



Castlehead High School



National 5 Personal Development Award



Self in Community

Name

Teacher

National 5 Self and Community

Introduction

This unit will involve you working within a group of three to four pupils to investigate an issue within your local community (local community refers to the area of Castlehead High School/Paisley/Renfrewshire). Your teacher will give you some guidance on the topics as a class that you are able to consider and include;

- Health and wellbeing topics (e.g. substance misuse, health and fitness, relationships and sexual health).
- Environment (recycling, ECO).
- School based issues/concerns relating to the above.
- Road safety.
- Personal Safety (in local area (knife crime)/travelling abroad)

In addition to the topic that you choose, you will have to meet the following criteria for each outcome and retain any evidence to support this.

Outcome 1 (identification of topic, identification of group roles and planning of project)

You will prepare to develop interpersonal skills within a group project by:

- Explaining strengths and limitations in your own interpersonal skills, using an appropriate technique.
- Identifying personal targets for the development of these skills.
- Planning, with others, a group project that will allow progress towards these personal targets.
- Identifying own detailed tasks that will enable progress towards these targets.

Outcome 2 (Carrying out your Project)

You will carry out the group project by:

- Completing your own identified tasks.
- Monitoring the progress of your project and taking appropriate action.
- Working co-operatively with others.

Outcome 3 (Reviewing and Carrying out your project)

You will review your own interpersonal skills by;

- Gathering feedback about the effectiveness of your own interpersonal skills.
- Explaining progress made towards achieving personal targets.
- Explaining areas for further development of interpersonal skills.

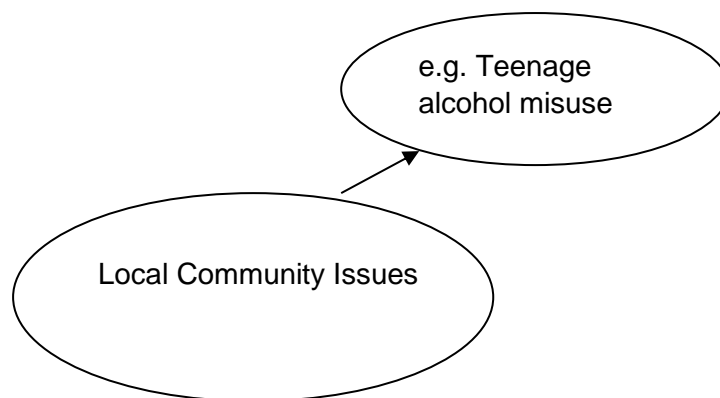
Assessment Overview

In addition to the completion of this booklet you may gather evidence from any of the points listed below (especially in the carrying out outcome 2).

- ◆ blogs
- ◆ electronic or oral presentations
- ◆ personal logs
- ◆ videos
- ◆ photographs with assessor comments
- ◆ interviews or talks

Getting Started

In the space below complete a mind map to show what the group considers to be issues within the local community (remember this may be within Castlehead High School, Primary Schools, Paisley area, Renfrewshire area etc).

