

**TAKE THE  
PLEDGE8**

**Personal Development  
My Pledge**



**Reading Girls' School**

**Participa8!**

**Student Name** \_\_\_\_\_

**Academic Mentoring Group:** \_\_\_\_\_

**Mentor Name:** \_\_\_\_\_

# TAKE THE PLEDGE

	Pledge description	Planned time for completion	Completed ✓
1	Regularly attend an after-school activity		
2	Represent RGS in a sporting, cultural or academic event		
3	Attend a trip/event including residential experiences		
4	Take part in a RGS production or community event		
5	Play an active part in a charity event		
6	Take part in a formal presentation to an audience		
7	Champion your house – be a team player		
8	Play an active role in the sustainability and support of our environment		

**Earn your stipes (badge)!**

**Bronze Pledge**

**Silver Pledge**

**Gold Pledge**

*Complete each Pledge:* **Once**

**Twice**

**Three times**



**Task 1 My current skills and strengths:**

**Task 1 The skills and strengths I wish to develop further are:**



## **Self-Reflection**

**Task 2 The activities I have taken part in this year:**

**My to do list:**

Task 1: RAG rate your skills creating a key e.g., green for the areas you are confident in, orange for further development but some experience, red for an area to work upon.

# KNOWING YOUR SKILLS AND STRENGTHS

## Skills and strengths

When writing your application, it can be useful to have a list of words that you feel comfortable in using to describe yourself. The following list can be a good starting point. Try highlighting or ticking any of the words that you feel apply to yourself.

Accurate <input type="checkbox"/>	Desire to succeed <input type="checkbox"/>	Impressive <input type="checkbox"/>	Perseverant <input type="checkbox"/>
Adaptable <input type="checkbox"/>	Determined <input type="checkbox"/>	Inclusive <input type="checkbox"/>	Polite <input type="checkbox"/>
Ambitious <input type="checkbox"/>	Diplomatic <input type="checkbox"/>	Independent <input type="checkbox"/>	Positive <input type="checkbox"/>
Analytical <input type="checkbox"/>	Drive <input type="checkbox"/>	Initiative <input type="checkbox"/>	Practical <input type="checkbox"/>
Approachable <input type="checkbox"/>	Dynamic <input type="checkbox"/>	Innovative <input type="checkbox"/>	Pro active <input type="checkbox"/>
Articulate <input type="checkbox"/>	Educated <input type="checkbox"/>	Inquisitive <input type="checkbox"/>	Punctual <input type="checkbox"/>
Assertive <input type="checkbox"/>	Effective <input type="checkbox"/>	Insightful <input type="checkbox"/>	Rapport-building <input type="checkbox"/>
Astute <input type="checkbox"/>	Efficient <input type="checkbox"/>	Intelligent <input type="checkbox"/>	Rational <input type="checkbox"/>
Calm <input type="checkbox"/>	Energetic <input type="checkbox"/>	Interpersonal skills <input type="checkbox"/>	Reflective <input type="checkbox"/>
Capable <input type="checkbox"/>	Enjoy a challenge <input type="checkbox"/>	Intuitive <input type="checkbox"/>	Reliable <input type="checkbox"/>
Committed <input type="checkbox"/>	Enthusiastic <input type="checkbox"/>	Inventive <input type="checkbox"/>	Resilient <input type="checkbox"/>
Compassionate <input type="checkbox"/>	Fast learner <input type="checkbox"/>	Keen <input type="checkbox"/>	Resourceful <input type="checkbox"/>
Competent <input type="checkbox"/>	Fast worker <input type="checkbox"/>	Knowledgeable <input type="checkbox"/>	Respectful <input type="checkbox"/>
Computer literate <input type="checkbox"/>	Flexible <input type="checkbox"/>	Leadership skills <input type="checkbox"/>	Responsible <input type="checkbox"/>
Confident <input type="checkbox"/>	Focused <input type="checkbox"/>	Loyal <input type="checkbox"/>	Supportive <input type="checkbox"/>
Consistent <input type="checkbox"/>	Friendly <input type="checkbox"/>	Mature <input type="checkbox"/>	Tactful <input type="checkbox"/>
Cooperative <input type="checkbox"/>	Good communicator <input type="checkbox"/>	Methodical <input type="checkbox"/>	Team player <input type="checkbox"/>
Cope under pressure <input type="checkbox"/>	Hardworking <input type="checkbox"/>	Objective <input type="checkbox"/>	Tenacious <input type="checkbox"/>
Creative <input type="checkbox"/>	Helpful <input type="checkbox"/>	Open-minded <input type="checkbox"/>	Thorough <input type="checkbox"/>
Curious <input type="checkbox"/>	Highly motivated <input type="checkbox"/>	Organised <input type="checkbox"/>	Trustworthy <input type="checkbox"/>
Dedicated <input type="checkbox"/>	Honest <input type="checkbox"/>	Patient <input type="checkbox"/>	Versatile <input type="checkbox"/>
Dependable <input type="checkbox"/>	Imaginative <input type="checkbox"/>	Perceptive <input type="checkbox"/>	Willing <input type="checkbox"/>



