

# Life Skills



## What is Personal and Social Development?

**Personal and Social Development assists students to enhance their knowledge, understanding and skills needed to manage life, future opportunities and future employment.**

**Whilst completing a Personal and Social Development qualification at Springvale, you will complete learning based around various topics.**

### These include:

- **Personal health and well-being**
- **Forming relationships and understanding others**
- **Learning to be financially capable**
- **Assessing myself for work**
- **Making choices and understanding risks**



Department for the  
**Economy**  
[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)

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