

Consumer & Life Studies Brunswick School Department
Life Management
Social Identity and Relationships

<p align="center">Essential Understandings</p>	<ul style="list-style-type: none"> ▪ Each individual has a unique personality. ▪ Personality and social style influence social relationships. ▪ Character development involves morality, values, and standards. ▪ Self-esteem is an essential element of how one relates to others. ▪ Teens must accomplish certain tasks to find happiness and succeed in life. ▪ Choices made during adolescence may have long-term detrimental consequences. ▪ Job interviews involve specific skills for success.
<p align="center">Essential Questions</p>	<ul style="list-style-type: none"> ▪ What is one’s personality type? ▪ How is one’s personality unique? ▪ How does one develop socially? ▪ What is social style? ▪ What is the meaning of character development? ▪ How can self-esteem be built? ▪ What are some road blocks or “land mines” to adult success? ▪ What creates personal stress and what are some coping mechanisms? ▪ How can one make a positive impression when applying for a job?
<p align="center">Essential Knowledge</p>	<ul style="list-style-type: none"> ▪ Heredity and environment influence personality. ▪ Erikson’s theory of development provides a way to understand how one develops socially. ▪ Individuals have strengths and weaknesses that complicate relationships. ▪ People with character possess moral strength and integrity. ▪ Self-esteem can be improved. ▪ Adolescents can avoid poor choices that may lead to an unhappy and/or unsuccessful adult life. ▪ Managing stress and sleep contributes to successful careers and personal lives. ▪ The family meal has a long term impact on family relationships and the future success of children. ▪ Resumes and job interviews involve presenting oneself in the best possible way in a competitive market.

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<p align="center">Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ personality - sensitive, placid, aggressive, introvert, extrovert, character, universal values, personal standards, self-concept, self-esteem, personal assets, task of adolescents ○ psycho-social development - trust, mistrust, autonomy, confusion, intimacy, isolation, generativity, stagnation, ego, integrity, despair ○ social styles – analytical, driver, expressive, amiable ○ land mines of adolescence – PTSD, OCD, bi-polar, compulsive lying, anxiety, phobias, depressions, schizophrenia, ADHD, psychosis, teen pregnancy, domestic violence, divorce ○ addictions – alcohol, drugs, pornography, gambling, sex ○ teen pregnancy, domestic violence, divorce ○ job seeking - resume, body language
<p align="center">Essential Skills</p>	<ul style="list-style-type: none"> ▪ Identify one’s personality and how it has been influenced by heredity and environmental factors. ▪ Describe Erik Erickson’s eight stages of psycho-social development and relate them to one’s personal development. ▪ Recognize the qualities of personal social development. ▪ Describe how personality is unique. ▪ Identify behaviors that one finds annoying and classify that behavior into a social style. ▪ Characterize personal social style and how it affects responses to daily situations. ▪ Evaluate how identifying the social styles of others may reduce annoyance. ▪ Apply the elements of character building. ▪ Incorporate essential information and skills in the job application and interview process.
<p align="center">Related Maine Learning Results</p>	<p><u>Career and Education Development</u> B. Learning About and Exploring Education and Career and Life Roles B2. Skills for Individual/Personal Success in the 21st Century Students evaluate strategies to improve skills that lead to lifelong learning and success in the classroom, and the achievement of schoolwork, work and career, and personal life goals.</p> <ul style="list-style-type: none"> a. Literacy skills b. Numeracy c. Critical thinking skills d. Information and communication technology (ICT) skills e. Interpersonal skills f. Other academic skills and knowledge

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<p align="center">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Note-taking on personality information and Erik Erikson’s stages of psycho-social development. ▪ Short essays describing how one’s personality is unique. ▪ “Social Styles” packet which includes: <ul style="list-style-type: none"> ○ identification of personal social style ○ personal strengths and weaknesses ○ identification of other’s social style ▪ Discussions ▪ “Developing Character” packet ▪ Web of character traits ▪ Compare and contrast moral messages (positive and negative) of two popular television shows. ▪ Give example of how personal self-esteem has improved. ▪ Investigate a potential land mine for future success. Write a three page report detailing findings. ▪ Use stress assessment surveys to determine personal stress level. Explain how stress is released. ▪ Take notes about the importance of sleep. Analyze personal sleep needs. ▪ Create a resume and practice interviewing for a job.
<p align="center">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ quizzes ▪ self assessments ▪ short essays ▪ classroom discussions ▪ note-taking ▪ web ▪ video worksheets
<p align="center">Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Creative Living Skills</u> - Glencoe ○ <u>How to Deal with Annoying People – What Do You Do When You Can’t Avoid Them</u> – Bob Phillips & Kimberly Alyn ○ “30 Developmental Assets for Youth” – Peter L. Benson ○ “Rested? In Your Dreams” – <u>U.S. World Report</u> ○ “The Magic of the Family Meal” – <u>Time</u>