

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 <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 9 the focus is on settling into secondary school, identifying their strengths, and building solid foundations to set them up for future success.

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

30-60 minutes

Advance Preparation

- Familiarisation with the Aging App (if using)
- Printing required for Jesse's Career Story (if using)

Resources

- What is a Career video (<https://www.youtube.com/watch?v=XqwtfDfbcXc>)
- Resource 1: Aging App
- Resource 2/3: Jesse's Career Story, plus blue-tack/tape

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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: [Aging App](#) - How will your career change over your lifetime? (50 minutes) (could also be used in part or full as homework)
 - 4 (Optional) Resource 2: [Jesse's Career Story](#) (Option A - Full Class Activity) (20 minutes) [Option A Career Story Cards](#)
 - 5 (Optional) Resource 3: [Jesse's Career Story](#) (Option B – Groups Activity) (50 minutes) [Option B Career Story Cards](#)

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>
- Resource 4: Te Whare Tapa Whā worksheet
- Resource 5: Description of Te Whare Tapa Whā
- Resource 6: Career Hauora & Te Whare Tapa Whā

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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 4: 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 (Optional) Discussion: Why is it important that we start thinking about our careers and career hauora in Year 9? e.g., *School subject choices/sense of direction/goals to work towards/relevance of school/ learning life-long tools and strategies etc.*