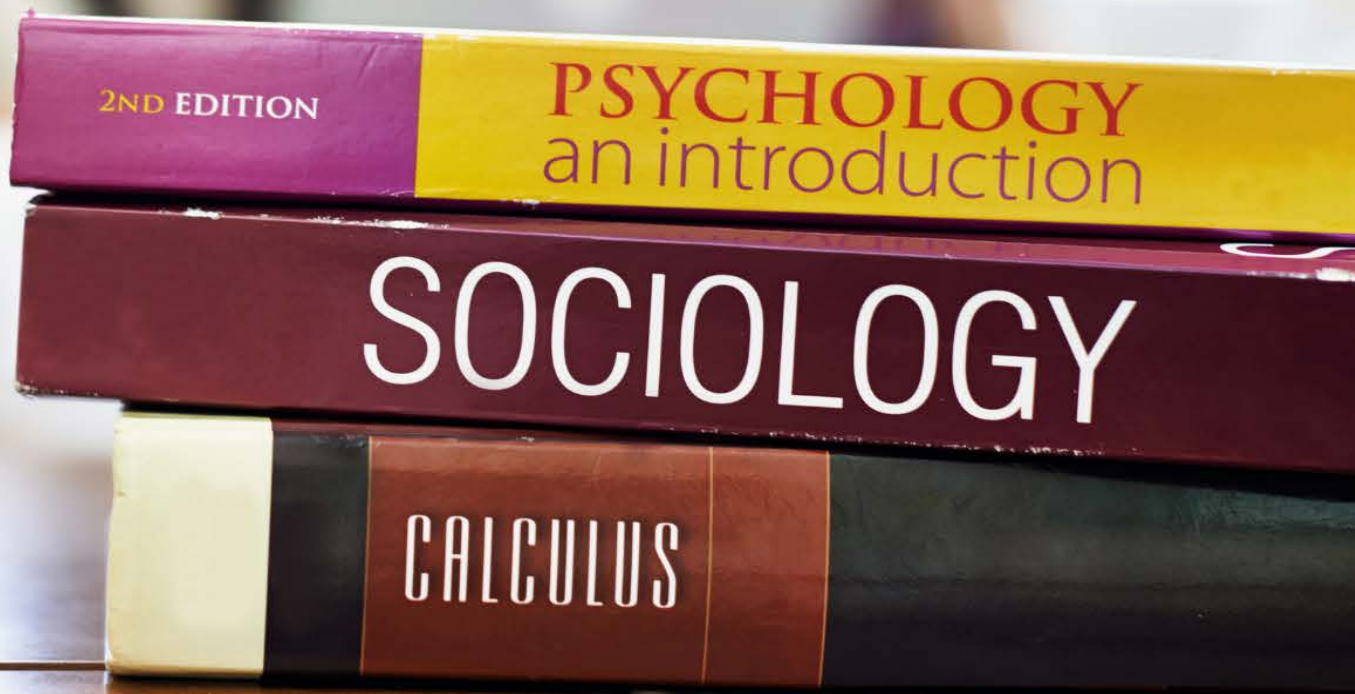


SOCIAL STUDY

FOR

Junior Secondary School

3



AKADALEARN

© 2019 All rights reserved.

AkadaLearn

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without either the prior written permission of the publisher or a license permitting restricted copying.

All trademarks used herein are the property of their respective owners. The use of any trademark in this text does not vest in the author or publisher any trademark ownership rights in such trademarks, nor does the use of such trademarks imply any affiliation with or endorsement of this book by such owners.

AkadaLearn though not direct author/publisher has sought the right to distribute this publication from respective authors and content owner, in case of infringement from our partner, we will not bear such liabilities but transfer to the content providers.

For detail referencing and credit please see www.akadalearn.com/publication_credits

JSS3
SOCIAL STUDIES
FIRST TERM

TABLE OF CONTENT

WEEK 1:	TOPIC: WATER SUPPLY
WEEK 2:	TOPIC: HUMAN TRAFFICKING
WEEK 3:	TOPIC: HARMFUL TRADITIONAL PRACTICES
WEEK 4:	TOPIC: POPULATION
WEEK 5:	TOPIC: PEACE
WEEK 6:	TOPIC: NATIONAL ECONOMY
WEEK 7:	TOPIC: NATURE OF THE NIGERIAN ECONOMY
WEEK 8:	TOPIC: PEACE (CONTD.)
WEEK 9:	TOPIC: MAKING DECISIONS
WEEK 10:	TOPIC: GOAL SETTING
WEEK 11:	TOPIC: INTRODUCTION TO SOCIAL STUDIES

JSS 3 Social Studies First Term

Week 1

Topic: Water Supply

Content:

- 1. Meaning**
- 2. Sources of water**
- 3. Keeping sources of water clean**

Water is the most abundant chemical substance in the world. It covers 70 per cent of the surface of the earth. It occurs in form of water vapour in the atmosphere and this may collect as cloud and later come down to the earth in form of rain. It is also present below the earth.

Water is a transparent and nearly colorless chemical substance that is the main constituent of Earth's streams, lakes, and oceans, and the fluids of most living organisms. Its chemical formula is H_2O , meaning that its molecule contains one oxygen and two hydrogen atoms, that are connected by covalent bonds. Water strictly refers to the liquid state of that substance, that prevails at standard ambient temperature and pressure; but it often refers also to its solid state (ice) or its gaseous state (steam or water vapor). It also occurs in nature as snow, glaciers, ice packs and icebergs, clouds, fog, dew, aquifers, and atmospheric humidity.

Water is very important to all kinds of plants and animals even to humans. Not only is water used all over the world in vast quantities for drinking purposes, but it is used in even greater quantities for washing, bleaching, dyeing, cooking, raising steam to drive engines and turbines to generate electricity and as a solvent in industrial processes. Water plays an important role in the world economy. Approximately 70% of the freshwater used by humans goes to agriculture. Fishing in salt and fresh water bodies is a major source of food for many parts of the world. Much of long-distance trade of commodities (such as oil and natural gas) and manufactured products is transported by boats through seas, rivers, lakes, and canals. Large quantities of water, ice, and steam are used for cooling and heating, in industry and homes. Water is a good solvent for a wide variety of chemical substances; as such it is widely used in industrial processes, and in cooking and washing. Water is also central to many sports and other forms of entertainment, such as swimming, pleasure boating, boat racing, surfing, sport fishing, and diving.

Sources of water

1. **Rain Water** – This is the purest form of natural water because it is formed as a result of the condensation of water vapour in the atmosphere. Rain water contains small impurities like gases such as CO_2 from the air and also dust particles present in the air. Dissolved oxygen and nitrogen will always be present in rain water. After electric storms during which oxygen and nitrogen react to form oxides of nitrogen, rain water may actually be an extremely dilute solution of trioxonitrate(V) acid.
2. **River Water** – Rivers are used extensively for sewage disposal. River water contains a lot of dissolved air, mineral salts, bacteria and organic remains. It is dirty and needs to be purified especially before drinking.
3. **Spring Water** – Spring water is purer than River water. It contains a considerable amount of mineral salts but very little suspended impurities such as dust and bacteria. It is good for drinking.
4. **Sea Water** – This is the most impure form of natural water because impure water is consistently flowing into it and at the same time, purer water is constantly leaving it through evaporation. The main inorganic metallic salt present in sea water is Sodium chloride, but Magnesium, Calcium and Potassium salts are also present. Of all the solid impurities in sea water, the most important ones are Calcium tetraoxosulphate (vi) and Calcium hydrogen trioxocarbonate (iv).

Keeping sources of water clean

1. Prompt repairs of burst water pipes
2. Well should be covered
3. Use clean bucket to fetch water from well
4. Avoid dumping refuse into river
5. Avoid using chemical for fishing in the river

Assessment

- Mention four sources of water

Social Studies
JSS 3 – First Term
Week 2
Topic: Human Trafficking

Content:

1. **Meaning of human trafficking**
2. **Factors responsible for children and women trafficking**
3. **preventive measures**
4. **Consequences of Human Trafficking**

Meaning of Human Trafficking

Human trafficking is the trade in humans, most commonly for the purpose of sexual slavery, forced labor or commercial sexual exploitation for the traffickers.

Human trafficking can be defined as the act of recruiting, transporting, or receiving a person through force, coercion or through other means for the purpose of exploiting them.

Human trafficking is a form of modern slavery where people profit from the control and exploitation of others.

Although slavery is commonly thought to be a thing of the past, human trafficking still exists today throughout the United States and globally when traffickers use force, fraud, or coercion to control other people for the purpose of engaging in commercial sex or forcing them to provide labor services against their will. Traffickers use violence, threats, deception, debt bondage, and other manipulative tactics to trap victims in horrific situations every day in America. All trafficking victims share one essential experience – the loss of freedom. Over 55% of victims of human trafficking are women and children.

Trafficking in persons is a serious crime and a grave violation of human rights. Every year, thousands of men, women and children fall into the hands of traffickers, in their own countries and abroad. Almost every country in the world is affected by trafficking, whether as a country of origin, transit or destination for victims. UNODC, as guardian of the United Nations Convention against Transnational Organized Crime (UNTOC) and the Protocols thereto, assists States in their efforts to implement the Protocol to Prevent, Suppress and Punish Trafficking in Persons (Trafficking in Persons Protocol).

Trafficking in Persons is further described as the recruitment, transportation, transfer, harbouring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation. Exploitation shall include, at a minimum, the exploitation of the prostitution of others or other forms of sexual exploitation, forced labour or services, slavery or practices similar to slavery, servitude or the removal of organs

In another context, Human trafficking is the trade in humans, most commonly for the purpose of sexual slavery, forced labor or commercial sexual exploitation for the traffickers.

Human trafficking can be defined as the act of recruiting, transporting, or receiving a person through force, coercion or through other means for the purpose of exploiting them.

Human trafficking is a form of modern slavery where people profit from the control and exploitation of others.

Although slavery is commonly thought to be a thing of the past, human trafficking still exists today throughout the United States and globally when traffickers use force, fraud, or coercion to control other people for the purpose of engaging in commercial sex or forcing them to provide labor services against their will. Traffickers use violence, threats, deception, debt bondage, and other manipulative tactics to trap victims in horrific situations every day in America. All trafficking victims share one essential experience – the loss of freedom. Over 55% of victims of human trafficking are women and children.

Agents of Trafficking

The Agents of Human Trafficking are

1. **The traffickers:** The traffickers are the people either individual or group of persons who engages in the forceful or coercive recruitment of the victims , they include all the people that work towards the success of the human trafficking, they include the recruiters, transporters, receivers, the guards, the producers of false documentation.
2. **The Trafficking victims:** These include all the women, men, children both boys and girls and even the youth who are deceived or transported by force into the hands of those who exploit them for profit.

Characteristics of Human Trafficking

1. Traffickers compel their victims to accept a job through forms of deception, coercion or physical force.
2. They trapped their victims in forced labor situations from which they cannot freely escape.
3. In extreme situations, victims are forced into an employment relationship because they were sold by a family member or physically abducted or kidnapped.
4. Most time they are characterized with deception, for example, a trafficker may promise a woman a job abroad to work as a nanny earning a minimum wage, but when she arrives she is instead forced to work in a sweatshop where her wage are withheld, she is forced to work eighteen hours a day and she is not allowed to leave the premise

Causes of Human Trafficking

The following points below are causes of human trafficking,

1. **Poverty:** This is a situation where a person fall short of a level of economic welfare, where a person lacks the basic human want which are clothing, food and shelter .A person who is poor can easily be deceived to come over to another place with the promise of getting a good job and become a victim in the hands of the traffickers.
2. **Lack of employment opportunities:** Due to the bad economic situation of some countries that made some people jobless, some people therefore get lured and deceived by traffickers because they want to get out of the country and thereby using them as slaves and prostitutes in other countries.
3. **Profit:** Because of the profits the trafficker wants to make from doing trafficking business make them to engage themselves in such evil business all because of profit.
4. **Low self esteem:** Many people because they do not know their worth and value, they see themselves as nobody thereby making them vulnerable and they fall into the hands of traffickers and because they have low self esteem they allow any body to direct them to anywhere.
5. **Illiterates:** Illiterates are those who are not able to read or write, illiteracy has made so many people to become a victim of trafficking, for instance, signing on a paper you do not have any knowledge about. They deceived them by telling them they will enroll them into school

and teach them many things, because they want to be educated they then fall victim of trafficking.

6. **The search for greener pastures:** Some people believe that it is by travelling and relocating to another place before they can make it in all aspects of life.
7. **Economic system:** Because of poor economic system of some countries the citizens prefer to live somewhere else and would not mind to go anywhere and because of this they become a victim.
8. **Greed:** Some people are not satisfied with what they have, because of the love to earn more than what they can have they end up falling into the hands of traffickers.

Consequences of Human Trafficking

Given the underground nature of trafficking, the consequences of trafficking are hidden and difficult to see. Trafficked persons often do not have limited access to basic necessities such as safety, food, sleep, hygiene, and medical care. The effects of trafficking vary depending on the type of trafficking and the specific situation.

Given that trafficking is based on the exploitation of individuals, all victims of trafficking may be subject to physical, psychological, and social impacts. Victims of trafficking often experience harsh physical impacts due to excessive work or the use of force by traffickers. In addition, victims may be exposed to serious health risks, such as HIV/AIDS, as well as serious mental health risks. Anxiety, insecurity, fear, and trauma are all products of trafficking. Several studies indicate high levels of Post-Traumatic Stress Disorder (PTSD) in former trafficked persons. Trafficking can also lead to cognitive impairment, memory loss, depression, and even suicide.

Trafficked minors are all the more vulnerable due to their age. Trafficking may greatly impact children's emotional, physical, and overall psychological development.

Trafficked persons may also experience social ostracism. Trafficked persons are often isolated from their social circles, leaving individuals unable to engage socially or reach out for help. Victims may also be trafficked internationally, and therefore may not be able to engage due to a lack of linguistic capability or geographic and cultural familiarity. Individuals specifically trafficked for sex have described facing stigma and other negative responses during and after their trafficking experience, especially from friends and family members.

Summarily, some of the consequences victims of human trafficking face are:

1. Human and Social effects
2. Sexual Abuse
3. Health Risk in Women Adolescents
4. Psychological Trauma
5. Stigmatization
6. Effect on population growth
7. Modern Slavery
8. Illegal Immigrants
9. It prevents a child from health growth
10. The children end up not going to school
11. It threatens the existence of a child
12. It tarnishes the image of the country
13. The female children among them are subjected to rape

Assessment

- State three characteristics of Human trafficking
- Briefly explain four causes of Human trafficking

Social Studies
JSS 3 – First Term
Week 3

Topic: Harmful Traditional Practices

Content:

1. **Meaning of Harmful Traditional Practices**
2. **Examples of Harmful Traditional Practices**
3. **Consequences of Harmful Traditional Practices**
4. **Prevention**

Meaning

Harmful traditional practices are forms of violence which have been committed primarily against women and girls in certain communities and societies for so long that they are considered, or presented by perpetrators, as part of accepted cultural **practice**. The most common are: Forced or early marriage, **Female Genital Mutilation etc.**

Examples of Harmful Traditional Practices

Throughout the world, there are many different types of harmful traditional practices that violate the human rights of women. Some practices are endemic to a particular area of the world, while others are more widespread. Below are a few of the most prevalent and harmful practices that constitute violence against women and a violation of their personal dignity and human rights.

The most common are:

1. Son Preference, Female Infanticide, and Sex-Selective Abortions

“Son preference” is a custom rooted in gender inequality that is prevalent in many countries and found across religions and classes. It is, however, most apparent in countries of South Asia, where poverty is prevalent, and where families might view the “continuity of the male line” as a matter of particular importance.

2. Forced and Early Marriages

Girls being forced into marriage, sometimes at very young ages, is prevalent in many areas throughout the world. Forced or early marriages may be an expectation within the social or religious culture in which a girl or woman lives. In certain cultures within India, the Middle East, and Africa, the practice of forcing girls ages 11, 12, and 13 to marry and begin producing children

is prevalent. Young girls command a higher bride-price (not to be confused with a dowry, which is paid by the wife's parents to the family of the husband) for their parents due to the cultural value placed upon virginity. Regardless of the reason it is practiced, child marriage robs young girls of their childhood and forces them into dependent and subordinate positions within the husband's family. A child bride is at increased risk of serious or fatal complications for both herself and her children arising from giving birth before having fully developed.

3. Bride Kidnapping

Bride kidnapping is a form of forced marriage. It is a phenomenon in some cultures in which a young girl or woman is abducted by an individual or group wishing to force that girl into a marriage which she and her family would not otherwise consent to.

4. "Honor" Crimes

An "honor crime" involves the murder, attempted murder, physical or mental abuse, exile, or forced marriage of another perpetrated for the purpose of preserving family or communal 'honor.' Though honor crimes are committed against both men and women, in some cultures women are disproportionately targeted. Honor (within the context of honour crime) is defined with respect to a culture or religion's assigned sexual and familial roles in what are typically patriarchal societies. Within these cultures and/or religions, actual or accused adultery, premarital relationships (which may or may not include sexual contact), rape, and relationships with 'inappropriate' persons are considered violations of family honor. Violence against women for actual or alleged violations are claimed to be justified by perpetrators as being necessary to restore the family's honor.

5. Stoning or Flogging of Women

Stoning is a form of capital punishment in which the condemned is buried up to the neck and has rocks thrown at him or her by the executioners, leading to a slow and painful death. It most often occurs in Muslim contexts, though there is no reference to stoning in the Qur'an. A similar but non-lethal punishment of flogging is practiced in a number of Muslim cultures in Afghanistan, Indonesia, Iran, Nigeria, Pakistan, and Sudan.

6. Forced Pregnancy

In places where conflict is prevalent, rape and forced impregnation is often employed as a strategy to suppress ethnic or religious communities, making women highly vulnerable.

7. Polygamy

Polygamy is the practice of marrying more than one person. In nearly all instances, this takes the form of polygyny, in which a man may marry multiple wives but a woman may only marry

one husband. Researchers have found a strong link between polygamy and violence against women.

8. Wife Inheritance and Maltreatment of Widows

The term 'wife inheritance' refers to the expectation within certain cultures that a widow marry or enter into a sexual relationship with the brother or kinsman of her late husband. Central to the practice is the belief that the widow owes her in-laws a child or children in return for maintaining her property rights in any inheritance she may receive. The practice occurs worldwide, including in countries such as Kenya, Malawi, South Africa, Zimbabwe, India, and Siberia. Refusal by a widow to be 'inherited' typically leads to her being disinherited, ostracized, and expelled from her home. In some versions of the practice, the widow is forced or coerced to first have sexual intercourse (often without use of a condom) with a social outcast in order to cleanse her husband's evil spirits. Widows are also frequently evicted from their homes, or the marital property seized by in-laws upon the death of a woman's husband. Property and inheritance laws are frequently unfair to women, often leaving widows in situations of great dependency.

9. Bride-Price and Dowry-Related Violence

Dowry-related violence encompasses any type of violence, whether physical, psychological, or economic in nature, which is perpetrated due to expectations arising from a dowry. A dowry may include gifts, money, goods, or property given by the bride's family to the groom or groom's family before, during, or anytime after the marriage. While dowry is practiced in many different of the world, dowry-related violence is most prevalent in South Asia, in the nations of India, Pakistan, Sri Lanka and Bangladesh. A bride-price is the counter-part of a dowry. In some cultures, sometimes the same cultures which practice dowry, money or gifts may be given by a groom to the family of the bride for the marriage of their daughter. A higher bride-price may be demanded based upon factors such as virginity, youth, and fertility. The practice of payment of a bride-price remains prevalent in many Asian countries, including Thailand, China, Africa, and parts of Central Asia such as Kazakhstan, Kyrgyzstan, and Russia.

