

Transition Unit- Key words

Transition	The process or a period of changing from one state or condition to another.
Organisation	The action of putting things in order.
Values	The regard that something is held to deserve; the importance, worth, or usefulness of something.
Growth Mindset	The belief that your skills and abilities are not set in stone.
Fixed mindset	A way of thinking about your own intelligence and abilities as fixed.
Identity	the fact of being who or what a person or thing is
character	the pattern of thoughts, acts, and feelings someone shows over time.
Working memory	A cognitive system with a limited capacity that can hold information temporarily

What Skills will I Develop in Heart for Life?

Each lesson will have opportunities to develop your skills through a variety of learning activities, ranging from:

- Thinking skills
- Enquiry and evaluation skills
- Research skills
- Debate and communication skills
- Active learning.
- Reflective learning skills.
- Personalised learning skills.
- Revision and recall.



Overview

Students will learn how to manage transition and how to make safe and informed choices about wellbeing. They will recognise their personal strengths and how this affects their confidence and self esteem. Students will also recognise that the way in which personal qualities, attitudes, skills and achievements are evaluated by others, which affects confidence and self-esteem. Become aware of the importance of and ways of taking increased responsibility for their own learning. Build an understanding of the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships including teams and class groups. To further develop the communication skills of active listening, negotiation, offering and receiving constructive feedback and assertiveness develop flexibility and resilience.

Key Concepts

Transitions, Relationships, Living in the Wider World and Health and Wellbeing.

Essential Attributes Developed Through Heart for Life .

- Self -Improvement
- Resilience
- Self-organisation
- Clarifying own values
- Developing and maintaining a healthy self concept
- Empathy and compassion
- Respect for others
- Skills for employability
- enterprise skills