

YEAR 10 – FUTURE READY

This subject combines key aspects of Unit 1 VCE Industry and Enterprise as well as our Careers and Life skills program that summarises key skills for the future. Students will complete this subject for the full school year and will experience VCE processes. 90% attendance is required and Semester reports will be issued.

In Unit 1 of VCE Industry and Enterprise students will study employment terminology and look at ABS data to see shortage/surplus workforce areas for the future. Students will apply work-related skills to specific work tasks based on workplace requirements through work experience. Develop and apply work-related skills to specific work tasks based on workplace requirements.

In Unit 2 students are developing life skills for success through VCE. They will look at post school pathways, wellbeing strategies, emotional intelligence and stress management to build a toolkit to support them through their final years of school.

AREAS OF STUDY

- Importance of a skilled workforce to Australian society and the economy
- Role of training providers, TAFE, and universities in creating a skilled workforce
- Personal, generational, and community values and attitudes towards work
- Emerging industry growth areas and future employment trends
- Techniques for career development and setting personal career goals
- Statistical data and labour market trends relevant to career pathways
- Entry-level Occupational Health and Safety (OH&S) requirements
- Methods of sourcing work, including online, networking, and support agencies

Unit 2 AREAS OF STUDY

- **Stress Management and Resilience:**
 - Learning strategies to manage stress, such as mindfulness, relaxation techniques, and exercise.
 - Developing resilience through understanding setbacks as part of the learning process.
 - Identifying personal triggers for stress and coping mechanisms to deal with them effectively.
- **Mental Health Awareness:**
 - Gaining knowledge about mental health, recognizing warning signs, and knowing when and how to seek help.
 - Developing a proactive mindset for maintaining mental health, including setting boundaries and practicing self-care.
- **Emotional Intelligence:**
 - Building empathy, self-regulation, and positive interpersonal relationships.
 - Enhancing social skills and conflict resolution strategies.
 - Recognizing and managing emotions in oneself and others in various situations (e.g., peer interactions, stressful times).
- **Time Management and Balance:**
 - Learning how to balance academic demands with extracurricular activities and personal life.
 - Setting realistic goals and expectations for academic and personal growth.
 - Developing effective study habits and routines to maintain a healthy work-life balance.