10. Acid Attacks and Stove Burning

An acid attack is an act in which an attacker throws or sprays acid in the face or body of the victim, leading to permanent disfigurement or scarring. The practice of stove burning originally involved a woman being burned alive through the deliberate tampering with a stove, causing an explosion. Another formulation occurs when the husband or other family member douses a woman in the stove's kerosene oil before setting her on fire.

11. Witch Burning/Beheading

Witch-hunting and burning is a practice that has been going on in many parts of the world for centuries. People in such communities often attribute unexplained illnesses and deaths to sorcery, and evidence shows that women are disproportionately suspected and accused of the practice.

12. Virginity Tests

To varying degrees, the virginity of a bride is still considered a virtue in communities throughout the world. Virginity testing, the examination of the genitals as a way to determine sexual chastity, remains popular in communities that place a high premium on virginity for social, economic, and religious reasons.

13. Breast Ironing

Breast ironing is a practice, often performed by a mother, in which the breasts of pubescent girls are pounded using tools such as spatulas, grinding stones, hot stones, and hammers, as a means of delaying their development and protecting girls from rape and other types of unwanted male attention.

14. Incision

An Incision is an opening that is made in something with a sharptool, especially in someone's body during an operation. An incision is a cut made into the tissues of the body to expose the underlying tissue, bone or organ so that a surgical procedure can be performed. An incision is typically made with a sharp instrument, such as a scalpel, that is extremely sharp and leaves the skin and tissues with clean edges that are able to heal well.

Here we'll be considering majorly Female Genital Mutilation (FGM).

Female Genital Mutilation (FGM) is the partial or total removal of the female external genitalia. External genitals include the clitoris, labia, mons pubis (the fatty tissue over the pubic bone), and the urethral and vaginal openings.

The practice of FGM is often called "female circumcision" (FC), implying that it is similar to male circumcision. However, the degree of cutting is much more extensive, often impairing a woman's sexual and reproductive functions. The traditional custom of ritual cutting and alteration of the genitalia of female infants, girls, and adolescents, referred to as female genital mutilation (FGM), persists primarily in Africa and among certain communities in the Middle East and Asia.

Traditionally, a local village practitioner, or midwife is engaged for a fee to perform the procedure, which is done without anesthesia using a variety of instruments, such as knives,

razor blades, broken glass, or scissors not considering the health indications of using these instruments.

Types of Female Genital Mutilation

- **Circumcision or “Sunna”:** This involves the removal of the prepuce and the tip of the clitoris. This is the only operation which, medically, can be likened to male circumcision.
- **Excision or clitoridectomy:** This involves the removal of the clitoris, and often also of the labia minora. It is the most common operation and is practised throughout Africa, Asia, the Middle East and the Arabian Peninsula.
- **Infibulation or Pharaonic circumcision:** This is the most severe operation, involving excision plus the removal of the labia majora and the sealing of the two sides, through stitching or natural fusion of scar tissue. What is left is a very smooth surface, and a small opening to permit urination and the passing of menstrual blood. This artificial opening is sometimes not larger than the head of a match.
- **Introcision:** In this form of mutilation, When a girl reaches puberty, the whole tribe – both sexes – assembles. The operator, an elderly man, enlarges the vaginal orifice by tearing it downward with three fingers bound with opossum string. In other districts, the perineum is split with a stone knife. This is usually followed by compulsory sexual intercourse with a number of young men. As soon as a girl reaches maturity, she is intoxicated and subjected to mutilation in front of her community. The operation is performed by an elderly woman, using a bamboo knife. She cuts around the hymen from the vaginal entrance and severs the hymen from the labia, at the same time exposing the clitoris. Medicinal herbs are applied followed by the insertion into the vagina of a slightly moistened penis-shaped object made of clay.
- **Unclassified types of FGM:** This includes pricking, piercing or incision of clitoris and/or labia; stretching of clitoris and/or labia; cauterisation by burning of clitoris and surrounding tissues; scraping (angurya cuts) of the vaginal orifice or cutting (gishiri cuts) of the vagina; introduction of corrosive substances into the vagina to cause bleeding or herbs into the vagina with the aim of tightening or narrowing the vagina; any other procedures which fall under the definition of FGM given above.

Reasons For Female Genital Mutilation

This procedure has a lot to do with traditions and cultural beliefs. It is believed that cutting or removal of the tissues around the vagina would prevent women from having pleasurable sexual feelings. These reasons range from cultural, religious to social.

- This procedure is used for social and cultural control of women's sexuality and feelings of sexual arousal.
- FGM is often considered a necessary part of raising a girl properly, and a way to prepare her for adulthood and marriage
- In its most extreme form, INFIBULATION, where the girl's vagina is sewn shut, the procedure ensures virginity.
- FGM is often motivated by beliefs about what is considered proper sexual behaviour, linking procedures to premarital virginity and marital fidelity. FGM is in many communities believed to reduce a woman's libido and therefore believed to help her resist "illicit" sexual acts. When a vaginal opening is covered or narrowed, the fear of the pain of opening it, and the fear that this will be found out, is expected to further discourage "illicit" sexual intercourse among women.
- In some cultures where female circumcision has been a tradition for hundreds of years, this procedure is considered a rite of passage for young girls. Families fear that if their daughters are left uncircumcised, they may not be marriageable.
- FGM is associated with cultural ideals of femininity and modesty, which include the notion that girls are "clean" and "beautiful" after removal of body parts that are considered "male" or "unclean".
- As
in most cultures, there is also the fear that the girl might bring shame to the family by being sexually active and becoming pregnant before marriage.

What The UN Has To Say

The United Nations (UN) consider female genital mutilation a violation of human rights. WHO has undertaken a number of projects aimed at decreasing the incidence of FGM. These include the following activities:

- publishing a statement addressing the regional status of FGM and encouraging the development of national policy against its practice,

- organizing training for regional community workers,
- developing educational materials for local health care workers,
- providing alternative occupations for individuals who perform FGM procedures.

The Harmful Effects of Female Genital Mutilation

FGM has no health benefit instead it causes a lot of harm to the girls and women involved in many different ways. It involves removing and damaging healthy and normal female genital tissue, and this interferes with the natural functions of girls' and women's bodies. Infections can also come through the use of the various sharp objects or instruments that have been used.

Immediate complications can include severe pain, shock, haemorrhage (bleeding), tetanus or sepsis (bacterial infection), urine retention, open sores in the genital region and injury to nearby genital tissue.

Long-term consequences can include:

- recurrent bladder and urinary tract infections;
- cysts;
- infertility;
- an increased risk of childbirth complications and newborn deaths;
- the need for later surgeries.

For example, the FGM procedure that seals or narrows a vaginal opening needs to be cut open later to allow for sexual intercourse and childbirth. Sometimes it is stitched again several times, including after childbirth, hence the woman goes through repeated opening and closing procedures, further increasing and repeated both immediate and long-term risks.

Facts About Female Genital Mutilation

- Female genital mutilation (FGM) includes procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons.
- The procedure has no health benefits for girls and women.
- Procedures can cause severe bleeding and problems urinating, and later cysts, infections, infertility as well as complications in childbirth and increased risk of newborn deaths.

- More than 125 million girls and women alive today have been cut in the 29 countries in Africa and Middle East where FGM is concentrated (1).
- FGM is mostly carried out on young girls sometime between infancy and age 15.
- FGM is a violation of the human rights of girls and women.

Consequences of Harmful Traditional Practices

1. Social consequences; Consequences of Harmful Traditional Practices can cause conflict between families
2. Economic consequences; Some of these practices cost money
3. Psychological consequences; This can cause physical and emotional pain

Prevention

1. Public enlightenment
2. Education
3. Appropriate legislation
4. Advocacy

Assessment

- Explain what you understand by harmful traditional practices with examples
- State the harmful effects of female genital mutilation
- Meaning of Goal setting
- Types of goal
- Importance of goal setting
- Tips for goal setting and achieving goals
- Stumbling block/obstacles to goal setting

Meaning of Goal Setting

Goal setting is the process of deciding what you want to accomplish and devising a plan to achieve the result you desire. For entrepreneurs, goal setting is an important part of business planning.

This goal setting definition emphasizes that goal setting is a three part process. For effective goal setting, you need to do more than just decide what you want to do; you also have to work at **accomplishing** whatever goal you have set for yourself – which means you have to create a plan so your work gets you where you want to go.

People know what they want to do and they're perfectly willing to work on it but they often have trouble creating a plan to get there

Goal setting involves the development of an action plan designed to motivate and guide a person or group toward a goal. Goal setting can be guided by goal-setting criteria (or rules) such as SMART criteria. Goal setting is a major component of personal-development and management literature.

Studies by Edwin A. Locke and his colleagues have shown that more specific and ambitious goals lead to more performance improvement than easy or general goals. As long as the person accepts the goal, has the ability to attain it, and does not have conflicting goals, there is a positive linear relationship between goal difficulty and task performance.

So for successful goal setting, the first thing you have to do is close the gap between the end result you want and where you are now with a plan.

Types of goals

Generally, goals are categorized as either long-term or short-term.

Long-term goals consist of plans you make for your future, typically over a year down the road. These typically consist of family, lifestyle, career, and retirement goals. Long-term goals are achieved over time as a person completes the stages of their life. People set long-term goals for themselves by envisioning what they want to be doing and where they want to be five to twenty years from the present. Then they use short-term goals to get there.

Examples of long-term goals

- Become a Mechanical Engineer
- Get a Master's Degree

- Buy a house
- Run a marathon
- Own my own company
- Retire at age 55

Short-term goals are ones that a person will achieve in the near future, typically in less than one year. Short-term goals are often, but not always, steppingstones on the way to achieving long-term goals. These types of goals are considered enabling goals because accomplishment of these goals will “enable” you to achieve an even greater goal.

Enabling goals usually consist of such topics as education, short-term jobs or projects, as well as valuable work experience. Each of these often contributes directly to the long-term goals a person sets for himself or herself.

Examples of short-term goals

- Lose five pounds
- Paint my living room
- Get an “A” in Biology
- Get a 3.2 GPA or above this semester
- Build a deck
- Get a job for the summer

Importance of goal setting

Goals are what take us forward in life; **they are the oxygen to our dreams.** They are the first steps to every journey we take and are also our last. It’s very important that you realize the significance and importance of goal-setting and apply this knowledge in your life.

According to Wikipedia the exact definition of a goal is: *A desired result a person or a system envisions, plans and commits to achieve a personal or organizational desired end-point in some sort of assumed development. Many people endeavor to reach goals within a finite time by setting deadlines.* In other words, any planning you do for the future regardless of what it is, **is a goal.** So the next time you are planning on doing the weekly chores or decide on watching that really cool action movie after work, always keep in mind that these small tasks account as goals and while seemingly insignificant you are goal setting.

5 Reasons Why Goal Setting Is Important:

1. Goals Give You Focus

Imagine having to shoot an arrow without being given a target. Where would you aim? And say you did aim at some random thing (out of sheer perplexity). Why would you aim there? And what would the purpose be? Get the idea. This is a literal example of what life is like without a goal or target in mind. **It's pointless and a waste of energy and effort.** You can have all the potential in the world but without focus your abilities and talent are useless. Just like how sunlight can't burn through anything without a magnifying glass focusing it, you can't achieve anything unless a goal is focusing your effort. Because at the end of the day *goals are what give you direction in life*. By setting goals for yourself you give yourself a target to shoot for. This sense of direction is what allows your **mind to focus** on a target and rather than waste energy shooting aimlessly, allows you to hit your target and reach your goal.

2. Goals Allow You To Measure Progress

By setting goals for yourself you are able to measure your progress because you always have a fixed endpoint or **benchmark to compare with**. Take this scenario for example: David makes a goal to write a book with a minimum of 300 pages. He starts writing every day and works really hard but along the way, he loses track of how many more pages he has written and how much more he needs to write. So rather than panicking David simply counts the number of pages he has already written and he instantly determines his progress and knows how much further he needs to go.

3. Goals Keep You Locked In And Undistracted

By setting goals you give yourself mental boundaries. When you have a certain end point in mind you **automatically stay away** from certain distractions and stay focused towards the goal. This process happens automatically and subtly but according to research does happen. To get a better idea, imagine this. Your best friend is moving to Switzerland and his flight takes off at 9:00 PM. You leave right after work at 8:30 PM to see him off and you know it's a 20-minute walk to get to the airport. So you make it a goal to reach the airport in 15 minutes by jogging so that you can have more time to say your goodbyes. Would you get distracted by "anything" along the way? Would you stop for a break or a snack? Would you stop by your house before going to the airport? I bet you answered no for each question and at the end of the day, this is what a goal gives you. **FOCUS**. No matter who you meet along the way or what you see (assuming nothing is out of the ordinary) your goal allows you to stay locked in. You subconsciously keep away from distractions and your focus remains only on the goal. And by

the way if you didn't know yet this is how you become successful, you set a goal, you lock it in and then give it your 100%.

4. Goals Help You Overcome Procrastination

When you set a goal for yourself **you make yourself accountable to finish the task**. This is in complete contrast with when you do things based off a whim and it doesn't matter whether you complete them or not. Goals tend to stick in your mind and if not completed they give you a "Shoot! I was supposed to do ____ today!" reminder. These reminders in the back of your head help you to overcome procrastination and laziness. (*But keep in mind that long-term goals actually promote procrastination. Most people aren't good with deadlines 3 month away. So whenever you're given a long term goal, break it down into several short-term goals so you can complete a chunk of the larger long term goal every week or even every day.)

5. Goals Give You Motivation

The root of all the motivation or inspiration you have ever felt in your entire life are goals. Goal setting provides you the foundation for your drive. By making a goal **you give yourself a concrete endpoint to aim for and get excited about**. It gives you something to focus on and put 100% of your effort into and this focus is what develops motivation. *Goals are simply tools to focus your energy in positive directions, these can be changed as your priorities change, new ones added, and others dropped.*

Tips for goal setting and achieving goals

The easiest way to set yourself up for goal setting success is to use a formula for setting goals that incorporates a strategy for accomplishing the goal. Another way of ensuring that you have a good shot at actually accomplishing the goals you set is to make sure that the goals you set follow the **SMART** acronym and are:

- **Specific** – For example, I want to increase my business revenue by 30% this year.
- **Measurable** – "Complete developing class notes" or "increase grade-point" are measurable goals, "working harder" or "increasing my personal satisfaction" are vague and difficult to measure. Putting your goals in writing helps to keep you focused and see how much progress you've made towards your goals at the end of the defined time period.
- **Attainable** – A goal should be challenging but attainable. If your business is a lumber yard, overtaking Home Depot in sales is not a reasonable goal!

- **Relevant** – Goals should be aligned with your long term plans. If your long term plan is for your business to attain NGN200,000 a year in sales your short-term goals should directly relate to achieving this.
- **Time-Bound** – Without a specific time frame for your goals they can't be properly measured. A goal should contain a time limit (e.g. "by the end of the year I want to increase sales by 20%").

Stumbling block/obstacles to goal setting

What follows are some common stumbling blocks that prevent us from attaining the success we desire. When calling a timeout, look to see if you are:

1. **Lacking clarity about what you want.** Your mind is a goal-seeking mechanism and responds best to specific targets and pictures. Vague wishes about having a "more fulfilling" job or earning "more money" aren't effective. Decide, precisely, what will fulfill you and exactly how much money you want to earn.
2. **Trying to achieve too much at once.** Having too many goals is the other extreme. If you try to tackle five major projects at once, you'll probably fail to succeed at any of them. Spreading yourself out scatters your energy and diminishes your power. Concentrate on one major goal at a time; laserlike focus is a necessary element for success.
3. **Not taking enough action.** Most significant achievements take considerable effort. You can't just sit back and hope that success comes to you.
4. **Stubbornly sticking with a losing strategy.** Let's assume that you are trying to market your product or service and you've implemented Plan A. After three months, Plan A is yielding very disappointing results, with no signs of improvement. Examine why Plan A isn't working and develop a new plan. This sounds obvious, and yet many people stick with unsuccessful strategies.
5. **Not taking advantage of the knowledge of qualified people.** While "trial and error" sometimes works, you'll waste a lot of time and resources in the process. Instead, you can get back on course quickly by seeking help or advice from someone who has achieved what you want to achieve. Remember to ask qualified individuals "not a friend or relative who knows little or nothing about solving your particular problem."
6. **Hampered by limiting beliefs.** If you are dominated by negative thoughts, you can't possibly produce positive results on a consistent basis. Who controls what you think about? You

do. As motivational speaker Brian Tracy urges, you must develop the mindset that you are unstoppable!

7. Lacking positive inputs. To sustain your positive beliefs, you need frequent positive reinforcement. Read inspiring literature, listen to motivational audio programs, and surround yourself with enthusiastic, upbeat people. That's the environment in which you will maintain optimism and perform at your best.
8. Refusing to confront the problem. You've waited five years and your problem hasn't solved itself. Will you wait another five years, hoping that things will turn out differently? Things don't change unless you change. It may be that you have to confront your situation head-on, even if this choice will cause some temporary pain and hardship. Your other option "do absolutely nothing and continue to live with your problem."
9. Trying to skip rungs on the ladder. In our excitement to reach bold objectives, we sometimes delude ourselves into believing that we won't have to climb the ladder of success in increments. Instead, we think we can immediately soar to new heights. When this doesn't happen, however, we get discouraged. You need to remember that, as Zig Ziglar often says, "The elevator to success is out of order. You have to take the stairs." So, be patient and set realistic intermediate goals. After all, success is achieved one step at a time.

Assessment

- State five reasons why goal setting is important
- Set some personal goals and work towards achieving them

JSS 3 Social Studies First Term

week 4

Topic: Population

Content:

1. **Meaning**
2. **Basic units**
3. **Factors in securing population growth**
4. **Population control**

Meaning

Population can be defined as the total or aggregate number of people living in a particular place at a particular point in time. Population is a great determinant to the development of a place.

Censuses are usually taken every 10 years. Population Census provides information about age, sex, occupation, residence etc. The census of 1952/53 conducted in Nigeria was given as 31.12million people. Another one in 1962/63 gave our population a count of 55.67million people. In 1973, another account gave a population of 79million people. Nigeria's population as at 2004 was 120 million people.

Basic Units Of Population

A population is made up of individuals who are organised in families and communities. The families are closely related by blood and adoption. Groups of families make up the community. This is why particular population can have common features.

In Nigeria , the total population is made up of the different population of the 36 states and the federal capital territory, Abuja.

Factors in securing population growth

1. Child Birth
2. Death rate
3. Net Migration

Population control

When overpopulation occurs, some negative consequences emerge. These include inflation, unemployment, fall in standard of living, poverty and crime among others. Thus the need for control measures. Some of these measures include;

1. Education
 2. Family planning
 3. Government legislation
 4. Government migration policies
 5. Tax incentives
 6. Late marriage
 7. Sex education
 8. Economic incentives
- What are the factors in securing population growth
 - List five measures to control population

Social Studies
JSS 3 – First Term
Week 5
Topic: Peace

Content:

1. Meaning of peace
2. types
3. Importance

Definition of peace

Peace is the state of being calm and quite. It is a state or quality of living in friendship with somebody without argument. It is a state in which one is not involved in causing argument or violence. It is freedom from war.

