



**Oakwood Academy**  
A Visual Arts, Technology & Sports College

# Personal Development Home Learning

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By Mrs L Cohen

# Basic Learning in Personal Development

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The purpose of Personal Development is to:

- To foster independence and life skills for the future
- To provide further opportunities for young people which contribute towards developing well rounded, responsible young citizens
- To develop understanding of one's own unique development (both strengths and areas for improvement)

# Learning Task 1 - PD

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- What situations make people anxious/stressed? See how many you can come up with
- OR
- Create a poster advising people how to cope when they are stressed
- WHY? Stress is an everyday feeling that most people experience at some point. By identify triggers and how to deal with stress, it can be managed successfully



# Learning Task 2 - PD

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- Design a perfect friend
- OR
- Create a recipe for the best relationship ever
- WHY? It is important to be the type of friend that you would like to have. By identifying qualities you would like your friends to have can help you be a good friend too.



# Learning Task 3 - PD

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- Research your dream job
- OR
- Create a C.V ready for when you apply for jobs
- WHY? Having high hopes and aspirations are the driving force for many people. Many jobs are not what people think. Learn about what your ideal job is and then decide if it is still the perfect job for you

