

# Year 11 Personal Development

## Unit 1: Building for the Future

What will I learn about this term?

This term I will identify barriers to achievement and learn how to manage these barriers as effectively as possible. I will identify key mental health conditions that often effect people during examination times or other periods of stress. I will learn how to manage these conditions.

Key Words	Meaning
Prejudice	A preconceived idea about a person or group of people that is not based on reason or experience.
Discrimination	The unfair treatment of a person or group of people based on their characteristics.
Stereotypes	A harmful or untrue generalisation about a person or group of people.
Aspirations	A hope or ambition of achieving something.
Resilience	The capacity to withstand or recover quickly from difficulties.
Stress	The bodies' reaction to pressure. Symptoms can include lack of focus, irritability and exhaustion.
Exam Stress	Worrying about an exam or period of examinations. Specific worries include, not knowing what will be on the exam, worrying about how you will feel in the exam, worrying you won't know any of the answers.
Exam Buddy	A friend or peer who can offer support during examination periods.

