



All-age guidance

Preparing for

Adulthood



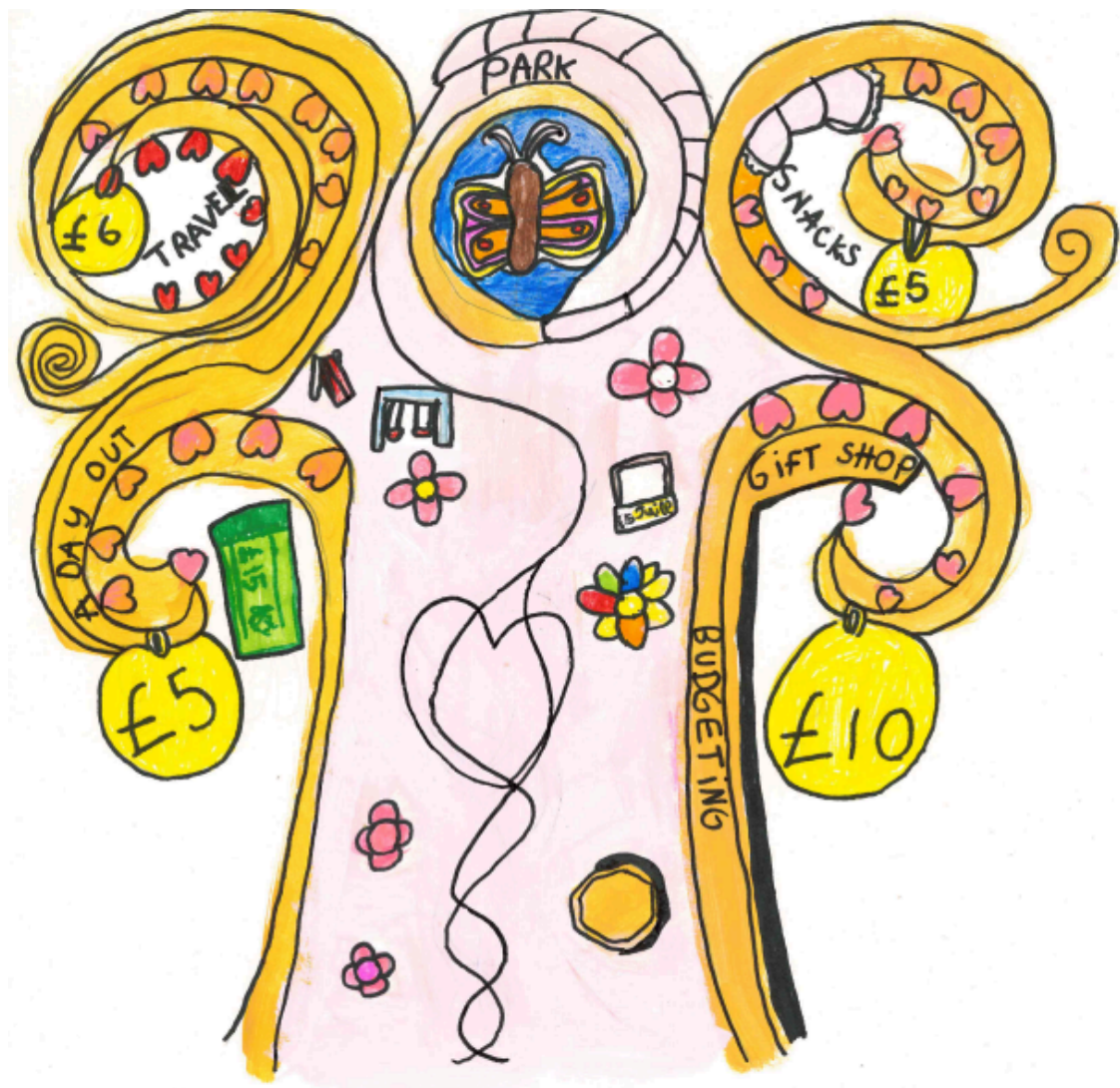
Assessment Book 3

Name: _____

Assessment Point (A.P.) 1 entry date: _____

Assessment Point (A.P.) 2 entry date: _____

Assessment Point (A.P.) 3 entry date: _____



EDUCATION AND EMPLOYMENT

| | | A.P 1 | A.P 2 | A.P 3 |
|-----|---|----------|----------|----------|
| E12 | I can list and explain which personal qualities and academic skills are required for jobs I am interested in | | | |
| E13 | I understand the entry requirements for further education and vocational qualifications | | | |
| E14 | I know which subject options are required for my desired career path | | | |
| E15 | I understand what skills are needed to be successful at work | | | |
| E16 | I can recognise my transferable skills and qualities for work | | | |
| E17 | I can find examples of job opportunities and match them to my strengths and skills | | | |
| E18 | I can explain future options for Higher Education, Training or Employment (including Apprenticeships & Supported Internships) in relation to my own aspirations | | | |
| E19 | I can understand the entry requirements for higher education, apprenticeships and Supported Internships | | | |
| E20 | I can identify any reasonable adjustments that may be needed for me to succeed in a job | | | |

