LEARNING FOR LIFE AND WORK, PERSONAL DEVELOPMENT – RESOURCE CD SAMPLES

This PDF contains samples of the material available on this resource CD, in the following order:

3 samples of: Entry Level Qualification worksheets
This resource consists of specially adapted handouts and revision worksheets, helping to prepare ELQ candidates for assessment. The tasks set and language used are similar to those in the examination, helping students to become familiar with what is expected of them. These worksheets are similar in format to the Handouts to support the text and may be useful for a mixed ability class. As with the other handouts, they can be issued to students individually or as a booklet.

1 sample of: Fact sheets
These sheets contain key facts from the textbook. They are designed to help students learn key facts when preparing for their examination, or as a source of information for controlled assessment tasks.

5 samples of: Handouts to support the text
These handouts follow the textbook, chapter by chapter. They are designed to supplement the activities in the book or to give an alternative student activity. These worksheets contain a range of activities to suit different learning styles and abilities. They could be given to students as individual sheets, perhaps for a homework task, or photocopied as a student workbook to form the basis of a series of lessons.

3 samples of: Revision worksheets
These worksheets also follow the chapters in the textbook and can be used as individual sheets or compiled as a booklet. This resource is designed to help students revise in preparation for their examination. Many of the tasks are similar in style to GCSE questions and may use the same ‘trigger words’.

Also on the CD are some Photograph Resources, which are not in the samples for copyright reasons. These are for projection onto a screen. They may be useful as a lesson introduction or discussion starter. Suggested discussion questions are given for each topic.

Rights Granted and Copyright:
This CD is sold on the condition that its contents are used strictly within one school / educational establishment. Copying the contents of the CD or otherwise distributing the files is strictly prohibited.
Read the source in the box below and answer the questions which follow:

WARNING: SMOKING KILLS!
WARNING: SMOKING DURING PREGNANCY CAN HARM YOUR BABY
WARNING: CIGARETTES CAUSE FATAL LUNG DISEASE
WARNING: CIGARETTES CAUSE CANCER

(a) Write down three ways cigarettes can be harmful.

1. ____________________________

2. ____________________________

3. ____________________________

(b) Read the sentences below. Tick the correct box to show if you think the sentences are true or false.

1. Cigarettes are harmful to health.  
   True  False

2. Cigarette smoking is not addictive.  
   True  False

3. Smoking is a good way to cope with stress.  
   True  False

4. Cigarettes can cause skin damage and bad breath.  
   True  False

5. Smoking is banned in public places in Northern Ireland.  
   True  False

6. Passive smoking is not dangerous.  
   True  False
Read the source in the box below and answer the questions which follow:

Positive risk-taking can mean –
• Trying something new
• An exciting sport

Negative risk-taking can mean –
• Crime
• Drinking and taking drugs

(a) Write down two good points about taking risks

Good point
1. 

Good point
2. 

(b) Write down two bad points about taking risks.

Bad point
1. 

Bad point
2. 

Write down one good point and one bad point about buying your own home.

**Good point**

1. ________________________________

**Bad point**

2. ________________________________

Write down one good point and one bad point about renting.

**Good point**

1. ________________________________

**Bad point**

2. ________________________________
135 teenage drivers were killed on the roads in 2007, another 1000 were seriously injured and 10,000 slightly injured.

One in five drivers has an accident in the first year of driving.

Nearly 15,000 teenage passengers were casualties in road accidents in 2006. 167 were killed. Many of these would have been in cars driven by teenage drivers.

Teenage females of driving age are 33% more likely to be killed or seriously injured while travelling as passengers than as drivers. Males of the same age are 50% more likely to be killed as drivers than passengers.

Young drink drivers are hugely more at risk than those who are older.

Of the 9,040 drink drive accidents in 2007, over 3,000 involve a driver under 25.

Against a national average of 25 drink drive accidents per 100,000 registered drivers, young drivers record over 70.

The table below lists the most commonly used illegal drugs, arranged in order, with cannabis being the most widely used.

