

Subject: Key stage 4 and 5 PSHE

Topic title: Personal Development



Subject Knowledge Organiser

Key vocabulary/glossary

Self awareness	Self esteem
Self confidence	Growth mind set
Personal development	Self management

Information:

Growth Mindset - The idea that your mind will not always be the same and can be shaped to achieve what you would like it to, through hard work, dedication and resilience.



Information:

Sensitivity - being aware of how issues and the actions of others can emotionally affect ourselves and other people. This can also mean the amount to which we are affected.



Self Awareness- being aware of how we are coming across. If we have high levels of self awareness we are more able to control others'

Self-confidence - This means belief in your own ability, skills and experience, plus feeling good and ready to tackle challenges perceptions of us.



Self Managers - Being someone who takes control of their own behaviour, failures and successes and does not blame or credit others with their actions.

Self-esteem - describes a person's overall sense of self-worth or personal value.

Information:

Self-discipline: having the ability and determination to stick to the goals we set ourselves, even the face of temptation not to.

Personal Development Plan: A plan we will create and stick to, to help us track and achieve our goals in the different areas we have set for ourselves.

