

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

About me

Consider your interests and connections. What do they say about you?

What I like to do in my free time

My favourite songs

My favourite movies

List three people you admire. Explain why you admire these people. What are their characteristics? What do they do?

1.

2.

3.

About me

What could you teach someone else?

Something that makes you feel good about yourself

Ask others

Ask a friend to pick five key words that describe you

Work capabilities

Reflect on your work capabilities and place yourself on the continuum from low to high.

	Low	High
Creativity	◀	▶
Critical thinking	◀	▶
Literacy	◀	▶
Numeracy	◀	▶
Digital literacy	◀	▶
Problem solving	◀	▶
Cultural responsiveness	◀	▶
Interpersonal skills and communication	◀	▶
Teamwork and collaboration	◀	▶
Adaptability	◀	▶
Resilience	◀	▶
Initiative	◀	▶
Planning and organisation	◀	▶
Self management	◀	▶

Work capabilities

Three work capabilities I will focus on developing this year	How?
1.	
2.	
3.	

Career exploration

Explore career pathways and occupations related to learning areas you enjoy. Log in or register with myfuture.edu.au. Go to career bullseyes and view the short video. Complete the table below for three occupations of interest to you.

Occupation 1	
Skills needed to do this job	
School subjects that will help develop these skills	
Level of training required	
What I like about this job. Consider all elements of this work.	

Career exploration

Occupation 2	
Skills needed to do this job	
School subjects that will help develop these skills	
Level of training required	
What I like about this job. Consider all elements of this work.	

Career exploration

Occupation 3	
Skills needed to do this job	
School subjects that will help develop these skills	
Level of training required	
What I like about this job. Consider all elements of this work.	

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	
Writing	
Numeracy	

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		  	
		  	
		  	
		  	

Goal setting and action planning

Learning goal

How am I going to achieve this? Steps I will take...

1.

2.

3.

4.

5.

What is my timeframe?

Goal setting and action planning

Who can help me?	
Who?	How?

What might stop me?	
Barriers	Action/resolution

Goal setting and action planning

Personal goal

How am I going to achieve this? Steps I will take...

1.

2.

3.

4.

5.

What is my timeframe?

Goal setting and action planning

Who can help me?	
Who?	How?

What might stop me?	
Barriers	Action/resolution

My career portfolio

A career portfolio is a personal collection of materials that document learning, activities and achievements over a lifetime with everything gathered and organised in one place. 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 wide range of evidence such as audio, video, images, graphics and documents. It should be updated regularly in preparation for job applications or applying for a training or other learning program.

What's in my portfolio	Completed Yes/No	Need to follow up
Pathway plan		
School reports		
Career quizzes and activities		
Evidence of achievements – certificates, awards, photos, newsletters		
Examples of best work		
Evidence of voluntary community activities		
Formal training (e.g. white card, RSA, first aid, coaching certificates)		
Contact details of two referees		

My career portfolio

What's in my portfolio	Completed Yes/No	Need to follow up
Current resume		
Sample cover letter		
Industry exploration experiences		
Workplace learning supervisor report		
Workplace learning logbook and skills journal		
WorkSafe SmartMove certificates		
Apprentice Aptitude Tests		
Network contacts		
Tax File Number (TFN)		
Unique Student Identifier (USI)		

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

A large, empty rectangular box with a thin black border, occupying most of the page below the 'Notes' header. It is intended for students to write their notes.