Peace is also the ability to unite with other people's behaviour or better still to tolerate one another's attitude without complaining.

Further Meaning of Peace

Peace is a certain quality of existence which has been sought after, yet seldom found in a long enduring form, since time immemorial. In a behavioral sense, peace is generally understood to be a lack of conflict and freedom from fear of violence between heterogeneous social groups. Throughout history benevolent leaders have often exhibited a certain type of behavioral or political restraint, which in turn has often resulted in the establishment of regional peace or economic growth through various forms of agreements or peace treaties. Such behavioral restraint has often resulted in the de-escalation of conflicts, or in multilateral or bilateral peace talks. The avoidance of war or violent hostility is often the result of compromise, and is often initiated with thoughtful active listening and communication, which may tend to enable a greater genuine mutual understanding.

Peace is perhaps less well defined but at least of an equal value to, or of a greater value than, "behavioral peace." Peaceful behavior has often been found to have been the result of a certain type of a "peaceful inner disposition" on the part of some. Some have expressed the belief that peace is a certain quality of inner tranquility which does not depend upon the uncertainties of daily life for its existence. The acquisition of such a "peaceful internal disposition" would seem to possibly be a valuable asset, capable of assisting in the resolution of otherwise seemingly irreconcilable competing interests.

Such individuals are sometimes known to de-escalate conflicts or to improve emotions through compliments or generosity. Small gestures of generosity that are reciprocated may be followed with even more gestures. Benevolent generosity can eventually become a pattern that may become a lasting basis for improved relations. Peace talks often start without preconditions and preconceived notions because they are more than just negotiating opportunities. They place attention on peace itself, over and above what may have been previously perceived as the competing needs or interests of separate individuals or parties, in a way which can sometimes derive unexpected, yet beneficial results. Peace talks are sometimes also uniquely important learning opportunities for the individuals or parties involved.

“Peace” can sound merely sentimental or clichéd (“visualize whirled peas”). But deep down, it’s what most of us long for. Consider the proverb: *The highest happiness is peace.*

Not a peace inside that ignores pain in oneself or others, or is acquired by shutting down.

This is a durable peace, a peace you can come home to even if it’s been covered over by fear, frustration, or heartache.

When you’re at peace – when you are engaged with life while also feeling relatively relaxed, calm, and safe – you are protected from stress, your immune system grows stronger, and you become more resilient. Your outlook brightens and you see more opportunities. In relationships, feeling at peace prevents overreactions, increases the odds of being treated well by others, and supports you in being clear and direct when you need to be.

Types of peace

There are four kinds of peace, and the first two kinds are pretty straightforward, while the third and fourth take a person into the deep end of the pool. It’s helped people to notice, appreciate, and (hopefully) practice each of these. It’s OK to focus on just one for a while; any peace is better than none!

In particular, *enjoy* your peacefulness, wherever you find it. In our culture of pressure, invasive demands for attention, and jostling busyness, inner peace must be protected. When you experience it, enjoy it, which will help it sink into you, weaving its way into your brain so it increasingly becomes the habit of your mind.

The Peace of Ease

This is the peace of relaxation and relief, and it comes in many forms. You look out a window

and feel calmer, talk through a problem with a friend, or finally make it to the bathroom. You exhale slowly, activating the soothing parasympathetic wing of your nervous system. You finish a batch of emails or dishes. You were worried about something but finally get good news.

Whew. At rest. It's easy to underestimate this sort of peace but it really counts. Take it in when you feel it.

The Peace of Tranquility

This is deep quiet in mind and body. Perhaps you've felt this on first waking, before the mind kicks into gear. Or while sitting next to a mountain pond, something of its stillness seeps into your heart. At the end of a workout, meditation, or yoga, you might have felt serene.

When mind and body are this settled, there is no sense of deficit or disturbance, and no struggling with anything, or grasping after it, or clinging to others. There's an inner freedom, a non-reactivity, that is wonderful.

The Peace of Awareness

This is a subtler kind of peace. Perhaps you've had the experience of being upset and your mind is racing . . . and at the same time there is a place inside that is simply witnessing, untroubled by what it sees. Or you may have the sense of awareness as an open space in which sights and sounds, thoughts and feelings, arise and disappear; the space itself is never ruffled or harmed by what passes through it.

I'm not speaking of anything mystical here, only what you can see directly in your own mind. As either a bare witness or the space through which the stream of consciousness flows, awareness itself is always at peace.

The Peace of What's Unchanging

First, while most things continually change, some don't; for example, the fact that things change doesn't itself change. Two plus two will always equal four. The good thing you did this morning or last year will always have happened. Things that don't change are reliable, which feels peaceful.

Second, while individual waves come and go, the ocean is always ocean. While the contents of the universe are changing, the universe *as universe* is not. You can get an intuition of this by recognizing that you are a local wave in a vast sea of human culture, nature, and the physical universe; yes, you are changing, but within an unchanging allness. The sense of this, even if fleeting, can really put you at peace.

Third, you could have a sense of something transcendental, something eternal, call it God, Spirit, the Unconditioned, or by no name at all. Beyond words, this offers “the peace that passeth understanding,” and I include it here because it is meaningful to many people.

Importance of Peace

Peace is truly a lovely word. It indicates harmony and a lack of hostility, conflict or underlying tension. How much we wish for and pray for peace in our world – which we cannot control. But where we can largely control peace is in our own relationships. Paul tells us as believers, “If it is possible, as far as it depends on you, live at peace with everyone (Romans 12:18).” We all acknowledge that this is not always easy but it can become an intentional way of life if we choose to make it so.

If you had one gift to give to yourself, what would it be? More money, better relationships or simply more inner harmony?

A peaceful life is yours when you remove ego and desires completely and visualize yourself as a peaceful being. If we look at our life as a series of experiences, we will appreciate the importance of our thoughts and emotions as we go from one day to another.

Each day is filled with numerous experiences, some new and some repetitive. If we take some minutes out every day to connect with ourselves and just be still, we will be able to gain perspective and feel comfortable—irrespective of the goings-on around us.

The Virtuous Cycle of Peace

When you are peaceful, you are able to think clearly and control negative emotions a lot better than you can in a disturbed state of mind. This way, one can also make wise decisions related to the different aspects of life: relationships, finances (besides others), thanks to a stable and peaceful mind.

In fact, all aspects of a person’s life benefit from spending some peaceful and quiet time alone. When one is contained, still and peaceful, one can give one’s best to everything one undertakes since the mind develops the power to focus with dedication.

Summarily, Peace is important for the following reason

- Peace creates good environment for people to be creative and productive , it enhances development.
- It enables population to grow

- It promotes unity and understanding
- It helps to promote harmony and progress
- It helps to promote tolerance and happiness
- Peace ensures growth, meaningful living and advancement in any society
- Peace inculcates the spirit of hard work
- Peace frees the individual from anxiety and insecurity, thereby creating happiness.

Assessment

Briefly explain the following;

- Peace
- The peace of ease
- The peace of tranquility
- The peace of awareness

JSS 3 Social Studies First Term

Week 6

Topic: National Economy

Meaning

National Economy refers to the goods and services which a country is able to produce at any given time using all the natural, human and capital resources.

Examples of Economic activities

1. **Farming;** This is the cultivation of land and growing crops to produce food items and industrial raw materials.
2. **Trading;** This is the buying and selling of goods and services to satisfy human wants.

Sectors of the Nigerian Economy

Sectors of an economy is the various areas of production or services. The various sectors of the Nigerian Economy are:

1. Primary Sector: The primary sector of the Nigerian economy is Agriculture. It involves all forms of Agricultural practices , It is the extraction of raw materials from the soil.
2. Secondary Sectors: This includes activities such as manufacturing , processing , construction and generation of electricity from various sources
3. Tertiary sector: This includes trading, banking, insurance and other activities in which people provide services.

Importance of Agriculture to Nigerian Economy

1. Provision of food: Agriculture helps in the provision of foods. Foods are edible substance which man eats to sustain a living.
2. Provision of shelter: Shelter helps us from adverse weather conditions like rain, sunshine, cold, wind. Wood from trees is used for making building materials and for making chairs, tables and other housing or building materials.
3. Provision of employment opportunities
4. Source of income
5. Provision of raw materials for industries

6. Provision of clothing

Problems of Agricultural Development

some of the problems of Agricultural development are:

- Poverty: Many farms lack the finance to purchase more land, agriculture inputs, hire labour and machinery
- Transportation: Farming communities have no access to adequate transportation and communication network to facilitate the marketing of other agricultural product
- Land tenure: Our system of land tenure does not allow the owner to plan a reasonable programme of farming or make use of equipment tractors, because land is excessively fragmented.
- Inadequate storage and processing facilities: Most often result in agricultural products getting spoilt during period of abundance.
- Rural urban migration: Lack of basics amenities like water, electricity, health care delivery, schools, and good roads has resulted in youths and able-bodied men and women migrating from villages to towns and cities.
- Inadequate Agricultural education and extension: Most of our farmers are illiterate; therefore, new techniques and methods of agricultural practices are not easy for them to understand and adopt
- Pests and diseases: When pests and diseases attack crops and animals, yields are affected drastically.
- Poor attitudes towards Agriculture: There is the negative tendency to regard agriculture as a job of for drop outs and never- do- wells .

Solutions to the problems of Agricultural Development

- Government should supply heavily subsidized agricultural inputs, provide, interest free and accessible loan facilities for farmers to be able to procure farm implements
- Government should construct all season motorable roads and provide improved communication links with rural communities.
- Basic social amenities should be provided in villages and rural communities to discourage rural-urban drift

- Loans and subsidies should be made available to enable the farmers acquire agricultural inputs which will help increase production.
- The co-operative efforts of farmers will increase the chances of adequate storage and processing facilities.

Assessment

- State five importance of Agriculture to Nigerian economy
- Mention four problems of agricultural development

JSS 3 Social Studies First Term

Week 7

Topic: Nature of The Nigerian Economy

General Overview of the Nigerian Economy

Nigeria is a middle income, mixed economy and emerging market, with expanding manufacturing, financial, service, communications, technology and entertainment sectors. It is ranked as the 21st largest economy in the world in terms of nominal GDP, and the 20th largest in terms of Purchasing Power Parity. It is the largest economy in Africa; its re-emergent manufacturing sector became the largest on the continent in 2013, and produces a large proportion of goods and services for the West African subcontinent. Also, the debt-to-GDP ratio is only 11 percent, which is 8 percent below the 2012 ratio.

Previously hindered by years of mismanagement, economic reforms of the past decade have put Nigeria back on track towards achieving its full economic potential. Nigerian GDP at purchasing power parity (PPP) has almost tripled from \$170 billion in 2000 to \$451 billion in 2012, although estimates of the size of the informal sector (which is not included in official figures) put the actual numbers closer to \$630 billion.

Correspondingly, the GDP per capita doubled from \$1400 per person in 2000 to an estimated \$2,800 per person in 2012 (again, with the inclusion of the informal sector, it is estimated that GDP per capita hovers around \$3,900 per person). (Population increased from 120 million in 2000 to 160 million in 2010). These figures are to be revised upwards by as much as 80% when metrics are recalculated subsequent to the rebasing of its economy in April 2014.

Statistics

GDP	\$492.986 billion (nominal; 2016) \$1,105.343 Billion (PPP; 2016)
GDP rank	21st (nominal) / 20th (PPP)
GDP growth	▼ 2.1% (2016)
GDP per capita	\$2,758 (nominal) \$6,184 (PPP)
GDP by sector	agriculture: 17.8% industry: 25.7%

	services: 54.6%
	(2015)
Inflation (CPI)	9% (May 2015)
Population belowpovertyline	33% (2013)
Gini Coefficient	43.0 (2010)
Labour force	74 million (Q2 2015)
	Accommodation, Food, Transportation and Real estate: 12.2%
	Education, Health, Science and Technology: 6.3%
	Farming, Forestry and Fishing: 30.5%
Labour force by occupation	Manufacturing, Mining and Quarrying: 11.3%
	Retail, Maintenance, repair, and operations: 24.9%
	Managerial, Finance and Insurance: 4.2%
	Telecommunication, Arts and Entertainment: 1.8%
	Other services: 8.8%
	(2010)
Unemployment	6.4% (Q1 2015)
	cement, oil refining, construction and construction materials, food processing and food products, beverages and tobacco, textiles, apparel and footwear, pharmaceutical products, wood products, pulp paper products, chemicals, ceramic products, plastic and rubber products, electrical and electronic products, base metals: iron and steel, information technology, automobile manufacturing, and other manufacturing
Main industries	(2015)

Nature and Structure of Industries in Nigeria

The mining sector (comprised of the oil and natural gas sector) is the largest Nigeria industrial sector. The sector accounts for more than 90% of the annual national production, while generating more than 80% of the government revenues. For instance, the country produces 2.169 million barrels per day (2007 statistics). In terms of oil export volumes, the country ranks

approximately 8th in the world. Consequently, it is safe to say that the oil sector more or less the mainstay of the Nigerian economy.

But besides the oil sector, there are other sectors which play pivotal roles in terms of revenue generation and job creation. These are-

1. *Agriculture- accounts for 18 percent of the national GDP*
2. *Services- Nigeria is said to rank 27th worldwide and first in Africa in terms of services' output.*
3. *Transport*
4. *Tourism*
5. *Entertainment- The Nigerian entertainment industry serves as the source of employment to many people especially the youth. The Movie and Entertainment sectors also generates quite a lot of money.*
6. *Overseas Remittances-A major source of foreign exchange earnings for Nigeria are remittances sent home by Nigerians living abroad. In 2014, 17.5 million Nigerians lived in foreign countries, with the UK and the USA having more than 2 million Nigerians each.*

Contributions of the Primary, Secondary and Tertiary Sectors Nigerian Economy

The Primary Sector (Agriculture): Agriculture is the most primary sector of the Nigerian economy and undoubtedly the largest sector of the Nigerian economy with GDP contribution of about 40%. This, coupled with contributions from the other primary sectors of the economy such as the oil sector and other extraction industries contribute a lot of the country's GDP.

The Secondary Sector (Manufacturing): The Nigerian manufacturing sector performed 'poorly' in the out gone year as it contributed only 5% to the nation's Gross Domestic Product. According to data obtained from the office of the Director-General, West African Institute of Financial and Economic Management, "In developed countries where the real sectors are thriving, manufacturing contribute as much as between 35 and 40% to the GDP. For instance, in Malaysia, the manufacturing sector contributes about 45% to the GDP."

The Tertiary Sectors (Service providers in Telecommunications and Finance etc): With the growth rate of 32.5% and GDP contribution of 7%, Nigeria has established itself as the largest telecommunication market in Africa. The country's telecom sector is undergoing speedy transformation on account of explosive growth and rapid infrastructure developments. Nigeria's financial system is still shallow as majority of Nigerians lack access to formal financial services provider. The financial sector accounts for about 3% of the GDP. The turnaround Nigerian banks have made since 2009 has been particularly striking. This comes after the banks near death experience from a banking crisis that led to costly bailouts, mergers and the formation of a state bad bank, the Asset Management Corporation of Nigeria (AMCON).

Assessment

Mention some contributions of the Primary, Secondary and Tertiary sectors to the Nigerian economy.

Social Studies
JSS 3 – First Term
Week 8
Topic: Peace (contd.)

Content:

- Peaceful life – How to gain peace
- Practices that contribute to peaceful living

Peaceful Life – How to Gain Peace

If you wish to experience Peace, think about it for some time and visualize yourself as a peaceful being. No matter how disturbed or distracted you may be, you will automatically be able to create some peaceful thoughts.

Just like we recharge our mobile phones and other gadgets after using them, our minds also need to be recharged to function optimally. The more frequently and regularly we do so, the better will be the quality of life we enjoy.

Only after one starts to commit some time to oneself dedicated to finding and restoring inner peace, can one move on to a regular routine of practicing meditation, which can open up a storehouse of positive energy for a person.

Everyone seems to be running in circles all around us these days. It is our choice, if we want to follow the herd and live meaninglessly or step aside, make a wiser choice and live a peaceful life. Recharge your inner batteries and see your entire life becoming beautiful, one day at a time.

What practices contribute to living at peace with one another?

Don't get pulled into the dysfunctional relationships of others who thrive on conflict. Some people have to have an enemy in their life to fight. They actually create dragons they can go slay and create alliances with others against those dragons. The best thing we can do is stay out, keep our own council and not get involved. This is often true in family dynamics where the “family system” thrives on conflict between family members. Stay out of it and when necessary

limit your exposure to those family members. The same family dynamics are often found in churches and again, it is wise to keep a distance from those who thrive on division.

Beware of critical people. Critical people create conflict. In fact their constant criticism of other people is a sign that they enjoy conflict in their relationships (otherwise why be critical?). Gracious people overlook what can be overlooked for the sake of peace. Critical people are people in search of conflict.

Know what hills are worth dying on. Some but not many! If an issue is going to lead to personal conflict think carefully about whether it is worth raising.

Keep your distance from people who cannot separate differences of opinion from relationships. Healthy people are self defined. They are able to hold their own opinions and respect those who hold different opinions. Unhealthy people need others to agree with them and if they don't often assume that they "are not for them." This is pathology and you are unlikely to change it. Keep your distance!

When we choose to disagree, do it in an agreeable way. Conflict can be avoided by simply choosing to be agreeable even when disagreeing. Keep issues from becoming personal by speaking to the issue and avoiding personal attacks. Healthy individuals de-escalate conflict (a soft word turns away wrath) rather than escalating conflict. Healthy individuals seek reconciliation rather than division.

Don't hold on to issues. Forgive, keep short accounts and never judge motives. When we let go we have a much greater chance at living at peace. Sometimes, choosing to live at peace is to realize that knotty issues will not be sorted out this side of heaven and we simply choose to forgive and move on so we are not held in bondage to the unresolved issue. We give up our right to "be right" for the sake of a peaceful relationship.

There are times when we cannot easily live at peace with others which is why Paul says "as far as it depends on you." We cannot control the attitudes and actions of others but we can control our own. It takes wisdom, patience, and a heart of peace to be a person of peace.

Assessment

- What will you say is the best way to live a peaceful life
- Mention three practices that contribute to peaceful living

Social Studies
JSS 3 – First Term
week 9
Topic: Making decisions

Content:

- Meaning of decision making
- Reasons for decision making
- Factors influencing decision making
- Steps for making decision

Meaning of decision making

Decision-making is regarded as the cognitive process resulting in the selection of a belief or a course of action among several alternative possibilities. Every decision-making process produces a final choice, which may or may not prompt action.

Decision-making is the process of identifying and choosing alternatives based on the values, preferences and beliefs of the decision-maker.

Decision-making can be regarded as a problem-solving activity terminated by a solution deemed to be optimal, or at least satisfactory. It is therefore a process which can be more or less rational or irrational and can be based on explicit or tacit knowledge and beliefs.

