



Rewarding Learning

General Certificate of Secondary Education
2012

Centre Number

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Candidate Number

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Learning for Life and Work: Modular

Unit 4

Personal Development



[GLW51]

GLW51

FRIDAY 11 MAY, MORNING

TIME

45 minutes.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

Write your answers in the spaces provided in this question paper.

Complete in blue or black ink only. **Do not write in pencil or with a gel pen.**

The insert (containing Source A) is to be used for Questions 4 and 5 in Section B.

Answer **all** questions in this paper.

INFORMATION FOR CANDIDATES

The total mark for this paper is 40.

Quality of written communication will be assessed in Questions 4 and 5.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.



Section A

Answer **all** questions in this section.

This question is about maximising and sustaining health and well-being.

- 1 (a)** Write down **one** common eating disorder.

_____ [1]

- (b)** Identify and explain **one** way a school could promote healthy eating.

 _____ [2]

- (c)** Identify and explain **one** way changing a job could improve a person's emotional health.

 _____ [2]

Examiner Only	
Marks	Remark
Total Question 1	



This question is about the concept of self.

2 (a) Write down **one** pressure a young person may face today.

_____ [1]

(b) Explain **one** benefit of a young person setting a goal.

_____ [2]

(c) Explain **one** way teenage magazines can influence a young person.

_____ [2]

Examiner Only

Marks Remark

Total Question 2

[Turn over



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For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	

Total Marks	
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Examiner Number

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FRIDAY 11 MAY, MORNING



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SOURCE A

Insert: Personal Development

For use with Questions 4 and 5.

SOURCE A

Family Relationships

There are many different types of families such as nuclear family, single parent, extended family, step or blended family. The family home is where most people learn how to relate to other people and to cope with life in the outside world.

When children are young their parents do everything for them including making decisions. As they grow older parents teach children how to do things for themselves and to help around the home.

As the child becomes a teenager conflict can occur in families when a young person wants greater freedom and independence to live their own lives.

Good communication can help maintain healthy family relationships. Talking and listening to each other will help resolve any issues between family members and help to keep the relationships happy and strong.

There are a number of ways a family could improve communication:

- use family meal times to talk and listen
- write notes to each other, like a message board
- always ask if you want to borrow something
- work out a timetable to take turns using the computer or TV
- make a rule that if one person is talking, the others are listening

Adapted from: © Personal Development Learning for Life and Work for CCEA GCSE by Paula McCullough, page 44, published by Colourpoint Books. ISBN 9781906578565.