

2021

Kilbreda College

A Kildare Education Ministries School in the Brigidine Tradition



YEAR 11

WEEKLY WELLBEING ACTIVITY JOURNAL

MY FUTURE IS BRIGHT

What is important to me?

Our values often guide and influence what is important to us in our personal and working lives. As you are going to make many career decisions throughout your life it is essential to know what you believe is significant to your happiness and wellbeing.

Values can range from everyday beliefs such as being on time and working hard to big picture concerns about climate change and animal rights. Our values come from a range of influences such as people we admire, life experiences and the impact of external forces such as the economy and media. While our values may change over time the main point about values is understanding how they can influence our decision making and career planning, for better or worse!

My Values

Tick which of the following values best describe you.

- | | | | | |
|--|--|--|---|---|
| <input checked="" type="checkbox"/> Confident | <input checked="" type="checkbox"/> Humorous | <input checked="" type="checkbox"/> Efficient | <input checked="" type="checkbox"/> Assertive | <input checked="" type="checkbox"/> Consistent |
| <input checked="" type="checkbox"/> Empathetic | <input checked="" type="checkbox"/> Organised/Structured | <input checked="" type="checkbox"/> Accurate | <input checked="" type="checkbox"/> Authentic | <input checked="" type="checkbox"/> Cooperative |
| <input checked="" type="checkbox"/> Change Oriented | <input checked="" type="checkbox"/> Competitive | <input checked="" type="checkbox"/> Action Orientated | <input checked="" type="checkbox"/> Compassionate | <input checked="" type="checkbox"/> Creative |
| <input checked="" type="checkbox"/> Reflective | <input checked="" type="checkbox"/> Dependable | <input checked="" type="checkbox"/> Ambitious | <input checked="" type="checkbox"/> Composed | <input checked="" type="checkbox"/> Decisive |
| <input checked="" type="checkbox"/> Diplomatic | <input checked="" type="checkbox"/> Energetic | <input checked="" type="checkbox"/> Enjoys a Challenge | <input checked="" type="checkbox"/> Enterprising | <input checked="" type="checkbox"/> Enthusiastic |
| <input checked="" type="checkbox"/> Expressive | <input checked="" type="checkbox"/> Fair Minded | <input checked="" type="checkbox"/> Adaptable | <input checked="" type="checkbox"/> Focused | <input checked="" type="checkbox"/> Honest |
| <input checked="" type="checkbox"/> Independent | <input checked="" type="checkbox"/> Level-Headed | <input checked="" type="checkbox"/> Non-Judgemental | <input checked="" type="checkbox"/> Open Minded | <input checked="" type="checkbox"/> Patient |
| <input checked="" type="checkbox"/> Perceptive | <input checked="" type="checkbox"/> Practical | <input checked="" type="checkbox"/> Realistic | <input checked="" type="checkbox"/> Resourceful | <input checked="" type="checkbox"/> Result Orientated |
| <input checked="" type="checkbox"/> Self-Disciplined | <input checked="" type="checkbox"/> Skeptical | <input checked="" type="checkbox"/> Social | <input checked="" type="checkbox"/> Spontaneous | <input checked="" type="checkbox"/> Structured |
| <input checked="" type="checkbox"/> Supportive | <input checked="" type="checkbox"/> Trustworthy | <input checked="" type="checkbox"/> Hardworking | <input checked="" type="checkbox"/> Innovative | <input checked="" type="checkbox"/> Other |



Who Really Knows You? Think of someone who really knows you well; write their name down to jog your memory.

What would they say about your personal characteristics?

How you see yourself?

Your best behaviour patterns?

Your behaviour when placed in challenging situations?

Your areas for improvement?

How they can help you with this?

What would they say about your approach to learning?

Your attitude to learning new things?

Your ability to seek and find information when you need it?

Your natural talents?

Your skills?

What skills need improving?

“Planning your future starts with knowing what the options are!”

THE BEST JOBS FOR EACH PERSONALITY TYPE



It is important that you understand yourself so that you can make informed subject choices and explore a breadth of career opportunities. The diagram below indicates the 5 top jobs for each personality type. Identify your personality type and explore the careers suggested.

INTERACTION WITH WORLD

I **INTROVERTS** often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.

E **EXTROVERTS** are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.

ABSORPTION OF INFORMATION

S **SENSORS** are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.

N **INTUITIVES** prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.

