Grade 8 Social Studies

CBC NOTES | Terms 1, 2 and 3 - notes for 16 topics

IN EVERY TOPIC

- What you will learn, the key words and key terms explained.
- Clear notes under headings and subheadings, with labelled pictures and step-by-step procedures.
- Comparison tables, and advantages and disadvantages where methods are compared.
- Key points to remember, then multiple-choice and structured questions.
- All the answers and a glossary at the back.

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Strand 1.0 Social Studies and Personal Management | Term 1

1.1 Self-Improvement

WHAT YOU WILL LEARN

By the end of this topic you should be able to:

- describe personality traits for self-understanding
- share goals for self-improvement in social life

KEY WORDS

personality, trait, self-understanding, goal, SMART goal, value.

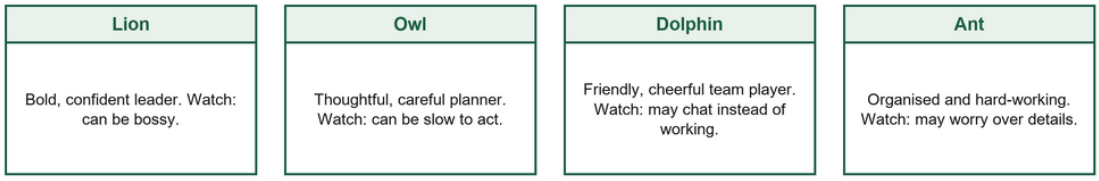
Every person is unique. The way we think, feel and behave makes up our personality, and our values guide which traits grow strongest. In this topic we describe personality traits, see how values shape them, set goals for self-improvement and link traits to careers in Social Studies.

1. Personality traits

> **Personality**
> The combination of traits that make a person unique: how they think, feel and behave.

Examples of traits: outgoing or quiet; organised or spontaneous; patient or quick-tempered; curious, honest, caring, determined. No trait is "bad" in itself; each has strengths and things to watch.

Animal images for personality traits



Animal images for personality traits

2. Values and personality

> **Values**
> Beliefs about what is right and important: respect, responsibility, integrity, love, unity, patriotism, peace and social justice.

How values guide traits

Value	Trait it builds
Responsibility	Organised and dependable
Respect	A good listener
Integrity	Honest and trustworthy
Love	Caring and kind

Values come from family, community, faith, school and role models.

3. Setting goals for self-improvement

A SMART goal: "I will read one storybook every two weeks this term."

Specific	Measurable	Achievable	Relevant	Time-bound
Read storybooks	One book every two weeks	Books from the library	Improves my English	This term

A SMART goal

Weak and SMART goals

Weak: "I want to be better at school."

SMART: "I will read one storybook every two weeks this term to improve my English."

Social: "I will control my temper by counting to ten before I respond."

4. Careers in Social Studies

Matching traits to careers

Traits	Careers that may suit
Curious, careful	Archaeologist, historian
Outgoing, persuasive	Lawyer, diplomat, politician
Caring, patient	Social worker, counsellor, teacher
Inquisitive, good communicator	Journalist, tour guide

Other Social Studies careers include geographer, urban planner and police officer. They link to the Social Sciences pathway in Senior School.

KEY POINTS TO REMEMBER

- Personality is the mix of traits that make a person unique.
- Values such as respect and responsibility guide our traits.
- Values come from family, community, faith, school and role models.
- SMART goals: specific, measurable, achievable, relevant, time-bound.
- Traits can point to suitable careers.

CHECK YOURSELF: MULTIPLE CHOICE

Choose the correct answer: A, B, C or D. The answers are at the back.

1. The combination of traits that make a person unique is their

A. personality
B. value
C. goal
D. career

2. Which is a SMART goal?

A. "I want to be better."
B. "I will read one storybook every two weeks this term."
C. "I will try."
D. "I will be famous."

3. In the animal images, the ant stands for

A. a confident leader
B. a loyal friend
C. a thoughtful person
D. a hardworking team player

4. A curious, careful person may enjoy working as

A. a boxer
B. a pilot
C. an archaeologist
D. a DJ

5. Which is a value?

A. Speed
B. Height
C. Wealth
D. Integrity

ANSWER THESE

1. Define personality and give four examples of personality traits. (5 marks)

2. Explain how two values shape personality traits. (4 marks)

3. Write one SMART goal for school and one for social life. (4 marks)

4. Name four careers related to Social Studies. (4 marks)

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1.2 Self-Esteem Assessment

WHAT YOU WILL LEARN

By the end of this topic you should be able to:

- explain the contribution of self-esteem to their holistic development
- determine the effects of unhealthy self-esteem in day-to-day social lives
- assess their self-esteem in social interactions
- desire to improve their self-esteem for personal productivity

