

Year 11 - PSHE Studies Knowledge Organiser - Health and Wellbeing and Living in the Wider World

Key Terms

Augmented Reality	A technology that superimposes a computer-generated image on a user's view of the real world, thus providing a composite view
Virtual Reality	The computer-generated simulation of a three-dimensional image or environment that can be interacted with
Botox	A bacteria substance which is injected into specific muscles (normally forehead, outer part of eyes and muscles of the mouth and jaw)
Fillers	Injections (often hyaluronic acid) to make areas of the face to look fuller, skin look plumper & younger
Digital Footprint	The trace you leave behind when using the internet
The Dark Web	the name given to specific websites which are not accessible through normal search engines. Special software or networks are needed in order for it to be accessed.

PSHE covers a variety of topics that focus on developing understanding in four key areas: personal, social, health and economic.

Online Reputation

When you go online you leave a footprint. Everything you interact with leaves a trace. Often what people see about you online helps to form their first impressions of you. More and more, employers are looking up potential employees to see what they can find on them online. Therefore, it's important that what people can see online about you shows you in a good light.

CVs

A CV (Curriculum Vitae) is a document that you can use to apply for jobs.

It should be no more than two sides of A4. It should include your contact information, qualifications, skills, references and work experience. It should have no spelling or grammar mistakes.

Personal Statement

A personal statement is a written account of yourself. It is often used for job or college applications.

Key Skills

- Active listening and communication
- Teamwork
- Negotiation and self advocacy
- Leadership
- Presentation and debate

Job Interviews

If your CV or application is successful, the next step is that you may be asked to interview.

This is usually a face-to-face meeting with the potential employer.

They will ask you questions about yourself and your ability to do the job. They may also ask you to perform some tasks to test your skills.