**PSHEE TOPIC: PERSONAL IDENTITY/STRESS & WORK**

**In this topic you will think about stress, how to identify it and what to do about it. You will learn some ways of dealing and coping with stress. You will then start to think about Careers and the sorts of skills that you can use in the workplace. What stresses might await you in the future workplace? How well will you deal with them?**

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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”.