



Rewarding Learning

General Certificate of Secondary Education
January 2013

Centre Number

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Candidate Number

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StudentBounty.com

Learning for Life and Work: Modular

Unit 4

Personal Development



[GLW51]

GLW51

THURSDAY 10 JANUARY, 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.





THIS IS THE END OF THE QUESTION PAPER

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Question Number	Marks
1	
2	
3	
4	
5	
Total Marks	

Examiner Number

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**General Certificate of Secondary Education
January 2013**

Learning for Life and Work: Modular

Unit 4

Personal Development

[GLW51]

THURSDAY 10 JANUARY, MORNING



GLW51

SOURCE A

Insert: Personal Development

For use with Questions 4 and 5.

SOURCE A

Internal and External Pressures on Young People

Internal pressure is when a young person puts pressure on themselves to be successful. For example: to do well in exams or look a certain way. Putting pressure on yourself can help you to achieve a goal but can also lead to stress, low self-esteem or depression.

A young person may use a number of strategies to relieve exam pressure. These may include setting goals, drawing up a revision timetable or talk to a teacher who may be able to give advice.

External pressure may affect young people on a daily basis. These pressures may include a young person's peer group or the school they attend. Also the media advertise and promote their products and services to sell to young people, their family and parents.

More and more young people use the Internet for communicating and socialising through social networking sites such as Facebook. This can benefit young people but can also have a detrimental effect on their health and well-being. It is important a young person takes steps to stay safe online.

Adapted from: © GCSE Learning for Life and Work for CCEA (LLW) by David McVeigh, Amanda McAleer & Michaella O'Boyle, published by Hodder Education, 2011. ISBN 978 1444120752