

Life Skills Curriculum for Junior Secondary School Students

Secondary 1 to Secondary 3

Area: Personal Development

Categories	Students are able to
<i>Positive Self</i>	☺ Recognise my own ideals in life.
	☺ Recognise my strengths.
	☺ Know my own capability.
	☺ Make good use of my strengths.
	☺ Be satisfied with myself.
	☺ Be assured of my abilities.
<i>Problem Solving</i>	☺ Positively search for ways to solve problems.
	☺ Stay calm when facing problems.
	☺ Generate lots of ways to solve one problem.
	☺ Recognise the main sources of stress.
	☺ Identify the influences of stress on myself.
	☺ Stay optimistic when facing problems.
<i>Self-Management</i>	☺ Follow sound eating habits and balanced diet.
	☺ Keep myself happy.
	☺ Maintain my weight.
	☺ Spend pocket money responsibly.
	☺ Plan when to take a rest.
	☺ Maintain exercise habit.
<i>Self-Reflection</i>	☺ Be clear about what is in my mind.
	☺ Set myself clear goals.
	☺ Plan the ways to achieve my goals step by step.
	☺ Often evaluate the things that I do.
	☺ Listen to and refer to the opinions of others.
	☺ Have the courage to keep evaluating myself.