



Knowledge Organiser

Plans Beyond School

General Studies Year 11 Term 1

Lesson Content

Lesson One	Self-esteem and Resilience: To know how to define resilience and understand some of the steps needed to gain resilience. To understand how to identify goals and become resilience. To consider how to put together an action plan to reach goals
Lesson Two	Anxiety and Mental Health: To know how to correctly identify physical and mental symptoms of anxiety and some ways to deal with anxiety. To understand possible ways for us to deal positively with anxiety. To consider a teenager can deal positively with anxiety and help reduce the symptoms and the differences between stress, anxiety and depression.
Lesson Three	Understanding the FE application process: To know the skills needed to transition yourself from school through various stages of your career. To understand how to make better and more confident choices in the courses and careers you choose. To consider your own personal action plan.
Lesson Four	Future Career: To know the skills needed to transition yourself from school through various stages of your career. To understand how to make better and more confident choices in the courses and careers you choose. To consider your own personal action plan.
Lesson Five	Skills for employment: To know what is meant by the term “employability skills” . To understand the definition of employability skills To carry out a personal skills audit. To consider how you can develop these skills in other aspects of your life.
Lesson Six	Future aspirations: To know how to explore aspirations, fear and expecting more of ourselves. To understand how our own fears stop us from moving forward. To consider how our own future aspirations, will determine our lives and what we become.

Key Questions: How can you identify your own strengths, interests, skills and qualities as part of your personal review and planning process, including your value to future employability and strategies for further development.

Lesson One	<p>Aspirations: A hope or ambition of achieving something.</p> <p>Self-esteem: Confidence in one's own worth or abilities; self-respect.</p> <p>Resilience: The capacity to recover quickly from difficulties; toughness.</p>
Lesson Two	<p>Mental health: Like physical health, a measure of how well a person is, just in their mind instead of their body.</p> <p>Anxiety: A feeling or state of worry, nervousness, or unease about something with an uncertain outcome.</p>

Reflection Task: You have the same rights to opportunities in learning and work as all other people; you need to recognise and challenge stereotypes; and/or family or cultural expectations that may limit your aspirations.

Key Words and Vocabulary	
Lesson Three	<p>UCAS: The Universities and Colleges Admissions Service</p> <p>Personal Statement: A written description of one's achievements, interests, etc., included as part of an application for a job or a place at university or college.</p>
Lesson Four	<p>Work Environment: Location where a task is completed. When pertaining to a place of employment, the work environment involves the physical geographical location as well as the immediate surroundings of the workplace.</p>
Lesson Five	<p>Problem solving: The process of finding solutions to difficult or complex issues.</p> <p>Teamwork: The combined action of a group, especially when effective and efficient.</p> <p>Communication: The imparting or exchanging of information by speaking, writing, or using some other medium.</p> <p>Literacy skills: Literacy involves traditional skills such as reading, researching, and writing; but new ways to read and write have also introduced new skills.</p> <p>Numeracy skills: Being able to: Interpret data, charts and diagrams Process information Solve problems Check answers Understand and explain solutions Make decisions based on logical thinking and reasoning.</p>
Lesson Six	<p>Aspirations: A hope or ambition of achieving something.</p>