Task 2: Reflect upon the extra-curricular (ECAs) activities you have been part of since your time at RGS and the skills you have gained from these. Review the ECA timetable for this half term and identify the clubs you are going to participate in.

## ACTIVITIES YOU HAVE BEEN INVOLVED IN

On application forms, in covering letters, in your CV and during the interview process, it is important to talk about your skills. Talking about hobbies and extracurricular activities is a good way to show what skills and experience you have, especially if you don't have any work experience. Here are some examples of which skills different hobbies can demonstrate.



### Art/Photography

Creativity, eye for detail, passion, patience, idea development.



### Comedy

Initiative, resilience, creativity, idea development, humour, confidence.



### Cooking

Creativity, attention to detail, patience, self-expression, multi-tasking, fast-paced decision making.



### Dance

Creativity, dedication, perseverance, motivation, resilience, discipline, confidence.



### Drama

Confidence, self-awareness, presentation skills, dedication, resilience, teamwork, communication skills, creativity.



### Gaming

Communication, analytical skills, resourcefulness, adaptability, technical skills, problem solving.



### Make-up, beauty, fashion

Creativity, following trends, research; techniques, interpersonal skills, confidence, attention to detail.



### Music

Dedication, creativity, teamwork, perseverance, memory, listening, collaboration, confidence.



### Pet ownership

Dedication, responsibility, care, patience, time management.



### Puzzles

Strategy, logic, determination, analytical skills, problem solving, perseverance.



### Reading

Imagination, empathy, creativity, attentiveness.



### Scouts/Guides

Initiative, teambuilding, confidence, leadership, communication, problem solving.



### Social media

Presentation skills, audience awareness, self-awareness, interpersonal skills.



### Socialising

Communication, interpersonal skills, planning, rapport building.



### Sports/fitness

Motivation, communication, passion, dedication, teamwork, leadership, time management, competitiveness.



### Volunteering

Motivation, passion, dedication, communication, interpersonal skills, networking, sense of community, empathy.

# Top 10 employability skills



## KEY

HOW YOU WORK

HOW YOU WORK WITH OTHERS

HOW YOU THINK

SHOW ALL

## NUMERACY AND IT SKILLS

10

- use numbers and data to support your work and obtain meaningful information
- apply your valuable IT skills

### HOW I CAN DEVELOP THESE SKILLS:

- use numerical evidence in a science practical, STEM project or business idea
- help your family with budgeting or other money decisions
- learn new IT skills such as coding

## USING INITIATIVE AND BEING SELF-MOTIVATED

1

- follow instructions, making sure you do not always have to be told what to do and when
- put forward your own ideas
- see something through to the end, and not be put off by setbacks

### HOW I CAN DEVELOP THESE SKILLS:

- finish work without being asked
- work without help – but know when to ask for it
- suggest new ideas

## PROBLEM SOLVING SKILLS

9

- identify key issues in a problem
- use your knowledge and experience when tackling problems
- develop and test possible solutions

### HOW I CAN DEVELOP THESE SKILLS:

- design objects and materials in design and technology
- plan a STEM Club project
- analyse results in maths or science
- evaluate evidence in science or humanities

## ORGANISATIONAL SKILLS

2

- plan your work to meet deadlines and targets
- organise your own time and coordinate with others
- monitor and adjust the progress of your work to stay on track

### HOW I CAN DEVELOP THESE SKILLS:

- help organise an event or project
- plan your revision timetable
- calmly change plans if you run out of time, or something unexpected happens

## VALUING DIVERSITY AND DIFFERENCE

8

- respect others
- value the skills and experience that different people have
- show consideration for the needs of different people

