

Dear Sixth Form students and their families,

We are delighted to introduce the **Pathfinder 50 Challenge**, a list of 50 activities for students to complete during their time at Pathfinder Sixth Form.

The challenges are designed to help students develop the practical skills, confidence and independence they will need for adulthood. They cover important areas such as employment, independent living, money management, travel, health and wellbeing, and personal development.

Students do not need to complete the challenges in order. Some will be completed at school, while others may be achieved at home, during work experience or within the local community.

Students should keep evidence of their achievements wherever possible. This could include:

- Photographs
- Videos
- Completed documents or certificates
- Screenshots
- Receipts or tickets
- A short written reflection
- A signature or comment from a parent, member of staff, employer or trusted adult

Please support and encourage your young person to take part in suitable challenges at home and in the community. Every completed challenge represents an important step towards greater confidence and independence.

Kind regards,

Rebecca Cherry

Grange Academy Pathfinder Sixth Form



50

Things to do before you finish Sixth Form

Preparation for adulthood challenge

Complete these challenges during your time at Pathfinder Sixth Form. Add the date and ask a member of staff, employer or trusted adult to initial each achievement.

STUDENT NAME

START DATE

EMPLOYABILITY

Prepare for the world of work

Challenge	Date	Initials
☐ 1. Create or update your CV.		
☐ 2. Complete a job application form.		
☐ 3. Take part in a mock interview.		
☐ 4. Complete a period of work experience.		
☐ 5. Search for suitable jobs or apprenticeships online.		
☐ 6. Write and send a professional email.		
☐ 7. Attend a careers event or employer talk.		
☐ 8. Speak to an employer about a job role.		
☐ 9. Identify the skills and qualifications needed for a career.		
☐ 10. Set a realistic personal career goal.		

INDEPENDENT LIVING

Build confidence at home

Challenge	Date	Initials
☐ 11. Cook a meal from scratch.		
☐ 12. Prepare your own packed lunch.		
☐ 13. Wash, dry and fold a load of laundry independently.		
☐ 14. Iron an item of clothing safely.		
☐ 15. Change your bedding independently.		
☐ 16. Clean and organise your room.		
☐ 17. Find a recipe online and follow it independently.		
☐ 18. Create a shopping list for several meals.		
☐ 19. Complete a weekly food shop independently.		
☐ 20. Unpack your weekly food shop independently.		

MONEY MANAGEMENT

Make informed financial choices

Challenge	Date	Initials
☐ 21. Create a realistic weekly budget.		
☐ 22. Check the change you should receive when paying with cash.		
☐ 23. Use a debit card safely.		
☐ 24. Read and understand a bank statement.		
☐ 25. Identify the key information on a pay slip.		
☐ 26. Research the typical costs of renting a home.		
☐ 27. Complete a shopping challenge within a set budget.		
☐ 28. Save towards a personal goal.		

TRAVEL & COMMUNITY

Become more independent in your local area

Challenge	Date	Initials
☐ 29. Plan a journey using public transport.		
☐ 30. Travel to a new location independently or with agreed support.		
☐ 31. Read a bus or train timetable.		
☐ 32. Use a map or navigation app to follow a route.		
☐ 33. Find out what a local community service offers.		
☐ 34. Volunteer or help at a community activity.		
☐ 35. Practise making an appointment by phone or in person.		

HEALTH & WELLBEING

Look after your body and mind

Challenge	Date	Initials
☐ 37. Complete at least 30 minutes of physical activity.		
☐ 38. Try a new sport or physical activity.		
☐ 39. Plan a balanced day of meals and drinks.		
☐ 40. Learn and practise a basic first-aid skill.		
☐ 41. Explain what to do in an emergency.		
☐ 42. Create a personal wellbeing toolkit or plan.		
☐ 43. Identify trusted people and services that can support you.		

PERSONAL DEVELOPMENT

Grow in confidence and responsibility

Challenge	Date	Initials
☐ 44. Join a club, group or organised activity.		
☐ 45. Give a short presentation to other people.		
☐ 46. Help to organise a social activity or event.		
☐ 47. Resolve a disagreement respectfully.		
☐ 48. Complete an act of kindness without being asked.		
☐ 49. Take responsibility for a regular task.		
☐ 50. Reflect on and celebrate an achievement from sixth form.		