

Year 8 PDC Booklet

Living in the Wider World I



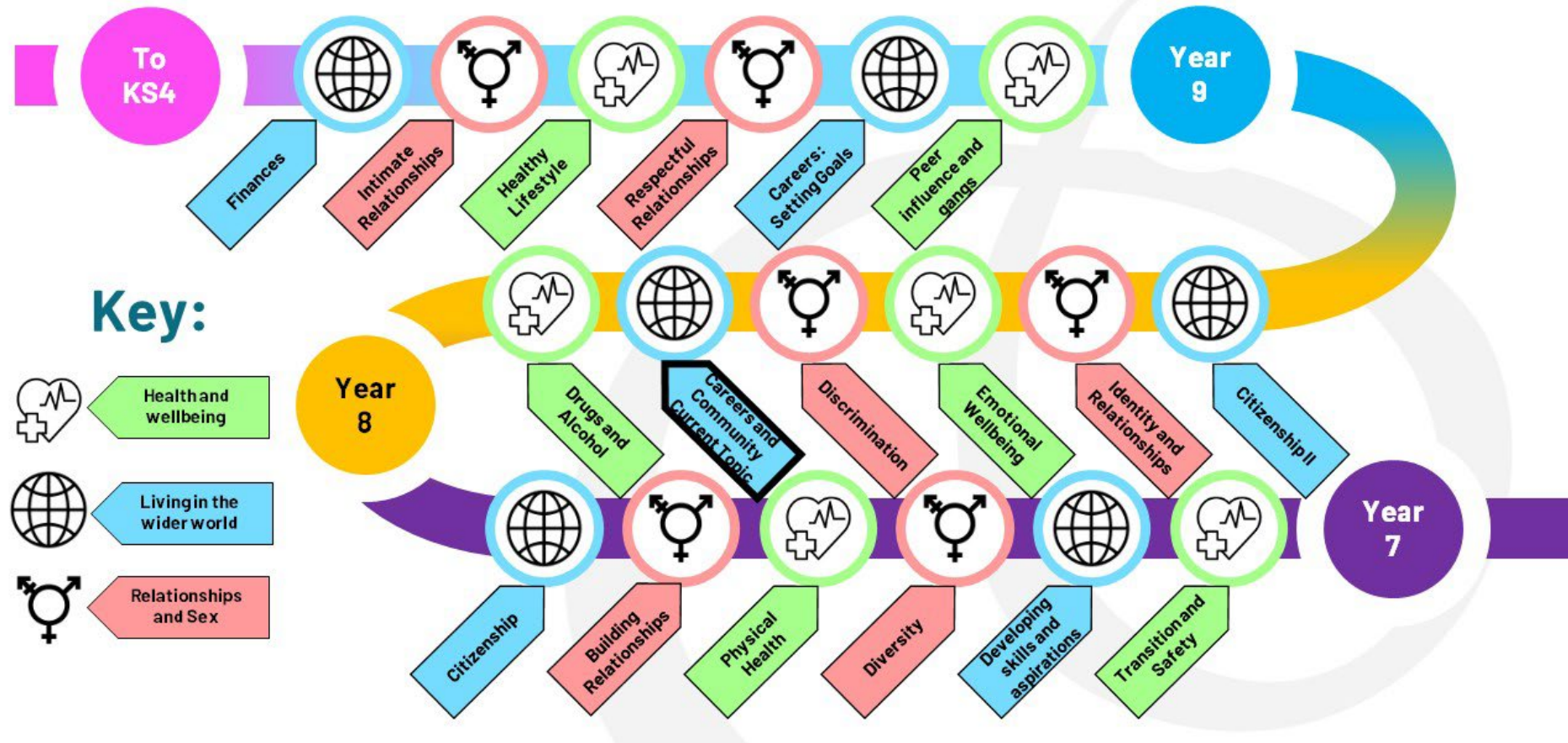
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Personal Development Curriculum KS3 Learning Journey





