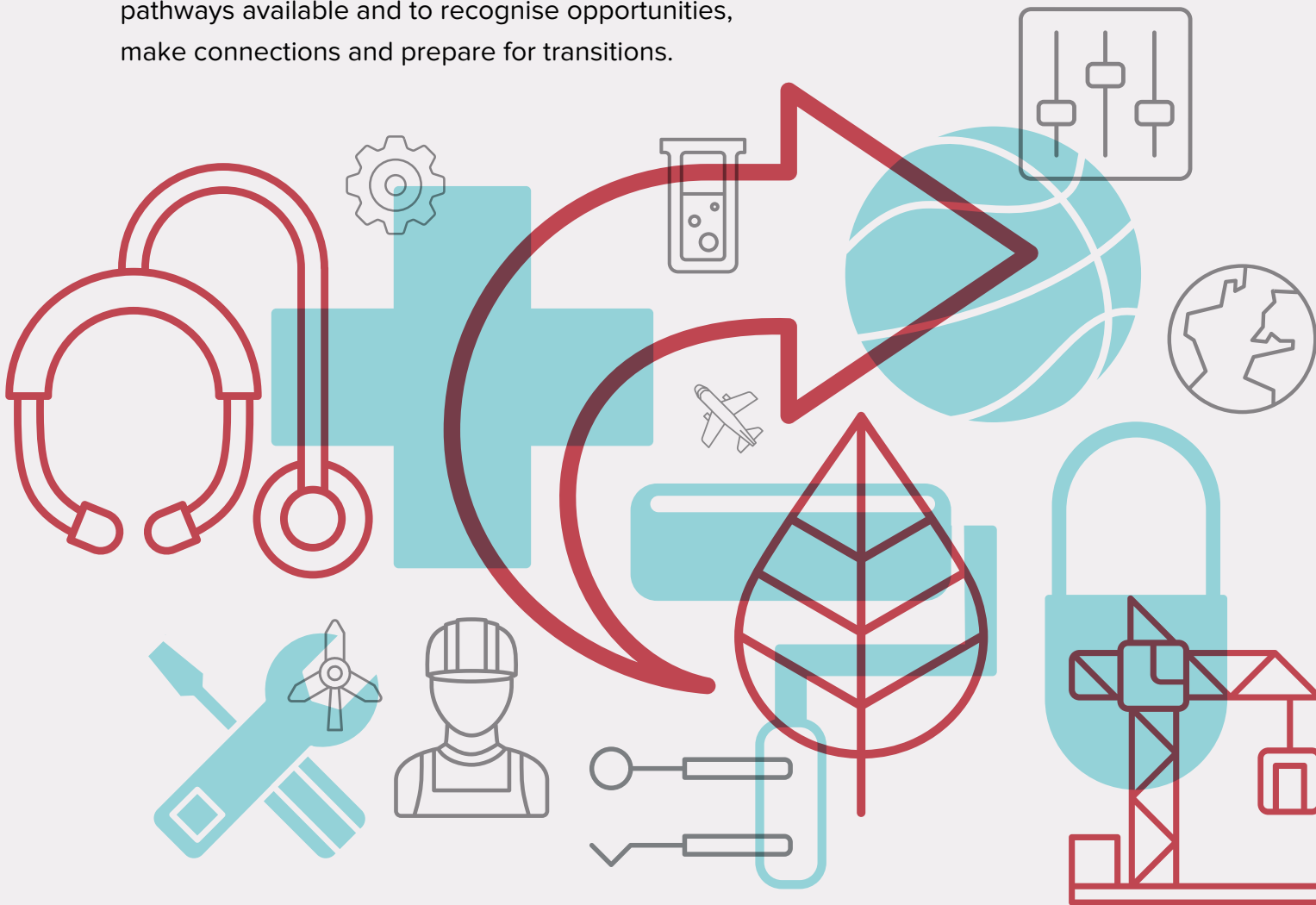


## Pathway planning

# Reflect

Pathway planning helps you explore, reflect, identify and evaluate the learning and work pathways available and to recognise opportunities, make connections and prepare for transitions.



