



## Teachers' notes

*Year levels*

Year 7, 8, 9, 10

**VELS**

Level 5 & 6



**Time** One hour (plus further activities homework)

### Purpose

Identify individual interests and their relationship to abilities, and to work and leisure.



### Rationale

People's interests influence their life experiences, including jobs and careers. Students need to identify their interests and understand how they are connected to their abilities in a two way direction i.e. interests can strengthen abilities and abilities can develop interests. Some people are fortunate to find work that interests them. Others pursue their interests through their leisure activities.



### Activities

1. Teacher facilitates discussion on the variety of interests.
2. Students identify their interests by completing the worksheet. They can share their experiences in pairs or groups as they complete the sheet.
3. Students compare what they are good at (from their *My abilities* sheet) and what they enjoy and discuss in groups.
4. Students identify strategies they currently use for dealing with having to do things that they do not enjoy. Discuss these strategies with the whole class.
5. Students identify whether these strategies could be applied in a work context or any other strategies that could be used.
6. Students explore ways of pursuing their interests through work and/or leisure. They can identify different types of work and specific jobs as well as leisure activities.
7. Discussion following this should cover the point that some people are fortunate to find work that interests them, while others pursue their interests (by choice or otherwise) through their leisure activities.

### Further activities

- Students discuss the completed sheets (for *My abilities* and for *My interests*) with their parents, with a written comment being provided by the parents.



### Resources

- Copies of *My interests* sheets for each student (4 pages)
- *Youth Central* <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