

## **Personalised Learning Checklist**

Look at each of the knowledge statements

If you are confident that you know what it means, tick the green box.

If you're not sure what it means, tick the yellow box.

If you definitely don't know what it means, tick the red box.

*By the end of the term we want to see the boxes turned to green ticks. We are learning this because 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.*

	<b>Knowledge Statement</b>	<b>Not a clue</b>	<b>Not sure</b>	<b>Confident</b>
1	I am able to define resilience and understand some of the steps needed to gain resilience.			
2	I understand how to identify goals and become resilience.			
3	I know how to put together an action plan to reach my goals.			
4	i know how to correctly identify physical and mental symptoms of anxiety and some ways to deal with anxiety.			
5	I can explain possible ways for me to deal positively with anxiety.			
6	I understand how teenagers can deal positively with anxiety and help reduce the symptoms.			
7	I can identify the differences between stress, anxiety and depression.			
8	I understand the FE application process.			
9	I understand how to make better and more confident choices in the courses and careers you choose.			
10	I know what is meant by the term "employability skills"			
11	I understand how to I can develop 'employability skills' in other aspects of my life.			
12	I know how to explore my own aspirations and consider how my own future aspirations, will determine my life and what I become.			
13	I am able to recognise how my own fears stop me from moving forward.			
14	I can identify my own strengths, interests, skills and qualities as part of my personal review and planning process, including my value to future employability and strategies for further development.			