

Activity 4

Title:	Personal Self Management
Focus:	<p>In this session it is intended that the students:</p> <ul style="list-style-type: none"> Articulate their personal vision and goals Have knowledge and confidence in their own ideas and visions Recognise workplace (classroom) values
Time:	30 minutes
Guiding Question:	<ul style="list-style-type: none"> What are some words to describe strength of character? Why might it be helpful to know what your strengths (and weaknesses) are? Why might an employer value these? What other characteristics/skills might your employer want to see? How do you think your personal shield might change over the next 6 month? 5 Years
Connections:	<p>Self management and Interpersonal Skills Learning effective strategies for positive interaction with others.</p>
Rationale/ Background:	<p>Student self-management is one of the key elements of school/classroom success in providing for student care and student total personal development skills</p>
The Learning Experience	
Setting The Stage	<p>Students may need encouragement to articulate their strengths, goals and dreams. Students could brainstorm a vocabulary list to help them, including words like thrifty, efficient, friendly, conscientious, punctual, reliable, enterprising...</p> <p>You could introduce the Employability Skills framework to show what characteristics employers want.</p>
The Activity	<p>Draw a shield</p> <ul style="list-style-type: none"> Students draw a shield /crest divided into 4 sections with an additional central box. In the 4 large areas draw/write/represent <ul style="list-style-type: none"> something you're good at something you are proud of your main / strongest characteristic your favourite leisure activity In the central box write the key value/motto by which you live your life. <p>Follow up activity Draw a shield to represent your workplace. Include a 'company' motto (real or make it up)</p>

Wrap Up	Invite the students to write an essay / paragraph explaining their perception of 'my strengths' or 'my weaknesses'
Extension	<p>1.1.3 Class discussions on topics like 'most difficult issue'.</p> <p>3.1.3 Draw a picture or write a story about yourself feeling: nervous, scared, excited, disappointed.</p> <ul style="list-style-type: none"> • Letter writing to discuss specific issues or to seek permission for a specific task. • Students brainstorm techniques for presenting themselves effectively. • Role-play an interview with an employer featuring the student describing his/her strengths. <p>1.1.7 Year 6 Students draw or paint a self-portrait which will become the centre of a collage illustrating their interests and self-image on one side, and the impact on their lives and others perception of them on the other side</p>
Teacher Program Review – Reflective Question	
<i>Do my students understand that managing emotions is necessary before undertaking any decision making?</i>	
Resources / Materials:	
Blueprint Career Management Competencies & Indicators	
<p>1.1.1 Explore the nature of personal characteristics such as interests, likes and dislikes, personal qualities, strengths and weaknesses.</p> <p>1.1.2 Discover how positive characteristics are the basis of a positive self concept</p> <p>1.1.7 Evaluate which of your behaviours and attitudes contribute either positively or negatively to your self concept.</p> <p>1.1.8 Adapt your behaviours and attitudes in order to improve your self concept.</p> <p>3.1.3 Explore effective ways to express your feelings.</p> <p>8.1.1 Understand how choices are made.</p>	
Teacher's Notes:	