

Topic 1 Overview

Introduction to Career Hauora

Purpose

This topic introduces students to the Career Hauora programme and the concept of how career and hauora are interconnected.

Learning Outcomes

Students will:

- Understand that their career is a life-long journey, which they are already on as a student.
- Understand how each element of hauora (Te Whare Tapa Whā) impacts on their career and how career can impact on their hauora.
- Be familiar with the tools they will use (Career Central & endorseMe®)

Activities

1. Why are we doing this?
2. What is a career?
3. Careers & Te Whare Tapa Whā

Activity 1

Why are we doing this?

Learning Outcomes

Students will:

- understand what the Career Hauora programme is, how it has come about and why it is important
- understand that Career Hauora will be built on at each year level to prepare them for life after school
- know which tools they will be using to record their progress

Suggested Time Allocation

20-30 minutes

Advance Preparation

None

Resources

- Careers Hauora – The Big Picture Video (3 minutes) <https://youtu.be/iD3hGXi5nBo>

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- 1 (Required) Watch 'The Big Picture' video explaining the 'why' behind Career Hauora. (3 minutes)
 - 2 (Optional) Gauge students' level of prior thinking about careers. Ask for a show of hands (2 minutes):
 1. Who knows what they want to do when they leave school?
 2. Who has a few ideas but isn't set on anything yet?
 3. Who has no idea at all?
 - 3 (Optional) Discussion starter: Students who have some career ideas share with the class (15 minutes): *What are they interested in? Where did they get their inspiration from? How much do they know about what they need to do to get there?*
 - 4 (Recommended) Reassure students that whatever stage they are at, the aim of the Career Hauora programme is to prepare them for their next step. At Year 12 students will be setting specific goals for their next steps and working on practical activities to ensure they are prepared for life beyond school.

Activity 2

What is a career?

Learning Outcomes

Students will:

- understand that their career is not a 'job', but a life-long journey of a series of roles, which they are already on as a student.

Suggested Time Allocation

20-30 minutes

Advance Preparation

None

Resources

- What is a Career video <https://www.youtube.com/watch?v=XqwtfDfbcXc>
- Resource 1: Group discussion
- Video: Why some of us don't have one true calling https://www.ted.com/talks/emilie_wapnick_why_some_of_us_don_t_have_one_true_calling
- Video: Ex-All Black Kevin Mealamu's Career Story <https://youtu.be/jCpYWyTchOw>

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- 1 (Recommended) Check for prior knowledge by starting with a brainstorm activity. Pose the question: What is a career? This could be completed as a full class, in groups or online using a [word cloud](#). (5 minutes)
 - 2 (Required) Watch: '[What is a Career](#)' video (3 minutes)
 - 3 (Optional) Resource 1: Group discussion - [How will your career change over your lifetime?](#)
 - 4 (Optional) Video reducing anxiety around career decision making: [Why some of us don't have one true calling](#) (12 minutes)
 - 5 (Optional) Inspiring story: [Kevin Mealamu's Career journey](#) (2.5 minutes)

Activity 3

What is Career Hauora?

Learning Outcomes

Students will:

- understand how each dimension of Te Whare Tapa Whā impacts on their career
- understand how hauora and career are interconnected

Suggested Time Allocation

20-30 minutes

Advance Preparation

- Printing of Te Whare Tapa Whā worksheet (if using)

Resources

- What is Career Hauora video <https://youtu.be/V2FEwkIRYFw>
- Kahoot Career Hauora quiz <https://create.kahoot.it/share/kahoot-for-formative-assessment/18f95d99-dab0-4ddf-bcda-675c48f9b140>
- Resource 2: Te Whare Tapa Whā worksheet
- Resource 3: Description of Te Whare Tapa Whā
- Resource 4: Career Hauora & Te Whare Tapa Whā
- Resource 5: Student reflection worksheet
- Resource 6: How to set up the Kahoot Career Quiz

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- 1 (Recommended) Check for prior knowledge by posing the question: What is Te Whare Tapa Whā? (5 minutes)
 - 2 (Optional) Ask students to think about how their wellbeing could impact on their career. Complete this task as a group discussion or use [Resource 2: Te Whare Tapa Whā](#) as a worksheet for students to complete. (15 minutes)
 - 3 (Required) Watch: [What is Career Hauora](#) video (2.5 minutes)
 - 4 (Recommended) [Kahoot: Career Hauora Quiz](#) (10 minutes)
 - 5 (Optional) Discussion: Why is it important that we start thinking about our careers and career hauora now? e.g., *School subject choices/sense of direction/goals to work towards/relevance of school/ learning life-long tools and strategies etc.*
 6. (Optional) [Student reflection worksheet](#): How does your hauora affect you in your current career stage as a student?