

Primary School Life-Long Learning Skills

***A Whole School Approach to promoting a
Career Development Culture in your school***

The purpose of this resource for *Primary School Life-Long Learning Skills* is to provide teachers with a conceptual framework, sample activities, and supporting materials to help facilitate classroom learning associated with their students' **personal development, career development and lifelong learning skills**.

Before making and implementing decisions about careers, students need to develop the knowledge and understanding of themselves in relation to the world around them. This includes developing and consolidating skills required to learn further as well as recognizing and developing employability skills through the course of their everyday learning at school, at home and in the community.

With the goal to “integrate thinking and feeling to live more effectively”, the activities have been developed from a wide range of concepts with a particular focus upon providing the tools and techniques for developing and applying five emotional competencies:

Emotional Competencies

1. Self-awareness
2. Managing emotions
3. Self-control
4. Empathy, and
5. Handling relationships

Our primary school classroom serves as the ideal vehicle to create a framework for teaching and practicing the skills so crucial to the student's total personal and career development skills. The attached lessons support teachers to address those practices through distinct “**curriculum pathways**”, incorporating content, learning experiences and activities that focus upon addressing essential life skills:

Curriculum Pathways

1. Feeling Positive, (Self Awareness, Self Concept)
2. Thinking Wisely, (Skill Building and Organisation)
3. Give Yourself, (Empathy and Handling Relationships)
4. Acting Sensibly, (Managing Emotions)

The sample lessons are designed to help teachers provide support for a “Whole School Approach” to promoting a Career Development Culture in their school. The lessons are designed to encourage students to identify their personal attributes – abilities, interests and values. They help students to:

- Assess their own learning
- Plan for further learning
- Work independently
- **Enhance their personal, social and emotional development**
- Understand themselves better as students
- Become more independent and responsible individuals

- Apply what they learn in school curriculum and to the world of education and work.
- Manage their own learning on a path toward graduation and the world of work

The activities can be integrated into themes or be used by themselves. They are not necessarily meant to be used sequentially; rather read through the activities which address the skill you wish to cover, then choose the ones which best suit the needs and interests of your learners.

Feeling Positive: Self Awareness and Self Concept

1. Uncovering Feelings – Lesson 1a and Lesson 1b
2. Choosing Happiness
3. Identifying Feelings
4. Personal Self-management
5. Understanding Assumptions
6. What Did You Say?

Acting Sensibly: Managing Emotions and Self-Control

7. Overcoming Obstacles to Study
8. Understanding Choice Making
9. Setting priorities: How important is school?"

Give Yourself: Empathy and Handling Relationships

10. My Home Team Advantage
11. Developing Self Acceptance / Examining Self-Measurement
12. Resolving Conflict
13. Community Involvement Plans
14. Reflecting on Community Involvement

Thinking Wisely: Skill Building and Organisation

15. Set Goals and Plan for Action"
16. Primary Portfolio Development
17. Decision-Making Wheel
18. Learning Styles – Lesson 18a and Lesson 18b