

Good
VIBES

WELLBEING

Wellbeing explores how our brains and bodies work together, your rights as a young person and keeping ourselves safe. You will develop an understanding of healthy relationships, understand character strengths and how they play a part in your life, how to support others and regulate yourself.

PREREQUISITES: NIL

WHAT WILL YOU LEARN?

- 01.** Understanding how Character Strengths can help us to learn and develop our strengths.
- 02.** Develop a deep knowledge of our bodies warning signals and strategies to support stress.
- 03.** Create a folio of work that demonstrates personal development.

Transferable Skills

- Demonstrating empathy
- Establishing relationships and using networks
- Working effectively with others
- Identifying the strengths of self and others
- Collaborating and contributing

Assessment

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| Stage I | Practical Exploration 40%, Connections 30% and Personal Venture 30%. |
| Stage II | N/A |



VOCATIONAL PATHWAYS

- Diploma of Remedial Massage
- Diploma of Pathology
- Certificate III Health Services Assistance



TERTIARY PATHWAYS

- Bachelor of Teaching
- Bachelor of Social Work
- Bachelor of Community Health



CAREERS

- Teacher
- Counsellor
- Psychologist
- Youth Worker
- Nurse



**SACE STAGE 1 | 10 CREDITS
FULL YEAR**



**SACE STAGE 2
NOT
AVAILABLE**



NOT AN ATAR SUBJECT