DECISION-MAKING

T **THINKERS** tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.

F **FEELERS** tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.

ORGANIZATION

J **JUDGERS** tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.

P **PERCEIVERS** prefer to keep their options open, like to be able to act spontaneously, and like to be flexible plans made.

E S T J

Realists who are quick to make practical decisions.

1. Insurance sales agent
2. Pharmacist
3. Lawyer
4. Project manager
5. Judge

I S T J

Hard workers who value their responsibilities and commitments.

1. Auditor
2. Accountant
3. Chief financial officer
4. Web development engineer
5. Government employee

E S F J

Gregarious traditionalists motivated to help others.

1. Sales representative
2. Nurse/Healthcare worker
3. Social worker
4. PR account executive
5. Loan officer

I S F J

Modest and determined workers who enjoy helping others.

1. Dentist
2. Elementary school teacher
3. Librarian
4. Franchise owner
5. Customer service representative

E S T P

Pragmatists who love excitement and excel in a crisis.

1. Detective
2. Banker
3. Investor
4. Entertainment agent
5. Sports coach

I S T P

Straightforward and honest people who prefer action to conversation.

1. Civil engineer
2. Economist
3. Pilot
4. Data communications analyst
5. Emergency room physician

E S F P

Lively and playful people who value common sense.

1. Child welfare counselor
2. Primary care physician
3. Actor
4. Interior designer
5. Environmental scientist

I S F P

Warm and sensitive types who like to help people in tangible ways.

1. Fashion designer
2. Physical therapist
3. Massage therapist
4. Landscape architect
5. Storekeeper

THE BEST JOBS FOR EACH PERSONALITY TYPE



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<p>E N T J</p> <p>Natural leaders who are logical, analytical, and good strategic planners.</p> <ol style="list-style-type: none"> 1. Executive 2. Lawyer 3. Market research analyst 4. Management/Business consultant 5. Venture capitalist 	<p>I N T J</p> <p>Creative perfectionists who prefer to do things their own way.</p> <ol style="list-style-type: none"> 1. Investment banker 2. Personal financial adviser 3. Software developer 4. Economist 5. Executive 	<p>E N F J</p> <p>People-lovers who are energetic, articulate, and diplomatic.</p> <ol style="list-style-type: none"> 1. Advertising executive 2. Public relations specialist 3. Corporate coach/Trainer 4. Sales manager 5. Employment specialist/HR professional 	<p>I N F J</p> <p>Thoughtful, creative people driven by firm principles and personal integrity.</p> <ol style="list-style-type: none"> 1. Therapist/Mental health counselor 2. Social worker 3. HR diversity manager 4. Organizational development consultant 5. Customer relations manager
<p>E N T P</p> <p>Enterprising creative people who enjoy new challenges.</p> <ol style="list-style-type: none"> 1. Entrepreneur 2. Real estate developer 3. Advertising creative director 4. Marketing director 5. Politician/Political consultant 	<p>I N T P</p> <p>Independent and creative problem-solvers.</p> <ol style="list-style-type: none"> 1. Computer programmer/Software designer 2. Financial analyst 3. Architect 4. College professor 5. Economist 	<p>E N F P</p> <p>Curious and confident creative types who see possibilities everywhere.</p> <ol style="list-style-type: none"> 1. Journalist 2. Advertising creative director 3. Consultant 4. Restaurateur 5. Event planner 	<p>I N F P</p> <p>Sensitive idealists motivated by their deeper personal values.</p> <ol style="list-style-type: none"> 1. Graphic designer 2. Psychologist/Therapist 3. Writer/Editor 4. Physical therapist 5. HR development trainer

Careers I am interested in...

“Do what you love and success will follow. Passion is the fuel behind a successful career!”

Meg Whitman

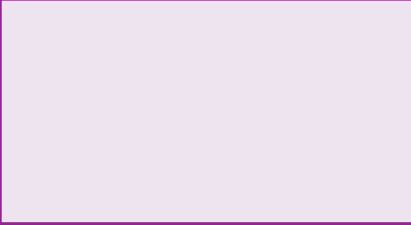
MY FUTURE LIFE

Think about your interests, qualities and skills. Complete the boxes below.


What am I interested in?



My personal qualities are...



My skills are...



What careers utilise these skills?

An important step towards VCE and VCAL preparation is knowing which subject or VET courses to select. Chances are, you have faced that “What do you want to do with your career?” question from family and friends. The answer may be something that you are still figuring out.