A major part of decision-making involves the analysis of a finite set of alternatives described in terms of evaluative criteria. Then the task might be to rank these alternatives in terms of how attractive they are to the decision-maker(s) when all the criteria are considered simultaneously. Another task might be to find the best alternative or to determine the relative total priority of each alternative (for instance, if alternatives represent projects competing for funds) when all the criteria are considered simultaneously. Solving such problems is the focus of multiple-criteria decision analysis (MCDA). This area of decision-making, although very old, has attracted the interest of many researchers and practitioners and is still highly debated as there are many MCDA methods which may yield very different results when they are applied on exactly the same data. This leads to the formulation of a decision-making paradox.

Logical decision-making is an important part of all science-based professions, where specialists apply their knowledge in a given area to make informed decisions. For example, medical decision-making often involves a diagnosis and the selection of appropriate treatment. But naturalistic decision-making research shows that in situations with higher time

pressure, higher stakes, or increased ambiguities, experts may use intuitive decision-making rather than structured approaches.

Reasons for decision making:

Making good decisions is a quality that will help you to lead the life you want. Good decision-makers are sought after in the workplace and can use their skills to excel in their career.

“The decisions we make affect our destiny,” Robbie sums it up. “Therefore, understanding how to make effective decisions is very important.”

But he warns that, as people assume more responsibilities in the world of work, they sometimes find decision-making harder.

“Often as people rise within an organisation, they believe they need to lengthily analyse all of their decisions,” he says. “This creates a bottle neck: it’s vital that people trust themselves and don’t only rely on external data.”

No matter how important or world-changing a decision is, it has to be made at some point!

And it’s not only at work that decision-making plays a major role; every choice you make at home sets your personal life in a different direction.

Making Decisions Makes All the Difference, the one thing that you truly control in life is your own decisions. Make sure that you exercise your ability to choose otherwise, life will make those choices for you.

Here are 10 Reasons You Need to Make a Decision Today:

1. **You May Not Get Another Chance** – Sometimes opportunity only knocks once. Don’t let an option pass you by because you don’t make a timely decision.
2. **You Can Change Your Mind** – Don’t let the fear of making a wrong choice paralyze you. There are very, very few decisions in life that are not changeable. Your degree, your job, where you live, even your relationships. You can choose again.
3. **It’s Not That Important** – As well, there are very few decisions in life that are truly that important. Don’t let perceived importance scare you from choosing.
4. **Not Making A Choice is a Choice** – When you don’t choose for yourself, life will choose for you. Ironically, too many people make their decisions by not choosing.
5. **A Good Decision Beats a Perfect One** – To re-phrase a famous quote, a good decision now always beats a perfect one later. Don’t wait to make a choice that may pass you by.

6. **Choosing is a Privilege** – It is the one thing that you control in your life. Make sure you choose your own path.
7. **Other People's Decisions Are Not Your Own** – Make your own choices. Live your own life. Otherwise, you will look back and realize that you are living someone else's life and priorities.
8. **Inaction Leads to a Boring Life** – Some people choose not to make decisions because they think it is easier. They tell themselves that it is less stressful if they don't choose. This may be true, but it is also boring. It is uneventful and lazy. Be bold in your decisions and live with the good and the bad.
9. **There is Never a Perfect Time** – Don't wait for the right time. There isn't one. There is never a perfect time... just time.
10. **Today Always Beats Tomorrow** – Today is the only day you have. Tomorrow is only a promise and may never come. Dream for tomorrow, but live for today. Make your choice and do it now.

Factors influencing decision making

The decision-maker's environment can play a part in the decision-making process. For example, environmental complexity is a factor that influences cognitive function. A complex environment is an environment with a large number of different possible states which come and go over time. Studies done have shown that more complex environments correlate with higher cognitive function, which means that a decision can be influenced by the location. One experiment measured complexity in a room by the number of small objects and appliances present; a simple room had less of those things. Cognitive function was greatly affected by the higher measure of environmental complexity making it easier to think about the situation and make a better decision.

Steps for making decision

A variety of researchers have formulated similar prescriptive steps aimed at improving decision-making.

GOFER

In the 1980s, psychologist Leon Mann and colleagues developed a decision-making process called GOFER, which they taught to adolescents, as summarized in the book *Teaching Decision Making To Adolescents*. The process was based on extensive earlier research conducted with psychologist Irving Janis. GOFER is an acronym for five decision-making steps.

1. **G**oals clarification: Survey values and objectives.
2. **O**ptions generation: Consider a wide range of alternative actions.
3. **F**acts-finding: Search for information.
4. Consideration of **E**ffects: Weigh the positive and negative consequences of the options.
5. **R**evue and implementation: Plan how to implement the options and implement them.

DECIDE

In 2008, Kristina Guo published the DECIDE model of decision-making, which has six parts:

1. **D**efine the problem
2. **E**stablish or **E**numerate all the criteria (constraints)
3. **C**onsider or **C**ollect all the alternatives
4. Identify the best alternative
5. **D**evelop and implement a plan of action
6. **E**valuate and monitor the solution and examine feedback when necessary

Other

In 2007, Pam Brown of Singleton Hospital in Swansea, Wales, divided the decision-making process into seven steps.

1. Outline your goal and outcome.
2. Gather data.
3. Develop alternatives (i.e., brainstorming).
4. List pros and cons of each alternative.
5. Make the decision.
6. Immediately take action to implement it.
7. Learn from and reflect on the decision.

Assessment

- Name some steps in decision making
- State five reasons why you need to make decisions

Social Studies
JSS 3 – First Term
week 10
Topic: Goal Setting

Content:

- Meaning of Goal setting
- Types of goal
- Importance of goal setting
- Tips for goal setting and achieving goals
- Stumbling block/obstacles to goal setting

Meaning of Goal Setting

Goal setting is the process of deciding what you want to accomplish and devising a plan to achieve the result you desire. For entrepreneurs, goal setting is an important part of business planning.

This goal setting definition emphasizes that goal setting is a three part process. For effective goal setting, you need to do more than just decide what you want to do; you also have to work at **accomplishing** whatever goal you have set for yourself – which means you have to create a plan so your work gets you where you want to go.

People know what they want to do and they're perfectly willing to work on it but they often have trouble creating a plan to get there

Goal setting involves the development of an action plan designed to motivate and guide a person or group toward a goal. Goal setting can be guided by goal-setting criteria (or rules) such as SMART criteria. Goal setting is a major component of personal-development and management literature.

Studies by Edwin A. Locke and his colleagues have shown that more specific and ambitious goals lead to more performance improvement than easy or general goals. As long as the person accepts the goal, has the ability to attain it, and does not have conflicting goals, there is a positive linear relationship between goal difficulty and task performance.

So for successful goal setting, the first thing you have to do is close the gap between the end result you want and where you are now with a plan.

Types of goals

Generally, goals are categorized as either long-term or short-term.

Long-term goals consist of plans you make for your future, typically over a year down the road. These typically consist of family, lifestyle, career, and retirement goals. Long-term goals are achieved over time as a person completes the stages of their life. People set long-term goals for themselves by envisioning what they want to be doing and where they want to be five to twenty years from the present. Then they use short-term goals to get there.

Examples of long-term goals

- Become a Mechanical Engineer
- Get a Master's Degree
- Buy a house
- Run a marathon
- Own my own company
- Retire at age 55

Short-term goals are ones that a person will achieve in the near future, typically in less than one year. Short-term goals are often, but not always, steppingstones on the way to achieving long-term goals. These types of goals are considered enabling goals because accomplishment of these goals will “enable” you to achieve an even greater goal.

Enabling goals usually consist of such topics as education, short-term jobs or projects, as well as valuable work experience. Each of these often contributes directly to the long-term goals a person sets for himself or herself.

Examples of short-term goals

- Lose five pounds
- Paint my living room
- Get an “A” in Biology
- Get a 3.2 GPA or above this semester
- Build a deck
- Get a job for the summer

Importance of goal setting

Goals are what take us forward in life; **they are the oxygen to our dreams**. They are the first steps to every journey we take and are also our last. It's very important that you realize the significance and importance of goal-setting and apply this knowledge in your life.

According to Wikipedia the exact definition of a goal is: *A desired result a person or a system envisions, plans and commits to achieve a personal or organizational desired end-point in some sort of assumed development. Many people endeavor to reach goals within a finite time by setting deadlines.* In other words, any planning you do for the future regardless of what it is, **is a goal**. So the next time you are planning on doing the weekly chores or decide on watching that really cool action movie after work, always keep in mind that these small tasks account as goals and while seemingly insignificant you are goal setting.

5 Reasons Why Goal Setting Is Important:

1. Goals Give You Focus

Imagine having to shoot an arrow without being given a target. Where would you aim? And say you did aim at some random thing (out of sheer perplexity). Why would you aim there? And what would the purpose be? Get the idea. This is a literal example of what life is like without a goal or target in mind. **It's pointless and a waste of energy and effort**. You can have all the potential in the world but without focus your abilities and talent are useless. Just like how sunlight can't burn through anything without a magnifying glass focusing it, you can't achieve anything unless a goal is focusing your effort. Because at the end of the day *goals are what give you direction in life*. By setting goals for yourself you give yourself a target to shoot for. This sense of direction is what allows your **mind to focus** on a target and rather than waste energy shooting aimlessly, allows you to hit your target and reach your goal.

2. Goals Allow You To Measure Progress

By setting goals for yourself you are able to measure your progress because you always have a fixed endpoint or **benchmark to compare with**. Take this scenario for example: David makes a goal to write a book with a minimum of 300 pages. He starts writing every day and works really hard but along the way, he loses track of how many more pages he has written and how much more he needs to write. So rather than panicking David simply counts the number of pages he has already written and he instantly determines his progress and knows how much further he needs to go.

3. Goals Keep You Locked In And Undistracted

By setting goals you give yourself mental boundaries. When you have a certain end point in mind you **automatically stay away** from certain distractions and stay focused towards the goal. This process happens automatically and subtly but according to research does happen. To get a better idea, imagine this. Your best friend is moving to Switzerland and his flight takes off at 9:00 PM. You leave right after work at 8:30 PM to see him off and you know it's a 20-minute walk to get to the airport. So you make it a goal to reach the airport in 15 minutes by jogging so that you can have more time to say your goodbyes. Would you get distracted by "anything" along the way? Would you stop for a break or a snack? Would you stop by your house before going to the airport? I bet you answered no for each question and at the end of the day, this is what a goal gives you. **FOCUS**. No matter who you meet along the way or what you see (assuming nothing is out of the ordinary) your goal allows you to stay locked in. You subconsciously keep away from distractions and your focus remains only on the goal. And by the way if you didn't know yet this is how you become successful, you set a goal, you lock it in and then give it your 100%.

4. Goals Help You Overcome Procrastination

When you set a goal for yourself **you make yourself accountable to finish the task**. This is in complete contrast with when you do things based off a whim and it doesn't matter whether you complete them or not. Goals tend to stick in your mind and if not completed they give you a "Shoot! I was supposed to do ____ today!" reminder. These reminders in the back of your head help you to overcome procrastination and laziness. (*But keep in mind that long-term goals actually promote procrastination. Most people aren't good with deadlines 3 months away. So whenever you're given a long term goal, break it down into several short-term goals so you can complete a chunk of the larger long term goal every week or even every day.)

5. Goals Give You Motivation

The root of all the motivation or inspiration you have ever felt in your entire life are goals. Goal setting provides you the foundation for your drive. By making a goal **you give yourself a concrete endpoint to aim for and get excited about**. It gives you something to focus on and put 100% of your effort into and this focus is what develops motivation. *Goals are simply tools to focus your energy in positive directions, these can be changed as your priorities change, new ones added, and others dropped.*

Tips for goal setting and achieving goals

The easiest way to set yourself up for goal setting success is to use a formula for setting goals that incorporates a strategy for accomplishing the goal. Another way of ensuring that you have a good shot at actually accomplishing the goals you set is to make sure that the goals you set follow the **SMART** acronym and are:

- **Specific** – For example, I want to increase my business revenue by 30% this year.
- **Measurable** – “Complete developing class notes” or “increase grade-point” are measurable goals, “working harder” or “increasing my personal satisfaction” are vague and difficult to measure. Putting your goals in writing helps to keep you focused and see how much progress you’ve made towards your goals at the end of the defined time period.
- **Attainable** – A goal should be challenging but attainable. If your business is a lumber yard, overtaking Home Depot in sales is not a reasonable goal!
- **Relevant** – Goals should be aligned with your long term plans. If your long term plan is for your business to attain NGN200,000 a year in sales your short-term goals should directly relate to achieving this.
- **Time-Bound** – Without a specific time frame for your goals they can’t be properly measured. A goal should contain a time limit (e.g. “by the end of the year I want to increase sales by 20%”).

Stumbling block/obstacles to goal setting

What follows are some common stumbling blocks that prevent us from attaining the success we desire. When calling a timeout, look to see if you are:

1. Lacking clarity about what you want. Your mind is a goal-seeking mechanism and responds best to specific targets and pictures. Vague wishes about having a “more fulfilling” job or earning “more money” aren’t effective. Decide, precisely, what will fulfill you and exactly how much money you want to earn.
2. Trying to achieve too much at once. Having too many goals is the other extreme. If you try to tackle five major projects at once, you’ll probably fail to succeed at any of them. Spreading yourself out scatters your energy and diminishes your power. Concentrate on one major goal at a time; laserlike focus is a necessary element for success.
3. Not taking enough action. Most significant achievements take considerable effort. You can’t just sit back and hope that success comes to you.

4. Stubbornly sticking with a losing strategy. Let's assume that you are trying to market your product or service and you've implemented Plan A. After three months, Plan A is yielding very disappointing results, with no signs of improvement. Examine why Plan A isn't working and develop a new plan. This sounds obvious, and yet many people stick with unsuccessful strategies.
5. Not taking advantage of the knowledge of qualified people. While "trial and error" sometimes works, you'll waste a lot of time and resources in the process. Instead, you can get back on course quickly by seeking help or advice from someone who has achieved what you want to achieve. Remember to ask qualified individuals "not a friend or relative who knows little or nothing about solving your particular problem."
6. Hampered by limiting beliefs. If you are dominated by negative thoughts, you can't possibly produce positive results on a consistent basis. Who controls what you think about? You do. As motivational speaker Brian Tracy urges, you must develop the mindset that you are unstoppable!
7. Lacking positive inputs. To sustain your positive beliefs, you need frequent positive reinforcement. Read inspiring literature, listen to motivational audio programs, and surround yourself with enthusiastic, upbeat people. That's the environment in which you will maintain optimism and perform at your best.
8. Refusing to confront the problem. You've waited five years and your problem hasn't solved itself. Will you wait another five years, hoping that things will turn out differently? Things don't change unless you change. It may be that you have to confront your situation head-on, even if this choice will cause some temporary pain and hardship. Your other option "do absolutely nothing and continue to live with your problem."
9. Trying to skip rungs on the ladder. In our excitement to reach bold objectives, we sometimes delude ourselves into believing that we won't have to climb the ladder of success in increments. Instead, we think we can immediately soar to new heights. When this doesn't happen, however, we get discouraged. You need to remember that, as Zig Ziglar often says, "The elevator to success is out of order. You have to take the stairs." So, be patient and set realistic intermediate goals. After all, success is achieved one step at a time.

Assessment

- State five reasons why goal setting is important
- Set some personal goals and work towards achieving them

Social Studies
JSS 3 – First Term
week 10

Topic: Introduction to social studies

Social studies is the study of man in his physical and social environments, as well as the effects of science and technology on him. 'Man' in social studies refers to all human beings.

Man lives among other human beings in a group, and enjoys natural resources like land, water and trees. He lives in houses with others and depends on others for survival. Man lives in a particular area and makes use of the things that are found in the area, which are natural and man-made. Man uses scientific, technological and spiritual means to solve the problems he faces in his environment.

We can therefore conclude that the knowledge of social sciences which includes economics, geography, anthropology, political science, psychology and social studies, helps us to understand social inter-relationships in our society. Technology enables man to use his understanding to make nature serve his purposes. Social studies is therefore considered an integrated subject because of its many interwoven parts, which give deep insight into what man is and everything connected to man in his physical and social environments.

Everyday problem arise in our different societies. However, with the knowledge of social studies, we are able to overcome these problems. Social studies enables us to understand our society, identify its problems and proffer solutions to the problems.

Objective of social studies:

1. it teaches us to be good citizens and nation builders
2. it makes us responsible citizens
3. it helps us to understand the importance of hard-work
4. it helps us to understand our culture as well as other people's cultures
5. it teaches us how to identify the resources in our physical environment, and how to use them well
6. it makes us good leaders and followers

7. it helps us to understand the need for honesty, hard-work, transparency and co-operation with others in the society
8. Through social studies, the Nigerian national objectives in education can be achieved.

Importance of Social Studies

The overall importance of Social Studies is to produce good citizens for the country and the world at large. Social Studies as a subject in Nigeria is designed to perform the following basic functions:

1. It creates awareness and sensitivity to man's environment. This means that Social Studies help man to know what is happening around him, as well as in other parts of the world.
2. It equips man with the basic understanding of his environment. This means that Social Studies enables man to understand his environment, identify the problems and be able to solve them using the resources in his environment.
3. Social studies trains us to be good and effective leaders and followers. It does this by encouraging us to obey the laws that govern our society and have respect for constituted authority.
4. It trains us to be good citizens by educating us on the right type of behaviours, attitudes and values in people.
5. It also encourages the spirit of hard work and voluntary participation in social and civic duties in order to develop positive thinking towards Nigeria.
6. Social studies helps people to understand their own culture and other people's culture.
7. Social studies also helps us to develop a good sense of judgment and a sense of moral and social responsibility.

Assessment

- List five objectives of social studies
- State four Importance of social studies

JSS 3
SOCIAL STUDIES
SECOND TERM

TABLE OF CONTENT

WEEK 1:	TOPIC: ECONOMIC INSTITUTIONS
WEEK 2:	TOPIC: CONFLICT II
WEEK 3:	TOPIC: SELF ESTEEM
WEEK 4:	TOPIC: CULTISM
WEEK 5:	TOPIC: FAMILY LIFE EDUCATION
WEEK 6:	TOPIC: ECONOMIC REFORM MEASURES IN NIGERIA I
WEEK 7:	TOPIC: PERSONAL HYGIENE
WEEK 8:	TOPIC: PERSONAL HYGIENE

Social Studies JSS 3, Second Term

Topic: Economic Institutions

Week 1

Content:

1. **Examples of Economic Institutions**
2. **The role of these institutions in Nigeria**

Meaning of Economic Institutions

Economic Institution refers to all the processes and agencies through which a society organises the production and distribution of its resources and services.

Examples of Economic Institutions

1. **Banking Institutions**

A bank is an establishment authorized by a government to accept deposits, pay interest, clear checks, make loans, act as an intermediary in financial transactions, and provide other financial services to its customers. Money can also be borrowed from the banks for business activities or for personal use. A **bank** is a financial institution that creates credit by lending money to a borrower, thereby creating a corresponding deposit on the bank's balance sheet. Lending activities can be performed either directly or indirectly through capital markets. Due to their importance in the financial system and influence on national economies, banks are highly regulated in most countries. A *bank* is a financial institution licensed as a receiver of deposits. There are two types of *banks*: commercial/retail *banks* and investment *banks*. Banks play an important role in buying, selling and distribution activities in the economy. It is an aid to trade

B. Types of Banks

There are different kinds of banks in Nigeria. They include

Central Bank of Nigeria (CBN): The CBN is the government bank and it acts as the banker to other banks.

