

2. 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 how the High 5 messages of career development look in real life.

Success criteria

Students can:

- identify the High 5 messages of career development
- make connections between the High 5 messages and a real-life scenario.

Resources

- [High 5 Messages of Career Development](#) (National Careers Week)
- [Elissa's dream job](#) video - 10 minutes (Seek)
- A3 sheets with one High 5 message and description
- A4 paper

Classroom organisation

- Whole class
- Small groups

Preparation

Consider the number of students and how you will divide your groups.

Activity 1

- Introduce students to the High 5 messages.
 - Change is constant – embrace it!
 - Learning is ongoing
 - Focus on the journey
 - Know yourself, believe in yourself and follow your heart
 - Access your allies.
- Divide students into groups. Give each group one enlarged A3 High 5 message and description. Students work in their group to read the description of their career message and write a summary of the message in 3 sentences.
- Each group takes turns to present their summary to the whole class. Ensure that the summaries are accurate.

Activity 2

The High 5 in practice:

- Students list the High 5 messages on paper, leaving a space where they will record examples of each of the messages in the video Elissa's story.
- Play the video. While viewing, students are looking to make connections between the High 5 messages and the parts of Elissa's story where those High 5 messages are clear. Encourage students to make as many connections to the High 5 messages as possible.

Examples of connections:

Change is constant	Elissa's life changed due to a previous trauma, and she has had to adapt to the changes. She is in the process of reassessing her life.
Learning is ongoing	Elissa admits that she doesn't have any formal training but recognises that she needs it if she wants to pursue floristry.
Focus on the journey	Elissa knows that she needs to move forward into something that provides her with joy and happiness.
Know yourself, believe in yourself and follow your heart	While Elissa enjoys being a nurse, she knows that floristry makes her the happiest.
Access your allies	Elissa's family support her. Jo, her florist mentor, supports her.

Reflection

Students identify which one of the High 5 messages stood out to them the most.