

1. High 5 messages

Australian blueprint for career development

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

Learning intention

Students will understand the High 5 messages of career development.

Success criteria

Students can:

- describe these messages
- identify links between the messages and their own experiences.

Resources

- [High 5 Messages of Career Development](#) – student copies
- A3 pages for groups and markers
- Worksheet – Recognising and accessing the High 5 messages

Classroom organisation

- Whole class
- Groups
- Individual

Preparation

- Access the Year 10 pathway planning work to observe the High 5 activity.
- Print Recognising and accessing the High 5 messages worksheet for each student.

Activity 1

The High 5 messages are:

1. Change is constant – embrace it!
2. Learning is ongoing
3. Focus on the journey
4. Know yourself, believe in yourself and follow your heart
5. Access your allies.

The High 5 messages are part of the Year 10 pathway planning work and will be familiar to some students. The messages are powerful and easily understood.

- Revisit the High 5 messages in small groups, using the High 5 messages career development document.
- Students read through the High 5 messages together and develop a short paragraph summary that accurately reflects the 5 messages.
- Students write their summary in large text onto the A3 page before presenting it to the whole class.
- Place each summary up on the board as it is delivered.
- Discuss similarities in the summaries, commonalities, any emphasis on particular messages and any important points that may be missing. Discuss the use of key words in the summaries: change, flexibility, adaptability, learning, ongoing, journey, chance, opportunities, heart, passion, interest, allies, support, team.

Reflection

- Complete the worksheet Recognising and accessing the High 5 messages.
- Students consider a memorable life event and identify any impact the High 5 messages may have had in this situation.
- Students consider positive behaviours that led to the outcome and attempt to identify links to the High 5 messages.

Worksheet: Recognising and accessing the High 5 messages

Identify a life event and consider ways that you can link some, or all of the High 5 messages to this event. You might even choose to consider how knowing these messages may have impacted your behaviour or actions in some way.

