

Topic 4 Overview

ii

Picking up the paddle (*tāu hoe*) Strategies and behaviours for success

Purpose

This topic sees students starting to make decisions as to how they want to take control of their career journey and their hauora, and setting short-term goals to achieve this year.

Learning Outcomes

Students will:

- Understand that they are in control of their career journey and that they need to actively work toward making their future vision a reality
- Understand the key elements of effective goal setting, and how they can use goal setting to focus the mind and guide behaviour to achieve their vision of success
- Set hauora and school-based goals to work toward and achieve this year.

Activities

1. Picking up the paddle (*tāu hoe*) – taking control of my future
2. Career Hauora goal setting

Activity 1

Picking up the paddle (tāu hoe) - taking control of my future

Learning Outcomes

Students will:

- understand that they are in control of their lives, and that their decisions, behaviours and attitudes will determine their future success
- understand that by having a vision and then making a plan on how to get their will support and guide their decisions and behaviours

Suggested Time Allocation

20-30 minutes

Advance Preparation

- None

Resources

- Video Well-known New Zealanders talk about how they focus their minds to achieve their goals (<https://youtu.be/cLPzHXfm9WU>)
- Resource 15: What can students control in their lives?
- 16: Focusing your mind to find your success

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- 1 (Recommended) Using the cards in [Resource 15](#) or the whiteboard to record their own ideas, facilitate a class or group discussion about what students can and can't control in their lives. Pose the question: As a high school student, how much control do you have over your life? See [Resource 15](#) for ideas and key messages. (15 minutes)
 - 2 (Optional) [Resource 15: What can and I can't I control?](#) Can be completed in groups or pairs. (15 minutes)
 - 3 (Required) [Resource 16: Focusing your mind to find your success](#)

Activity 2

What do I want to achieve by the end of this year?

Learning Outcomes

Students will:

- understand that they are more likely to achieve their aspirations if they make a plan of how they are going to achieve them
- understand the key elements of successful goal setting including: breaking big goals down into small manageable chunks, sharing their goals with others, being made accountable for, and celebrating, progress.
- set goals for the year that can be followed up in hauora conversations

Suggested Time Allocation

20-30 minutes

Advance Preparation

- Print off (if using)

Resources

- Goal setting video <https://www.youtube.com/watch?v=Jfa8gAnyxko>
- Resource 13 from Unit 1, Topic 3: What do I want to achieve during my high school career?
- Resource 16: Career Hauora, what do I want to achieve this year?
- Resource 18: Teacher Resource - Hauora conversations

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- 1 (Recommended) Refer back to student worksheets in Resource 13 from Topic 3: 'What do I want to achieve during my high school career?' What could students do this year that would help get them closer to achieving their bigger, long-term goals?
 - 2 (Required) Watch [Goal Setting](#) video. (3 minutes)
 - 3 (Optional) Group exercise. Choose a student who has a specific big goal that you can use as an example of how a big goal can be broken down into smaller steps. Pose the question for discussion: If Student X wants to achieve Y by the time they leave school – what do they need to do to make it happen?

e.g. if Jesse wants to be captain of the First XI by Year 12, what do they need to do each year to get there? Also, what could Jesse do to develop leadership skills so they are well-placed to be selected as Captain? (10 minutes)
 - 4 (Required) [Resource 17: What do I want to achieve this year?](#)
 - 5 (Required) Direct students to Career Central to complete 'My Maunga' under 'Next Steps'. *The goal setting activities in this topic may be useful to refer to during 'Hauora Conversations'. See Resource 18.*