

21ST CENTURY COMPETENCIES FRAMEWORK

Each term is 12 weeks

Duration/Level	K7 / Sec 1	K8 / Sec 2	K9 / Sec 3	K10 / Sec 4	K11 / JC 1	K12 / JC 2
Term 1	Wellness 101 <ul style="list-style-type: none"> Mental and Physical Health Misconceptions Risk and Protective Factors 	Mental Health Literacy (A) <ul style="list-style-type: none"> Basics Then and Now 	University 101 (A) <ul style="list-style-type: none"> Expectations Finding the Right Fit Types of Universities and Course 	General Applications (A) <ul style="list-style-type: none"> Academic Portfolio Personal Branding School Selection Choosing Referees 	Scholarships (A) <ul style="list-style-type: none"> Academic Portfolio Personal Branding Scholarship Selection Choosing Referees 	UK/US Applications (A) <ul style="list-style-type: none"> Academic Portfolio Personal Branding Choosing Referees
Term 2	Self-Care <ul style="list-style-type: none"> Basics The 5 Aspects 	Mental Health Literacy (B) <ul style="list-style-type: none"> Common Concerns Management & Prevention 	University 101 (B) <ul style="list-style-type: none"> Considerations for a Gap Year Application Planning 	General Applications (B) <ul style="list-style-type: none"> Personal Statement Interview Preparation 	Scholarships (B) <ul style="list-style-type: none"> Personal Statement Interview Preparation 	UK/US Applications (B) <ul style="list-style-type: none"> School Selection
Term 3	Mindfulness <ul style="list-style-type: none"> Self-awareness Daily Practice 	Career Foundation 101 (A) <ul style="list-style-type: none"> Goal Setting Networking 	Personality Profiling <ul style="list-style-type: none"> Importance Profiling Tool 	Digital Skills <ul style="list-style-type: none"> Gen AI for Research & Project Work 	Personal Branding <ul style="list-style-type: none"> Brand Statement Online and Offline Presence 	UK/US Applications (C) <ul style="list-style-type: none"> Personal Statement Interview Preparation
Term 4	Care for Others <ul style="list-style-type: none"> The World Around Us How to Care for Others Boundaries 	Career Foundation 101 (B) <ul style="list-style-type: none"> Beyond Salary and Prestige When and How to Apply for a Job 	Communication Skills <ul style="list-style-type: none"> Listening Skills Emotional Intelligence Feedback 	Leadership and Teamwork <ul style="list-style-type: none"> Effective Approaches Team Characteristics Impact of Leadership on Teamwork 	Critical Thinking <ul style="list-style-type: none"> Framing and Solving Problems Being Adaptive and Inventive 	Resume and Interview <ul style="list-style-type: none"> Crafting CVs and Cover Letters Interview Techniques

Modular and customisable to your school's specific needs and goals. Fill gaps or enhance offerings.