

Task A (Part Three) - My examples of 5 Capabilities
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Project Overview

Identify and describe examples that show how you have demonstrated aspects of the capabilities. The following questions may assist you to identify examples.

Learning Objectives

The key content you must cover is:

Citizenship

- Evidence of the communities that you are involved in and how do you contribute to different communities? For example the: school community, town/ district community, clubs and teams, cultural, religious & charitable associations etc.
- Do you care for another family member?
- Evidence of participating in any attending training or development in any external courses? (e.g. first aid CFS etc.)

Work

- Are you currently employed or have been recently employed?
- Do you help out with family business?
- Do you have experience as volunteer?
- Evidence of current job seeking? (Resume / interviews)
- Researched career aspirations (at this stage)? (Job guide/My Futures websites)
- Have been involved in workplace training? (WHS Certificates etc.)
- Do you know what employability skills are? (Teacher will guide you through this)

Learning

- Evidence of knowledge of preferred learning style?
- Statement about how you learn best
- How successful you are as a learner, information gatherer, problem solver etc.?
- Awareness of your current, literacy, numeracy and ICT skills?
- Statement about how you use feedback to improve your learning
- School reports, NAPLAN, Academic achievement awards?
- How does your current learning relate to future goals in and beyond SACE?

Personal Development

Self-selected personal adjectives statements about:

- Do you show initiative?
- Do you have good interpersonal skills?
- Do you show respect for others?
- Do you use strategies to achieve your goals?
- Have you improved your confidence in certain situations?
- Do you manage your time effectively?
- Do you live a healthy lifestyle?

Communication

- What methods of communication do you use? Include verbal and non-verbal, and formal and informal examples.
- What technologies do you use to communicate with different people e.g. friends, family, teachers, employers etc.?
- When you are speaking do you use clear language to communicate your ideas?
- Have you got good presenting skills? Are you trying to improve them?
- Have you got good listening skills? Are you trying to improve them?

Requirements (What you'll do!)

- Create a new page on your digital portfolio and name it 'My examples of 5 Capabilities '.
- With your teachers help go through each capability and come up with your own examples that demonstrate you are developing and covering each one.
- Develop a draft/script that you have proof read to send to the teacher.
- Type or record your final product.
- Attach or embed it into your 'My examples of 5 Capabilities ' page for assessment.

Final Product

300-350 written words or 2 to 3 minute recorded visual/audio presentation.

Grading

- This is part one of TASK A that is worth 25% of your final grade.
- See below for Assessment Design Criteria

Timeline

- Please see your teacher for due date.

ASSESSMENT DESIGN CRITERIA

The assessment design criteria are based on the learning requirements and are used to:
clarify for the student what he or she needs to learn
design opportunities for the student to provide evidence of his or her learning at the highest possible level of achievement.

The assessment design criteria consist of specific features that:
students should demonstrate in their learning
teachers look for as evidence that students have met the learning requirements.

For this subject, the assessment design criteria are:

understanding the capabilities
developing personal and learning goals
reflecting on learning.

The set of assessments, as a whole, must give students opportunities to demonstrate each of the specific features by the time they complete the subject.

Understanding the Capabilities

The specific feature is as follows:

UC1 Understanding and explaining the five capabilities.

Developing Personal and Learning Goals

The specific features are as follows:

DP1 Identifying and exploring personal and learning goals and developing strategies to achieve them.

DP2 Developing the selected capability or capabilities relevant to achieving their goals.

DP3 Interacting with others to identify and refine personal and learning goals.

Reflecting on Learning

The specific features are as follows:

RL1 Reflecting on personal and learning goals and the effectiveness of strategies to achieve them.

RL2 Reflecting on the development of the selected capability or capabilities, and how this helps to achieve their goals.

EXAMPLAR

Citizenship

In school I am currently studying English, Maths, Science, SOSE, PLP (Personal Learning Plan), Food Trends, Art/Craft and Gourmet Foods a Year 11 VET course. I am also doing the school Drama Production and helping to fund raise for the Ski Trip in July, which I applied for last year. Unfortunately I may only be able to play a small part in the Production or have to drop out altogether due to the extra work required for the VET course and the Ski Trip. Unlike some other towns XXXX is very small and doesn't have a lot on offer apart from a Service Station, Hairdresser, Post Office, Pub and a Town Hall. So most of my outside school activities are in other towns such as the Drama Classes. I'm currently attending at the XXXXX Community Centre and my horse riding lessons at XXXXXX.

Work

So far I have not been employed but I have done quite a lot of volunteering in the form of the 40 hour famine, XXXXX High school Production, XXXX Primary school Choir (twice) and Face Painting at Farm Day which I have done for three years now and intend to do again this year. I currently have no plans of getting employed anytime soon because it would severely decrease the amount of time I would have for school based home work and social time. The extra responsibility would also be a form of stress that I currently don't need with all the cramming I am currently having to do to make up for the lessons I miss by doing the Year 11 VET course. As of yet I do not have a clear goal concerning a job occupation, but I am beginning to think a career as a baker might suit my skills as it would allow to me to make use of my artistic abilities and I have discovered through my Year 8 and 9 Home Economics classes that baking is one of my strengths and very enjoyable. Other options I have been considering have been becoming a professional face painter and working to protect and conserve endangered animals.

Learning

At the moment my schooling is going pretty well, every day I learn and experience new things, most of which are enjoyable but unfortunately not all. My favourite subjects would have to be Art and the VET course. I enjoy art because it's fun and messy, plus I get to experiment with lots of different media and drawing styles. I especially like working with paint and coloured pencils. As for the VET course, I like it because I get to spend almost a whole day cooking delicious goods and when I'm done I then get to eat what I've made. My least favourite subject changes frequently due to the fact it's almost impossible to like every part of the criteria for a subject. For example I really like practical parts of Art, but the theory? Not so much. I don't have one particular learning style that I like but I do prefer either a more hands on approach or reading about the subject myself. When teachers stand of the front and explain things to the class it's very easy to tune out their voices, even when I'm not trying to. Also the information doesn't sink in and is easily forgotten. Whereas reading about it or a demonstration does a much better job of capturing the whole classes attention. My numeracy and literacy capabilities are according to the NAPLAN test above average, I on the other hand think they could use some improvement. My spelling and grammar are fine, but the time it takes for me to write a decent essay exceeds the majority of my classmates and it seems I am frequently cramming to get it finished on time, whereas they would have already finished hours ago. Numeracy on the other hand I am very good at. I am in the advanced math class and can easily solve most algebraic equations, the only thing I really have problems \ with is fractions, but that's why mankind invented calculators! I haven't really thought much about how my current learning relates to my future goals involving SACE, because at present I don't actually have any. That's why I'm really looking forward to my PLP classes in a hope that they will shed some light on my situation.

Personal Development

Setting long-term goals has never been my strong point so I'll start with short-term ones.

1. Recently I have noticed a decrease in my physical fitness and with Sports Day coming up that is not acceptable. To combat this I shall run at least three laps around my backyard everyday do ten sit-ups and push-ups every night.

2. A couple of weeks ago I watched an anime with my sister XXXXX, and I heard this really pretty song called 'Musician'. It was a piano piece and I have made it my goal to learn how to play by the end of the year.

3. The only long term goal I can think of at the present time is that I would like to travel world soon after I have left school. To do this I will need to get a part time job and start saving up my money. If possible I like to take my sister with me on what I'm sure will be a wonderful adventure.

Communication

No example for this one sorry.