

# PRAESIS UT PROSIS AWARD



*Lead in order to serve*

This document is designed to help you keep a record of your progress towards the Praesis Ut Prosis Award.

Name:

Form:

## The Praesis ut Prosis Award

The Praesis ut Prosis Award seeks to embody the school motto (Lead In Order To Serve), encouraging students to lead and serve within the school and wider community.

In preparation for Post-18 options, the Praesis ut Prosis Award will seek to recognise, develop and enhance experience and achievement in a work-related environment through a variety of activities from the following categories:

<b><i>Work Experience</i></b>	<b><i>Community Volunteering</i></b>
<b><i>In-school Service</i></b>	<b><i>Attendance of Careers and Employability Workshops</i></b>

These activities will take place over the course of Year 12, will be assessed in the Michaelmas Term of Year 13 and will be certificated at Bronze, Silver and Gold level in the Lent Term of Year 13.

The Praesis ut Prosis Award will recognise:

<p><b>1. <u>Examples of Work Experience</u></b></p> <ul style="list-style-type: none"> <li>- A work experience placement</li> <li>- A Headstart course (or similar)</li> </ul> <p><b>Bronze - 20 hours</b>  <b>Silver - 40 hours</b>  <b>Gold - 60 hours</b></p>	<p><b>2. <u>Examples of Community Volunteering</u></b></p> <ul style="list-style-type: none"> <li>- Unpaid work which benefits the community, for example in charity shops, schools, hospitals, hospices, nursing homes etc.</li> <li>- National Citizenship Service</li> </ul> <p><b>Bronze - 10 hours</b>  <b>Silver - 20 hours</b>  <b>Gold - 30 hours</b></p>
<p><b>3. <u>Examples of In-school service</u></b></p> <p><b>Sustained</b> leadership in;</p> <ul style="list-style-type: none"> <li>- Prefect roles</li> <li>- Charity fundraising</li> <li>- InspirUs</li> <li>- Peer mentoring</li> <li>- Leading Assemblies</li> <li>- Presentations at societies and clubs</li> <li>- Running a club / society</li> <li>- Sport, music, drama</li> <li>- CCF</li> <li>- Seward Committee</li> </ul> <p><b>Bronze - 2 activities</b>  <b>Silver - 3 activities</b>  <b>Gold - 4 activities</b></p>	<p><b>4. <u>Attendance of Careers and Employability Workshops</u></b></p> <ul style="list-style-type: none"> <li>- University visits</li> <li>- Employer visits</li> <li>- Lunchtime/ evening talks given in school</li> <li>- University Summer Schools</li> <li>- Taster Days</li> <li>- Careers workshops (CV, applications, UCAS etc)</li> <li>- Appointment with Independent Careers Advisor</li> </ul> <p><b>Bronze - 4 activities</b>  <b>Silver - 8 activities</b>  <b>Gold - 12 activities</b></p>

\*Additional activities may be counted after consultation with Mr Martin, Mrs Gibson and Mrs Boak.

Our expectation is that all Year 12 students will engage with the Praesis ut Prosis Award. Through involvement with this award, students will develop their leadership skills, independence and key transferable, employability skills such as

- communication
- collaboration
- interpersonal skills
- time management
- problem solving
- decision making
- creativity
- reflection
- community and global awareness

Activities and hours should be logged and signed by the activity leader (eg. employer / supervising teacher) and then countersigned by the form teacher, Mrs Hope or member of the Sixth Form team. It is the student's responsibility to reflect on the specific skills developed and to collate relevant and clear evidence in order to achieve the Bronze, Silver or Gold award.

### **Evidence accepted**

- Confirmation on letter-headed paper from employer / organisation or email from the organisation's official email address, alongside reflections logged by the student in the log book.
- Teacher signatures for lunchtime and evening talk / clubs / societies etc
- Reflective comments on activities undertaken.

### **Helpful websites**

<https://vinspired.com/>

<https://www.ncsyes.co.uk/>

<https://nationalcareersservice.direct.gov.uk/>

<https://www.ucas.com/>

<https://www.getingofar.gov.uk/>

<https://icould.com/>

<https://www.notgoingtouni.co.uk/>

<https://www.prospects.ac.uk/>

<https://www.allaboutschoolleavers.co.uk/>

<https://www.getmyfirstjob.co.uk/>

## Section 1 - Work Experience

<u>Place</u>	<u>Dates</u>	<u>Hours</u>	<u>Verified</u>	<u>Reflections/comments</u>

## Section 2 – Community Volunteering

<u>Place</u>	<u>Dates</u>	<u>Hours</u>	<u>Verified</u>	<u>Reflections/comments</u>