Commercial Banks: These are the most relevant banks to trade. They carry out their commercial activities to make profit like any other business. Some of the commercial banks in Nigeria are First Bank of Nigeria (FBN), Union Bank of Nigeria (UBN), Zenith Bank (PLC) Guaranteed Trust Bank (PLC)

Mortgage Banks: These are banks that are into granting loans to individuals and co-operate bodies for building purpose. Examples of Mortgage bank are Union Homes and Savings Ltd, AG Homes and savings Ltd etc.

Merchant Banks: These are banks which perform special functions such as accepting bill of exchange, issuing new shares, issuing loans for foreign transaction. They are sometimes called as **Acceptance Houses**. Examples: Merchant Bank of Africa, First City Merchant Bank etc.

Development Banks: These are banks which provide long term credit or loans to other enterprises for capital projects. They provide loans in the area of Agriculture, Commerce and Industry.

C. Functions of Commercial Banks

We are going to discuss the functions of commercial banks because it's the most common and relate with our course of study. Some of the functions are:

- They accept deposits (money or other valuables) from customers for safe keeping
- They lend to customers
- They serve as agent of payments
- They provide financial advice to their customers
- They facilitate international trade
- They issue traveler's cheque.

D. Commercial Banking Services

The most important function of the commercial banks is safe keeping of money until the owner needs it. To save money in the bank, a person must open a bank account with a certain amount of money. If you bring in money the bank will credit your account and debit your account if you withdraw the money.

Some of the services provided by commercial banks are:

1. **Opening and Operating a Current Account:** A current account is the account from which the owners can withdraw money at any given time provided there is enough money in the account. When a person wants to open an account, the commercial banks takes the person through the process of opening the account. Documents needed for completion to operate a current account in a bank include:a) Letter of introduction or references from persons who may be existing customers of the bank or other banks.b) Personal data form

given to him by the bank for completion.c) Specimen signature formd) Two (2) passport photographs to be returned with data form

2. **Opening and operating savings Account:** The commercial banks also involve in the opening of savings account. Savings Account is an account in which the money saved earns interest at prevailing interest in the economy at the given time. Deposits made into a savings account are not for a specified fixed period of time for the purpose of interest.

Requirements for opening a Savings Account

The following are some of the requirements for opening a savings Account

- An identification document (a) letter from employer plus an ID card (b) a driver's license or an international passport.
- Evidence of permanent address-recent PHCN bill with your name on it or with confirmation letter from your landlady or landlord.

When the account is opened, the bank will give the following documents to the customer.

- i. Cash deposit booklet or slip
- ii. Withdrawal forms/booklet
- iii. The bank identity card
- iv. A passbook
- v. Automated Teller Machine Card (If customers request for it and it is at a certain fee)

3. **Opening and Operating Fixed Deposit Account:** A fixed deposit account is a special account. In this account, money is kept for a specified period like six months or a year or more. Customers who have sufficient money not immediately needed for use operate fixed deposit account.

4. **Bank Statement:** It is the practice for banks to issue a statement of account to each customer monthly, bi- monthly or on a request. The following are the contents of a bank statement.

- i. Name of the customer
- ii. Account number
- iii. Payment or deposit made to the bank within a stated period
- iv. Withdrawal effected within the same period
- v. Bank charges for its service
- vi. Balance for the stated period

vii. The address of the customer

Other banking services are:

5. Giving Overdrafts to customers
6. Issuing loans
7. Issuing traveler's cheque
8. Operating the Automated Teller Machine (ATM)
9. Operating E- Banking (Electronic Banking)

5. Bank Channels

Banks offer many different channels to access their banking and other services:

- Automated teller machines
- A branch in a retail location
- Call center
- Mail: most banks accept cheque deposits via mail and use mail to communicate to their customers, e.g. by sending out statements
- Mobile banking is a method of using one's mobile phone to conduct banking transactions
- Online banking is a term used for performing multiple transactions, payments etc. over the Internet
- Relationship managers, mostly for private banking or business banking, often visiting customers at their homes or businesses
- Telephone banking is a service which allows its customers to conduct transactions over the telephone with automated attendant or when requested with telephone operator
- Video banking is a term used for performing banking transactions or professional banking consultations via a remote video and audio connection. Video banking can be performed via purpose built banking transaction machines (similar to an Automated teller machine), or via a video conference enabled bank branch clarification
- DSA is a Direct Selling Agent, who works for the bank based on a contract. Its main job is to increase the customer base for the bank.

2. Manufacturing Institutions

These are industries which process products or mineral resources into finished goods.

3. Insurance Company:

Insurance is an agreement whereby one party promises to indemnify or pay the other a sum of money in the event of his suffering a specified loss or damage.

Assessment

Briefly explain the types of banks in Nigeria

Social Studies
JSS 3 – Second Term
Week 2
Topic: Conflict II

Outline:

- **Causes of Conflicts in Nigeria**
- **Conflict management and Resolution**

Causes of Conflicts in Nigeria

The following points below are the causes of conflicts

- Conflict can arise when someone or group or a group of people neglect their roles or duties
- When the funds of the community or the people are mismanaged by leaders, there is bound to be conflict
- Conflicts can arise when people struggle to get something that other people are also interested in.
- Conflicts also occur in groups, associations and between groups as a result of difference in opinions
- Differences in the interpretation of the aims or objectives of a group or association
- Absence of mutual trust and understanding amongst people brings about conflict
- It occurs when someone is domination other members of a group
- Rudeness/stubbornness may cause conflict.

Effects of Conflicts on the society

The following are the effects of conflicts on the society

1. Conflicts result into the break down of law and order
2. It makes it difficult for people to achieve common goals and objectives
3. Conflicts bring about disunity
4. It brings about hatred and disaffection among members of a group or association
5. It leads to confusion , insecurity, anxiety and unhappiness
6. It leads to unhealthy political rivalry

7. It leads to inefficiency and laziness
8. It leads to division and separation
9. It causes mental and emotional disturbances
10. It leads to a decrease in productivity and economic depression
11. It leads to loss of lives and properties
12. It brings lack of peace and harmony

Conflict management and Resolution

Conflict management can be defined in two ways.

1. It can be referred to as the effort made to stop the conflict from arising
2. It is the effort made when the conflict has already started, to minimize its destructive impact

Conflict resolution refers to the deliberate efforts made at resolving disputes for peace and stability of the warring communities. It brings a conflict to a final end as it ensures that all parties to the conflict are satisfied with the settlement.

Social Studies
JSS 3 – Second Term
Week 3
Topic: Self esteem

Outline:

- Meaning of self esteem
- Types and factors that influences self esteem
- How to improve self esteem

Self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs about oneself, (for example, "I am competent", "I am worthy"), as well as emotional states, such as triumph, despair, pride, and shame. Smith and Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it.

Types of self esteem

High

- Firmly believe in certain values and principles, and are ready to defend them even when finding opposition, feeling secure enough to modify them in light of experience
- Are able to act according to what they think to be the best choice, trusting their own judgment, and not feeling guilty when others do not like their choice
- Do not lose time worrying excessively about what happened in the past, nor about what could happen in the future. They learn from the past and plan for the future, but live in the present intensely
- Fully trust in their capacity to solve problems, not hesitating after failures and difficulties. They ask others for help when they need it
- Consider themselves equal in dignity to others, rather than inferior or superior, while accepting differences in certain talents, personal prestige or financial standing
- Understand how they are an interesting and valuable person for others, at least for those with whom they have a friendship

- Resist manipulation, collaborate with others only if it seems appropriate and convenient
- Admit and accept different internal feelings and drives, either positive or negative, revealing those drives to others only when they choose
- Are able to enjoy a great variety of activities
- Are sensitive to feelings and needs of others; respect generally accepted social rules, and claim no right or desire to prosper at others' expense
- Can work toward finding solutions and voice discontent without belittling themselves or others when challenges arise

Secure vs. defensive

A person can have a high self-esteem and hold it confidently where they do not need reassurance from others to maintain their positive self-view, whereas others with defensive, high self-esteem may still report positive self-evaluations on the Rosenberg Scale, as all high self-esteem individuals do; however, their positive self-views are fragile and vulnerable to criticism. Defensive high self-esteem individuals internalize subconscious self-doubts and insecurities, causing them to react very negatively to any criticism they may receive. There is a need for constant positive feedback from others for these individuals to maintain their feelings of self-worth. The necessity of repeated praise can be associated with boastful, arrogant behavior or sometimes even aggressive and hostile feelings toward anyone who questions the individual's self-worth, an example of threatened egotism

Implicit, explicit, narcissism and threatened egotism

Implicit self-esteem refers to a person's disposition to evaluate themselves positively or negatively in a spontaneous, automatic, or unconscious manner. It contrasts with explicit self-esteem, which entails more conscious and reflective self-evaluation. Both explicit self-esteem and implicit self-esteem are subtypes of self-esteem proper.

Narcissism is a disposition people may have that represents an excessive love for one's self. It is characterized by an inflated view of self-worth. Individuals who score high on Narcissism measures, Robert Raskin's *40 Item True or False Test*, would likely select true to such statements as "If I ruled the world, it would be a much better place. There is only a moderate correlation between narcissism and self-esteem that is to say that an individual can have high self-esteem but low narcissism or can be a conceited, obnoxious person and score high self-

esteem and high narcissism. Threatened egotism is characterized as a response to criticism that threatens the ego of narcissists; they often react in a hostile and aggressive manner.

Low

Low self-esteem can result from various factors, including genetic factors, physical appearance or weight, mental health issues, socioeconomic status, peer pressure or bullying. A person with low self-esteem may show some of the following characteristics.

- *Heavy self-criticism* and dissatisfaction.
- *Hypersensitivity to criticism* with resentment against critics and feelings of being attacked.
- *Chronic indecision* and an exaggerated fear of mistakes.
- *Excessive will to please* and unwillingness to displease any petitioner.
- *Perfectionism*, which can lead to frustration when perfection is not achieved.
- *Neurotic guilt*, dwelling on or exaggerating the magnitude of past mistakes.
- *Floating hostility* and general defensiveness and irritability without any proximate cause.
- *Pessimism* and a general negative outlook.
- *Envy*, invidiousness, or general resentment.
- Sees temporary setbacks as permanent, intolerable conditions.

Individuals with low self-esteem tend to be critical of themselves. Some depend on the approval and praise of others when evaluating self-worth. Others may measure their likability in terms of successes: others will accept themselves if they succeed but will not if they fail.

Low self-esteem can leave you feeling pretty down. Learn more about what causes low self-esteem and what you can do to fix it.

Improving your self-esteem

1. Positive self-talk

If you keep telling yourself you're no good, you might just start believing it, even though it's not true. If you notice that you often engage in negative self-talk, check out some ways you can challenge your negative thinking and build your confidence levels.

2. Don't compare yourself to others

It can be tempting to measure your own worth against other people. *So what* if your friend is awesome at tennis? You just need to figure out what *your* niche is. Everyone is great at *something*. What are *your* strengths?

3. Movement and exercise

Moving your body helps to improve your mood. End of story.

4. Don't strive for perfection

It's great that you want to do things well, but keep in mind that perfection isn't realistic for anyone.

5. Don't beat yourself up when you make a mistake

Everyone on planet earth makes mistakes – it's basic human nature. Why should you be any different? When you stuff up, don't stress; just learn from it and move on.

6. Focus on the things you can change

There's no point wasting all your energy thinking about things that you can't change. Instead, have a think about some of the things that are in your power to control and see what you can do about those.

7. Do things you enjoy

If you do things you enjoy, you're more likely to think positively. Schedule time every day for fun and relaxation.

8. Celebrate the small stuff

You got up on time this morning. Tick. You poached your eggs to perfection. Winning. Celebrating the small victories is a great and completely legitimate way to feel better about yourself.

9. Be helpful and considerate

Being of help to someone is a great way to boost their mood, but you might also find that you feel better about yourself after you do something particularly excellent for someone else.

10. Surround yourself with supportive people

Don't hang around people who bring you down. Find people who make you feel good about yourself and avoid those who tend to trigger your negative thinking.

Assessment

State how to improve Self Esteem

Social Studies
JSS 3 – Second Term
Week 4
Topic: Cultism

Contents:

- **Cultism**
- **Historical development of Cultism**
- **Types of Secret Cults**
- **Characteristics associated with Cultism**
- **Cult Groups in Nigerian Campuses**
- **Characteristics of Cult Group**
- **Consequences of Cultism**
- **Preventive Measure against Cultism**

A. Definition of Cultism

Cultism can also be called secret cult; it can be defined as an enclosed organized association devoted to the same course. Members of this group always commit themselves to oath and allegiance which serves as their strong bond.

A religion or religious sect generally considered to be extremist or false, with its followers often living in an unconventional manner under the guidance of an authoritarian, charismatic leader. Secret cult could therefore be defined as a set of practices, belief system or idea whose essence is known only to the inner members and excessively admired and defended even to the point of laying down one's life.

Cultism is a form of organization whose activities are not only exclusively kept away from the knowledge of others but such activities are carried out at odd hours of the day and they often clash with the accepted norms and values of everyday life.

The Oxford Advanced Learner's Dictionary defines cult as small group of people of who have extreme religious beliefs and who are not part of any established religion.

B. Historical development of Cultism in Nigeria

Cultism started at the University College, Ibadan in 1952 when Wole Soyinka (now professor) and six others formed the Pyrates Confraternity. The remaining six are Olumyiwa Awe, Ralph Opara, Tunji Tubi, Daige Imokhuede, Pius Olegbe and Olu Agunloye. Their main objective at that time was to elevate the social life of the university campus orderliness and discipline could be planted in the mind of the youths who were expected to be future leaders in Nigeria. Over the years, due to doctrinal differences and inability of intending members to meet required standards of the pyrate confraternity, protestant ones started emerging like the buccaneers, mafia, vickings etc the cult begins to be infiltrated by frustrated, undisciplined and disgruntled students with shady characters with the effect that the high and respected ideals of these cults began to wane.

Today, cultism in the Nigerian higher institutions have assuming a menacing dimension, making life in the institutions awry.

C. Types of Secret cults

Some of the cults known to exist in educational institutions in Nigeria are:

1. The mafia
2. The black axe
3. The vickings
4. Eiye confraternity
5. Mgba mgba brothers
6. KKK (Ku Klux Klan)
7. The Black Berret
8. The jurists
9. Royal Queens
10. The Air lords
11. The Vampires
12. The owl
13. The Scorpion
14. Amazon
15. Black heart etc.

D. Characteristics associated with Cultism

1. Shared experience of rituals: Each member shares with others common experience of rituals at initiation, progression and validation.
2. The use of signs and passwords: Members are taught the organization signs of danger, friendship, war and so on. However, during initiation, the color of the regalia reflects the status of members
3. Shared oaths: Each members shared the oath to keep secret till death, the treasured activities of the cultic organization.
4. They protect offending members against sanction
5. They usually operate at night
6. They have rival groups within the institutions
7. Sexual Escapades
8. Drug abuse
9. Illegal possession of firearms
10. Violent crimes like armed robbery
11. Killing of innocents students, academic and non academic staff
12. Arson, Rape, Extortion, Threats, Physical attacks, Blackmail and other inhuman practices
13. Factional struggle and war of supremacy resulting in bloody clashes between the cult groups

E. Cult Groups in Nigerian Campuses

There are many types of cult groups in tertiary institutions present in this country. They are

1. Black eye
2. Bucaneers
3. The Dragon
4. Pyrates (Seadogs)
5. Eiye
6. Red Devil
7. Scorpion
8. Black Axe
9. Mafia

10. Blood suckers

11. Vikings Fraternity

12. New Black movement

Some of them are exclusive for females

1. Daughters of Jezebel

2. Temple of Eden

3. Amazons

4. Black Beret

5. Black Bra

6. Barracudas



Female Cultists attacking a student

F. Consequences of Cultism

1. **Murder:** The nefarious and nocturnal activities of secret cults have led to the untimely death of several cult members, innocent students and staffs of tertiary institutions. Here are some examples of both students and lecturers that have been killed. **a)** October 2003, Three students Kehinde Dosunmu, Omotayo Suraju and Olalekan Ajao were killed at Kwara state Polytechnic. **b)** September 2005, Bolaji Tomiwa was killed at Lagos State University. **c)** March 2005, Ashifat Olatunji a student of Ibadan Polytechnic was murdered.



Female student killed by Cultists

2. **Expulsion:** Some cultists have their educational careers terminated abruptly through expulsion or rustication or they may be jailed or even spend extra years. E.g. March 27 2005, A 32year old Ikechukwu Okomah Anthony was arrested. He spent over 10 years pursuing Higher National Diploma in Estate Management at Ibadan Polytechnic.
3. **Violence:** Cultism promotes violence. The main aim of cultists is to cause trouble, unrest and to also disrupt the tranquility of a school environment. They derive joy in fighting and also use dangerous weapons like cutlasses, axes, knives and guns.
4. **Spiritual Problems:** During initiation, some new members are exposed to various satanic powers which may lead to spiritual complications. Some of these spiritual problems are insanity, mental disorder and hallucinations.

G. Preventive Measures against Cultism

Cultism is a social crime and their activities are often laden with blood. Therefore, in order to curb it, there should be:

1. A definite legislation that will pass a death sentence to anybody found guilty of cult activities on campuses.
2. Moral education should be made compulsory in the primary, secondary schools and should also be taught in General studies in tertiary institutions in the country.
3. Parents should take time to understand their children, give enough time to listen to them at home and satisfy their emotional, psychological and physical needs.
4. Parents should know and watch the friends of their wards. They should also take time to watch any strange behaviour put up by their wards and also correct them immediately.
5. Aggressive efforts to wage war against cultism in all tertiary institutions should be allowed by Government and religious groups in the country.

Test and Exercise

1. is not an example of cult groups in Nigerian Campuses. a) Black Bra b) Black Axe
c) Black Suckers d) Black Eye
2. Characteristics of cult groups include all except a) Violent crimes b) Illegal
possession of firearms c) Sexual escapade d) Illegal possession of firelegs
3. Explosion is a consequence of Cultism.. True or False
4. One of the options is an instrument used by cultism a) spoon b) plate c) knife d) fork
5. Give one example of the consequences of cultism
6. Cultism started at (a) university of Lagos (b) university of Ilorin (c) University college,
Ibadan (d) College of Education, Ikere
7. All are founders of pyrate confraternity except (a) Ralph Opara (b) Tunji Tubi (c) Wole
Soyinka (d) Yakubu Gowan
8. All of these are characteristics of cultism except (a) they have rival groups within the
institutions (b) they usually operate at night (c) they ensure peace in the institutions (d)
they make use of signs and symbols to communicate
9. Types of secret cults in Nigeria are these except (a) mgba mgba (b) the scorpion (c)
students union (d) the owl
10. The major aim of the pyrate confraternity is (a) to be more informed (b) elevate the
social life of the university campus orderliness and discipline could be planted in the
mind of the youths (c) to deceive the people (d) none of the above

Social Studies
JSS 3 – Second Term
week 5
Topic: Family life Education

Content:

1. **Meaning of family life Education**
2. **The importance of sex Education**
3. **Problems associated with Census In Nigeria**

Meaning of family life Education

Family life Education is the form of educating the family member on important and general issues needed for the development of their personal and general life.

It also refers to what young people or adolescents should know about their sexual activity and reproductive health. The need for educating young mind is necessary because lack of education results into danger for the young ones who are ignorant.

