



Teachers' notes

Year level
Year 7, 8, 9, 10

VELS
Level 5 & 6



Time One hour (plus further activities homework)

Purpose

Identify personal abilities and consider ways to build on strengths and deal with weaknesses.



Rationale

Personal abilities are important for students to consider when they are looking at future experiences, including jobs and careers. Students need to be able to identify their strengths and weaknesses. They need to consider ways to build on their strengths and consider ways to overcome and deal with their weaknesses.



Activities

1. Teacher facilitates discussion on abilities, strengths and weaknesses.
2. Students complete their own My abilities sheets, sharing their experiences as they complete the sheets, in pairs or small groups.
3. If the students in the class know each other well, get them in pairs to complete the ratings of abilities for their partner. Students then discuss these ratings and compare them with their self evaluation ratings.
4. Students consider how their strengths and weaknesses may influence their future experiences. This can be done in small groups or as a class activity. Students discuss what impact this may have on possible careers.
5. Students list their abilities under the seven categories from the Job Guide and identify categories of work that they are good at. They can then explore these further to identify any other possible jobs.

Further activities

- Students undertake a goal setting exercise to plan how to deal with their weaknesses.
- Students discuss the completed worksheets with their parents, who can provide a written comment.



Resources

- Copies of *My abilities* sheet for each student (3 pages). A second copy may be needed for each student if they complete the rating for another student in the class
- Youth Central website <http://www.youthcentral.vic.gov.au/>
- Identifying step in the My Guide section of the *myfuture* website at <http://www.myfuture.edu.au>
- Job Guide – in print or online at <http://jobguide.dest.gov.au/>

Victorian Essential Learnings (VELS)

Level 5 and 6

Strand	Domain	Dimension
Physical, Personal and Social Learning	Personal Learning	The individual learner Managing personal learning
Discipline-based Learning	The Humanities – Economics	Economic knowledge and understanding
Interdisciplinary Learning	Thinking Processes	Reflection, evaluation and metacognition