

UNIT PLANS

Module 1, Strand 1, Unit 1

Class/Group: Fifth Year		Duration: Approx 3 classes	Topic: Personal Development
Learning Outcomes 1.1 Explain the concept of personal development 1.2 Create goals for personal development and reflect on their progress		Learning Intentions • Use a SWOT analysis to consider current situation. • Use the SMARTER model to plan and set achievable goals. • Discover the benefits of reflecting on your progress.	
Key Concepts • Personal development • Self-awareness • SWOT analysis	Action Verbs • Explain • Create • Reflect		Resources • <i>Making Connections</i>, Module 1, Strand 1, Unit 1 • Unit 1 PowerPoint • Unit 1 Podcast
Learning Experiences • Pause and Prepare task • Discuss personal development in school and outside school • Identify personal strengths and areas for improvement • Analyse a sample SWOT analysis • Complete a SWOT analysis • Reflect on strengths, challenges and experiences • Examine example SMARTER goal • Create a personal SMARTER goal • Draft a short personal statement		Differentiation • Guided prompts and sentence starters • Pair and group discussion • Worked examples provided • Choice of goal-setting context (school, home, community)	
Evidence of Learning Two items added to digital portfolio (e.g. reflection, goal plan, screenshot of work)		Assessment • Completed SWOT analysis • SMARTER goal plan • Short written reflections • Draft personal statement	
Reflection			

Module 1, Strand 1, Unit 2

Class/Group: Fifth Year		Duration: Approx 3 classes	Topic: Personal Development
Learning Outcomes 2.1 Outline the importance of values in life, identifying and prioritising values that are most important to them and explaining why 2.2 Recognise how and why priority values may change as they progress through life 2.3 Recognise the unique nature of aptitudes, achievements and interests 2.4 Identify your aptitudes, achievements and interests, reflecting on how they have developed		Learning Intentions • Explain what values are and why they are important. • Identify and rank the values that matter most. • Explain how values might change as you grow and experience new things. • Recognise their own aptitudes, achievements and interests. • Reflect on how your skills and interests have developed over time.	
Key Concepts • Values • Aptitudes • Achievements • Interests	Action Verbs • Outline • Identify • Prioritise • Recognise • Reflect		Resources • <i>Making Connections</i>, Module 1, Strand 1, Unit 2 • Unit 2 PowerPoint • Unit 2 Podcast
Learning Experiences • Pause and Prepare task • Identify and rank personal values • Create a visual representation of personal values • Classify examples as aptitudes, achievements or interests • Research a successful individual • Identify personal aptitudes, achievements and interests • Reflect on personal growth and development • Redraft personal statement		Differentiation • Visual, written and discussion-based tasks • Worked examples provided • Pair and group activities	
Evidence of Learning • Written explanation of prioritised values • Three further pieces of evidence added to digital portfolio (e.g. a values mind map, a short written reflection or an updated personal statement paragraph)		Assessment • Short written reflections • Updated personal statement draft	
Reflection			