Sex Education

Sex education is the process of acquiring the necessary knowledge and information about the changes that occur in the body. These changes are physiological changes that occur as a result of growth and development.

Sex education is related to the sex organs, their function, uses and abuse of the sexual part of the body.

Sex Education is very important, it provides knowledge, information and understanding on how the youths, adolescents and adults can handle sexual problems.

In teaching sex Education, there are some basic facts about human nature that is needed the students must know, which are some of the changes which are noticed and they are as follows
Girls

- They start menstruation
- Development of big breast
- Pimples appear on the face
- Pubic hair grows around genitals

Boys

- The testes contain live sperm or semen which is capable of fertilizing the egg produced by the girl
- Pubic hair grows around the genitals
- The voice begins to break and become deep like a man's own.

The importance of Sex Education

Sex Education is important for the following reasons:

- It helps every individual to know that human body should not be misused
- The knowledge of sex education assist individual to appreciate God's purpose
- It makes children aware of the true meaning of life and decent living
- It enlightens everyone the danger involve in sexual indiscipline
- It will help to prevent unwanted pregnancies, sexually transmitted disease, abortion etc
- Sex education increases the level of understanding and awareness of the problems associated with human growth and development.
- It stimulates healthy interaction between the opposite sex i.e reducing the rate of sexual immorality

Agents of Sex Education

Agents of sex education are those who are liable and more knowledgeable to teach impart the young ones about Sex.

- Parents/ guardian
- Teachers
- Religious leaders

Problems associated with Census In Nigeria

1. High Level of Illiteracy: As a result of illiteracy, it has become quite difficult to conduct a successful population census as these people do not give relevant, accurate and useful statistics.
2. Political Problem: Since population census is used in many countries to allocate resources to component states, population figures are usually falsified to enable some state gain more resources than others.

3. High Cost: A lot of money is required to conduct population census. West African countries are poor and do not have enough money to conduct a successful population census.
4. Geographical Barriers: Most communities are inaccessible due to mountains, valleys, hills and rivers surrounding them. This makes conducting the census difficult.
5. Lack of Trained Personnel: Trained Personnel like demographers are not easily available hence the use of untrained persons who do not really have information on how a population census is conducted and this leads to inaccurate results.
6. Religious Beliefs: This is a major problem in some areas during census. Muslim women that are in Purdah are not to be seen by men, such people might not be counted during this process.
7. Tax Evasion: As a result of high level of ignorance and illiteracy, people often give fake and false information during census.

Assessment

State the importance of sex education

Social Studies
JSS 3 – Second Term
Week 6

Topic: Economic Reform measures in Nigeria I

Content

- Meaning of Commercialization/Privatization
- Advantages of Commercialization/Privatization
- Disadvantages of Commercialization/Privatization

Meaning of privatization

Privatization can be defined as the policy designed to enable individuals and private or corporate organizations take over the ownership and control of government businesses with the aim of making profit.

Advantages of Privatization

It promotes efficiency: privatization do help to promote efficiency in production.

Generation of more revenue: Both policies equally help to boost the generation of revenue for the Government.

Emergence of Innovation: The existence of competition in the industries assists in the emergence of innovations.

Better choice by consumers: Both policies do assist the consumers to have a wide range of choice where there are abundant products.

There is better supervision: Workers are made to have a sense of oneness and belonging, so that they can be committed to their work.

Improved Innovation: Competition and better remuneration make the workers to face their task squarely. In a bid to outdo other companies in the sector, workers develop fresh ideas and innovations that are aimed at enhancing their competitive edge.

Positive attitude to work: The negative notion that government work is nobody's work is completely removed. Work is taken more seriously, workers show greater committed to their work

Disadvantages of Privatization

High cost of product: These policies are aimed at profit maximization hence they are usually associated with high cost of products or goods.

Uneven distribution of Income: Income is often unevenly distributed as few individuals are now in control of the industries.

Loss of consumers' welfare scheme: Under privatization, the welfare of the consumer is not a priority and are not well catered for.

Reduction in unemployment: Many workers are usually laid off when companies are privatized.

There is no job security: The employment of people become unreliable and they can be laid off if any mistake is made.

Forced Retirement: As a result of privatization, some workers are forcefully retired thereby causing hardships for those who do not have any venture to fall back on.

Meaning of Commercialization

Commercialization is the practice of running government services like private enterprises. Governments departments are required to conserve or make their own money by charging fees for goods and services that used to be free. They are encouraged to operate to make profit and sustain their operations.

Advantages of commercialization

1. There is better maintenance of infrastructure: Departments generate their own funds from proper use of Government infrastructure
2. Increased efficiency: The management embarks on efficient working strategies, in the bid to increase company profit. The establishment works harder, tightens loose ends and sets higher targets.
3. Increased profitability: Commercialized government departments or establishments have brighter outlook towards work. This increases skills and intra- company competitions for the most hard-working staff and the best fresh innovation which will lead to increased profits.
4. Better operation: In a commercialized venture, better operation is certain due to the targets and profits involved in the business.

Disadvantages of Commercialization

1. It can bring about inflation,i.e persistent increase in the price of goods and services

2. Money earned from commercialization is not often properly utilized in areas of developing social infrastructure such as good roads network, provision of portable water etc.

It can give rise to labour and industrial unrest and it can cause the nation to lose billions of naira in resources

Assessment

Differentiate between Privatization and commercialization in Nigeria

**Social Studies, JSS 3, Second Term,
Week 7**

**Topic: Causes Of International Conflicts And The Organizations Helping To Resolve World
Conflicts**

Definition of International conflicts

These are disagreements and quarrels between two or more nations.

Causes of International conflicts

1. Misunderstanding
2. Boundary dispute
3. Pride
4. Politics
5. Religion

Consequences of International conflicts

1. Breakage of business
2. Breakage of political relationship
3. War

International Organizations Helping To Resolve World Conflicts

1. The Organization of African Unity (OAU). This was founded in 1963 in order to help the standard of living of its member countries
2. Economic Community of the West African State (ECOWAS). Founded in 1975 with the aim to allow Africans move freely within the region and to promote trades.

Assessment

State the consequences of International conflicts

Social Studies, JSS 3, Second Term,

Week 8

Topic: Personal Hygiene

Content:

1. Meaning
2. Art of personal Hygiene
3. Reasons

Meaning:

It is the art of caring for one's self and surroundings.

Art of personal Hygiene

1. Self discipline
2. care for all parts of the body by bathing, combing hair, brushing of teeth, and care for surroundings.

Reasons for personal Hygiene

1. To protect our bodies from germs, sicknesses and disease
2. To cover our nakedness
3. To keep our body warm
4. To avoid injuries

Assessment

State the reasons for personal hygiene

JSS 3

SOCIAL STUDIES

THIRD TERM

TABLE OF CONTENT

WEEK 1:	TOPIC: EMPLOYMENT
WEEK 2:	TOPIC: WORLD TRANSPORTATION SYSTEM
WEEK 3:	TOPIC: WORLD TRANSPORTATION SYSTEM 2
WEEK 4:	TOPIC: GLOBAL INTERNATIONAL COOPERATION
WEEK 5:	TOPIC: GLOBAL INTERNATIONAL COOPERATION 2
WEEK 6:	TOPIC: FAMILY AS THE BASIC UNIT OF SOCIETY
WEEK 7:	TOPIC: HUMAN EMOTIONS (LOVE)
WEEK 8:	TOPIC: HARMFUL TRADITIONAL PRACTICES

JSS 3 Social Studies Third Term

week 1

Topic: Employment

Content:

1. **Meaning of employment**
2. **Meaning of unemployment**
3. **Consequences of unemployment**

Meaning of employment

This means being occupied in a job in order to earn a living.

Meaning of unemployment

Unemployment can be defined as the situation where those who are willing and able to work could not get a befitting work to do. It is the situation where person of a working age, able bodied and willing to work is unable to find paid employment.

Unemployment occurs when a person who is actively searching for employment is unable to find work. Unemployment is often used as a measure of the health of the economy.

Unemployment rate: This is the number of unemployed persons divided by the number of people in the labor force. Unemployment rate is the percentages of total workforce who is unemployed and are looking for a paid job.

Types of unemployment

1. **Mass unemployment:** Mass unemployment is the type of unemployment which affects many occupation and industries at the same time. Mass unemployment is also known as cyclical or deficient unemployment. It occurs as a result of general fall in the quantity of goods demanded.
2. **Structural Unemployment:** is a form of unemployment where, at a given wage, the quantity of labor supplied exceeds the quantity of labor demanded, because there is a fundamental mismatch between the number of people who want to work and the number of jobs that are available. The unemployed workers may lack the skills needed for the jobs, or they may not live in the part of the country or world where the jobs are available. Structural unemployment is one of the five major categories of unemployment distinguished by

economists. Structural unemployment is generally considered to be one of the “permanent” types of unemployment, where improvement if possible, will only occur in the long run

3. Voluntary Unemployment: This is a situation where Unemployed people decided not take a job probably because the pay is not attractive or because they are getting benefit from the government or any other legal source.
4. Residual unemployment: It is the kind of unemployment that arises as a result of physical and mental disabilities of the person that is to be employed.
5. Casual unemployment: This kind of unemployment is common with the unskilled kind of labors; it is the kind unemployment which involves job that is not permanent.
6. Frictional unemployment: this type of unemployment can also be called technological unemployment, it occurs as a result of advancement in technology, where machines are replaced with workers in the process of production.
7. Seasonal Unemployment: This occurs in industries whose production is subject to seasonal variations i.e. the season or event at a time determine their level of production so when it is not time for production they become unemployed.

Causes of unemployment

The following points below are the causes of unemployment

1. Poor development plans: Government refuses to create development plans that can help to create employment for the unemployed.
2. They quit their position and are looking for a new one; due to little salary that could not make them provide for their basic necessities people quit their job and become unemployed.
3. They were laid off due to lack of work and haven't yet been rehired.
4. Their company reduced the work force, and they are seeking a new position. This can be due to a local condition, when the company closes a plant or division, or a national condition, when the economy slows and many companies reduce their work force. .
5. High cost of education: some could not afford to go to school because of the cost involved so they end up with low or no paper qualification which makes it possible for them to get a job.

6. Overpopulation: When a country is over populated i.e. when the people in a country are more than the available resources, there will be many workers without available job to do.
7. The need for their skill set has gone down, and there are limited positions available, which may lead to unemployment until they train for a new position.
8. Technology has reduced the need for their type of position.
9. Deficiency in demand: a continuous fall in the demand of goods and services can cause many companies to retrench their staffs and render them unemployed.
10. Lack of industrial growth: Most industries in developing countries like Nigeria do not have the capacity to employ a lot of workers which can make so many people to be unemployed.

Consequences of unemployment are:

1. There will be threat to peace and stability
2. Wastage of human resources
3. There will be high rate of dependency
4. Unemployment will lead to migration
5. Reduction in investment
6. There will be increase in crime rate

Solutions to the problems of unemployment

The following points below can help to provide solution to the problems of unemployment

1. Population control: When the population of a country is reduced, it will help to reduce the number of those who are looking for job. The population should be able to match up with the available resources.
2. Industrialization: When there is enough industry in a country, there will be need for people to be employed; therefore there should be creation of industries to reduce unemployment.
3. Incentive to potential investors: investors should be motivated to create jobs for the unemployed people in the society, incentives like tax holidays, provision of social amenities etc should be made available to investors.
4. Proper development of plans: The government should make proper development of plan for those who are unemployed in a country.
5. Redesigning of educational system: The educational system should introduce curriculum that can help graduate to create employment.

Assessment.

1. What is Unemployment?
2. What are the causes of Unemployment?
3. List 5 solutions of unemployment.
4. What are the different types of unemployment?
5. Mention 5 consequences of Unemployment.

Social Studies
JSS 3 – Third Term
Week 2

Topic: World Transportation System

Content:

1. Definition
2. Types
3. Advantages and Disadvantages of each system

Definition of Transportation

Transportation is the movement of people, goods and commodities from one place to another. The field can be divided into infrastructure, vehicles and operations. Transport is important because it enables trade between people, which is essential for the development of civilizations.

Generally it is an act, process, instance, means of conveyance or travel from one place to another.

Modes of Transportation

There are 5 major modes of transportation in Nigeria namely:

- Human portage and the use of animal
- Water Transportation
- Land Transportation
- Air Transportation
- Pipeline Transportation

Human Porterage and the use of animal were very common in precolonial days in Nigeria. Human Porterage. It is the means of transportation used in olden days. These involve the use of animals such as camel, horse, donkey, oxen and mules e.t.c. It is very common in Southern and middle belt areas of Nigeria to move goods and food stuff from production centres to the market. Transport by animal is common in the North for the movement of goods.

Water Transportation in Nigeria includes the use of oceans, lagoons and inland water ways and oceans. The inland water ways which includes the lagoons, canals, rivers, lakes,. Ocean

navigation is operated from the seaports like Lagos, Sapele, Warri, Port Harcourt, Calabar etc. the means of water transport are canoes, ships, yacht, and ferry. water transport is good for international business.

Water transport is the cheapest and the oldest mode of transport. It operates on a natural track and hence does not require huge capital investment in the construction and maintenance of its track except in case of canals. The cost of operation of water transport is also very less. It has the largest carrying capacity and is most suitable for carrying bulky goods over long distances. It has played a very significant role in bringing different parts of the world closer and is indispensable to foreign trade.

The following are advantages of water transport

- **Larger Capacity:** It can carry much larger quantities of heavy and bulky goods such as coal, and, timber etc.
- **Flexible Service:** It provides much more flexible service than railways and can be adjusted to individual requirements.
- **Safety:** The risks of accidents and breakdowns, in this form of transport, are minimum as compared to any other form of transport.
- **Flexible Service:** It provides much more flexible service than railways and can be adjusted to individual requirements.
- **Low Cost:** Rivers are a natural highway which does not require any cost of construction and maintenance. Even the cost of construction and maintenance of canals is much less or they are used, not only for transport purposes but also for irrigation, etc. Moreover, the cost of operation of the inland water transport is very low. Thus, it is the cheapest mode of transport for carrying goods from one place to another.
- **Less Maintenance Cost:** Maintenance cost in rail and road transport is quite high but maintenance cost of water transport is quite less.
- **Useful During Natural Calamities:** During natural calamities like flood and rains, when rail and road transport is disrupted, relief operations can be operated through water transport.

Disadvantages of water transport

- **Seasonal Character:** Rivers and canals cannot be operated for transportation throughout the year as water may freeze during winter or water level may go very much down during summer. **Unreliable:** The inland water transport by rivers is unreliable. Sometimes the river changes its course which causes dislocation in the normal route of the trade.
- **Unsuitable for Small Business:** Inland water transport by rivers and canals is not suitable for small traders, as it takes normally a longer time to carry goods from one place to another through this form of transport.
- **Slow Speed:** It is a slow means of transport. Failure of monsoon results into fall in the water level of rivers making navigation difficult
- **More chances of attack on boat sailing through**
- **Only can be used when sufficient water is available.**
- **In deep sea if boat gets in to storm, it becomes difficult to rescue.**
- **In waterfalls having much drafts ,water transportation does not works.**
- **Special maintenance for water tightness of boat is required.**

Land transportation are majorly of two types: road and rail transportation

Three types of road are:

- Trunk A road: constructed and maintained by the federal government
- Trunk B road: constructed and maintained by the state government
- Minor roads: maintained by the local governments

The means are cars, motorcycles, buses; truck e.t.c. road transport is very flexible

Rail Transportation: is the first modern means of transportation in Nigeria, which involves the use of car, bike, and train. The rail is the first modern means of transportation in Nigeria. The rail lines were constructed between 1890 and 1930 and consisted of a total of about 3,500km of single tracks. It was built mainly for agricultural and mining purposes.

Land transportation can be found in two modes, street transportation, and rail transportation.

Both modes of land transportation their very own advantages and disadvantages. Land transportation is highly utilized by people in the world because convenience and ease of

access; almost all areas on the globe with human settlements have access to at least any road no matter what the condition the road may have. The 2 modes of the land transportation as well as their advantages and disadvantages are mentioned below.

Road transportation

This requires the transportation on the road regarding different types of transport for example bicycles, motor cycles cars, lorries and large trucks for carrying suitcases.

The mode features advantages such as:-

1. Cheap

This kind of mode of carry is considerably little as compared to other strategies to transportation such as air. The distance that can be covered using cars cost less amount of money due to the fare or pushing the car in case it absolutely was a private car. The strategy is also cheap considering it will deliver your current luggage to your front door unlike other techniques where the luggage will have to be collected from the channels.

2. Convenient

Ease in road transport comes in where the person can decide on any time during the day to start his voyage. This is mostly in the case of personal cars or engine bicycles .In case of a crisis the person in question can begin the journey to the medical center using his vehicle conveniently at whichever time of the day. Vans are also convenient throughout delivering goods; for the reason that they will deliver the products to the specific shops unlike other strategies where the luggage will probably be left at the interface requiring further transportation.

3. Severally Flexible

Road transfer is highly flexible, it is because the cars employed can stop anywhere to collect the goods .Another methods will require activity of goods to the programs for them to be effective. This is not the case with highway transport.

4. Private

Private transportation can easily be attained using private cars. Hiring private aeroplanes can be much pricey unlike hiring exclusive cars for private utilizes.

Disadvantages of street transport

1. Create a lot of noise coming from hooting of the cars
2. Less safe while people can be hi-jacked and robbed during transportation
3. Can lead to congestion in populated towns hence slow.

Features of rail transport

1. Quickly –

The method is rapidly in cases where electric trains are being used. This makes it possible for people to reach their particular work destinations effortlessly.

2. Safe –

The method is highly safe and sound as there are minimal cases of hijacking in educates.

3. Reduction of congestion –

The method lowers congestion as it has a lot of luggage the ones at once unlike other methods which will demand very many vehicles to the many goods and the ones to be transported which ends up in congestion of people along with vehicles at a certain place.

Disadvantages associated with road transport.

1. Constrained routes –

For people to use the method they have to utilize other methods for these to reach the railway areas. This leads to many programs of transportation in using the idea hence a bit pricey.

2. International cargo –

Follows strict timetable. In case a traveler flight delays for few minutes the actual trail will have quit; this makes train transportation a smaller amount convenient to those people that have a problem of keeping time.

Air Transportation: it is the fastest and most efficient mode of transportation in Nigeria. It provides domestic and international services. Lagos State is the major hub of air transport in Nigeria.

Air transport is the most recent mode of transport. It is the gift of the 20th century to the world. The two world wars gave a great impetus to the development of air transport in almost all the countries of the world. The peculiar characteristic of air transport is that it does not need a specific surface track for its operations. It has no physical barriers as in the case of other mode of transport. Political boundaries are also immaterial although it has to observe the requirements of the International Law. The supreme advantage of air transport lies in its quickness. It is the fastest mode of transport. But the cost of its operation is very high and thus it is suitable for only rich passengers, mails and light and costly cargo. However, in advanced countries like U.S.A., Germany, etc. it offers a tough competition to the railways.

The following are advantages of air transport

- **High Speed:** It is the fast speed means of transport. Passengers and goods can be transported easily from one place to the other.
- **Minimum Cost:** Unlike railways and road transport, there is no need to spend money on the construction of any track or road, only airports have to be constructed.
- **Strategic Importance:** An airway has great strategic importance. It can be used for internal and external security.
- **Easy transport of costly and light goods:** It is quite convenient to send costly, light and perishable goods through air transport.
- **Free from physical barriers:** Air transport is free from physical barriers like river, mountains and valleys etc.
- **Useful for Agriculture:** Air transport is useful for aerial spray on pests and insects which cause harm to crops.
- **Useful in natural calamities:** During earth quake, flood, accidents and famine air transport is used for rescue operations.

