



Intermediate Personal Development Skills Unit 1

Interpersonal Skills Activities – Synopsis

Activity 1: My Profile Word Cloud

Students complete a questionnaire profiling their identity, including their favourite teams and leaders and use this information to create a word cloud poster.

Activity 2: My Learning Style

This alternate test to the one undertaken in Foundation unit 1, assesses the students' learning style, which identifies them as a visual, auditory or tactile learner and assists in their learning and self-management skills.

Activity 3: My Personality Type

This online test is one of many variations of the Myers-Briggs Personality Indicator, which reveals great insight into the personality and identity of the student. These tests are often used in workplaces to indicate potential teams and leaders.

Activity 4: My Working Habits

Students evaluate their working habits, using this self-assessment tool. The analysis of their results sets up possible learning goals for them which could be useful during parent-teacher-student conferences. A follow up test is undertaken in unit 2, to enable students to compare their results and account for any differences.

Activity 5: My Week in 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.

Activity 6: My VCAL Poster and Brochure

Students 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.

Activity 7: Interpersonal Skills

This task requires students to research definitions of many interpersonal skills and to describe personal examples they demonstrate. It provides a great introduction to, as well as revision of the interpersonal skills landscape.

Activity 8: Conflict Resolution

Students respond to a series of statements regarding conflict resolution and aggression, indicating the level of their agreement. The scores are tallied, and the results are analysed through a set of discussion questions.

Activity 9: Qualities of a Team Player

This task focuses on the positive qualities demonstrated by good team members. It enables good class discussion and a basis for assessing students' teamwork skills in future activities.

Activity 10: Examples of Teamwork

Students observe teams in action on TV shows like Australian Survivor and describe examples of teamwork skills demonstrated.

Activity 11: Employability Skills

Working in a team of at least two, students discuss and rank the 20 top employability skills in order of importance. They report back to the class on the reasons for their top four and bottom four skills. The main eight employability skills are defined, and students identify their own examples of four of them.

Activity 12: Night at the Museum Worksheet

Students watch the movie and answer questions about examples of employability skills and work life. A word search completes the task using terms from the movie.

Activity 13: VET/Work/Life Talks

Students prepare a short oral report on their weekly experience at their VET course; work placement or just life in general. Peers assess each report using hand gestures.



Intermediate Personal Development Skills Unit 1 Projects – Synopsis

Project 1: Personal Learning Goals

Students identify Literacy, Numeracy, Career and Interpersonal Skills goals to develop during the semester, by analysing their previous year's reports. They work with a mentor, as well as their class teachers in setting, assessing and monitoring performance and achievement of these goals. This project is a valuable tool in parent-teacher-student conferences, when discussing a student's progress.

Project 2: Leadership

In this individual project students undergo online testing to explore their leadership qualities and styles. They also research popular qualities and styles and describe examples of their own. Students select and profile a leader of their choice and create a poster.

Students profile a set of randomly allocated community leaders who appear on the current and former Australian bank notes and present a slideshow of their findings to the class, for peer assessment. Students self-assess their own performance and reflect on the project.

Project 3: 'How to ...' Presentation

Working individually, students select a physical skill that can be demonstrated, described and taught to the rest of the class through a live performance, video or slideshow presentation. They are assessed by their peers and complete a reflection on their performance during the project.

Examples of skills include learning to play a piece of music on a keyboard; demonstrating how to wash work clothes; applying appropriate make up for an interview or decorating a birthday cake.

Project 4: Work-Related Stress

Working in teams, students research work-related stress to produce an informative poster or brochure and slideshow and as a team, deliver a presentation to the class for peer-assessment.

Project 5: Race Around the School

In this project, students create a course around the school, they identify clues to each location, and they undertake and assess other courses. Students complete a reflection task on their participation in the project.

Project 6: Novelty Event

Students working in teams, create, plan and conduct a novelty event for a school swimming or athletics carnival. They explore the main employability skills, focusing on leadership, where the team's leader assesses the participation of each team member, as well as receiving an evaluation themselves, on their leadership performance.

Project 7: Planning an Australian Holiday

This is an individual project, where students plan a three-week holiday to three Australian destinations and compare the cost of a cheaper holiday to a more expensive option. They investigate flights, accommodation and places of interest to visit. Students also explore travelling by road, dining out and shopping as other aspects of their holiday. The work is collated into a display folder or scrap book and students conduct a slideshow presentation of their holiday to the class for peer assessment.

Project 8: My Family

Working individually, students investigate their family tree and cultural heritage. They create a visual representation of their family tree and interview a family member of their choice to explore their cultural background. The student is assessed by their interviewee and they complete a reflection task, self-evaluating their performance throughout the project.