

Navigating changes

Challenges and Opportunities

From the list below organize challenges versus opportunities into the table below.

Studying for exams	Getting extra classes for BJC
Scholarships/grants	Overcrowding in school
Choosing social media over everything	Joining a club
Becoming a prefect	Sneaking cell phone to school

Challenges	Opportunities

1. What are life skills?

2. Identify three ways family Life can help your personal development. (3)

- a. _____
- b. _____
- c. _____