

## 4. Adventures of you

### Australian blueprint for career development

Career Management Competency											
1	2	3	4	5	6	7	8	9	10	11	12

### Learning intention

Students understand the importance of self-awareness and executive function in making good decisions.

### Success criteria

Students can:

- describe some actions at each level of executive function
- identify some actions they could take to improve their executive function.

### Resources

[The Adventures of You](#) is an animation video series available on the [myfuture](#) website. This short series introduces students to important elements of effective decision making.

- Videos: [Making good career decisions: The adventures of you](#)
  - You, there! Adventurer! (2 minutes)
  - A brainful of lasers! (3.5 minutes)
  - The path to awesome! (3.5 minutes)
- Worksheet – The Adventures of You

### Classroom organisation

- Students work individually or in pairs for this activity, depending on computer access.

### Preparation

- View each video prior to the lesson.
- Print The Adventures of You worksheet for each student.
- For teacher reference, there are several worksheets and support guides available from the [myfuture](#) website that support the ideas presented in these videos.

## Activity

- Discuss good decision making with students, noting the importance of self-awareness in their processes.
- Introduce the idea to students that they use certain mental skills to make decisions. Scientists refer to these skills as executive function.
- Check in with students and prompt discussion and thinking by asking them to recall 2 or 3 significant decisions they have made over the last month or so. Ask them to consider whether in hindsight they were well thought through decisions. Students should consider:
  - how they made the decisions
  - what information did they use?
  - whether they make the decision themselves or relied on someone else?
  - how much control do they feel they had?
- Watch the videos together as a whole class.
- Re-watch the videos, this time completing the prompts on the worksheet – The Adventures of You.

## Reflection

Students should consider tip 5 and on the back of the sheet write about a time where they found another way to do something.

## Worksheet: The Adventures of You

Watch the videos on the [‘The Adventures of You’](#) myfuture webpage and complete the following.

### Part 1 – You, there! Adventurer!

Fill in the blanks below.

This is your \_\_\_\_\_. Your career is like a long adventure. It’s a series of \_\_\_\_\_ and encounters, \_\_\_\_\_ and opportunities.

It spans infancy, childhood, \_\_\_\_\_, \_\_\_\_\_ and a job.

Possibly many jobs until old age and death.

Who’s in charge of your life? Who makes the choices throughout your \_\_\_\_\_?

Many of us sleepwalk through life, not going anywhere in particular. We are steered along by our \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

We can be driven by hunger, \_\_\_\_\_, anxiety, \_\_\_\_\_, frustration and \_\_\_\_\_. Maybe you are not in control of very much at all.

### Part 2 – A brainful of lasers!

Let’s look at the **executive functions** that provide the power. Briefly describe some actions for each.

<b>Level 0 - Sleepwalking – you have no executive function</b>
<b>Level 1 - Impulse inhibition</b>
<b>Level 2 - Working memory</b>
<b>Level 3 - Mental flexibility</b>

What level do you think you are at now? \_\_\_\_\_

### Part 3 – The path to awesome!

There are many things that you can do with your life.

The path you follow comes down to \_\_\_\_\_.

To help you make these choices, there are 3 important controls in your brain for executive function. It is possible to train and grow these functions so that you rely on them to help you make good decisions.

Listen and record the tips in the video. Provide examples of how you can practise these tips.

Tip	How I can practise this
1	
2	
3	
4	
5	

When can you start practising these tips? \_\_\_\_\_

#### Reflection:

Think about tip 5 and write about a time you found another way to do something or consider a time when you could have challenged yourself to find another way to do something.

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