

Lesson plan: Life skills & goal setting

Duration of lesson 60 minutes approx.

Write Australian Curriculum targets here _____

Resources needed prior to delivery of lesson

Glossary:	Life skills (if using)	Download from Plan section
Student worksheet:	Life skills (fictional student case studies)	Download from Plan section
Video peer-modelled	Entering Goals into myWAY	View in Section C. Apply this practice

Individual student access to the *myWAY Employability* website and a login created

Prior to lesson

Students who need assistance to complete the quiz will need to have support arranged beforehand. Familiarise yourself with the **Life skills quiz** on the *myWAY Employability* website ([Click here](#)) so you can help students completing the quiz.

Lesson objectives

Students appreciate the importance of developing life skills to support their career journeys.
 Students explore their own level of competence around a range of life skills.
 Students learn how to use the *myWAY Employability* goal-setting tool.

Adjustments for students with diverse abilities

Some students may take longer than the expected duration to complete the quiz or may have difficulty reading or understanding the task. In these cases, it would be appropriate to have a peer mentor or additional adult to assist students with the task.

Steps	Lesson elements
1. Introduction 10–15 minutes approx.	Case study – pairs/group work Using the case studies of fictional students Cameron and Sarah, ask students to explore examples of life skills required for career journeys. In pairs or small groups, they discuss the case studies and practice writing goals for each of the fictional students using the worksheets provided.
2. Do the quiz 20–30 minutes approx.	<i>myWAY Employability</i> life skills quiz (Click here) Individually students complete their life skills quiz. Make sure you are familiar with this quiz beforehand so you can demonstrate it and/or assist students with it.
3. Goal setting 10–15 minutes approx.	<i>myWAY Employability</i> goal-setting tool Show students the video of a student using the <i>myWAY Employability</i> goal-setting tool or demonstrate this tool to the class yourself. (View in C. Apply this practice) Set each student the challenge of setting one “life skills” goal for themselves using the <i>myWAY Employability</i> goal-setting tool.

This lesson plan format was adapted from a template provided by the School of Education at Notre Dame University, downloaded 23/02/2020 from <https://www.notredame.edu.au/about/schools/fremantle/education/school-resources>.