3. About me

# Australian blueprint for career development

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| 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.

**What I already know about myself**

Interests or hobbies

Skills I need to develop

Skills I have

Personal attributes

Personal values

Jobs that interest me