

# LIFE SKILLS FOR YOUNG PEOPLE WORKSHOP

## Learning Objective

Develop essential life skills to manage important vital elements of life.

## Overview

Life Skills Workshop explores the following to help young people develop vital life skills:

- Explore the different types of work and work conditions, as well as where to go for help
- Define Medicare and how it can support people
- Explore budgeting and finance options including setting up a bank account and managing credit and debt
- Distinguish between the mobile phone plans available and what is the right plan for you
- Explore what's required to move out of home and the pros and cons of pets
- Identify the support services that can help with money problems and managing fines

Program Level	Duration	Learning Areas
Years 10-12	Workshop 1 session - 60 minutes	Communication
	Followed by approximately 3 sessions <ul style="list-style-type: none"> <li>• Create a budget for moving out of home</li> <li>• Research different phone companies and compare plans</li> <li>• Research various industries and the types of employment conditions, rights and entitlements involved</li> </ul>	Work Related Skills
		Problem Solving & Creativity
		Literacy

## Pre-Program Tasks

- Explore and identify personal needs to prepare for adulthood
- Set small term goals around life and current needs

## Required Resources

- Computer and Internet access
- Interactive Whiteboard to present workshop
- Life Skills Booklet per student
- Laptops access by students if possible

## VCAL Learning Areas

Work Related Skills Foundation Unit 1 Learning Outcome 4

- Identify employee and employer rights and responsibilities in the selected workplace

Work Related Skills Senior Unit 1 Learning Outcome 5

- Research and identify an employment opportunity, including selection criteria, wages and entitlements, using appropriate technology

## Workshop Access

Follow these steps to access the workshop:

- Email [Carolyn.coyle@bgkllen.org.au](mailto:Carolyn.coyle@bgkllen.org.au) to receive your personal access to the workshop
- You can also find this workshop along with other LLEN workshops and events on the SWL Portal