

Year 10 Wellbeing, Health, Awareness and Management (WHAM)

Semester 1 Course Outline

In term 1, students will be studying Life Beyond School and Sexualality and Relationships. Students will identify their own personal skills and how these connect to their future aspirations and career pathways. They will also develop knowledge for setting goals using SMART goal strategies. Students will identify, examine and analyse Personal Values, Gender, Sexual Identity and Respectful Relationships. They will also critically evaluate the impact of attitudes and beliefs towards diversity and evaluate support services.

In term 2, students will investigate Career Decisions and plan for Work Experience. Students will examine possible triggers for mental illness and develop management strategies. Students will evaluate the effectiveness and appropriateness of help and support services that are available in the local community for young people.

The Personal and Social Capabilities focus for this semester include:

- Propose, implement and monitor strategies to address needs prioritised at local, national, regional and global levels, and communicate these widely (SEL SM)
- Evaluate, rethink and redefine approaches to tasks to take account of unexpected or difficult situations and safety considerations. (SEL SFM)
- Critically analyse self-discipline strategies and personal goals and consider their application in social and work-related contexts. (SEL SFM)

Learning Outcomes

Students will be assessed on the following **Health Learning Outcomes**:

- Critically analyses contextual factors that influence identities, relationships, decisions and behaviours (1078)
- Analyses the impact attitudes and beliefs about diversity have on community connection and wellbeing (1079)
- Evaluates the outcomes of emotional responses to different situations (1080)
- Access, synthesises and applies health information from credible sources to propose and justify responses to health situations (1081)
- Applies decision-making and problem-solving skills when taking action to enhance own and others' health, safety and wellbeing (1085)

Students will be assessed on the following **Career Learning Outcomes**:

- Investigates the skills and personal qualities associated with a range of occupations and explains the importance of teamwork and collaboration. (1090)
- Creates career scenarios and identifies the skills to manage career transitions (1103)

Student progression in Self-Management and Self-Awareness Elements will also be reported through the following:

- Appreciates different points of view
- Works independently and show initiative
- Works toward learning goals



Assessment Tasks

Students will be assessed on their participation and completion of classwork and assessment tasks.

Task	Week Due*
Classwork	Ongoing
Sexuality and Relationships Assignment	Week 5, Term 1
Career Investigation Task	Week 8, Term 1
Career Decisions Assignment	Week 7, Term 2
Mental Health Assignment	Week 5, Term 2

*Due dates are an estimate only

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