



*Strands*

	Welcome back & goal setting		
	Study skills		
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	Preparing for mocks and managing stress		
	Managing stress & building resilience		
	Long term effects of drug abuse		
	Self-examination		
	Black History Month		

	Action Steps		
	How are you doing?		
	Careers Ideas		
	Qualifications		
	Qualifications and Equivalents		
	Apprenticeships		

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