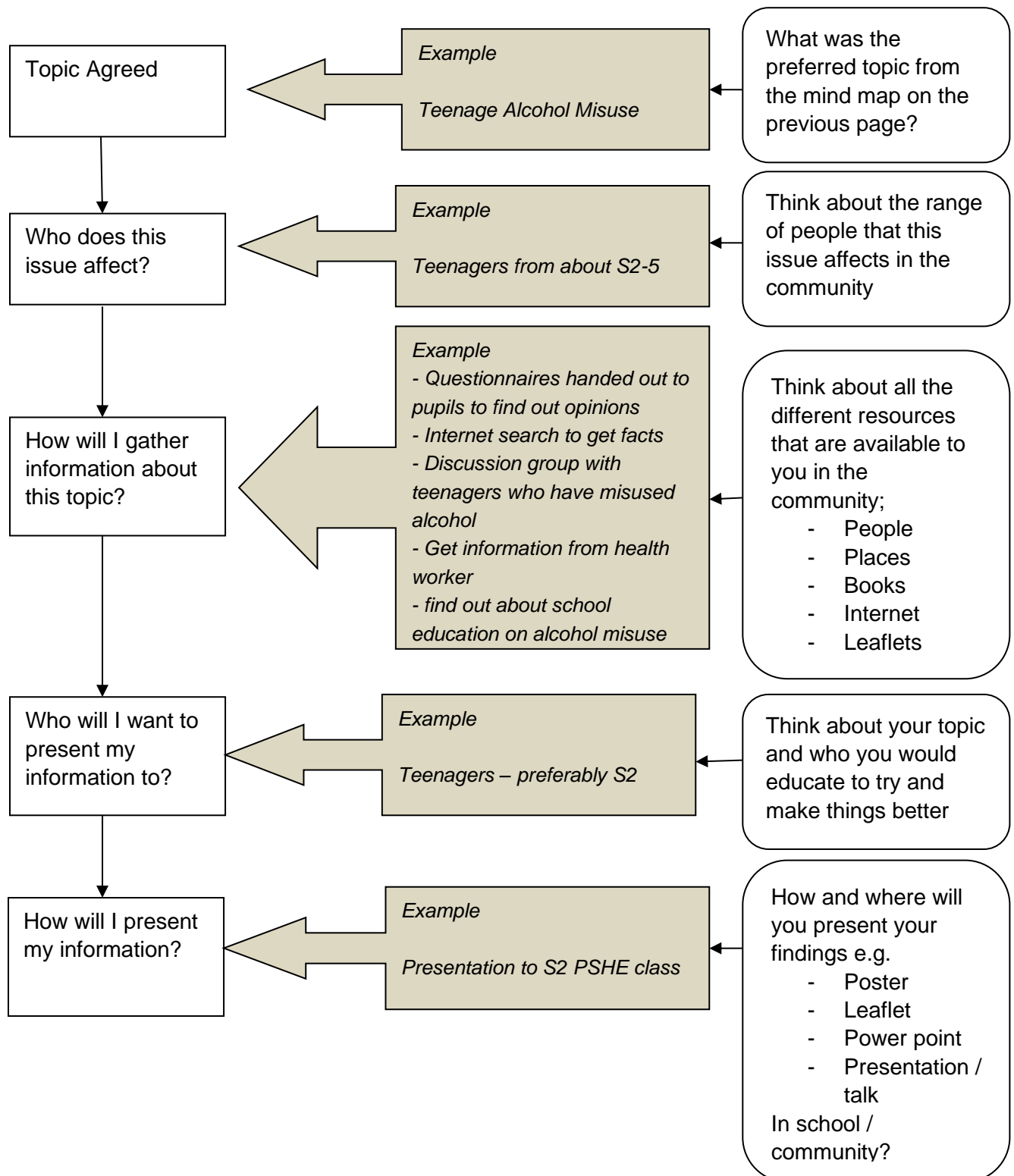


Group Agreement

As a group decide on the topic that you want to study and write it in the space below

Topic

You now have to narrow down your topic to allow the group to focus in on an investigation and a solution. Use the table below to track your thoughts from your initial topic through to the solution that you will present to your agreed target audience. An **example** has been completed for you below;



Group Agreement

Now (using the example on the previous page) discuss as a group the questions below relating to your topic and record your thoughts below;

Who does this issue affect?



How will I gather information about this topic?



Who will I want to present my information to?



How will I present my information?

From the information above create a topic title for your group below

e.g. topic title Deliver a presentation to a S2 PSHE class on the dangers of alcohol misuse

Group Topic Title _____

Members of my group _____

Interpersonal Skills Development

The development of interpersonal skills will be the **skill** that is focused on in this unit. Please rate your skills in the table below using the key 1 = Excellent, 5 = Poor.

Skill Rating			
Interpersonal Skill	Rating	Interpersonal Skill	Rating
accepting criticism positively	1 2 3 4 5	giving criticism sensitively	1 2 3 4 5
addressing a group	1 2 3 4 5	demonstrating a positive attitude to others	1 2 3 4 5
being sensitive to the feelings of others	1 2 3 4 5	responding positively to others	1 2 3 4 5
the ability to negotiate decisions.	1 2 3 4 5	accepting authority	1 2 3 4 5
starting a conversation with a peer	1 2 3 4 5	being aware of impact of body language on others	1 2 3 4 5
paying attention to others	1 2 3 4 5	taking account of others' views	1 2 3 4 5
starting a conversation with an adult	1 2 3 4 5	willingness to offer advice	1 2 3 4 5
starting and maintain a telephone conversation	1 2 3 4 5	giving instructions to others	1 2 3 4 5
expressing own opinion	1 2 3 4 5	taking account of others' feelings	1 2 3 4 5
being tolerant of others	1 2 3 4 5	being sensitive to impact on others.	1 2 3 4 5
encouraging others	1 2 3 4 5		

Once you have completed the skill rating you should use what you have learned from it and referring to your topic title complete a SWOT analysis on the next page. You completed a SWOT analysis in your Self-awareness unit. Your teacher will remind you how to complete this.

Plan and Diary of Tasks Completed

You have a total of 8 weeks to complete your group project. The table below should be completed for the tasks that you will complete individually.

Complete these sections BEFORE starting your project			Complete this section on a weekly basis	
Date	Task to be completed	Resources required	Was the task completed?	Any other action required?
Week 1				
Week 2				
Week 3				
Week 4	Meet as a group and complete your midpoint review			

Complete these sections BEFORE starting your project			Complete this section on a weekly basis	
Date	Task to be completed	Date	Task to be completed	Date
Week 5				
Week 6				
Week 7				
Week 8				

