

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"> • Create a budget for moving out of home • Research different phone companies and compare plans • Research various industries and the types of employment conditions, rights and entitlements involved 	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