Use page 23 of *Personal Development* to fill in the rest of the table, stating the street name, appearance, how it is taken, effects and dangers of each drug.

<table>
<thead>
<tr>
<th>DRUG</th>
<th>STREET NAME</th>
<th>APPEARANCE</th>
<th>HOW IT IS TAKEN</th>
<th>EFFECTS</th>
<th>DANGERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>CANNABIS/MARIJUANA</td>
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<td>COCAINE</td>
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<td>ECSTASY</td>
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<td>LSD</td>
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<td>AMPHETAMINES</td>
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<td>HEROIN</td>
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**PEER PRESSURE**

*What is it?*
Your peers are people the same as you in age and status. Peer pressure’s when you do something because they’ve persuaded you to, or because everyone else is doing it and you’re afraid you’ll look like a sap if you don’t join in.

*Is it a bad thing?*
You can learn a lot from your peers. They can help you develop your talents and give you support and motivation to succeed. On the other hand, people often end up doing stuff that’s bad for them because of the influence of peer pressure, like smoking, skiving or shoplifting.

*Why do people give in to peer pressure?*
Most people like to fit in and it’s hard being the only one doing something different. Sometimes people are worried they’ll be picked on if they don’t go with the crowd, or they’ll lose their friends. Other times people do stuff because they think their friends will like them more, or because their mates are doing it, so it seems normal.

*Peer Pressure*, BBC Advice, http://www.bbc.co.uk/radio1/advice/factfile_az/peer_pressure

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Answer the following questions, using information from the article and your own knowledge:

1. **Explain how friends can have an effect on a young person’s self-confidence and self-esteem.**

   ——
   ——
   ——
   ——
   ——
   ——
Breaking the law and being anti-social in the community involves negative risk and negative consequences, for both the person involved and local residents.

Think about the effects of crime and anti-social behaviour and write down as many as you can think of in the spider diagram below.
INTERNET USE LINKED TO DEPRESSION, SAYS STUDY

There is a strong link between heavy Internet use and depression, UK psychologists have said. The study, reported in the journal Psychopathology, found 1.2% of people surveyed were “Internet addicts”, and many of these were depressed.

The Leeds University team stressed they could not say one necessarily caused the other, and that most Internet users did not suffer mental health problems. The conclusions were based on 1,319 responses to an on-line questionnaire.

Recruitment was via links on social networking sites. People were asked how much they used the Internet and for what purposes. They were also asked a series of questions to assess whether they suffered from depression.

The respondents were aged 16 to 51, with an average age of 21.

The authors found that a small number of users had developed a compulsive Internet habit, replacing real life social interaction with online chat rooms and social networking sites. They classed 18 respondents – 1.2% of the total – as “Internet addicts”. This group spent proportionately more time on sex, gambling and online community websites.

Think about the advantages of using cash and the advantages of using credit. Write down as many as you can think of in the diagrams below.
1. What is meant by self-confidence?

____________________________________________________________________________________

2. What is meant by self-esteem?

____________________________________________________________________________________

3. List and explain some of the factors that can have an influence on a person’s self-confidence and self-esteem.

(i) ________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

(ii) ________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
13: UNDERSTANDING THE ROLES AND RESPONSIBILITIES OF PARENTING

EMOTIONAL ISSUES

1. Name two challenges faced by young parents.
   (i) ______________________________________________________
   ______________________________________________________
   (ii) ____________________________________________________
   ______________________________________________________

2. What does responsible parenting involve? Identify and explain three factors.
   (i) ______________________________________________________
   ______________________________________________________
   (ii) ____________________________________________________
   ______________________________________________________
   (iii) ____________________________________________________
   ______________________________________________________

3. Outline two possible alternatives to a teenager becoming a parent.
   (i) ______________________________________________________
   ______________________________________________________
   (ii) ____________________________________________________
   ______________________________________________________
1. Give a definition of each of the following:

CREDIT CARD

DEBIT CARD

CREDIT LIMIT

PERSONAL LOAN

INTEREST ON A LOAN