Year 8 – Block 2: Living in the Wider World Knowledge Organiser



Key Words	
Work Life Balance	The division of one's time and focus between working and family or leisure activities
Time Management	Being efficient with the time you have, using it wisely and focusing on the time it takes to do something without having distractions
Equal Pay	Men and women having the same wage for like work, equivalent work or work of an equal value
Gender Pay Gap	An unfair difference between the average amounts that men and women earn
Sector	A broad group of occupations and industries that are related by what they do
Goals	Something you want to achieve in the future.
Aspiration	A hope or ambition of achieving something

Types of Careers	
Single track career	Choosing an industry, starting at the bottom and working your way up by getting promoted
Serial career	Moving from job to job at different companies or organisations
Portfolio career	Doing two or more different jobs at the same time.
Lifestyle career	A career built around work/life balance

Where To Go For Support:	
Teachers and School Staff, Parents, Friends, Parents	
National Careers Advice Service	https://nationalcareersservice.direct.gov.uk/
UniFrog	https://www.unifrog.org

Time Management Strategies	
Create a master schedule	Make a project plan
Use an Agenda	Work on one thing at a time
Eliminate distractions	Study in short bursts
Set goals for each session	Start early in the day
Work on Assignments Early	Get at least 8 hours sleep

Types of Employment	
Full Time Employment	Work 30-40 hours a week, get sick pay, compassionate and annual leave with a salary but must give notice to leave
Part Time Employment	Same as above but hours differ
Casual Employment	Work irregular hours and have open ended contracts with rotas. Can leave any time
Contract Employment	Work a set time with a set end date. Receive the same benefits as full/part/casual. Contract renewal not guaranteed
Apprenticeships	New to industry, but receive training as they work. Pay is less than minimum wage, but will receive full time contract on completion
Traineeships	Same as above but new to non-trade industry
Employment on Commission	Paid for a specific single task. Flexible working
Probation	Can be a few months to a few years, but can be terminated if it doesn't work for either.

What Are Companies Doing For Equal Pay?		
<ul style="list-style-type: none"> • Women have the legal right to know what their male colleagues are earning • Companies with 100+ employees to undertake gender pay gap reporting • Gender pay gap reporting by ethnicity • Employers to publish an action plan • Employers must tell employees about their right to equal pay from the beginning of their contract • Women to receive their lost pension rights when they win a case and compensation for emotional 		

Time Management Strategies		
S	Specific	Say exactly what needs to be done
M	Measurable	Easy to tell when achieved, can be proven
A	Achievable	Possible to achieve in the near future
R	Realistic	A sensible and relevant thing to do
T	Time-related	A date has been set for achieving the target

Having A Positive Career Includes:	
<ul style="list-style-type: none"> • being happy with how you spend your time • having a decent standard of living • being able to make a contribution to your community 	

Date:

Title: Work/Life Balance

Retrieval Practice

1. _____ drugs are used to treat or prevent illnesses.
2. A doctor must give you a _____ before you can legally buy certain medicines.
3. _____ drugs are taken for pleasure but can be harmful to your body and mind.
4. It is _____ to buy or use certain recreational drugs in many countries.
5. People who take recreational drugs may become _____ to them.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What is a work/life balance?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. How can you obtain a work/life balance?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Make a list of the things you do in a week.

Things you do for school (work)	Things you do for fun (life)

Task 2: Lily's Dilemma

'Lily, Lily ... I need you. Come down Lily!' Lily tried not to listen but the shouting just got louder. She knew what would happen next: there would be tears. Lily thought, 'How will I ever get my homework done if Dom doesn't stop wanting me to play with him?' She turned around. Dom was there smiling at her and quick as a flash he had reached out and grabbed her sketch book from the table and was pulling it towards his mouth. She was too late as she took it from him – she knew the sketch would be ruined. Miss Tomas was relying on her to do a good picture for the exhibition.

She was just about to shout at Dom but stopped herself – what was the point? It wasn't his fault. She should have been more careful. Lily loved him – he was good fun most of the time. What is more he loved Lily; more than anyone and would do anything for her.

Lily and Dom lived with their mum. Their dad had left not long after Dom was born and now lived back in Poland. He phoned Lily every week but he never asked to talk to Dom. That made Lily's mum sad but Dom didn't seem to care. Lily went downstairs.

