



Senior Personal Development Skills Unit 1

Interpersonal Skills Activities – Synopsis

Activity 1: Magazine Cover

Students create a poster that is formatted like a magazine cover. They answer questions about themselves to reflect their identity, in the form of headlines, as well as create a Family Guy character version of themselves to include.

Activity 2: My Learning Style

Students undergo an online test (different to previous websites used) that reveals their preferred learning style. They outline and analyse their results and discuss the implications for learning and teaching.

Activity 3: My Personality Profile

Using an online test, students respond to a series of questions to receive an overall score as well as percentages for each of the five aspects of personality. They analyse their results in a series of questions and identify careers suited to their personality types.

Activity 4: 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 5: My Presentation Skills

Students undergo a quiz on a website and receive a score, which they analyse and discuss in a series of reflection questions.

Activity 6: Networking

In this task, students read through the information on networking and answer the questions. They also provide an example of networking they have undertaken.

Activity 7: Teamwork Challenge

Students working in teams compete against each other in a battery of group activities, different to those undertaken in previous years, but still focusing on communication, leadership, decision-making and working together.

Activity 8: Structured Team Meetings

Students investigate how to conduct a structured team meeting and the main roles of its members.



Senior Personal Development Skills Unit 1 Projects – Synopsis

Project 1: Year 7 Welcome Assembly

To welcome the new cohort of Year 7 students into the school, students in this project, plan and conduct a welcome assembly, organising the venue, speakers, audience and the presentation. They create an individualised commemorative certificate that is presented to each Year 7 student by a member of the Year 12 cohort and publicise the event in the local community.

Project 2: VCAL Community Promotion

This project extends on the others set in Foundation and Intermediate. The initial task is the same, to produce an A3 poster about their experience as a VCAL student. The extension of this involves creating a video, whereby students from all three levels are interviewed or speak to camera about their experiences.

Students collate all vetted clips, edit and create a final video product, using software of their choice. The finished video is shown to an audience for assessment.

Project 3: A Diverse Cultural Calendar

In this project, students working in groups, divide up the calendar year and investigate cultural events, celebrations and/or holidays that occur within it. A calendar, compiling the whole class is created as well as a slideshow presentation, which is delivered for peer assessment by each group. The final task involves groups arranging a guest speaker to present to the class about one of the events featured in their project.

Project 4: Virtual School Tour

Working in small teams, students research and develop a virtual tour of an allocated part of the school. They investigate the needs of the audience; the activities undertaken in that part of the school and the school's history. Students conduct interviews as one method of research, and they are evaluated by their interviewees on their performance. A script is developed to shape the tour in whichever virtual format the class decided. Tours are assessed by their peers and students self-assess their work in the project and reflect on their demonstration of employability skills.

Project 5: Exploring a Community Issue

Working in a team of at least three, students identify and investigate a community issue, to create a written report and a slideshow presentation of their research, to an audience. They also investigate community agencies who work with this issue and interview and arrange a guest speaker from the agency to visit and talk to the class. The project is assessed by the guest speaker and members of the unfamiliar audience. Students also self-assess and reflect on their performance during the project.

Project 6: Planning a Class Excursion

In this project, students plan, organise and conduct a class excursion for the entire VCAL cohort. Working in pairs or small groups, they prepare a proposal to pitch their suggested excursion to the other VCAL students in a presentation, who then assess all proposals and vote for their favourite. When the winning excursion proposal is revealed, the Senior students, working in a large team, plan and undertake all the stages involved in conducting the excursion.