Disadvantages of Air Transport:

- **High Costs:** Air transport is a costly service. Its operational costs are too high. Middle class and poor people can not afford its cash.
- **More Risks:** Air transport is prone to accidents. A small mistake can be very dangerous for passengers. Hijacking of planes is easily possible.
- **Huge Investments:** For creating aviation facilities, huge investments are required. The cost of aero planes, construction and maintenance of aerodromes and control mechanism needs a capital expenditure.

- **Unreliable:** Most of the air transport are uncertain and the unreliable because these are controlled by weather condition. It is seriously affected by adverse weather conditions. Fog, snow and heavy rain weather may cause cancellation of some flights.
- **Small Carrying Capacity:** The air crafts have small carrying capacity and therefore these are not suitable for carrying bulky and cheaper goods. the load capacity cannot be increased as it is found in case of rails.

Pipelines are a mode of transportation used to move liquid commodities from one place to another e.g petroleum and gas. Pipeline linking Warri and Kaduna is a very important example in Nigeria.

Pipeline transportation with the growth in oil and gas production and developed, has become the main mode of transport onshore oil and gas transport pipeline in recent years, solid materials, such as coal, ore pipeline transport, is also a great the development of pipeline transport.

Pipeline advantages are:

- (1) transport capacity, a foreign coal pipeline diameter 720 mm, and a year to transport 20 million tons of coal, equivalent to almost one-directional transmission capacity of a single-track railway;
- (2) small amount of traffic engineering, small footprint, pipeline transportation just laying pipelines, construction of pumping stations, construction of railways is much smaller than the earthwork and the plains are mostly buried under, does not occupy farmland;
- (3) energy consumption in various modes of transport is the lowest;
- (4) safe, reliable, non-polluting, low cost;
- (5) the climate, and all-weather transport, high reliability and delivery of goods
- (6) pipeline can take shortcuts., short distance transport;
- (7) can be closed transport, less wear and tear.

The disadvantage of pipeline transportation are:

- (1) specific and strong, can only transport oil, natural gas and solid slurry (such as coal), but in the field it occupies, with a fixed and reliable market;
- (2) pipeline from input the magnitude of the amount of the highest traffic among small, so in the early field development, the use of pipeline transportation difficulties, but also to road, rail, sea and land transportation as a transition.

(3) the construction of pipelines, gas stations and oil storage device has to spend huge investment. In addition, the pipeline route through a set dressing, unregulated traffic room, small transport elasticity, flexibility is poor.

Assessment.

1. What is Transportation?
2. Mention and explain the 5 major modes of transportation in Nigeria.
3. Mention 5 disadvantages of Air Transport.
4. Mention 5 advantages of Water Transport.
5. What are the 3 types of road?

JSS 3 – Third Term

Week 3

Topic: World Transportation System 2

Content:

- **The difference between transportation**
- **Impact of Science and Technology on world transportation system**

Difference

Nowadays transportation costs occupy an essential part of total costs, and efficient transportation management can be a huge opportunity for savings. Transport systems face requirements to increase their capacity and to reduce transportation costs. Freight transportation has been observed to absorb between one-third and two-thirds of total logistics costs. Unfortunately, however, often transportation management as whole, as well as its significant parts, for example, routing or transportation modes remain without proper attention. Costs of implementing different modes of transportation tend to be undervalued, which can lead to inefficiency and inequity of distribution system. Efficient transportation management can possibly decrease base costs of goods, at the same time increasing competitiveness of those goods and profitability of the whole supply chain.

Frequently, enterprises must answer the question about how to route freight through the transport system. Despite that, it's essential to take into consideration overloaded traffic conditions in the Nigeria region, as well as legal and environmental aspects of transportation. Breaking rules related to both above mentioned aspects can lead into fines and penalties, which in turn will decrease the efficiency of distribution system.

1. A Diversity of Modes

Transport modes are the means by which people and freight achieve mobility. They fall into one of three basic types, depending on over what surface they travel – land (road, rail and pipelines), water (shipping), and air. Each mode is characterized by a set of technical, operational and commercial characteristics:

- **Road transportation** – Road infrastructures are large consumers of space with the lowest level of physical constraints among transportation modes. However, physiographical constraints are significant in road construction with substantial additional costs to

overcome features such as rivers or rugged terrain. While historically road transportation was developed to support non-motorized forms of transportation (walking, domestication of animals and cycling at the end of the 19th century), it is motorization that has shaped the most its development since the beginning of the 20th century. Road transportation has an average operational flexibility as vehicles can serve several purposes but are rarely able to move outside roads. Road transport systems have high maintenance costs, both for the vehicles and infrastructures. They are mainly linked to light industries where rapid movements of freight in small batches are the norm. Yet, with containerization, road transportation has become a crucial link in freight distribution.

- **Rail transportation** – Railways are composed of a traced path on which wheeled vehicles are bound. In light of more recent technological developments, rail transportation also include monorails and maglev. They have an average level of physical constraints linked to the types of locomotives and a low gradient is required, particularly for freight. Heavy industries are traditionally linked with rail transport systems, although containerization has improved the flexibility of rail transportation by linking it with road and maritime modes. Rail is by far the land transportation mode offering the highest capacity with a 23,000 tons fully loaded coal unit train being the heaviest load ever carried. Gauges, however, vary around the world, often challenging the integration of rail systems.
- **Pipelines** – Pipeline routes are practically unlimited as they can be laid on land or underwater. The longest gas pipeline links Alberta to Sarnia (Canada), which is 2,911 km in length. The longest oil pipeline is the Transiberian, extending over 9,344 km from the Russian arctic oilfields in eastern Siberia to Western Europe. Physical constraints are low and include the landscape and pergelisol in arctic or subarctic environments. Pipeline construction costs vary according to the diameter and increase proportionally with the distance and with the viscosity of fluids (from gas, low viscosity, to oil, high viscosity). The Trans Alaskan pipeline, which is 1,300 km long, was built under difficult conditions and has to be above ground for most of its path. Pipeline terminals are very important since they correspond to refineries and harbors.
- **Maritime transportation** – Because of the physical properties of water conferring buoyancy and limited friction, maritime transportation is the most effective mode to move large quantities of cargo over long distances. Main maritime routes are composed of oceans, coasts, seas, lakes, rivers and channels. However, due to the location of economic activities maritime circulation takes place on specific parts of the maritime space,

particularly over the North Atlantic and the North Pacific. The construction of channels, locks and dredging are attempts to facilitate maritime circulation by reducing discontinuity. Comprehensive inland waterway systems include Western Europe, the Volga / Don system, St. Lawrence / Great Lakes system, the Mississippi and its tributaries, the Amazon, the Panama / Paraguay and the interior of China. Maritime transportation has high terminal costs, since port infrastructures are among the most expensive to build, maintain and improve. High inventory costs also characterize maritime transportation. More than any other mode, maritime transportation is linked to heavy industries, such as steel and petrochemical facilities adjacent to port sites.

- **Air transportation** – Air routes are practically unlimited, but they are denser over the North Atlantic, inside North America and Europe and over the North Pacific. Air transport constraints are multidimensional and include the site (a commercial plane needs about 3,300 meters of runway for landing and take off), the climate, fog and aerial currents. Air activities are linked to the tertiary and quaternary sectors, notably finance and tourism, which lean on the long distance mobility of people. More recently, air transportation has been accommodating growing quantities of high value freight and is playing a growing role in global logistics.
- **Intermodal transportation** – Concerns a variety of modes used in combination so that the respective advantages of each mode are better exploited. Although intermodal transportation applies for passenger movements, such as the usage of the different, but interconnected modes of a public transit system, it is over freight transportation that the most significant impacts have been observed. Containerization has been a powerful vector of intermodal integration, enabling maritime and land transportation modes to more effectively interconnect.
- **Telecommunications.** Cover a grey area in terms of if they can be considered as a transport mode since unlike true transportation, telecommunications often does not have a physicality. Yet, they are structured as networks with a practically unlimited capacity and very low constraints, which may include the physiography and oceanic masses that may impair the setting of cables. They provide for the “instantaneous” movement of information (speed of light). Wave transmissions, because of their limited coverage, often require substations, such as for cellular phone networks. Satellites are often using a geostationary orbit which is getting crowded. High network costs and low distribution costs characterize many telecommunication networks, which are linked to the tertiary and quaternary sectors

(stock markets, business to business information networks, etc.). Telecommunications can provide a substitution for personal movements in some economic sectors.

2. Modal Competition

Each transportation mode has key operational and commercial advantages and properties. However, contemporary demand is influenced by **integrated transportation systems** that require maximum flexibility in the respective use of each mode. As a result, modal competition exists at various degrees and takes several dimensions. Modes can compete or complement one another in terms of cost, speed, accessibility, frequency, safety, comfort, etc. There are three main conditions that insure that some modes are complementing one another:

- **Different geographical markets.** It is clear that if different markets are involved, modes will permit a continuity within the transport system, particularly if different scales are concerned, such as between national and international transportation. This requires an interconnection, commonly known as a gateway, where it is possible to transfer from one mode to the other. Intermodal transportation has been particularly relevant to improve the complementarity of different geographical markets.
- **Different transport markets.** The nature of what is being transported, such as passengers or freight, often indicates a level of complementarity. Even if the same market area is serviced, it may not be equally accessible depending of the mode used. Thus, in some markets rail and road transportation can be complementary as one may be focusing on passengers and the other on freight.
- **Different levels of service.** For a similar market and accessibility, two modes that offer a different level of service will tend to complement another. The most prevailing complementarity concerns costs versus time.

Thus, there is modal competition when there is an **overlap** in geography, transport and level of service. Cost is one of the most important considerations in modal choice. Because each mode has its own price/performance profile, the actual competition between the modes depends primarily upon the distance traveled, the quantities that have to be shipped and the value of the goods. While maritime transport might offer the lowest variable costs, over short distances and for small bundles of goods, road transport tends to be most competitive. A critical factor is the terminal cost structure for each mode, where the costs (and delays) of loading and unloading the unit impose fixed costs that are incurred independent of the distance traveled. With increasing income levels, the **propensity for people to travel rises**. At the same time,

international trade in manufactured goods and parts has increased. These trends in travel demand act differentially upon the modes. Those that offer the faster and more reliable services gain over modes that might offer a lower cost, but slower, alternative. For passenger services, rail has difficulty in meeting the competition of road transport over short distances and aircraft for longer trips. For freight, rail and shipping have suffered from competition from road and air modes for high value shipments. While shipping, pipelines and rail still perform well for bulkier shipments, intense competition over the last decades have seen road and air modes capture an important market share of the high revenue-generating goods. Road transport clearly dominates. Although inter-modal transportation has opened many opportunities for a complementarity between modes, there is intense competition as companies are now competing over many modes in the transport chain. A growing paradigm thus involves supply chain competition with the modal competition component occurring over three dimensions:

- **Modal usage.** Competition that involves the comparative advantage of using a specific or a combination of modes. Distance remains one of the basic determinants of modal usage for passenger transportation. However, for a similar distance, costs, speed and comfort can be significant factors behind the choice of a mode.
- **Infrastructure usage.** Competition resulting from the presence of freight and passenger traffic on the same itineraries linking the same nodes. Each level of capacity used by a mode is therefore at the expense of the other mode.
- **Market area.** Competition being experienced between transport terminals for using new space (terminal relocation or expansion) or capturing new markets (hinterland).

It is generally advocated that a form of **modal equality** (or **modal neutrality**) should be part of public policy where each mode would compete based upon its inherent characteristics. Since different transport modes are under different jurisdiction and funding mechanisms, modal equality is conceptually impossible as some modes will always be more advantageous than others. Modal competition is influenced by public policy where one mode could be advantaged over the others. This particularly takes place over government funding of infrastructure and regulation issues. Roads are usually provided by the public sector, while many other transport infrastructures are financed by the operators using them. This is the case for rail, air and maritime transportation. For instance, in the United States the Federal Government would finance 80% of the costs of a highway project, leaving the state government to supply the

remaining 20%. For public transit, this share is 50%, while for passenger rail the Federal Government will not provide any funding. Under such circumstances, public policy shapes modal preferences.

3. Modal Shift

The technological evolution in the transport industry aims at adapting the transport infrastructures to growing needs and requirements. When a transport mode becomes more advantageous than another over the same route or market, a modal shift is likely to take place. A modal shift involves the growth in the demand of a transport mode at the expense of another, although a modal shift can involve an absolute growth in both of the concerned modes. The comparative advantages behind a modal shift can be in terms of costs, convenience, speed or reliability. For passengers, this involved a **transition in modal preferences** as incomes went up, such as from collective to individual modes of transportation. For freight, this has implied a shift to faster and more flexible modes when possible and cost effective, namely trucking and air freight. There are important **geographical variations in modal competition**. The availability of transport infrastructures and networks varies enormously. Some regions possess many different modes that in combination provide a range of transport services that ensure an efficient commercial environment. Thus, in contrast to the situation in the European Union, rail freight transport occupies a more important market share in North America but passenger rail has a negligible share. In many parts of the world, however, there are only limited services, and some important modes such as rail may be absent altogether. This limits the choices for passengers and shippers, and acts to limit accessibility. People and freight are forced to use the only available modes that may not be the most effective to support their mobility. Areas with limited modal choices tend to be among the least developed. Advanced economies, on the other hand possesses a wide range of modes that can provide services to meet the needs of society and the economy. Since 2000 fuel prices gave increased significantly as well as their volatility, illustrated by significant price declines in 2009 and 2015. All modes are affected by fuel price volatility, from the individual car owner to the corporation operating a fleet of hundreds of aircraft or ships. Different pricing mechanisms are used namely direct rate adjustments, as is the case of shipping, or indirect adjustments as is the case of airlines, with the reliance on fuel surcharges when energy prices are increasing. In the context of higher energy prices, and therefore higher input costs for transportation, the following can be expected:

- Higher transport costs increase the **friction of distance** and constrain mobility. As a major consumer of petroleum the transport industry has to increase rates. Across the board increases causes people to rethink their patterns of movement and companies to adjust their supply and distribution chains.
- Because the impact of higher fuel costs hits the modes differentially, a **modal shift is anticipated**. Road and air transport are more fuel intensive than the other modes, and so fuel price increases are likely to impact upon them more severely than other modes. This could lead to a shift towards water and rail transport in particular.
- A further impact of fuel price increases is **greater fuel economy** across the modes. One of the best ways for all modes to reduce consumption is to lower speeds.

4. Passengers or Freight?

There is a **complementarity** between passenger and freight transport systems. With some exceptions, such as busses and pipelines, most transport modes have developed to handle both freight and passenger traffic. In some cases both are carried in the same vehicle, as for instance in air transport where about 80% of the freight is transported in the cargo holds of passenger aircraft. In others, different types of vehicle have been developed for freight and passenger traffic, but they both share the same road infrastructure, as for example in rail and road traffic. In shipping, passengers and freight used to share the same vessels and often the same terminals. Since the 1950s specialization has occurred, and the two are now quite distinct, except for ferries and some RORO services. The sharing by freight and passengers of a mode is **not without difficulties**, and indeed some of the major problems confronting transportation occur where the two **compete** for the use of scarce transport infrastructure. For example, trucks in urban areas are seen as a nuisance and a cause of congestion by passenger transport users. Daytime deliveries and double-parked trucks are a particular nuisance. The poor performance of some modes, such as rail, is seen as the **outcome** of freight and passengers having to share routes. There are also growing interests expressed at using segments of transit systems to move freight, particularly in central areas. This raises the question as to what extent and under which circumstances freight and passengers are compatible. The main advantages of joint operations are:

- **High capital costs** can be justified and amortized more easily with a diverse revenue stream (rail, airlines, ferries).
- **Maintenance costs** can be spread over a wider base (rail, airlines).

- The same modes or traction sources can be used for **both freight and passengers**, particularly for rail.

The main disadvantages of joint operations are:

- Locations of demand **rarely match** since the origins and destinations of freight flows are usually quite distinct spatially from passenger traffic.
- **Frequency of demand** is different as for passengers the need is for high frequency service, for freight it tends to be somewhat less critical.
- **Timing of service.** Demand for passenger services has specific peaks during the day, for freight it tends to be more evenly spread throughout the day. Several freight operations prefer night services since they insure that shipments arrive at their destination in the morning.
- **Traffic balance.** On a daily basis passenger flows tend to be in equilibrium, irrespective of the distance involved (e.g. commuting or air transportation). For freight, market imbalances produce empty flows that require the repositioning of assets.
- **Reliability.** Although freight traffic increasingly demands quality service, for passengers delays (diversion from posted schedules) are unacceptable.
- Sharing routes **favors passenger traffic** with passenger trains often given priority or trucks excluded from specific areas at certain times of the day.
- Different **operational speeds** where passengers demand faster service but specific cargo, such as parcel, facing similar requirements.
- **Security screening measures** for passengers and freight require totally different procedures.

The ongoing separation of passengers and freight on specific gateways and corridors is consequently a likely outcome, involving a growing divergence of flows, modes and terminals.⁵ A Growing Divergence Passengers and freight are increasingly divergent activities as they reflect different transportation markets. In several modes and across many regions passenger and freight transport is being unbundled:

- **Shipping.** Mention has been made already how in the maritime sector passenger services have become separated from freight operations. The exception being ferry services where the use of RORO ships on high frequency services adapt to the needs of both market segments. Deep sea passenger travel is now dominated by cruise shipping which has no

freight-handling capabilities, and bulk and general cargo ships rarely have an interest or the ability to transport passengers.

- **Rail.** Most rail systems improved passenger and freight services. Where both segments are maintained the railways give priority to passengers, since rail persists as the dominant mode for inter-city transport in India, China and much of the developing world. In Europe the national rail systems and various levels of government have prioritized passenger service as a means of checking the growth of the automobile. Significant investments have occurred in improving the comfort of trains and in passenger rail stations, but most notable have been the upgrading of track and equipment in order to achieve higher operational speeds. Freight transport has tended to lose out because of the emphasis on passengers since such systems were optimized for passenger flows. Because of their lower operational speeds, freight trains are frequently excluded from day-time slots, when passenger trains are most in demand. Overnight journeys may not meet the needs of freight customers. This incompatibility is a factor in the loss of freight business by most rail systems still trying to operate both freight and passenger operations. It is in North America where the separation between freight and passenger rail business is the most extensive. The private railway companies could not compete against the automobile and airline industry for passenger traffic, and consequently withdrew from the passenger business in the 1970s. They were left to operate a freight only system, which has generally been successful, especially with the introduction of intermodality. The passenger business has been taken over by public agencies, AMTRAK in the US, and VIA Rail in Canada. Both are struggling to survive. A major problem is that they have to lease track-age from the freight railways, and thus slower freight trains have priority.
- **Roads.** Freight and passenger vehicles still share the roads. The growth of freight traffic is increasing road congestion and in many cities concerns are being raised about the presence of trucks. Already, restrictions are in place on truck dimensions and weights in certain parts of cities, and there are growing pressures to limiting truck access to non-daylight hours. Certain highways exclude truck traffic – the parkways in the US for example. These are examples of what is likely to become a growing trend; the need to separate truck from passenger vehicle traffic. Facing chronic congestion around the access points to the port of Rotterdam and at the freight terminals at Schiphol airport, Dutch engineers have worked on feasibility studies of developing separate underground road networks for freight vehicles.

