



WELLBEING

Wellbeing explores the science of how our brains and bodies work together, your rights as a young person and keeping ourselves safe. You will develop practical strategies to deal with stress, understand your body's warning signals and support others to keep calm.

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	
<ul style="list-style-type: none"> • Demonstrating empathy and tact • Establishing relationships and using networks • Working effectively with others • Identifying the strengths of self and others • Collaborating and contributing 	

Assessment	
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