



Wellbeing (EALD)

Wellbeing (EALD) is a subject all about YOU! It's a chance to understand yourself, discover your strengths and build useful skills for school, work and everyday life. You'll learn ways to manage stress, emotions and wellbeing, while developing skills like planning, organising and managing your time. You'll also have the chance to share your culture and experiences, learn from others and build your confidence in a safe and respectful environment.

PREREQUISITES: NIL

WHAT WILL YOU LEARN?

1. Identify your character strengths and explore how the strengths you already have can support your learning and future goals.
2. Explore how things such as sleep, eating, exercise, routines and stress can affect how you feel, learn and function each day.
3. Explore how your brain helps you organise, focus, manage emotions, solve problems and get things done, and identify strategies that work for you.



VOCATIONAL PATHWAYS

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



TERTIARY PATHWAYS

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



CAREERS

- Teacher
- Counsellor
- Psychologist
- Youth Worker
- Nurse

Assessment Overview

Stage 1	40% - Practical Exploration 30% - Connections 30% - Personal Venture	Assessments could be volunteering, cooking, sport, community visits, group sharing, wellbeing toolkits etc, and a reflection of no more than 600 words either written or spoken.
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Government of South Australia
Department for Education



SACE STAGE 1 | 10 CREDITS
ONE SEMESTER



NOT AVAILABLE AT
STAGE 2



NON ATAR SUBJECT