**PSHEE TOPIC: PERSONAL IDENTITY/FACING CHALLENGES**

**In this topic you will think about how the challenges of your first year at Kingshill helped you change, develop and grow. You will consider how you faced those challenges and in what ways you were successful and in what ways you were unsuccessful. You will also think about the challenges that lie ahead in year eight. What are they and how will you cope with them? Finally you will learn some helpful First Aid techniques.**

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| Test Score 1 |  |
| Test Score 2 |  |

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| My questions on this topic: | Do I know the answers? |
| In the space below write down three questions that you have about this topic.(At the end of the topic you can tick them off if you find out the answers). | Y | N |
| \*\*\* |  |  |

NO CONFIDENCE

HIGHLY CONFIDENT

IN THE MIDDLE

At the start of the topic, draw a line on the confidenceometer to show how confident you are about the subject matter. At the end of the topic draw another line to show how confident you are after the lessons on the topic. Don’t forget to label your lines “1” and “2”.