That’s okay but be mindful that soon you will need to select which subjects you would like to study next year. It is likely these subjects will influence what you choose to do beyond Kilbreda.

Before making your subject choices, take the time to consider a few factors that could make the task easier.

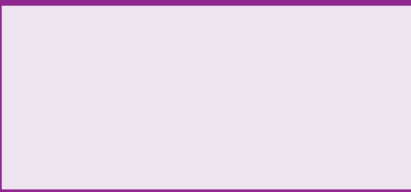


Think about the subject areas that you are passionate about


Subjects I am good at are...



I enjoy studying...



Subjects that will help me achieve my career goals are...



Courses and Pathways

When planning your senior years of school study, it is important to choose courses that interest you and motivate you to work hard as well as meeting any course prerequisites you might want to undertake in tertiary studies. When making your course choices, it is also really important to remember that you don’t have to have a particular career in mind at this stage – but it is good to have a general idea of your future direction so that you can make choices that will compliment your interests and give you a good background for further studies and/or employment. The more you investigate possible future options now the more satisfying your future pathways are likely to be.

VTAC – The Victorian Tertiary Admissions Centre <http://www.vtac.edu.au> is a wonderful resource to assist you with future planning.

To enter into a university course you must complete the prerequisite subjects and achieve the required scores. The standard VCE score requirement is a 25 raw study score. Even with an ATAR of 99.95, you will not be able to study a course if you have not completed the prerequisite subjects or achieved the required scores. Every course will require the completion of VCE $\frac{3}{4}$ English (this can include English, Literature or English Language).

In Victoria, University of Melbourne and Monash University have the strictest entry requirements. As a general guide, if you satisfy the prerequisite subjects for these universities, you will satisfy the requirements for other universities in the state.

“Build your own dreams, or somebody else will hire you to create theirs!”

MY FUTURE CAREER

You can check the entry requirements for all Victorian courses using the **VTAC Course Search**. The VTAC Course Search is an online tool for researching tertiary study options. From late July 2021, it will list all the VTAC courses that commence in 2022. Most of these courses will be available in 2023 and 2024 too – but some might close, and new ones will become available. Course Search allows you to search by your interests to find related courses. Each course entry provides an overview of the course content and information about eligibility and application requirements.



To help you make your course choices, in the table below enter three interest areas or career ideas you might have and then list any school subjects that you think might be helpful in working towards these:

Career Recommendations/Ideas

Subjects that would suit

The **VTAC Prerequisite and Course Explorer** allows you to check which courses you would be eligible for based on your VCE subjects. You can also view the **Prerequisites for 2023 Guide**, which provides all course prerequisites, order by the University Institution.



Consider some future courses you may be interested in and check the prerequisites for these.

The following booklet may assist you with [researching tertiary studies](#).

University and Tafe Courses I am considering studying...

Name of Institution

Prerequisites for Entry

“Dear past, thank you for all the lessons. Dear future, I am ready!”

SUBJECT SELECTION 2022

To ensure you achieve your personal best in your VCE and VCAL studies it is important that you choose:

- Subjects that play to your strengths/abilities
- Subjects that you are interested in and will commit and work hard in
- Subjects that are helpful to your future

Please carefully consider all your choices and discuss options with your parents and teachers. Ask questions of your teachers in class or at parent teacher interviews. Use the subject selection expo to gather research.



What subjects are you currently studying? What will you study in 2022?

Use the table below to start to plan your study plan for 2022.

Semester 2 2021 Subjects

List your current studies

Proposed 2022 Subjects

List five proposed studies

Subject Selection Checklist

When finalising the subjects that you will study next year, please consider the following subject.

<input checked="" type="checkbox"/>	What subjects are prerequisites for future courses I am interested in?
<input checked="" type="checkbox"/>	Do I like these subjects, and do I want to spend next year studying them every day?
<input checked="" type="checkbox"/>	Do I understand what these subjects are about? Have I researched the subject content?
<input checked="" type="checkbox"/>	What are my other commitments – can I realistically manage the subject load?
<input checked="" type="checkbox"/>	Are there any extra University selection requirements that I will have to meet? For example, folio or audition.
<input checked="" type="checkbox"/>	Are there any recommended subjects or grades for entry to this course?

‘Hakuna Matata! What a wonderful phrase...’ It means no worries, for the rest of your days...’

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