



# 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?



Identity and/or culture 
Now
Developing

Family 
Now
Developing

Friends 
Now
Developing

↓

# Self



Health 
Now
Developing

Learning 
Now
Developing

Getting involved 
Now
Developing

# About me

Identifying your strengths can help you make decisions that are right for you.

I am good at	My influences	Natural style
May include: school subjects, activities and specific skills...	Consider: parents, family, friends, values, TV...	Descriptions like: quiet, relaxed, like to be challenged, leads, follows, works alone, organised...

**Complete “My career profile” at [myfuture.edu.au](https://myfuture.edu.au). Save your results into your portfolio. If you have completed this previously compare the results.**

What’s new/what’s changed since last time? What has this revealed about you?

How does knowing this affect your plans?



# World of work

Having someone verify your strengths and abilities is important. Identify some reliable referees.

Possible referee:	What might they say about you?
1.	
2.	
3.	
4.	
5.	

\*Note: Include these on your resume.



Careers I am interested in

Possible work experience or workplace learning

Paid or voluntary work

# Academic review

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

## Semester 1

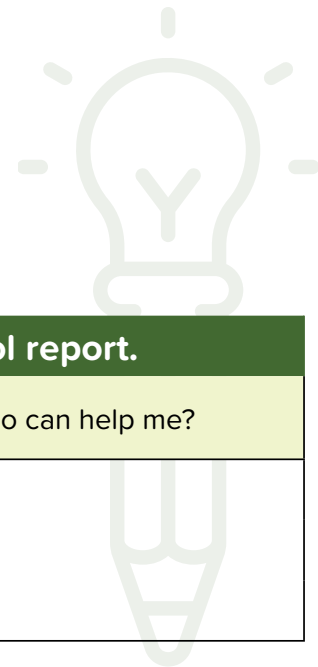
Subjects you are studying this semester	Last year's achievement	My attitude	Predict your end of semester result
English		😊 😐 😞	
Mathematics		😊 😐 😞	
Science		😊 😐 😞	
Humanities and Social Science		😊 😐 😞	
		😊 😐 😞	
		😊 😐 😞	
		😊 😐 😞	

## Semester 2

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

OLNA	Category	Action/strategy for improvement
Reading		
Writing		
Numeracy		

# Action planning



## Approach to learning

**Reflect on your attitude, behaviour and effort ratings in your school report.**

Where am I now? Is this my personal best?	Where do I want to be?	What might stop me?	Who can help me?

## School achievement

**Consider your school results. How are you progressing?**

Where am I now? Is this my personal best?	Where do I want to be?	What might stop me?	Who can help me?

## Daily life

**Think of your community activities, family, sport and personal achievements.**

Where am I now? Is this my personal best?	Where do I want to be?	What might stop me?	Who can help me?

## Work

**Consider voluntary community work, work around the home, paid work and work placements.**

Where am I now? Is this my personal best?	Where do I want to be?	What might stop me?	Who can help me?

**How can my progress this year support the choices I can make next year?**

--

# Career exploration

## What level of study is required?

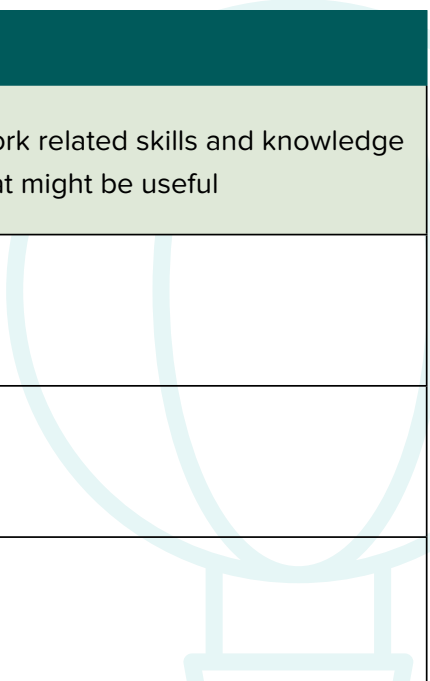
The skills required to do a particular job are called work-related skills. During your career exploration activities consider the work-related skills you will need in your chosen work. Use [myfuture.edu.au](https://myfuture.edu.au) to research careers that interest you.

## Career pathways

Research three careers that link to your strengths and interests.

School learning areas that you do well in.		
Career possibility	Pathway	Work related skills and knowledge that might be useful
1.		
2.		
3.		

Activities that interest you.		
Career possibility	Pathway	Work related skills and knowledge that might be useful
1.		
2.		
3.		





# Making it all work

What do you know about your options?



What do you know about your options?	
Where can you access more up-to-date information?	
Who could you talk to?	
What courses could you consider for Year 11?	
What vocational education and training might you consider for Year 11?	
What workplace learning might you look for?	

# Work capabilities

Reflect on your work capabilities and give a personal rating.

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

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

# Preparing for course counselling

Remember that building a career is an ongoing, lifelong process that will lead to work satisfaction if based on a good understanding of the labour market and your strengths.

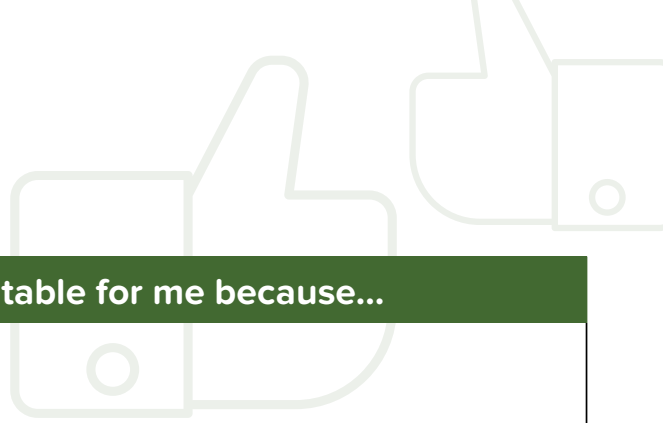
My WACE achievement plan	
Selection from list A	Selection from list B
Two reserves from list A	Two reserves from list B
ATAR, General or VET pathway? Combination?	
If VET is one of your options, what qualifications are you interested in?	
Endorsed programs, e.g. workplace learning	

# 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 copies, though it is a good idea to develop a digital or e-portfolio which can include a variety 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	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		
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: \_\_\_\_\_