**Name**

**Start date**

**Other names I have.** Family, nicknames or social media.

# My life right now

## Instructions

Reflect on your life right now. Using the prompts below, provide responses in the 'Now' box (e.g. playing netball for health) and 'Developing' box (e.g. join a school group to get involved).



### Identity and/or culture

- What is your understanding of your identity and/or culture?
- How are you connected to your culture?
- In what way do you feel your culture and/or identity is respected and valued?



### Family and friends

Consider your relationships with family, friends and members of your community.

- How do you maintain positive relationships with others?



### Health

Think about your physical health.

- How healthy do you feel?
- What exercise do you undertake?
- How healthy is your diet?



### Learning

You learn through a variety of experiences within the classroom, the home and community.

- Are your individual learning needs being met?
- Think about your overall experience of school.
- Consider your academic achievement/grades/subjects. How do you think you are going?



### Getting involved

- How are you involved in your school community?
- What involvement do you have in the community outside of school?
- How are you connecting with peers and groups through activities, face-to-face or online?
- What opportunities do you have to lead?
- How might you contribute to society?

# My life right now

## Identity and/or culture

Now

Developing

## Family

Now

Developing

## Friends

Now

Developing

# My life right now

## Health

Now

Developing

## Learning

Now

Developing

## Getting involved

Now

Developing

# Personal characteristics

Choose some words in the cloud that best describe you and write them in the 'About me' section that follows. Are there others? Ask a friend, teacher, parent or someone you trust to describe you in a few words and add these in as well.



# About me

## Activity

Try the myfuture quiz, which provides resources to explore career pathways and tools to develop self-knowledge to help with career decision-making.

[myfuture.edu.au](http://myfuture.edu.au)

### Personal style

List your personal characteristics that help you succeed.

### Values

Values are things that you consider to be important. They help you make decisions. What do you value? List these.

### Jobs I may like

List some jobs that interest you now.

# About me

## Skills

Skills are things you have learnt. List some things you either do well or enjoy.

## Interests

You may have many interests. List some things you enjoy doing.

# My relationships and my network

Groups of people influence how you think and behave. Consider the groups you belong to. Place the names in the boxes below and answer these questions. How are you influenced by your groups? What do you learn from them? How much do they influence you?

## My groups

Group 1 name:

Group 2 name:



# My relationships and my network

## My groups

**Group 3 name:**

**Group 4 name:**

**Group 5 name:**

# Achievements and challenges

List your recent achievements and challenges in school and life. Consider how they made you feel.

## Achievements

Recent achievements (school/life)

How did these make you feel?

# Achievements and challenges

## Achievements

Challenges (school/life)

How did these make you feel?

# Curriculum areas

Consider these areas of learning.

Indicate your level of interest in these areas in the tables below.

Really interested –  1      Maybe –  2      Not interested –  3

Mathematics	
Measurement and geometry	
Number and algebra	
Statistics and probability	

Science	
Biology	
Chemistry	
Earth and space	
Physical science	
Scientific inquiry	

Humanities and Social Sciences	
History	
Geography	
Civics and citizenship	
Economics and business	

Health and Physical Education	
Movement and physical activity	
Personal, social and community health	

# Curriculum areas

Consider these areas of learning.

Indicate your level of interest in these areas in the tables below.

Really interested –  1      Maybe –  2      Not interested –  3

Languages	
Aboriginal languages	
Asian languages	
Auslan	
European languages	
Other language	

English	
Reading and viewing	
Speaking and listening	
Writing and creating	

Arts	
Dance	
Drama	
Media arts	
Music	
Visual arts	

Technologies	
Design and technologies	
Digital technologies	

# Academic review

Use your school reports, achievement data and other feedback comments to assist you in your reflection.






















