

Personal Development Programmes

Course overview



What are the Personal Development Programmes?

The Personal Development Programmes (PDP) can structure and reward the different activities that learners do in and out of school.

On the course, learners will:

- ✓ learn about their personal qualities
- ✓ complete fun and practical challenges
- ✓ develop their confidence
- ✓ explore different topics of interest

What are the Personal Development Programmes?

There are three awards that can be achieved through the Personal Development Programmes – Bronze, Silver and Gold.

Learners can progress from Bronze to Silver and Gold.



What are the benefits for learners?

- Boost learners' confidence by helping them recognise and develop their personal qualities and abilities
- Empower students by giving them ownership of their learning
- Broaden learners' experiences through a wide range of challenges
- Recognise learners' activities inside and outside of school
- Reward achievement through certification

“ASDAN’s PDP have proven to be a brilliant way of getting our students engaged in learning the core subjects while gaining practical life skills and new experiences.

PDP gives our students the chance to enjoy success in their learning.”

Shelley Evett, ASDAN lead at Inaura School, Somerset

What will learners do?

The PDP student book contains a choice of activity-based challenges across 12 modules.

Learners complete their chosen challenges and develop their personal, social and work-related skills in the process.



What will learners do?

The number of challenges that learners will complete will depend on the programme that they are working towards:



Bronze

60 hours of
challenges

Silver

120 hours of
challenges

Gold

180 hours of
challenges

What topics are covered?

Each module covers a different topic:

1 Communication	7 Health and wellbeing
2 My community	8 World of work
3 Sport and leisure	9 Science and technology
4 Independent living	10 The wider world
5 My environment	11 Expressive arts
6 Number handling	12 Beliefs and values

There is also a **Combined studies** module, which allows learners to mix and match challenges from across modules.

“The variety of PDP challenges provides something of interest for everyone, [the] challenges link to everyday life and the real world, which provides a more realistic backdrop for our young people to see the benefit of undertaking the course.”

Shelley Evett, ASDAN lead at Inaura School, Somerset

What skills will learners develop?

There are **six core skills** that learners will work on throughout the course.



Ability to learn



IT skills



Teamwork



Literacy



Problem solving



Numeracy

What are the requirements?

There are no exams. Learners are required to present a portfolio to show evidence of their achievements. This portfolio will include:

- 1 PDP student book, showing completed challenges
- 2 Supporting evidence for each completed challenge
- 3 Skills sheets, to show they can plan and review their learning
- 4 Skills self-assessment and self-reflection questionnaires
- 5 Personal review, completed in discussion with their tutor
- 6 Record of progress and tutor record

What will learners gain?

Learners can gain ASDAN certification for each completed programme.

This means that each learner can achieve up to three certificates.

These certificates can be shown to colleges, employers and training providers.



“Thanks to the confidence boost he gained from ASDAN’s PDP, Harry has been able to complete his three core GCSEs [and] the Bronze award.

It’s an incredible achievement, we’re so proud of him. He’s now in college learning animal care and doing really well.”

Shelley Evett, ASDAN lead at Inaura School, Somerset