



**GRADE 10**

## **Personal and Social Development 10**

**SD62 Sooke**

Social wellbeing is one of the key dimensions of total/holistic wellbeing, This course aims to provide students who experience social difficulties with the knowledge, skills and competencies to engage effectively in social interactions. Improvements in personal and social skills lead to improvements in personal and social wellbeing and this course will include direct instruction in the social skills necessary to make and maintain friendships and thrive amongst others in the greater community,

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**Credits:** 4

**Approval Date:** May 2023

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**Hours:** 120

**Trax Code:** YSSC

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## GOALS AND RATIONALE

This course has been developed to provide opportunities for students with social skills deficits to describe practice and/or demonstrate: Wellbeing, including the inter-relationship of the 3 dimensions of wellbeing strategies and competencies to reduce anxiety effective communication skills and competencies conflict resolution leadership personal and social responsibility acceptance of diversity and inclusiveness

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## ADDITIONAL INFORMATION

including problem solving and conflict resolution.