



Summer Term 2019 – Course Content

Anger Management: Understand how emotions can affect behaviour. Know how anger can affect society. Understand biological changes in relation to anger. Be able to use an anger management technique.

Knowing Myself: Understand the significance of life experience. Indicate key aspects of own life story. Outline what s/he has learned about him or herself from events and significant people. Be able to identify own skills and qualities. Identify personal skills and qualities. Identify a strength to develop further. Identify an aspect of self which could be managed differently. Know how to develop self. Devise a personal development action plan which includes the steps to be taken, timescale and sources of support.

Introduction to Stress Management: Understand stress and its possible causes. Define stress. Describe causes of stress. Know the symptoms of stress. Describe possible physical symptoms of stress. Describe possible psychological symptoms of stress. Know how stress can be managed. Describe what can be done to manage levels of stress. Describe relaxation techniques. Take part in and evaluate a relaxation technique. Develop a personal plan for reducing and dealing with stress.

Confidence Building: Understand the meaning of confidence. Understand ways to increase self esteem.

Mentoring Skills: Understand the role and responsibilities of a mentor. Understand how mentoring relationships are established. Understand the different communication techniques used for mentoring. Know how to set targets. Understand safety implications within the mentoring session.

Introduction to Popular Psychology: Understand the components of 'active listening'. Understand sources of stress and appropriate techniques for its release. Understand elements of body language and its meaning. Know common physical symptoms and their psychological causes. Understand the purpose of dreams.