



# 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"> <li>• Demonstrating empathy</li> <li>• Establishing relationships and using networks</li> <li>• Working effectively with others</li> <li>• Identifying the strengths of self and others</li> <li>• Collaborating and contributing</li> </ul> |  |

| 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