'Don't forget your flute practice!' said her mum, 'You'll never be a great flautist, like Grandma, if you don't practice every day. She says you've got real talent. Perhaps, if you practice hard you'll be selected.' Lily was just about to pick up the flute when her phone rang. It was Marcus. He wanted Lily to meet him in half an hour so they could go into town with the rest of their friends.

Dom gave Lily his favourite book and snuggled down ready for her to read it to him. It was then she realised that she had forgotten her maths. How could she? She had promised Dad to concentrate on her maths as he wanted her to go to university and he said that without maths and English she wouldn't get a place anywhere.

Lily put her head in her hands.

What did the following people expect of Lily?

Dom:

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.....

Mum:

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.....

Friends:

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Grandma:

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Teachers:

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.....

Dad:

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.....

Date:

Title: Challenging Stereotypes: Pay Gap

Retrieval Practice

1. A good _____ balance means you have enough time for both work and personal activities.
2. Too much time spent working can cause stress and affect your mental _____.
3. Spending time with family and _____ can help improve your mental well-being.
4. Setting _____ is a good way to manage your time effectively.
5. Getting enough _____ is necessary to help you stay focused and productive.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
3. What is the gender pay gap?
4. Why does this pay gap exist and how can we close it?

Date:

Title: Types of Employment

Retrieval Practice

1. The gender pay is the difference in earnings between men and women.
2. One reason for the pay gap is that some jobs are wrongly considered more for men or women.
3. It's important to challenge about what men and women can do in their careers.
4. Many people believe that men and women should be paid for doing the same job.
5. To reduce the pay gap, companies need to offer equal to everyone, no matter their gender

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What are the different types of employment?
2. Why doesn't everyone work full time always?

Task 1: Advantages and Disadvantages of Types of Employment

Types of Employment	Advantages	Disadvantages
Full Time Employment		
Part Time Employment		
Casual Employment		
Contract Employment		
Apprenticeships		
Traineeships		
Employment on Commission		
Probation		

Date:

Title: Goal Setting

Retrieval Practice

1. A _____ contract means you work a set number of hours every week.
2. _____ workers are those who work for themselves and are not employed by a company.
3. A full-time job usually means working around 35-40 hours per _____.
4. _____ work is when you work fewer hours than a full-time job.
5. Temporary jobs are often for a _____ amount of time.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What are goals?
2. Why is it important to set SMART targets?

Task 1: Setting SMART Targets

S	Specific	Say exactly what needs to be done
M	Measurable	Easy to tell when achieved, can be proven
A	Achievable	Possible to achieve in the near future
R	Realistic	A sensible and relevant thing to do
T	Time-related	A date has been set for achieving the target

What is your SMART target?

.....

.....

.....

What are your action points to reach your SMART target?

1.
-
-
2.
-
-
3.
-
-
4.
-
-
5.
-
-

Date:

Title: Career Aspirations

Retrieval Practice

1. SMART stands for Specific, Measurable, Achievable, _____, and Time-bound.
2. A _____ goal clearly says what you want to achieve.
3. A goal is _____ when you can track your progress and see how close you are to achieving it.
4. An _____ goal is one that is realistic and possible to achieve.
5. A _____ goal connects to something important or valuable to you.
6. A _____-bound goal has a deadline or a specific time to be completed.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. Where can you find out about career aspirations?
2. What are the four different types of career and how are they useful?

Task 1: Advice

Alfie tells his friend, "I don't want a career, I just want a job!".

Write down what his friend could say to help him understand the idea of a career better.

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Task 2: What are the different types of career?

Single track career		Moving from job to job at different companies or organisations. You might move to a promoted position, you might do a "sideways move" into a similar job, or you might step down into a role with fewer responsibilities.
Serial career		Doing two or more different jobs at the same time. This might involve a mixture of working freelance for different clients, taking on short term projects or contracts and/or running a small business.
Portfolio career		Choosing an industry, starting at the bottom and working your way up by getting promoted. Some people call this climbing the career ladder.
Lifestyle career		A career built around work/life balance. This might mean choosing a job to fit around your hobbies, such as becoming a ski instructor or a yoga teacher, or it might mean finding a job that allows you to balance your work and family roles easily.