

Saili Malo✦

# “LEVEL UP!” PREPARE FOR YOUR FUTURE

**Workbook 1**  
Intermediate  
School Learners  
Years 7-8



# Talofa Lava, Kia Orana, Malo e lelei, Ni sa bula vinaka, Fakaalofa lahi atu, Malo ni and Kia ora.

The purpose of this workbook is to help you learn about your strengths and all the things that make you awesome.

It will also help you to start exploring the amazing opportunities you can pursue in the future!

## Meet Lita

Malo e lelei! My name is Lita and I am in year 7. My hobbies are playing netball, watching anime, listening to music and hanging out with my cousins. I live with my parents, 3 siblings and grandparents. My family is very important to me and we always have fun with each other. I'm excited about the future, so come and join me as we learn more about our talents.

## Meet Josh

Talofa lava! Name is Josh and I am in year 8. My friends say I'm creative and good at sketching. I go to Church with my family every week and I also sing in the school choir. My faith is a big part of my life and I'm grateful for my daily blessings. High school isn't too far away, so let's explore the amazing opportunities we can get involved with soon!



## Acknowledgments

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This resource is to help realise the career dreams of our young people and their parents and support them into prosperous journeys ahead.

Malo 'aupito

Rose Jamieson

National Director: Te Pae Aronui - Parent Information and Community Intelligence (PICl),

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## LESSON 1

### Me, myself and I



It is important to be confident about yourself! We have so many talents to share.

Write down your answers to the questions below.  
If you feel stuck, then refer to the 'Ocean of Possibilities' for suggestions.

**What are my hobbies and interests?**  
(try and write down at least 5!)

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**What things am I good at doing?**

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**What things do you like learning about in school?**

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**What do you like about your culture?**

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**How do you celebrate your culture?**

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Use the 'ocean of possibilities' to find words to help you!

Sport  
Rugby  
Netball  
Athletics  
Running  
Soccer  
Kilikiti  
Waka Ama  
Touch Rugby  
Dancing  
Hip Hop  
Tik Tok  
Making videos  
Board games  
Video games  
Art  
Crafts  
Digital art  
Painting

Making things  
Watching movies  
Singing  
Making music  
Photography  
Playing in a band  
Playing an instrument  
Puzzles  
Minecraft  
Chess  
Computer games  
Making games  
Acting  
Volunteering  
Helping friends  
Church  
Babysitting  
Making people laugh  
Cooking  
Speaking a different language  
Cultural performances  
Problem solving  
Anime

Sketching  
Charity work  
Writing stories  
Cheering people up  
Jokes  
Fixing things  
Building things  
Gardening  
Making gifts  
Cars  
Boats  
Magic  
Reading  
Meditation  
Swimming  
Netflix  
Youtube  
Celebrating  
Hanging out with friends  
Science  
Collecting things

## LESSON 2

### My inspiration



It is important to have people in our lives who inspire and motivate us!

Choose a person you admire, this could be a family member, a teacher, a person you know, or someone famous.

#### 1. Name of person:

What do you like about this person?

How would you describe them?

#### 2. Name of person:

What do you like about this person?

How would you describe them?

## LESSON 3

### Support from a friend



Friends can help us to know what our strengths are!

Find someone else in your group and class work on this activity together.  
Ask the other person the following questions and write down your answers below.

What things am I good at doing?

What words would you use to describe me?

## LESSON 4

### Pacific heroes




Role models help us to think about what we could do in the future!

There are lots of Pacific people who are achieving amazing things in Aotearoa New Zealand and across the world. It is important to learn more about these people so we can be inspired by their bravery, hard-work and determination. We can follow in their footsteps!

Below are descriptions of 6 different Pacific people who have done amazing things in their lives. Read through each of the descriptions before completing the quiz.


	NAME	<b>Monique Fiso</b>
	EXPERTISE/ JOB	» Hospitality / Culinary Arts » Chef and Business Owner
	BACKGROUND	Born in Wellington, New Zealand and is of Māori and Samoan descent.
<b>BIOGRAPHY:</b> At the age of 14, she started an after school job as a sandwich hand and then went on to complete culinary studies when she finished school. She moved to New York City and gained experience working in Michelin-star restaurants, working with world-class chefs.  In 2016, she returned to New Zealand and opened Hiakai, a restaurant devoted to Māori cooking techniques and ingredients. Her business has won many awards and she also recently released a book called <i>Hiakai: Modern Māori Cuisine</i> .		
	NAME	<b>Eteroa Lafaele</b>
	EXPERTISE/ JOB	» Information technology » Computer software engineer
	BACKGROUND	Born and raised in Cannons Creek, Porirua, New Zealand and is of Samoan descent.
<b>BIOGRAPHY:</b> She grew up with a love of technology and moved to Auckland to complete her Computer and Information Sciences studies at AUT University. She has passion for educating communities about technology and won the Young IT Professional of the Year Award in 2021.  One of her current projects included the creation of Digitautua - an organisation that refurbishes laptops and provides them to children.		



