# Student worksheet - Personal care

## Key messages

* Taking responsibility for your personal care is an important part of becoming an adult
* Personal care is also a part of how you present yourself in the workplace

##  Activity 1: Getting ready – Video

Preparing for work experience includes preparing to be part of the adult workforce. Your appearance (how you dress, and present yourself to others) is an important part of preparing for the world of work.

Watch ‘A Job Well Done’ video Getting ready

How does Ella get ready for work? (Graphic Designer present these in random order)

|  |  |
| --- | --- |
| Ella…. | ✓ |
| Gets up in time  |  |
| Brushes her teeth |  |
| Brushes and ties back her hair |  |
| Washes her face  |  |
| Has a shower  |  |
| Cleans her nails |  |
| Plans what she will wear |  |
| Works out her travel plan |  |
| Packs her backpack |  |
| Packs her lunch and a snack  |  |
| Brings wallet or purse with money  |  |
| Checks that she has her Myki card |  |
| Waits for the bus at the bus stop  |  |

|  |  |
| --- | --- |
| Ella’s mum reminds her to….. | ✓ |
| Charge her phone before leaving the house |  |
| Have her supervisor’s contact number in her phone |  |
| Contact her if she needs help |  |

Ella’s mum has lots of advice for her about work experience.

List three important messages you can remember from the video that you should follow:

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| 1. .
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