

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.

Northern Adelaide Senior College

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.

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.

VOCATIONAL PATHWAYS

- Pathway 1
- Pathway 2
- Pathway 3

TERTIARY PATHWAYS

- Pathway 1
- Pathway 2
- Pathway 3

CAREERS

- Career Pathway 1
- Career Pathway 2
- Career Pathway 3
- Career Pathway 4

① SACE STAGE 1 | 10 CREDITS ONE SEMESTER

② NOT AVAILABLE AT STAGE 2

NON ATAR SUBJECT