My latest NAPLAN results	Proficiency level
Reading proficiency band	
Writing proficiency band	
Numeracy proficiency band	

## Semester 1

Subjects I am studying this semester	Last year's achievement	My attitude	Predict your end of semester result
English		😊 😐 😞	
Mathematics		😊 😐 😞	
Science		😊 😐 😞	
Humanities and Social Sciences		😊 😐 😞	
		😊 😐 😞	
		😊 😐 😞	
		😊 😐 😞	

# Academic review

## Semester 2

Subjects I am studying this semester	Last semester's achievement	My attitude	Predict your end of semester result
English		  	
Mathematics		  	
Science		  	
Humanities and Social Sciences		  	
		  	
		  	
		  	

# Academic review

## Subjects I am best at...

I am doing well at these because... e.g. content, teacher, challenge, style of class, future connection...

## Subjects I enjoy the most...

Because...

## Subjects that challenge me the most...

Because...



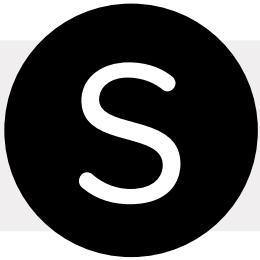
# Academic review

**What activities do you enjoy outside of school?**

**What is the connection between your school results and activities you enjoy?**

# Goal setting and action planning

It is important to set goals and have an action plan to help you achieve them. You are encouraged to set one learning and one personal goal.



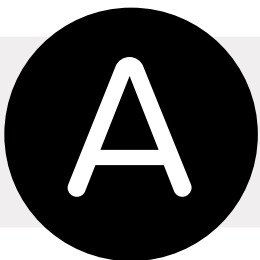
## Specific

Define your goals in detail. Answer 'W' questions such as who, where, when, what and which.



## Measurable

It means you can measure your goal and know when you've achieved it. Ask yourself 'how much' and 'how many' questions.



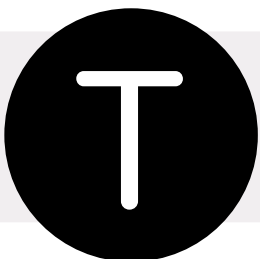
## Achievable

It means that you are setting goals you can accomplish.



## Relevant

It means your goal makes sense, it is worth your effort, it benefits you and meets your needs.



## Time-bound

It means there is a timeframe for your goal. Answer 'when?' questions such as 'in one week' and 'every week'.

### Acknowledgements:

Taken and adapted from <https://veryspecialtales.com/smart-goals-worksheets-examples-kids/>

# Goal setting and action planning

<b>Learning goal (SMART)</b>	
How will I achieve this?	

<b>Who can help me?</b>
How?

<b>What may stop me?</b>
Action/resolution

# Goal setting and action planning

<b>Personal goal (SMART)</b>	
How will I achieve this?	

<b>Who can help me?</b>
How?

<b>What may stop me?</b>
Action/resolution

# My story now

Consider how you see yourself now. Use notes and/or images to tell your story.



A large, empty rectangular box with a black border, intended for students to write their story or draw images.

# My story in ten years

What is the connection between your school results and activities you enjoy?



A large, empty rectangular box with a black border, intended for the student to write their response to the question above.

# My career portfolio

A career portfolio is a personal collection of materials that document learning, activities and achievements over a lifetime. A well-maintained career portfolio makes it easy to identify, and demonstrate relevant work capabilities, knowledge and experiences. It can be a collection of hard copy documents, though it is a good idea to develop a digital or e-portfolio which can include a wider range of evidence such as audio, video, images, graphics and documents.

My portfolio	Completed Yes/No	Need to follow up
Pathway plan		
School reports		
Career quizzes and activities		
Achievements – certificates, awards, photos, newsletters		
Examples of best work		
Voluntary community activities – photos or records		
Formal training (e.g. white card, RSA, first aid, coaching certificates)		
Other		

# Affirmations

**I believe that this pathway plan is realistic and suitable for me because...**

--

**Parent/carer suggestions and encouragement for my plan**

--

Signature:

Date:

**Helpful suggestions from teachers, career practitioners or other school staff**

--

Signature:

Date:

**Help and review**

If I cannot follow my set path or change my mind about career plans, I can seek help to get back on track. The people I should talk to are:

--

Student signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Notes

