

Task B (Part One) – Getting Job Ready: Your Character Strengths

Year 10 PLP

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Project Overview

Identify your character strengths to help inform your career choices.



Learning Objectives

- Recognise your current character strengths
- Start to understand how they relate to the capability of Personal Development
- Start to understand how they relate to getting job ready

Requirements (What you'll do!)

- Register to take the **VIA Survey for Youth** at <http://www.viacharacter.org/>
- Complete the 98 survey questions to answer (this will take you approximately 15 minutes)
- The free results will highlight your top five character strengths – print this sheet for your reference
- Present the five character strengths in a creative way on the homepage of your digital portfolio
- Participate in a class discussion about how our character strengths relate to the capability of Personal Development and getting job ready

Final Product

- Presentation of your top five character strengths on your digital portfolio homepage

Grading

- This is Part One of TASK B 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.

24 VIA Character Strengths

<http://www.viacharacter.org/>

“Many people in today's world focus almost entirely on what's wrong with themselves-- their problems, their struggles, and their stressors-- and often lose sight of what is good and strong in themselves. But, there's much more to life than problems. VIA Me! provides you with personalized information so you can take a strengths-based approach to life and shift your focus from what's wrong to what's strong.

A strengths- based approach to life:

- *Is honest (acknowledges problems, but doesn't get lost in them);*
- *Is positive (focuses on what is best and good);*
- *Is empowering (encourages and advances the individual);*
- *Is energizing (uplifts and fuels the person);*
- *Is connecting (brings the person closer to others, aiding in mutual connection).*

Knowing your personal character strengths -- what's best about you as a human being -- is powerful knowledge that can be used to reach your full potential with your work, your family and your relationships.

Appreciation of Beauty and Excellence: You notice and appreciate beauty, excellence, and/or skilled performance in all domains of life, from nature to art to mathematics to science to everyday experience.

Bravery: You are a courageous person who does not shrink from threat, challenge, difficulty, or pain. You speak up for what is right even if there is opposition. You act on your convictions.

Creativity: Thinking of new ways to do things is a crucial part of who you are. You are never content with doing something the conventional way if a better way is possible.

Curiosity: You are curious about everything. You are always asking questions, and you find all subjects and topics fascinating. You like exploration and discovery.

Fairness: Treating all people fairly is one of your abiding principles. You do not let your personal feelings bias your decisions about other people. You give everyone a chance.

Forgiveness: You forgive those who have done you wrong. You always give people a second chance. Your guiding principle is mercy and not revenge.

Gratitude: You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.

Honesty: You are an honest person, not only by speaking the truth but by living your life in a genuine and authentic way. You are down to earth and without pretense; you are a "real" person.

Hope: You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.

Humility: You do not seek the spotlight, preferring to let your accomplishments speak for themselves. You do not regard yourself as special, and others recognize and value your modesty.

Humour: You like to laugh and tease. Bringing smiles to other people is important to you. You try to see the light side of all situations.

Judgement: Thinking things through and examining them from all sides are important aspects of who you are. You do not jump to conclusions, and you rely only on solid evidence to make your decisions. You are able to change your mind.

Kindness: You are kind and generous to others, and you are never too busy to do a favor. You enjoy doing good deeds for others, even if you do not know them well.

Leadership: You excel at the tasks of leadership: encouraging a group to get things done and preserving harmony within the group by making everyone feel included. You do a good job organizing activities and seeing that they happen.

Love of Learning: You love learning new things, whether in a class or on your own. You have always loved school, reading, and museums-anywhere and everywhere there is an opportunity to learn.

Love: You value close relations with others, in particular those in which sharing and caring are reciprocated. The people to whom you feel most close are the same people who feel most close to you.

Perseverance: You work hard to finish what you start. No matter the project, you "get it out the door" in timely fashion. You do not get distracted when you work, and you take satisfaction in completing tasks.

Perspective: Although you may not think of yourself as wise, your friends hold this view of you. They value your perspective on matters and turn to you for advice. You have a way of looking at the world that makes sense to others and to yourself.

Prudence: You are a careful person, and your choices are consistently prudent ones. You do not say or do things that you might later regret.

Self-Regulation: You self-consciously regulate what you feel and what you do. You are a disciplined person. You are in control of your appetites and your emotions, not vice versa.

Social Intelligence: You are aware of the motives and feelings of other people. You know what to do to fit in to different social situations, and you know what to do to put others at ease.

Spirituality: You have strong and coherent beliefs about the higher purpose and meaning of the universe. You know where you fit in the larger scheme. Your beliefs shape your actions and are a source of comfort to you.

Teamwork: You excel as a member of a group. You are a loyal and dedicated teammate, you always do your share, and you work hard for the success of your group.

Zest: Regardless of what you do, you approach it with excitement and energy. You never do anything halfway or halfheartedly. For you, life is an adventure.