

# Personal Development Programmes



ASDAN's flagship Personal Development Programmes (PDP) have been used by centres for more than 20 years. They are suitable for use in all educational settings and pitched at learners aged 11–16 working at Entry level 3 to Level 1.

## Three programmes

### Bronze

- 60 hours of challenges
- 3 Bronze skills sheets

### Silver

- 120 hours of challenges (60 from Bronze)
- 3 Silver skills sheets + 3 Bronze skills sheets

### Gold

- 180 hours of challenges (120 from Bronze and Silver)
- 3 Gold skills sheets + 3 Silver skills sheets + 3 Bronze skills sheets

## One curriculum

Learners choose challenges from the PDP student book, which comprises 192 challenges from 12 modules:

- Communication
- My community
- Sport and leisure
- Independent living
- My environment
- Number handling
- Health and wellbeing
- World of work
- Science and technology
- The wider world
- Expressive arts
- Beliefs and values

As well as a **Combined studies** module, which allows learners to mix and match challenges across modules.



## Six core skills

The challenges will develop learners' personal, social and work-related skills:

- 🧠 Ability to learn
- 👥 Teamwork
- ⚙️ Problem solving
- 💻 IT skills
- 🗣️ Literacy
- 📊 Numeracy

## Six key requirements

Learners must present a portfolio to demonstrate evidence of their achievements, containing:

- 1 A completed **PDP student book**
- 2 **Supporting evidence** for each challenge
- 3 The correct number and type of **skills sheets**
- 4 **Skills self-assessment** and **self-reflection**
- 5 **Personal review**
- 6 **Record of progress** and **tutor record**

## 60+ supporting resources

Free resources to support tutors and learners are available, including:

- introductory presentations
- tutor guides
- how-to guides for learners
- templates and worksheets

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## Step-by-step guide to implementing ASDAN Personal Development Programmes in your centre



### Become an ASDAN member

- Sign up with ASDAN for Programmes Plus membership.



### Buy student books

- Purchase student books from the members' area of the ASDAN website.
- Each learner will need their own copy of the student book. A plain text version is available to meet accessibility needs.



### Deliver the programmes to your learners

- Support learners to complete challenges and build their portfolios.
- Make use of the supporting resources, available from the members' area of the ASDAN website.



### Internally moderate portfolios

- Check that learners have met the requirements of their chosen programme.
- Make use of the moderation checklists, available from the members' area of the ASDAN website.



### Submit learners for external moderation

- Arrange an external moderation with ASDAN – this can be carried out by post or at regional meetings.
- Enter learner details in the members' area of the ASDAN website.
- ASDAN will request a sample of portfolios to be submitted for external moderation.



### Present certificates to your learners

- Celebrate your learners' achievements and reflect on their successes.

### Access training and support from ASDAN

- Training to deliver PDP is available through introductory workshops, webinars and INSET.
- ASDAN members can also access support via their Regional Relationship Manager.