

LLADAT

Developing pupil personal Skills

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Developing pupil's personal skills (Linking into Junior Cycle Key Skills)

Being Creative

The ability for pupils to think creatively for themselves is an important element of the Junior Cycle reform. Creative thinking ability aids decision making and problem-solving, key skills that young people need practice at developing. Allows the pupils to think beyond the "yes or no," and instead enables pupils to look at all consequences of all situations.

Working with others

Helps to deal with decisions that may occur in everyday life. Problem solving activities help to build capacity to make decisions and deal with problems in our lives; helps young people to cope with the challenges of growing up in the 21st century.

Managing Myself

Recognition of ourselves, of who we are, of how we feel, how we act. Helps the pupil to become aware of personal strengths and weakness, can help us to recognise when we feel pressure or under stress, and in turn help us to deal with that and cope.

Communicating

Develops the ability to speak in a positive and respectful way. Communication within the **"#CannabisUnplugged"** lessons develops the pupil's capacity to engage in friendly verbal and non-verbal communication, but it also means that pupils are able to express options, wishes and opinions, needs and fears, including how to ask for help.

Staying well

The SPHE programme is a perfect opportunity to build upon pupil's social skills and confidence. Pupils are encouraged to explore the question of substance use in society within this resource and it therefore allows pupils the opportunity to define in their own words what it means to be healthy, responsible and safe.

Managing Info

In a practical sense, this skill is about developing the pupil's ability to gather record and present information. It requires pupils to think critically, evaluation and reflect upon new information. More pertinent however within SPHE is the notion that at the centre of its endeavour is the pupil not necessarily the content, therefore partaking in SPHE can allow pupils to explore their own feelings, thoughts emotions.

Empathy

Helps pupils not to stereotype, and not to make assumptions, instead, it is envisaged that developing empathy will help pupils to understand what other persons may experience, for example a person with a chronic mental health illness that has been brought on by an addiction, helps to encourage social interaction and nurturing behaviour.