



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.

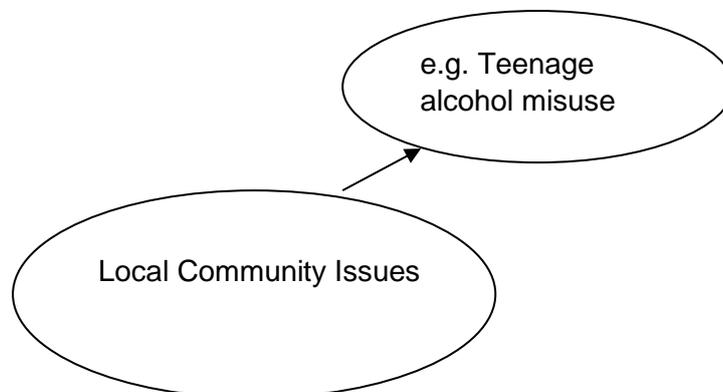
### **Assessment Overview**

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).



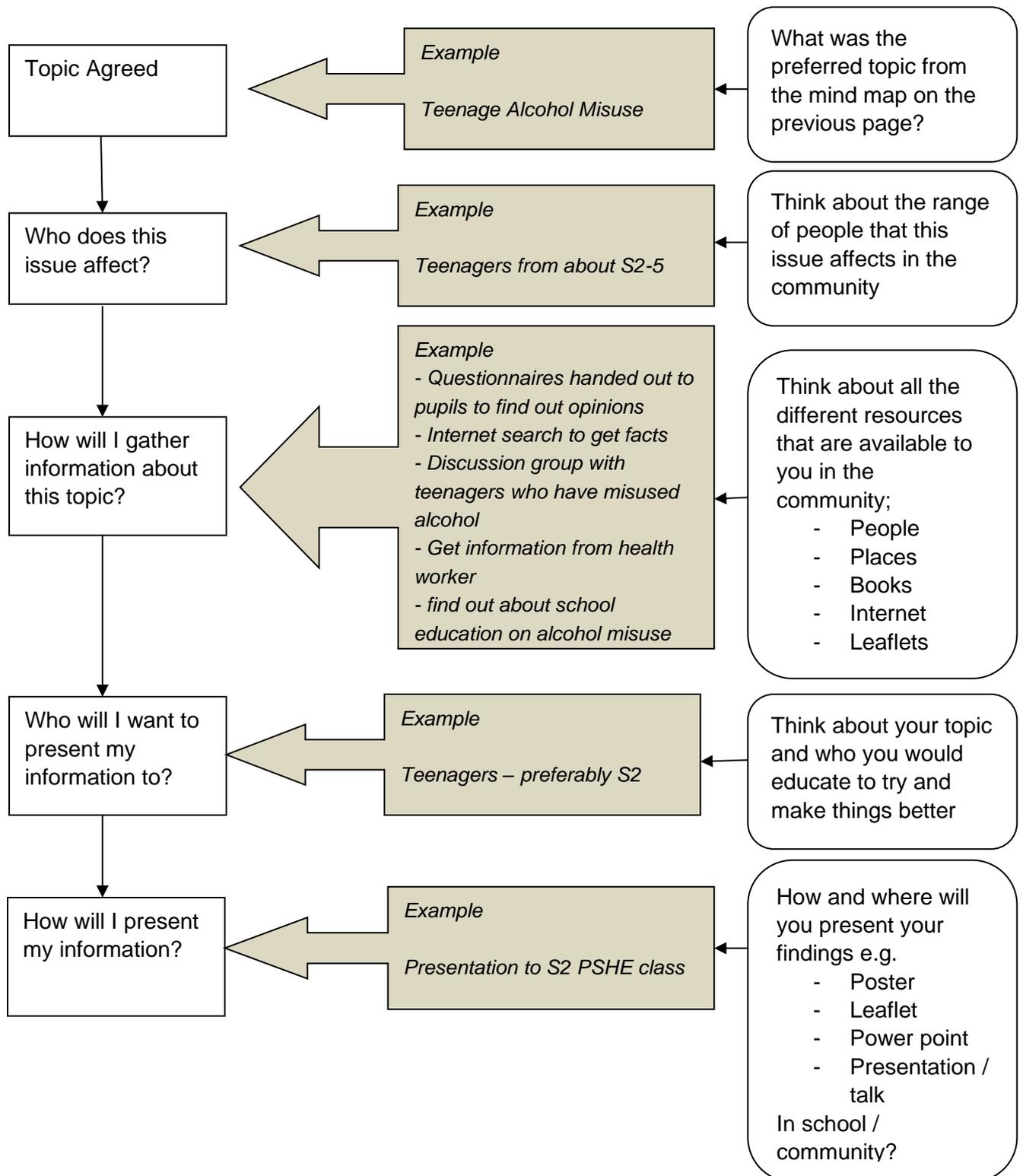
## Group Agreement

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

Topic

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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.

<b>Skill Rating</b>			
<b>Interpersonal Skill</b>	<b>Rating</b>	<b>Interpersonal Skill</b>	<b>Rating</b>
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 <b>BEFORE</b> 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				