EDUCATION AND EMPLOYMENT

| | | A.P 1 | A.P 2 | A.P 3 |
|-----|---|----------|----------|----------|
| E21 | I can consolidate or finish learning in core subject areas to achieve an award linked to an area of my interest | | | |
| E22 | I understand the interview process | | | |
| E23 | I can complete an application form, personal statement and CV to apply for a job | | | |
| E24 | I can describe my skills and qualities and link them to a job role | | | |
| E25 | I can advocate for myself to receive the necessary reasonable adjustments to succeed in a job | | | |



Evidence for assessment

SELF HELP AND INDEPENDENCE

| | | A.P 1 | A.P 2 | A.P 3 |
|-----|---|----------|----------|----------|
| l13 | I can manage my own personal hygiene, including changes linked to puberty | | | |
| l14 | I can access and use personal hygiene products correctly and safely (e.g. menstrual products, shaving products) | | | |
| l15 | I can travel short distances safely and independently (e.g. to school, local shops) | | | |
| l16 | I can identify and express feelings about my body and emotions to a safe and trusted person | | | |
| l17 | I can budget a small amount of money to pay for a range of purchases on a day out | | | |
| l18 | I can make informed choices about options for the next stage of my education | | | |
| l19 | I can take responsibility for keeping my personal space and belongings clean and tidy | | | |
| l20 | I can independently make safe decisions when with friends, including in unexpected situations | | | |
| l21 | I can plan and budget money, including prioritising purchases appropriately, for up to a week | | | |
| l22 | I can safely and independently travel to school and social activities using a variety of methods | | | |

SELF HELP AND INDEPENDENCE

| | | A.P 1 | A.P 2 | A.P 3 |
|-----|--|----------|----------|----------|
| I23 | I can plan, budget and manage my personal finances, including all bills (e.g. mobile phone) and necessities | | | |
| I24 | I can understand and apply for appropriate benefits and grants e.g. Personal Independence Payments | | | |
| I25 | I can identify different kinds of living arrangements and the benefits and drawbacks of each | | | |
| I26 | I understand and make decisions about my own life, including education, employment, relationships and living arrangements | | | |
| I27 | I can consult with and make use of advice from a range of support services, including healthcare workers, employment advisors, Social Care and education staff | | | |
| I28 | I can manage transitions to new services, settings or jobs safely | | | |

Evidence for assessment

FRIENDS, RELATIONSHIPS AND COMMUNITY INVOLVEMENT

| | | A.P. 1 | A.P 2 | A.P 3 |
|-----|--|-----------|----------|----------|
| C16 | I can understand reasons behind peer conflict and how to deal with uncomfortable situations | | | |
| C17 | I understand different kinds of relationships | | | |
| C18 | I know about and participate in different groups within the community | | | |
| C19 | I can keep myself safe within the community | | | |
| C20 | I know the risks of social media and ways in which to stay safe | | | |
| C21 | I consistently use strategies to keep myself safe on social media and know how to deal with any issues I encounter | | | |
| C22 | I can maintain relationships that are safe and healthy for myself and others | | | |
| C23 | I can keep myself safe in the community and know where and how to seek help if needed | | | |
| C24 | I can manage the change to a new educational setting, including new staff, peers and routines | | | |
| C25 | I know which services are available to me in the community | | | |
| C26 | I can manage my own time and consider a range of factors when prioritising commitments | | | |
| C27 | I can initiate social arrangements with friends and family to maintain relationships outside an education setting | | | |
| C28 | I can access services or any help I may require in the community | | | |

Evidence for assessment

HEALTH AND WELLBEING

| | | A.P. 1 | A.P 2 | A.P 3 |
|-----|---|-----------|----------|----------|
| H6 | I can access the appropriate amount of physical activity for my age every day (according to NHS guidelines) | | | |
| H19 | I can identify and approach safe people to talk to about things I am worried about | | | |
| H20 | I can understand and engage with sex education and know where to find safe and reliable answers to my questions | | | |
| H21 | I understand the effects of a range of substances, including vaping, tobacco, drugs and alcohol | | | |
| H22 | I can recognise the effects of any physical, social or emotional conditions I may have | | | |
| H23 | I can engage with routine immunisations (HPV/tetanus, diphtheria and polio/meningitis) | | | |
| H24 | I can use a range of strategies to independently regulate my emotions | | | |
| H25 | I can identify different roles within healthcare and know which ones I need to access for different needs | | | |
| H26 | I can communicate my own opinions and preferences for my physical and mental health needs and treatment | | | |
| H27 | I can deal appropriately with an emergency medical situation | | | |

HEALTH AND WELLBEING

| | | A.P. 1 | A.P 2 | A.P 3 |
|-----|--|-----------|----------|----------|
| H28 | I can access and engage with my annual health check (if on learning disability register) | | | |
| H29 | I can understand what my GP can help with and how to access this | | | |
| H30 | I can identify the components of a healthy diet and which foods should be limited | | | |
| H31 | I can manage my own health needs and equipment independently with appropriate oversight from a trusted adult | | | |
| H32 | I can make safe and healthy choices around sexual relationships, including accessing advice, protection and treatment if needed | | | |
| H33 | I can understand my legal rights around privacy, choice and consent to medical input and make safe and appropriate decisions based on this | | | |
| H34 | I can access and manage health appointments, using support strategies if needed | | | |
| H35 | I can make safe and informed choices about my own healthcare options and treatments | | | |
| H36 | I can plan and maintain a healthy diet | | | |

Evidence for assessment



This year, I am proud of...



My targets for next year are...



In order to achieve this, I need...