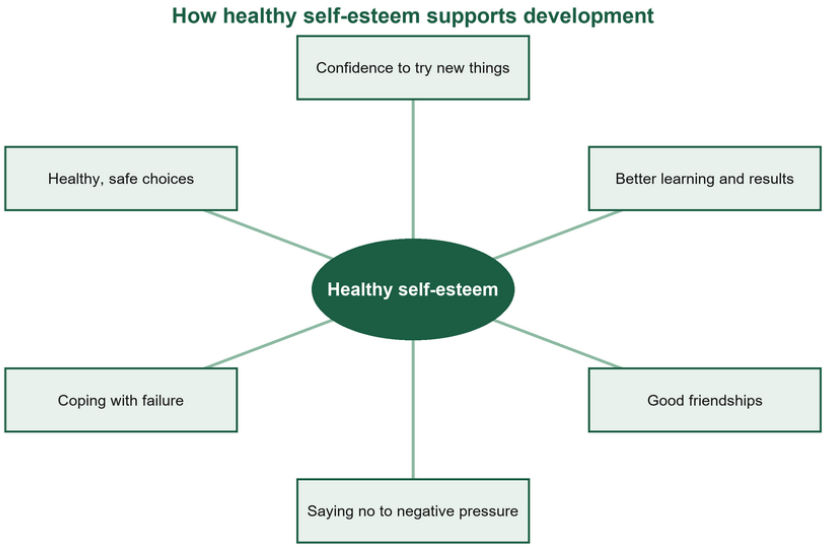
KEY WORDS

self-esteem, healthy self-esteem, low self-esteem, arrogance, holistic development, positive self-talk.

How we value ourselves affects how we learn, make friends and handle failure. In this topic we explain how healthy self-esteem supports all-round development, examine the effects of unhealthy self-esteem, assess our own self-esteem and plan ways to improve it.

1. Self-esteem and development

Self-esteem
How a person values and respects themselves.



How healthy self-esteem supports development

NOT PRIDE
Healthy self-esteem means knowing both your worth and your weaknesses; it is not the same as pride.

2. Unhealthy self-esteem

Low, healthy and over-inflated self-esteem

Low	Healthy	Over-inflated
Negative self-talk: "I am useless"	Knows own strengths and weaknesses	Arrogance: looks down on others
Fear of trying	Tries and learns from mistakes	Refuses advice
Gives in to peer pressure	Says no politely	Bullies others

Low and over-inflated self-esteem

Effects: broken friendships, poor decisions, conflict, risky behaviour and missed opportunities.

3. Assessing your self-esteem

A private checklist (not handed in)

1. I can say no to friends.
2. I accept compliments and admit mistakes.
3. I try new things and speak up in class.
4. I respect others' opinions.

What affects self-esteem

Lowers self-esteem	Raises self-esteem
Teasing	Encouragement
Comparison on social media	Achievement
Failure	Helping others
Harsh criticism	Supportive friends

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4. Improving self-esteem

- Use positive self-talk.
- Set and reach small goals; develop a skill or talent.
- Spend time with supportive friends; help others.
- Look after your body; accept mistakes as learning.
- Limit comparison on social media.

Healthy self-esteem makes a person more productive: they try, persist and work well with others.

KEY POINTS TO REMEMBER

- Self-esteem is how a person values and respects themselves.
- Healthy self-esteem supports academic, social, emotional and physical growth.
- Low self-esteem: negative self-talk, fear, giving in to pressure.
- Over-inflated self-esteem: arrogance, bullying, refusing advice.
- Improve it with positive self-talk, small goals, supportive friends and helping others.

CHECK YOURSELF: MULTIPLE CHOICE

Choose the correct answer: A, B, C or D. The answers are at the back.

1. "I am useless" is an example of
A. positive self-talk
B. arrogance
C. negative self-talk
D. a SMART goal

2. Which is a sign of over-inflated self-esteem?
A. Fear of trying
B. Looking down on others
C. Withdrawal
D. Accepting advice

3. Which raises self-esteem?
A. Encouragement
B. Teasing
C. Harsh criticism
D. Constant comparison

4. Healthy self-esteem means
A. thinking you are perfect
B. never trying hard tasks
C. ignoring others
D. knowing your worth and your weaknesses

5. Low self-esteem can make a learner
A. accept compliments
B. try new things
C. give in to peer pressure
D. speak up in class

ANSWER THESE

1. Explain how healthy self-esteem supports academic and social development. (4 marks)

2. Give three effects each of low and over-inflated self-esteem. (6 marks)

3. State four ways of improving self-esteem. (4 marks)

4. How does social media affect self-esteem? (2 marks)

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