### HOW I CAN DEVELOP THESE SKILLS:

- work with people who have different skills
- make sure everyone is involved in conversations and activities

## WORKING UNDER PRESSURE AND TO DEADLINES

3

- meet deadlines and targets
- handle the pressure that comes with meeting deadlines and targets
- ensure that you are seen as a reliable person

### HOW I CAN DEVELOP THESE SKILLS:

- finish work before the deadline, using that time to check and improve it
- plan and make the most of available time
- prioritise your commitments inside and outside school or college

## ABILITY TO LEARN AND ADAPT

4

- learn new things
- learn from successes and failures
- adapt and do things better

### HOW I CAN DEVELOP THESE SKILLS:

- think how to make your work even better
- put yourself forward when there are chances to learn new skills
- share your ideas and use feedback to improve your work

## NEGOTIATION SKILLS

7

- think about what you and others want and need
- 'give and take' fairly when working with others

### HOW I CAN DEVELOP THESE SKILLS:

- look for ideas that benefit others as well as yourself
- carry out a school/college enterprise or STEM project that involves agreeing prices
- ask a favour of someone, supported by offering something in return

## COMMUNICATION AND INTERPERSONAL SKILLS

5

- explain and present what you mean clearly, whether written or verbal
- do your best to understand others

### HOW I CAN DEVELOP THESE SKILLS:

- do a presentation or speak with an audience
- take part in debates
- give instructions to others

## TEAMWORK

6

- understand how you and others work best together
- get things done when working with people with different skills, backgrounds and personalities

### HOW I CAN DEVELOP THESE SKILLS:

- plan ahead when working with others
- take account of how your team are feeling when you work together

# TAKE THE PLEDGE

**Pledge 1: Regularly attend an after-school activity for one term. This can be two half terms of different clubs.**

Why is this beneficial: Being part of a club outside the curriculum develops so many different skills which are essential for later life, including within future careers. The list of skills you develop is enormous but to name a few; teamwork, leadership, communication skills including presenting to others, commitment, patience, discipline, organisation and confidence.

Taking part in different activities allows you to develop different hobbies and interests which will lead to you meeting new people, expanding your social circle and providing a range of skills and activities you can do as part of your *time for me* tool kit.

Examples: Check out the half termly ECA timetable which is published in the weekly newsletter and is linked to the form time weekly bulletin. You will also find it displayed around the school.

My original thoughts:

My plan:

Evaluation: How did it go? What was the outcome?

What did you experience and learn whilst completing this Pledge?

Future thoughts:

Sign off (by a member of staff/adult involved)

Share your success! Parent/carers signature:

# TAKE THE PLEDGE

## Pledge 2: Represent RGS in a sporting, cultural or academic event

Why is this beneficial: This pledge links very closely to pledge 1. Representing the school in sports, performing arts or academically will lead to you developing heaps of skills that will benefit you personally. Additionally, these experiences will make you stand out from the crowd when it comes to further education applications including college, apprenticeship and universities as well as when it comes to applying for jobs. It is a win win all around and with so many opportunities at RGS its one that really can't be missed.

Examples: Check out the half termly ECA timetable which is published in the weekly newsletter and is linked to the form time weekly bulletin. Additional opportunities will be advertised through the weekly bulletin- don't miss out!

My original thoughts:

My plan:

Evaluation: How did it go? What was the outcome?

What did you experience and learn whilst completing this Pledge?

Future thoughts:

Sign off (by a member of staff/adult involved)

Share your success! Parent/carers signature:



# TAKE THE PLEDGE

## **Pledge 3: Attend a trip/event including residential experiences**

Why is this beneficial: Not only will you have an amazing time but its also a great way of seeing what's out there and broaden your horizons in terms of what's on offer outside of RGS, outside of Reading and even outside of England. All of these experiences lead to personal development and may provide the light bulb moment of what you may wish to do in your future.

Examples: Subject based trips, sporting event, cultural event, theatre trip, international trip and DofE. There will be opportunities across subject areas which will be promoted through clubs, within lessons and on the weekly bulletin. Keep your eyes peeled and take the opportunities when they come.

My original thoughts:

My plan:

Evaluation: How did it go? What was the outcome?

What did you experience and learn whilst completing this Pledge?

