






# Year 10: ASK Yourself!

Subject: Life Skills

Unit: How do I cope?

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 <p><b>S</b> skills</p> 				
<p><b>Expression</b></p>	I need to contribute in class.	With support I can express myself simply.	I can express my ideas logically and clearly. I can advocate confidently, be flexible in negotiations.	I always express my ideas logically and clearly in different ways. I can confidently advocate, be flexible in negotiations and compromise when necessary.
<p><b>Solving Problems</b></p>	I need to be able to offer solutions to problems.	With support I can evaluate problems and offer potential solutions.	I can evaluate problems, offer potential solutions and justify my responses.	I can successfully evaluate problems, think 'outside of the box' in order to offer potential solutions and justify my responses.
 <p><b>K</b> knowledge</p> 				
<p><b>How do I cope</b></p> 	I need to be aware of the similarities, differences and diversity among people. I need to identify some characteristics of mental health issues.	I understand a range of mental health issues and can identify strategies on how and where to get support and help.	I can competently recognise symptoms of some key mental health issues and can employ coping strategies.	I effectively apply my understanding of mental health issues to those around me to access help, advice and support.