

Activity 1: Twenty Questions Poster

Students answer a set of questions about their personality and identity and create a profile poster of their responses.

Activity 2: Learning Style Questionnaire

In this activity students respond to a set of questions that determine their preferred learning style – auditory; visual; kinaesthetic or tactile.

Activity 3: Learning Style Reflection

Using the data from the questionnaire, students analyse their results and explore strategies suited to their learning style, to support their learning both at school and in the workplace.

Activity 4: Social Skills Self-Assessment

In this self-evaluation task, students gain insight into their demonstration of a set of social skills. They analyse their results and suggest strategies to improve their performance. This task is repeated in unit 2, for comparison.

Activity 5: Personal Values

Students explore their own values, analyse them and discuss examples of how they demonstrate them in everyday situations.

Activity 6: Taking a Stand

In this activity, students demonstrate their values by indicating their level of support (from strongly agree to strongly disagree) for a series of contentious statements.

Activity 7: The Incredibles Identity Task

Students watch the movie and respond to questions exploring the concepts of identity and relationships.

Activity 8: Managing My Behaviours

Using a self-assessment task, students identify their character strengths and the behaviours they demonstrate.

Activity 9: Interpersonal Skills Worksheet

Students define interpersonal skills and identify those required by different people in different settings. They also reflect on their own skills and discuss the rights and responsibilities of people in social situations.

Activity 10: Interpersonal Skills Word Search

A list of words relating to interpersonal skills needs to be located and identified in the puzzle.

Activity 11: Identifying Emotions

Working in teams, students identify the facial expressions and match them with the emotions that are listed.

Activity 12: Teamwork

Working in groups, students research what teamwork means and create their own definition. They brainstorm the qualities of good teamwork and watch an episode of the TV show Survivor and identify examples of good teamwork behaviours.

Activity 13: Employability Skills Worksheet

Students read through the descriptions of each of the eight main employability skills, then identify the skill outlined in the examples. They match up the employability skills with their definitions.



Foundation Personal Development Skills Unit 1 Projects – Synopsis

Project 1: A Guide to My Neighbourhood

Students investigate the neighbourhood they live in and identify key features that would be relevant to share with someone their age, who might be moving into the area. They describe, photograph the sites they selected and outline why they chose them and produce an A5 booklet to present their findings.

Project 2: My VCAL

In this task, which is common to all three levels, students document their week in photographs presented on a poster. This showcases the unique working environment of a VCAL student; it contrasts the requirements of each level and is great for promotional use at school open day/nights.

Students also create a poster promoting the VCAL program at their school – why students chose it and how it benefits them – which can be used in publicity as well as on open day/nights.

Project 3: Mental Health

Students work independently, to research different aspects of mental fitness by answering questions and then undertaking online testing and analysing their results. In the final task, they select one of three mental illnesses to investigate and produce an informative brochure or poster.

Project 4: Treasure Hunt

Working in teams, students design a treasure hunt to be undertaken around the school. They select sites, develop clues to identify them and create all the materials required to set up their course. Each student completes and assesses a hunt designed by another team as well as reflecting on the performance of their own team.

Project 5: Teamwork Challenge

Teams of students compete against each other in a battery of teamwork activities, focusing on communication, leadership, decision-making and working together. They reflect on the performance of themselves and their team in three of the activities.

Project 6: Coat of Arms

Working independently, students investigate the world of heraldry by exploring and locating examples of different coats of arms; investigating the meaning of the symbols used and designing their own.

Project 7: Planning a Victorian Holiday

In this project, students work in teams to select two potential locations in Victoria, for a two-week holiday. Using a variety of online resources, they plan the following aspects of a holiday – places of interest to visit; accommodation; transport; shopping; dining out and budgeting, as well as comparing cheaper versus expensive holiday experiences. They create a slideshow and present their holiday to the class for peer assessment.

Project 8: Peer Teaching Lesson

Students work in pairs and select a skill drill or minor game of their choice. They plan and then teach a lesson to the rest of the class, including a suitable warm-up. Peers assess the lesson and students complete a reflection and self-assessment.