

Character Traits

People deal with life events in **different ways**. The effects of the same life event may **not be the same** for different people as it can depend on how much it affects their **lifestyle, routine or situation**.

For example:

Person A goes to prison for a year for breaking into a house. They feel very guilty and use the time in prison to work towards a Level 1 qualification in car maintenance. They earn privileges in prison by doing community work and when they get out of prison they continue to perform community work by supporting teenagers at risk of going to prison. They also go on to train and become a successful car mechanic.

Person B goes to prison for a year for breaking into a house. They don't feel guilty and spend their time in prison fighting with other inmates and prison staff. Their sentence gets extended for bad behaviour. They spend the rest of their life in and out of prison for a number of different crimes.



Task Can you think of how different people may **react differently** to the life events below?

	Person 1	Person 2
Being made redundant		
Getting married		
Splitting up from a long-term partner		
Going to university		



What's an important trait for maths? Accountability...

Think of your own example of a life event and write down how two different people might deal with that life event differently.

Character Traits

The way someone deals with a life event can depend on their **resilience**, **self-esteem**, **emotional intelligence** and **disposition**. Often people who **have experienced** life changing events don't find new experiences as **challenging**. Those who haven't experienced similar events might struggle with new experiences.

As people have **different personalities** this can also affect how they **cope** with life events — e.g. some people are **shy and quiet** whereas other people are more **confident and outgoing** in new situations.

Resilience

Resilience is

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The **more resilience** a person has the **more able** they are to deal with different or difficult life events. They are able to **recover quicker**.

What things could affect someone's resilience?

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Emotional intelligence

Emotional intelligence is

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People with higher emotional intelligence can **understand their own emotions** meaning they can **cope better** with different or difficult life events.

Why is it helpful to have good emotional intelligence with other people?

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Self-esteem

Self-esteem means

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People with **higher** self-esteem are often **more likely** to cope better with different or difficult life events. Self-esteem is linked with

..... development.

What things could affect someone's self-esteem?

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Disposition

Disposition is

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People with certain dispositions are **more able** to cope with different or difficult life events.

What kind of disposition would allow someone to cope better with life events?

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