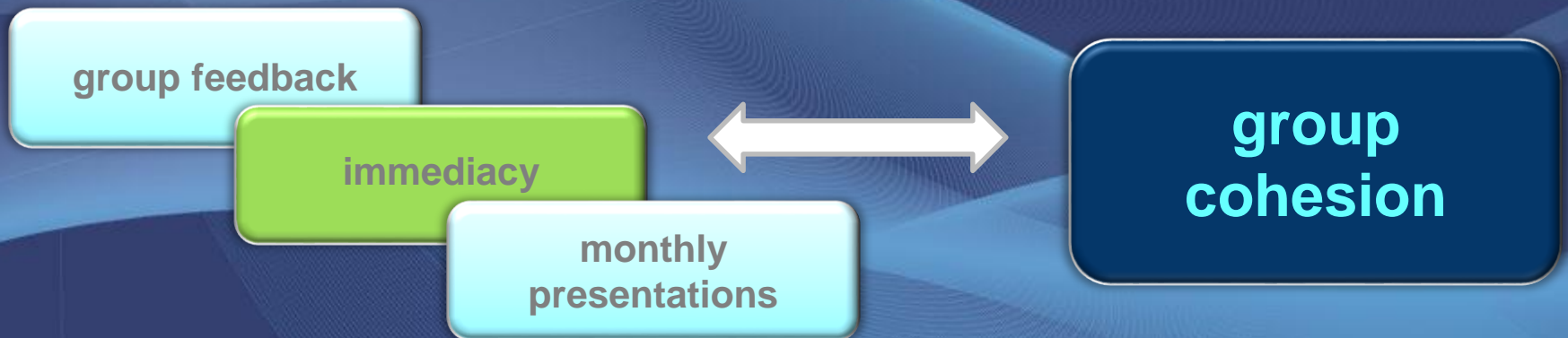
- Supporting team building and cultivating relations
- Self – awareness applied in diverse contexts
- Addressing current issues in relation to lifelong impacts
- Appreciation of reflective practice



# Group Interventions

Addressing underlying currents which might be affecting the performance of the group:

- Unfolding tension through activities
- Allowing students to support each other
- Confronting problems together



# Weekly Staff Meetings

Familiarisation during staff meetings may help in:

- Building up linkages and networking
- Evaluating students – behaviour, skills
- Relaying feedback



# Work Exposure

Main focus during work exposure:

- Getting in touch with future career practices
- Inducing feelings of responsibility
- Giving an additional meaning to education



# LEVEL

1

## Work Exposure:

- 1 visit per semester

## Assessment:

- Rubric
- Powerpoint based on visits
- Reflective journal

visits

# LEVEL

2

## Work Exposure:

- 1 / 2 weeks placement

## Assessment:

- Logbook
- Powerpoint based on placement
- Reflective journal

**placement**

# LEVEL

3

## Work Exposure:

- Apprenticeship
- OR
- 2 / 3 weeks placement

## Assessment:

- Logbook
- Powerpoint based on work experience
- Reflective journal

**work  
experience**