

3. Self-awareness

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 how the four elements of self-awareness are essential to career decision making.

Success criteria

Students can state some of their values, skills, personal attributes, interests and consider suggested career options.

Resources

- Worksheet – Self-awareness

Classroom organisation

- Whole class
- Individual

Preparation

Print Self-awareness worksheet for each student.

Activity 1

- Discuss with students the 4 elements of self-awareness (values, interests, skills, personal attributes) and the fluidity of the elements. How might they change throughout their life and work stages? How may they be affected by new experiences?
 - **Values** define our priorities, so doing a job that aligns with your values means that you are more likely to be content and satisfied at work.
 - Choosing careers that align with **interests** may provide motivation to set goals and act to develop necessary skills and understandings.
 - **Skills** play an important role when engaging in career decision making. Everyone has unique talents that can be used to build a career of choice. When career planning, occupations that will utilise and complement skills should be considered.
 - **Personal attributes** are the traits you naturally have that make you unique and can determine your effectiveness in a certain job role. These qualities can be used to further enhance your suitability for a job when paired with skills that you've learned through experience.
- Students complete the 4 boxes on the Self-awareness worksheet.
- Students assign themselves a codename that only they will recognise and write this on the worksheet.
- Collect worksheets and redistribute to the class to maintain anonymity.

Activity 2

- Using the information they have; students list at least 5 occupations they think would be a good match for the person. Students consider the occupations:
 - where these **skills** would be utilised
 - that fit with the **interests and personal attributes** described
 - that appear to align with the **values** listed.
- Students record their suggestions in the table in the 'Worksheet swap' section.
- Once completed, the worksheets are returned to their owners (using the codenames). Students consider the suggestions listed.
 - Are there any surprising suggestions?
 - Do you consider any to be poor matches?
 - Why would these have been suggested?
 - Do these suggestions provide a clear picture of 'what makes you tick now'?

Reflection

Students reflect by responding to the statement at the bottom of their worksheet.

Worksheet: Self-awareness

Codename: _____

Values

What is important to me?

Skills

What am I good at?

Personal Attributes

Who am I?

Interests

What do I enjoy doing?

Worksheet swap: write down 5 career options for this person using the elements above.

Personal Reflection: "All 4 elements of self-awareness are important to build a complete picture and to help narrow down possibilities"