- **Air transport.** Air transport is the mode where freight and passengers are most integrated. Yet even here a divergence is being noted. The growth of all-freight airlines and the freight-only planes operated by some of the major carriers, such as Singapore Airlines, are heralding a trend. The interests of the shippers, including the timing of the shipments and the destinations, are sometimes better served than in passenger aircraft. The divergence between passengers and freight is also being accentuated by the growing importance of charter and “low-cost” carriers. Their interest in freight is very limited, especially when their business is oriented towards tourism, since tourist destinations tend to be lean freight generating locations.

Impact of Science & Technology

The way we make our daily travel decisions is set to change dramatically over the next 20 years. One of the key drivers of this change will be technology and, in particular the proliferation of internet enabled, location sensitive mobile devices and the data they produce. These devices both provide transport information users and provide network operators with data and a platform to manage and improve services, monitor and manage traffic flows and build customer relationships.

Another key element is the availability of open transport data sets to smart phone app and website developers. Transport data sets in particular are driving exciting new mobile app developments that focus on journey planning – including pushing real time departure information to people via smart phone and text messaging. This new approach to information dissemination is beginning to look far more financially attractive to local authorities, with the focus on data rather than investment in on-street infrastructure such as digital displays. We’ve been working with Dundee City Council, Bristol City Council, Shropshire Council and Brighton and Hove City Council to ‘push’ key data sets to the general public via mobile apps and web travel portals.

It’s not just public transport users that are benefitting from open data and smart phone apps – Open Street Map (OSM), the ‘Wikipedia of mapping’ is beginning to integrate key cycle links and cycle friendly routing information around the world. What makes open data attractive is that it can be edited by anyone – including cycling and community groups – and it’s global. It gives people ownership over the mapping of their local area, and if you update a link to indicate the availability cycle lane, this will automatically be picked up by OSM powered journey planners and will provide a more quality result. We have also been working with Swindon Borough Council as part of its Travel Choices project to train local cycle groups and

council officers to edit OSM data – with a view of maintaining a cycle map and providing accurate journey planning data.

Assessment.

1. What is the impact of science and technology on transportation system?
2. What are the disadvantages of joint operations?
3. What are the 3 main conditions that insure that some modes complement each other?
4. Explain the characteristics of the following mode of transportation:
 - Road Transportation
 - Maritime Transportation
 - Inter-modal Transportation
 - Pipelines.

Social Studies
JSS 3 – Second Term
Week 4

Topic: Global International Cooperation

Content:

1. Meaning
2. Strategies

Meaning of global International Cooperation

A situation where various countries come together within their continent to solve common problems.

In this 21st century, the world is becoming closer and closer. It almost seems like a small community. International cooperation plays a vital role in tackling global issues. Global cooperation is obviously defined as the act of all countries working together to accomplish global issues and missions. The missions and issues of the global cooperation are environment, poverty, war, diseases, extinct animal so on and so forth. To solve these issues, it requires a huge amount of supports and efforts from other countries due to the fact that almost all countries are confronting the same issues. People not only fight with natural disaster but also fight with poverty. As a result, global cooperation is really fundamental. I will give you three incidents why global cooperation is extremely significant.

Firstly, global cooperation is important because it offers more job opportunities to the people in the developing countries. Clearly, some Asian countries have abundant human resources ;consequently, global cooperation is able to provide many jobs to the people in the developing countries by cooperating with developed countries all over the world. As a result, low-income families are employed and are capable of supporting their children to go to school. When children could go to school and absorb the knowledge, they have adequate capacities to enhance their countries better once they grow up.

Secondly, the importance of international cooperation is to fight the diseases. There are a barrage of illnesses occurring have killed a great deal of people. For instance, there was a disease called Ebola, which took place in Africa. A lot of scientists coming from both developed and developing countries collaborate to do the experiment and find the solution towards this disease. After a long hard work, they were able to cure this illness. The cooperation saved a lot of people lives. Without global cooperation, it would have been impossible to discover a cure.

Last but not least, global cooperation is vital because it can improve the lifestyles of farmers in the provinces by creating fair trade system. Fair trade is also known as international trade which it can affect to the world economy. Because there are many farmers who don't get the amount of money as they deserve, fair trade system is fundamental to help farmers to get extra money. For example, a coffee farmer who produces the coffee beans receives less than 40% of the actual price while the coyote gets a huge amount of money by selling the goods to the exporters. Hence, fair trade organizations plays a leading role to fight against economic crisis and transforms the lives of farmers. The fair trade system is to make sure that farmers will get adequate money to support their family so that they are capable of having decent food to eat, sending their children to school and going to superb hospital when they are sick.

In conclusion, global cooperation is very crucial since it will save people lives, provide more jobs and help the world economy. It is true that when you are alone, you are weak. When you collaborate with others, your team is strong and is able to cope with all kind of problems on earth. As a saying goes "Untied we are strong, divided we fall." Global cooperation allows people to collaborate and achieve the same goals.

Strategies for achieving global/international cooperation

1. International conferences
2. United Nations Resolutions
3. International trade
4. Bilateral and Multilateral agreements

Assessment.

1. Define Global Cooperation.
2. What is the significance of Global cooperation?
3. What are the strategies for achieving global cooperation?

Social Studies
JSS 3 – Second Term
Week 5

Topic: Global International Cooperation 2

Further Reasons for global/international cooperation

1. To facilitate international trade
2. To obtain greater quantity and variety of goods
3. It facilitates political and economic cooperation
4. To speed up world economic growth

Consequences of global/international cooperation

1. Developed countries stand to gain more
2. It may lead to dependency of one country on another

Assessment.

1. What are the consequences of global cooperation?
2. What are the reasons for global cooperation?

Social Studies
JSS 3 – First Term
week 5

Topic: Family as the basic unit of society

Content:

- Meaning of family
- Members of extended family
- Roles of extended family members in child development

Meaning of family:

The family is the most important social unit of society. This is a fact that everyone must learn. The family is not only the basic societal unit. It is also the basic sexual unit, the basic child-raising unit, the basic communication unit, and the basic all-around fun and friendship unit.

It is okay if one is not in a family at this time, but it is important to understand that the family is the basic unit of society.

A family is a unit of two dedicated to healing, even if they do not enunciate it or even understand it fully. It means two who are happy to be together, who want to be together, and who deeply love one another, even though it can just be friends, for example, or a parent and a child.

Members of extended family

An **extended family** is a family that extends beyond the nuclear family, consisting of parents, aunts, uncles, and cousins, all living nearby or in the same household. An example is a married couple that lives with either the husband or the wife's parents. The family changes from immediate household to extended household.

In some circumstances, the extended family comes to live either with or in place of a member of the immediate family. These families include, in one household, near relatives in addition to an immediate family. An example would be an elderly parent who moves in with his or her children due to old age. In modern Western cultures dominated by immediate family constructs, the term has come to be used generically to refer to grandparents, uncles, aunts, and cousins, whether they live together within the same household or not. However, it

may also refer to a family unit in which several generations live together within a single household. In some cultures, the term is used synonymously with consanguineous family.

A definition of extended families is simply a family unit that extends past the nuclear family to include other relatives such as aunts, uncles, and grandparents. There is more to an extended family, however, than just a list of relatives, and understanding the structure of an extended family and why it can be a valuable type of family unit can help you better understand your own family structure.

An extended family can also be called a complex family, joint family, or multi-generational family. This type of family unit has multiple generations and additional relatives other than just the parents and their children living in the same household and taking on responsibilities for that household. In most cultures, the “core” of the family is the nuclear family, the parents and their children, while additional relatives are considered “extended.” The key characteristic of the extended family is that there are multiple adults in the family that are not parents of the children, though they may also have parent-like roles and share in the responsibilities for providing for the whole family, either by contributing financially or in other ways.

Who Is Part of an Extended Family

Every extended family can be different, and the relatives who are part of a multi-generational family in addition to the parents and their children (either biological, adopted, or foster) might include:

- Grandparents
- Great-grandparents
- Aunts
- Uncles
- Cousins

In most modern extended families, only one married couple per generation lives in the home, although there are plenty of examples of multiple married couples and their children living together. Young married couples without children may also continue to live as part of an extended family until they have their own children and are better able to move out on their own.

No matter who is a member of the extended family, there is often only one head of the household. Depending on the size of the family and the roles each member plays, that leader may be the oldest, most senior family member, or the most prominent breadwinner who contributes a significant portion of the family's finances. Another way to determine the head of the household is by whose home it was initially; a young couple living in a parent's home will see the older generation as the heads of household, whereas a grandparent who moves into her son or daughter's home will see her child as the head of the household.

Roles of extended family members in child development

An extended family can also be called a complex family, joint family, or multi-generational family. This type of family unit has multiple generations and additional relatives other than just the parents and their children living in the same household and taking on responsibilities for that household. In most cultures, the "core" of the family is the nuclear family, the parents and their children, while additional relatives are considered "extended." The key characteristic of the extended family is that there are multiple adults in the family that are not parents of the children, though they may also have parent-like roles and share in the responsibilities for providing for the whole family, either by contributing financially or in other ways.

Who Is Part of an Extended Family

Every extended family can be different, and the relatives who are part of a multi-generational family in addition to the parents and their children (either biological, adopted, or foster) might include:

- Grandparents
- Great-grandparents
- Aunts
- Uncles
- Cousins

In most modern extended families, only one married couple per generation lives in the home, although there are plenty of examples of multiple married couples and their children living together. Young married couples without children may also continue to live as part of an extended family until they have their own children and are better able to move out on their own.

No matter who is a member of the extended family, there is often only one head of the household. Depending on the size of the family and the roles each member plays, that leader

may be the oldest, most senior family member, or the most prominent breadwinner who contributes a significant portion of the family's finances. Another way to determine the head of the household is by whose home it was initially; a young couple living in a parent's home will see the older generation as the heads of household, whereas a grandparent who moves into her son or daughter's home will see her child as the head of the household.

Assessment

Briefly define the following;

- Family
- Extended family
- Aunt
- Uncle
- Cousin

Social Studies
JSS 3 – First Term
week 6

Topic: Human Emotions (Love)

Content:

- Meaning of love
- Types of love
- Qualities of love
- Behavior that enhances love relationship

Meaning of Love

There are many paths in life. But the longest of them all is the path to the heart. If you resist this path, you will take lifetimes to find it again. If you surrender and embrace it, you'll be home. The definition of love is vague and yet, so simple. All of us fall in love, but how many of us understand the true meaning of love? Love is what we experience in any moment that we are with someone without having or believing any judgments about that person ("good" or "bad").

Types of love

We've all been blinded by the blanket of emotions that comes from falling down the precipice of union into love. While we only have one word for it, the ancient Greeks in their pursuit of wisdom and self-understanding, found seven different varieties of love that we all experience at some point.

When we understand the different types of love out there, we can become conscious of how deep our connection is with ourselves and the other people in our lives.

8 DIFFERENT TYPES OF LOVE

1. "EROS" OR EROTIC LOVE

The first kind of love is *Eros*, which is named after the Greek god of love and fertility. Eros represents the idea of sexual passion and desire.

The ancient Greeks considered Eros to be dangerous and frightening as it involves a "loss of control" through the primal impulse to procreate. Eros is a passionate and intense form of love that arouses romantic and sexual feelings.

Eros is a primal and powerful fire that burns out quickly. It needs its flame to be fanned through one of the deeper forms of love below as it is centered around the selfish aspects of love, that is, personal infatuation and physical pleasure. This **catalyst for this type of love is** the physical body.

2. "PHILIA" OR AFFECTIONATE LOVE

The second type of love is *philia*, or friendship. The ancient Greeks valued *philia* far above *eros* because it was considered a love between equals.

Plato felt that physical attraction was not a necessary part of love, hence the use of the word *platonic* to mean, "without physical attraction." *Philia* is a type of love that is felt among friends who've endured hard times together.

As Aristotle put it, *philia* is a "*dispassionate virtuous love*" that is free from the intensity of sexual attraction. It often involves the feelings of loyalty among friends, camaraderie among teammates, and the sense of sacrifice for your pack. The catalyst for this type of love is: The mind.

3. "STORGE" OR FAMILIAR LOVE

Although *storge* closely resembles *philia* in that it is a love without physical attraction, *storge* is primarily to do with kinship and familiarity. *Storge* is a natural form of affection that often flows between parents and their children, and children for their parents.

Storge love can even be found among childhood friends that is later shared as adults. But although *storge* is a powerful form of love, it can also become an obstacle on our spiritual paths, especially when our family or friends don't align with or support our journey. The **catalyst for this type of love is**: Causal (Memories)

4. "LUDUS" OR PLAYFUL LOVE

Although *ludus* has a bit of the erotic *eros* in it, it is much more than that. The Greeks thought of *ludus* as a playful form of love, for example, the affection between young lovers.

Ludus is that feeling we have when we go through the early stages of falling in love with someone, e.g. the fluttering heart, flirting, teasing, and feelings of euphoria.

Playfulness in love is an essential ingredient that is often lost in long-term relationships. Yet playfulness is one of the secrets to keeping the childlike innocence of your love alive, interesting and exciting. The catalyst for this type of love is: Astral (Emotion)

5. "MANIA" OR OBSESSIVE LOVE

Mania love is a type of love that leads a partner into a type of madness and obsessiveness. It occurs when there is an imbalance between *eros* and *ludus*.

To those who experience mania, love itself is a means of rescuing themselves; a reinforcement of their own value as the sufferer of poor self-esteem. This person wants to love and be loved to find a sense of self-value. Because of this, they can become possessive and jealous lovers, feeling as though they desperately “need” their partners.

If the other partner fails to reciprocate with the same kind of *mania* love, many issues prevail. This is why mania can often lead to issues such as codependency. The **catalyst for this type of love is:** Survival instinct

6. “PRAGMA” OR ENDURING LOVE

Pragma is a love that has aged, matured and developed over time. It is beyond the physical, it has transcended the casual, and it is a unique harmony that has formed over time.

You can find *pragma* in married couples who’ve been together for a long time, or in friendships that have endured for decades. Unfortunately pragma is a type of love that is not easily found. We spend so much time and energy trying to find love and so little time in learning how to maintain it.

Unlike the other types of love, pragma is the result of effort on both sides. It’s the love between people who’ve learned to make compromises, have demonstrated patience and tolerance to make the relationship work. The **catalyst for this type of love is:** Etheric (Unconscious)

7. “PHILAUTIA” OR SELF LOVE

The Greeks understood that in order to care for others, we must first learn to care for ourselves. This form of self-love is not the unhealthy vanity and self-obsession that is focused on personal fame, gain and fortune as is the case with Narcissism.

Instead, *philautia* is self-love in its healthiest form. It shares the Buddhist philosophy of “self-compassion” which is the deep understanding that only once you have the strength to love yourself and feel comfortable in your own skin, will you be able to provide love to others. As Aristotle put it, “*All friendly feelings for others are an extension of a man’s feelings for himself.*” You cannot share what you do not have. If you do not love yourself, you cannot love anyone else either. The only way to truly be happy is to find that unconditional love for yourself. Only once you learn to love and understand yourself, will you be ready to search for the spiritual freedom of the Self. The **catalyst for this type of love is:** Soul

8. “AGAPE” OR SELFLESS LOVE

The highest and most radical type of love according to the Greeks is *agape*, or selfless unconditional love.

This type of love is not the sentimental outpouring that often passes as love in our society. It has nothing to do with the condition-based type of love that our sex-obsessed culture tries to pass as love.

Agape is what some call spiritual love. It is an unconditional love, bigger than ourselves, a boundless compassion, an infinite empathy. It is what is described as “universal loving kindness.” It is the purest form of love that is free from desires and expectations, and loves regardless of the flaws and shortcomings of others.

Agape is the love that is felt for that which we intuitively know as the divine truth: the love that accepts, forgives and believes for our greater good. **The catalyst for this type of love is:** Spirit Qualities of Love

The 3 Inherent Qualities of Love

Love is complete acceptance: When we allow someone to be exactly as they are, without any belief that they aren’t good enough, without any belief that they would be “better” if they were different, this is love.

Love is completely unconditional: Love has no conditions. When we truly love someone, we can’t stop loving them, regardless of what they do or say. If our love is dependent upon the other person acting and speaking how we want, then this love is completely conditional. We often confuse this to be love, but this is just positive thoughts about someone. This is just loving what a person says or does, not loving *them*. Positive thoughts or the thought “I love you” isn’t necessary to love. Sometimes it even gets in the way.

Love is selfless: True love doesn’t want anything in return, because there is nothing it needs. We just love for the sake of love. When we love someone, we don’t look for them to fill our needs, love us back, and all those types of things. If that is what we are looking for, then we are just using the other person. What is the meaning of love? Love is completely selfless.

Behavior that enhances love relationship

People in successful relationships have some things in common. Much of the time it’s not about what they do or don’t do, it’s about who they are as people and how they behave with each other. Here are some of the many ways the happiest of couples interact with one another.

1. **Be best friends.** The happiest couples say that they are best friends with their spouses. People who don’t think that having a best friend as a partner is romantic are usually single and bitter. Having a best friend in your heart and bed is the best part of a loving relationship.

2. **Be able to laugh at yourselves.** Having a sense of humor about your life and your relationship is one of the keys to thriving. Life throws us many curves and without the ability to see and appreciate the irony, you could end up hating the world and each other.
3. **Be open to new ideas and experiences.** If your partner only wanted to do the things you like to do, life would soon become dull and uninteresting. Having a partner who exposes you to different perspectives and dreams will make your world and soul fulfilled.
4. **Be willing to be willing.** When change or compromise is called for you don't have to accept it immediately. Just being willing to look at things from another perspective can often be enough to help you resolve most differences that occur in an emotionally fit relationship.
5. **Be kind.** Kindness and courtesy are perhaps the most undervalued and underused human virtues. Courtesy, communication and kindness can turn conflict into consensus, and controversy into cooperation with a single act of kindness.
6. **Be able to give all of your attention.** Giving your partner 100% of your attention when they want to talk to you is one of the most bonding and powerful things you can do. Couples who engage in this all too rare ritual have a deeper and more loving relationship.
7. **Be demonstrative.** Couples who touch and hold each other often have fewer arguments, enjoy life more, and stay healthier. Touching is one of the deepest forms of communication.
8. **Be trustworthy.** To be trusted one must behave in trustworthy ways. Never give your partner any reason to doubt your loyalty or devotion. Whenever you are away from each other check in regularly to let them know you're okay.
9. **Be available.** If your partner has a problem, be the one they call first. Commitment means that you can count on your partner to be there for you when you need them.
10. **Be proactive.** Don't wait for things to go wrong before you make an effort to work on your relationship. Couples who take a relationship inventory and see what they have as well as what it is they might need in the future, are much better prepared for difficulty and have longer lasting, more successful relationships.

Being the best you can be for your partner and for yourself is one of the most rewarding parts of coupledness. It's not very complicated, just remember to put your best self forward and behave the way you would like your partner to behave. That makes it safe for both of you to come from the heart – that is how great relationships are made.

Assessment

- Define love and list five types of love
- Name five behaviour that enhances love relationship