

Name
Component 1
LAB – Coping with life events
B2.D2, B2.M2, B2.P4, B2.P3, B.1M4, B.1M3, B.1P4, B.1P3

Coping with life events

Introduction

Here I want you to answer the following questions

- What is a Life event? (use your notes from our lesson)
- What is the difference between a expected and unexpected life event (give examples)

Sentence starter

- In this report I am going to write about the impacts of a life event on the development of two different people, NAME and NAME
- The life event I am going to write about is (car crash/ diving into swimming pool/Cycling accident)... This is an expected or unexpected life event.

Person 1 – Name

- My first individual NAME was involved in... (GIVE DETAILS ABOUT THE LIFE EVENT USING THE CASE STUDY)

Person 2 – Name

- My second individual X was involved in... (GIVE DETAILS ABOUT THE LIFE EVENT USING THE CASE STUDY)

B2.P3, B.1M3, B.1P3

Person 1 (PIES) – Name

Physical

- The physical impacts on NAME after the LIFE EVENT were

Intellectual

- The intellectual impacts on X after the LIFE EVENT were

Emotional

- The emotional impacts on X after the LIFE EVENT were

Social

- The social impacts on X after the LIFE EVENT were

Person 2 (PIES) – Name

Physical

- The physical impacts on NAME after the LIFE EVENT were

Intellectual

- The intellectual impacts on X after the LIFE EVENT were

Emotional

Name

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- The emotional impacts on X after the LIFE EVENT were

Social

- The social impacts on X after the LIFE EVENT were

How the same life events effected NAME and NAME

- Overall the impacts of each life event effected each person the same/differently ...(GIVE DETAILS HERE) and meant that they had to make adaptations to their lives.

B2.M2, B2.P4, B.1M4, B.1P4

How Person 1 NAME and person 2 NAME adapted to the life event

- NAME (person 1) adapted to the (LIFE EVENT) by... EXPLAIN IN DETAIL
- The support they had that helped them do this was... (.Give examples of the sources of support used by each individual, both formal and informal)

Sentence starter –

- In comparison
- NAME (person 2) adapted to the (LIFE EVENT) by... EXPLAIN IN DETAIL
- The support they had that helped them do this was... (.Give examples of the sources of support used by each individual, both formal and informal)

Sentence starter

- The benefits of the support to (First individual) were...
- In comparison (Second individual) found the benefits were...
- Were the benefits of the support the same for each person? (COMMENT ON THIS EXPLAINING YOUR IDEAS)

B2.D2

Go back and look at your work on impacts and changes made (adaptations) What did you say? You are now going to explain who coped best and why.

- (First individual) coped well/not well with the life event (GIVE DETAILS of impacts and adaptations)
- In comparison (Second individual) didn't cope as well/coped better because (GIVE DETAILS of impacts and adaptations)
- (First individual) adapted well/not well due to the support they got. This helped them/didn't help them because...
- In comparison (Second individual) adapted well/not well due to the support they got. This helped them/didn't help them because...
- Overall I feel that the individual who coped with the life event best was X because... (EXPLAIN IN DETAIL)