Future thoughts:

Sign off (by a member of staff/adult involved)

Share your success! Parent/carers signature:

# TAKE THE PLEDGE

## Pledge 4: Take part in a RGS production or community event

Why is this beneficial: One thing that makes this school unique is the feeling of community amongst the school, showcased by events within the school calendar. To name a few: the school production, Black History month showcase, Culture Day, the Christmas and Summer Showcase. These are the types of opportunities where memories are formed for you and everyone involved. You will also gain lots of personal skills along the way such as confidence, organisation, team work and communication skills.

Examples: School production, Black History month showcase, Culture Day, the Christmas Showcase and Summer Showcase.

My original thoughts:

My plan:

Evaluation: How did it go? What was the outcome?

What did you experience and learn whilst completing this Pledge?

Future thoughts:

Signed off (by a member of staff/adult involved)

Share your success! Parent/carers signature:

# TAKE THE PLEDGE

## Pledge 5: Play an active part in a charity event

Why is this beneficial: There are a variety of fund-raising events that take place throughout the academic year, from the Christmas jumper save the children £1 donation, food bank appeals to the selling of Cultural food on Culture Day. To gain this Pledge you need to play an active role within one of these events rather than just donate as part of the event. For example, as part of the form rep role you could lead on the promotion of a whole school event within your form ensuring everyone participates, or your form could host an event as a group or create a campaign to raise awareness within a certain area.

*All event proposals need to be agreed by Miss Shephard in advance.*

Examples: Making food for cultural day, completing a sponsored event as a form group.

My original thoughts:

My plan:

Evaluation: How did it go? What was the outcome?

What did you experience and learn whilst completing this Pledge?

Future thoughts:

Signed off (by a member of staff/adult involved)

Share your success! Parent/carers signature:

# TAKE THE PLEDGE

## Pledge 6: Take part in a formal presentation to an audience

Why is this beneficial: Within your futures, including within the work place, you will be in many situations where you will be presenting to an audience or leading a group of people. This could be within your team where you may be managing or presenting an idea to be considered. Gaining this experience, and building your confidence, to stand up in front of a group and present is key, and school is a safe space and a great place to gain these first experiences and build up your confidence.

Examples: Presenting during an assembly, presenting during a parents information evening, presenting a high-quality news item within form time.

My original thoughts:

My plan:

Evaluation: How did it go? What was the outcome?

What did you experience and learn whilst completing this Pledge?

Future thoughts:

Signed off (by a member of staff/adult involved)

Share your success! Parent/carers signature:

# TAKE THE PLEDGE

## **Pledge 7: Champion your House- be a team player**

Why is this beneficial: Two of the many reasons the House system was introduced at RGS was to create another RGS family for people to belong to and to provide further opportunities for student enrichment and personal development. As the House system becomes firmly embedded into our school and culture so will the feeling of House pride and sense of belonging to your House families. To gain these benefits there is only one thing you need to do, get involved with all of the great events that come your way.

Examples: As per the school House calendar including department based events, inter form events and whole school events such as sports day.

My original thoughts:

My plan:

Evaluation: How did it go? What was the outcome?

What did you experience and learn whilst completing this Pledge?

Future thoughts:

Signed off (by a member of staff/adult involved)

Share your success! Parent/carers signature:



# TAKE THE PLEDGE

## **Pledge 8: Play an active role in sustainability and support of our school environment and culture**

Why is this beneficial: Our school environment, be it the physical building and the environment within, is one reason why our school is such a special place. As we are all aware, environments need to be maintained and if neglected can quickly deteriorate. To sustain an environment each and every person needs to play their role to support it. This takes place through our daily interactions, such as ensuring we use kindness and consideration towards others, and by looking after our physical environment and leave the spaces we use clean and tidy for others.

To gain this Pledge however, there is a need for members of our community to go further than the daily interactions and to have an impact on a greater scale in the sustainability and support of our school environment and culture.

Examples: Become a form prefect contributing to student voice, become a member of the SSLT team and prefect system, represent a subject during open evening, volunteer for a days litter picking duty, be involved in one of our environmental initiatives.

My original thoughts:

My plan:

Evaluation: How did it go? What was the outcome?

What did you experience and learn whilst completing this Pledge?

Future thoughts:

Signed off (by a member of staff/adult involved)

Share your success! Parent/carers signature:

Sl. No.	Name of the Candidate	Roll No.	Grade	Subject	Score	Remarks
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