Foxford Learning Plan

YEAR 11

Topic: HSC

Component 1B – Coping with Life

Key Vocabulary

Expected	A life event that occurs where it is known that the event is going to happen
Unexpected	A life event that occurs that is not anticipated
Relationship changes	A change in a relationship such as divorce or death of a family member
Life circumstances	An event which causes a change in pattern of their normal everyday life. For example, moving house, redundancy or retirement
Life event	An expected or unexpected event that takes place which has an impact on an individual
Practical help	Help around the home with everyday tasks such as cooking, washing and cleaning
Formal support	Support provided by specialist services and trained professionals such as doctor or a counsellor
Informal support	Support provided by friends, family and relatives
Voluntary support	Support provided by volunteers or charity organisation such as Relate or Shelter
Bereavement	What an individual experiences when someone passes away

Key Skills

Over the course of the topic, I will be able to: -

- Identify different types of life events
- Explain how this life events may impact an individuals
- Identify sources of support to cope with change
- Assess the impact of the support on helping the individual overcome a life event



I will Understand

1. The different types of life event including; physical events, relationship changes and changes in life circumstances
2. The impact of different life events on individuals' physical, emotional, intellectual and social wellbeing
3. How individuals adapt to these changes
4. The sources and types of support available to individuals