NAME	<b>Dr Lupe Taumoepeau</b>
EXPERTISE/ JOB	» Health » Vascular and Endovascular Surgeon
BACKGROUND	Born in Auckland and is of Tongan descent.

**BIOGRAPHY:** Her grandfather was an eye-surgeon and this influenced her to follow his footsteps into the medical profession.


After excelling at school and becoming the Head Girl, she completed her studies at The University of Auckland and went on to be the first female Vascular Surgeon in New Zealand. She now works and lives in Wellington with her family.



NAME	<b>Jacob Luamanuvae-Su'a</b>
EXPERTISE/ JOB	» Creative Technology » Senior Facial Animator at Weta Digital
BACKGROUND	Samoan descent.

**BIOGRAPHY:** After completing studies at University, he did further training in graphic design and began a career in animation and visual effects.

His work has allowed him to work on many familiar animated faces from movies including Golum from Lord of the Rings and Thanos from the Marvel Blockbuster 'Avengers'. He was also a digital effects crewmember for Iron Man 3.




NAME	<b>Pene Pati</b>
EXPERTISE/ JOB	» Performing Arts » Opera singer
BACKGROUND	Samoan-born and grew up in Māngere, Auckland.

**BIOGRAPHY:** He attended Aorere College in South Auckland. He is considered one of the world's top tenors in Opera rising to fame with *Sol3 Mio*, a group featuring his brother Amatai and cousin Moses.

Their self-titled album went to number one in New Zealand in 2013. Pene completed Opera training in Wales and San Francisco and has performed all over the world.

He recently became the first New Zealander / Samoan to release an album for Warner Classics.



NAME	<b>Kris Faafoi</b>
EXPERTISE/ JOB	» Journalism » Politics
BACKGROUND	Grew up in Christchurch and is of Tokealuan descent.

**BIOGRAPHY:** After deciding that he didn't want to stay at University, He trained as a journalist and attended the New Zealand Broadcasting school.

He gained experience working for TVNZ, then traveled overseas to work for a high profile global news channel. When he returned to NZ, he pursued a career in politics and entered the Government as a Labour MP in 2010, becoming the first MP of Tokelauan heritage.

His ministerial portfolios have included Broadcasting, Communications and Digital Media, Immigration, and Civil Defence.

Quiz		Answers:
1	Which hero worked on the film 'Happy Feet'?	
2	Which hero built a Tokelau language app for the Atafu community?	
3	Which hero used to be a host on the radio station FLAVA?	
4	Which hero knew exactly what they wanted to do when they were 5 (and are also doing that job now)?	
5	Which hero worked at the BBC in the United Kingdom?	
6	Which hero appeared on the Netflix show, 'The Final Table'?	
7	Which hero filmed a documentary about their parents returning to the Pacific Islands after 40 years?	
8	Which hero has a brother who is a NZ Crossfit Athlete who was named NZ's Fittest Man, six times?	
9	Who was named as one of The University of Auckland's top '40 people under 40'?	
10	Which hero completed a Bachelor of Arts (Psychology, Sociology) at The University of Canterbury?	
11	Which hero attended a prestigious International Academy in Wales?	
12	Which hero was surprised with an 'ASB Good as Gold Award'?	

### Which of the Pacific Heroes did you like?



### What do you like about them?

All of the Pacific role models featured in this activity can be researched online - simply search for their name on Google to discover more about what they have achieved.

## LESSON 1

# Creating a job for the future



Did you know new jobs are created everyday? We can also create work that helps to make the world a better place too!

**What is something in the world you would love to change or make better?**

For example: *stop climate change, build more houses for the local community, ensure everyone has enough food to eat, create more fun activities for young people etc.*

**Imagine now you are a superhero who has special powers. What powers do you have, and how can you use them to make the world better? You can draw if you wish too!**

**What other superheroes are needed to help you achieve your goal? Talk to others in your group and ask them about their powers. Write down their name and see how they can help you!**

**Give it a go!**

Circle the ones that apply

## Know your squad



**It is important to have special people in your life who you can turn to when you need help**

**Who are the people you would thank in your speech?**

**What would you say to each of them?**

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