

5. About me

Australian blueprint for career development

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

Learning intention

Students will identify their interests, values, personal attributes, and skills they need to develop further.

Success criteria

Students can complete a mind map that highlights their interests, values, personal attributes, and skills they need to develop further.

Resources

- Worksheet – Mind map, to display as an example structure
- Blank A3 paper
- Coloured markers

Classroom organisation

- Small groups
- Individual

Preparation

- Students will need to be able to access previous quizzes and worksheet results from lessons 3 and 4.
- Print Worksheet – Mind map for each student.

Activity 1

Students have had the opportunity to complete several quizzes and worksheets. The results of these activities can be used as references for this activity.

- Discuss the importance of self-awareness with students.
- Students work alone to complete a mind map with as much information as they can. Encourage deep thinking and reflection. The mind map worksheet can be used as an example of structure.

Activity 2

- Students exchange their mind map with a partner.
- Taking turns, students respond to their partner's mind map. This may include:
 - asking follow up questions if they need more clarification
 - commenting on any interesting observations
 - making suggestions from what they know about their partner.

Reflection

- Students reflect on the following quotes.
 - *"Find your mirror and take great notes."*
- Bert McCoy
 - *"The most important conversations you'll ever have are the ones you'll have with yourself..."*
- David Goggins
 - *"I think self-awareness is probably the most important thing towards being a champion."*
- Billie Jean King
- Students consider how much they know about themselves and how much more there is to know.

Worksheet: Mind map

Being able to identify your interests, skills, values and attributes is essential knowledge for career decision making. Working through this self-knowledge mind map will help you when exploring courses and career pathways.

