



THROUGH PERSONAL AND SOCIAL DEVELOPMENT

BAC uses the vehicle of outdoor activities to deliver experiential learning opportunities. For all activities BAC can guarantee a safe, fun and memorable experience

However, to maximise individual and group learning experiences all our activities are designed around lesson plans to deliver personal and social development objectives for all participants.

To assist with our activity planning and instructor scheduling, please indicate your required group development objectives with each booking by choosing one of the following session objectives:

- 1. Communicating**
- 2. Managing Feelings**
- 3. Problem Solving**
- 4. Working Together**
- 5. Planning**
- 6. Reviewing**
- 7. Understanding Social Values**
- 8. Understanding & Identifying With Others**

Communicating

- Understanding the benefits of listening to others
- Knowing how to listen effectively, e.g.;
 - Supporting the speaker with verbal and visual feedback
 - Clarifying interpretation with questions
- Knowing how to speak effectively, e.g.;
 - Choosing an appropriate moment to speak
 - Using appropriate tone, volume and speed for the listener/s, according to the situation
 - Expressing the message clearly
 - Responding to verbal and visual feedback accordingly
- Understanding body language
- Knowledge of other ways of communicating, e.g.;
 - Touch

- Sign language
- Writing
- Phone & other IT

Managing Feelings

- Acknowledging the importance of your feelings
- Recognising different feelings and emotions and how they might be expressed, e.g.; states of mind and physical sensations
- Recognising and understanding your spiritual feelings
- Understanding how and when feelings and emotions are likely to take form, i.e.; what triggers changes?
- Recognising how different feelings and emotions can affect your behaviour
- Understanding the importance of exploring feelings and emotions
- Understanding how your expression of different feelings and emotions can affect the behaviour of others towards you
- Developing strategies for managing feelings and emotions

Problem Solving

- Recognising problems and when they need to be addressed
- Understanding the nature of a problem
- Understanding different strategies for clarifying problems, e.g. ;
 - defining the problem
 - breaking the problem down into component parts
 - sharing the problem with others
- Recognising which skills and/or resources are required to address a problem
- Recognising knowledge gained from other experiences that may help address a problem
- Understanding the impact of different solutions to; you, others and/or your environment
- Understanding how problem solving can enhance your personal development

Working Together

- Understanding the need to listen to other peoples' points of view
- Understanding why you need to express your points of view assertively
- Recognising the consequences of avoiding negotiation
- Recognising situations where negotiation would be appropriate
- Understanding when to respect a majority view
- Understanding different strategies for negotiation, e.g. ;
 - Demonstrating a willingness to compromise
 - Broadening the area of negotiation to allow for bargaining
 - Demonstrating a willingness to trust

Planning

- Understanding the value of planning your actions to achieve a task
- Recognising the benefits of setting short and long term goals
- Understanding how to set simple goals as an individual and as part of a group
- Understanding how to identify and allocate resources to achieve a task/goal
- Understanding how to develop different strategies for achieving goals, e.g. ;
 - breaking a goal down into prioritised, manageable steps/tasks
 - anticipating future needs and/or potential problems
 - identifying the lessons learned from similar experiences/tasks in the past
 - identifying who/what might be able to assist
 - allocating responsibilities for specific tasks to all involved (group goals)
- Understanding how to approach complex tasks as a series of goals
- Understanding how to manage progress towards a number of different goals simultaneously
- Recognising how planning can help you to control your life

Reviewing

- Recognising that reviewing experiences can help you learn more about yourself and others
- Recognising that reviewing experiences can help you to manage future situations with greater confidence and control
- Understanding how reviewing can help you to learn more about yourself, others and situations, including ;
 - recognise when plans need to be adjusted/updated
 - identify when goals/tasks have been achieved
 - recognise why you have/have not achieved expected tasks/goals
 - recognise problems encountered, more quickly in the future
 - manage your emotions/feelings
 - understand the emotions and feelings expressed by others
 - re-affirm your successes to motivate you to attempt greater challenges
- Understanding how to identify the lessons learned, so that you can apply them to other situations in the future

Understanding Social Values

- Recognising that people have different attitudes and beliefs
- Recognising that people with similar attitudes and beliefs tend to develop a social culture
- Recognising why different cultures & beliefs often develop their own set of social values
- Understanding how social values can help individuals to co-operate and co-exist within a group or community
- Recognising the benefits of the mutual support that groups/communities can provide

- Recognising the values which are important to the various groups within your community
- Recognising the values that you feel are important to you and understanding how they motivate you and shape your attitude and behaviour towards;
 - others
 - the fabric of the community in which you live
 - the wider environment
- Understanding how social groups enforce/maintain their values
- Understanding how your disregard/lack of respect for the values of others, may cause them to respond

Establishing Interpersonal Relationships

- Understanding how to form a simple social bond with another person, i.e.; How to establish a level of communication with another person, where both parties can benefit from their association.
- Understanding why there are different types of relationship (e.g.);
 - between pupil and teacher
 - within the family
 - between children and parent(s)
 - between siblings
 - between doctor and patient
 - between employer and employee
 - between shop keeper and customer
 - between friends
- Recognising the benefits of a relationship to you
- Recognising when to trust and when you are being trusted
- Understanding your role within a relationship, i.e.; how you are expected to contribute to its maintenance/development
- Understanding how a simple relationship can develop into complex one
- Understanding the different roles that we take on with different people on a 1:1 level and as part of a group
- Understanding how to develop strategies to enable you to relate effectively with others

Understanding & Identifying With Others

- Recognising when you perceive others as different to you
- Recognising how your perception of others affects your behaviour
- Understanding how others may feel about the way that they are perceived/treated
- Recognising when others may feel the same or differently to yourself
- Understanding why others may feel the same or differently to yourself