

Saili Malo✦

“LEVEL UP!” PREPARE FOR YOUR FUTURE”

Workbook 3
Senior High School
Learners
Years 11-13



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 prepare for your amazing future. It is okay for you to be unsure about your ideas, but the more preparation you do and the more information you have, the more confident you will be about your decisions.

The workbook activities will guide you to consider how to explore your options, as well as providing tips on how to have chats with the people who can help you.

Meet Theresa

Bula vinaka! My name is Theresa and I am in year 12. I come from a close-knit family, living with my parents and two brothers. I love both art and science subjects and want to go to Uni, but I feel nervous about what it will be like. Join me as we begin to consider different pathways and options.

Meet Noa

Talofa ni! My name is Noa and I am in year 13. I come from a family of six, helping my parents to support my siblings. I work part time and also play in the school band. I'm a bit unsure about my options, so journey with me as we learn how to make decisions for our future.



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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 (PICi),

Ministry of Education

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LESSON 1

Know your strengths



It is important to know the best things about yourself. This gives you confidence!

Friend

Find a friend in your group or class and work on this activity together.

Ask the other person the following questions and write down your answers below.

What things does my friend say I'm good at doing?

What words would they use to describe me?

Family

Take a moment to think about your family (includes siblings, parents, aunties, uncles, grandparents etc), OR, find a family member in-person to work on this activity together.

Write down your answers below to the following questions below:

What things does my family say I'm good at doing?

What words would they use to describe me?

School

Take a moment to think about your school (includes teachers, sports coaches, Assistants, Principal etc).

Write down your answers below to the following questions below:

What things does my school say I'm good at doing?

What words would they use to describe me?

LESSON 2

How are you feeling about your future plans?



Thinking about our future options can be overwhelming and a bit scary, so it's important to recognise how you feel.

On the scale below, circle along the line how you feel about your future plans right now.

1	2	3	4	5	6	7
Very unsure!		A little unsure		Feeling okay		Feeling confident
Feeling overwhelmed, uncertain.		Feel like I don't have the right information or support.		Have a few ideas but still not sure.		I have clear ideas about what I want to do.

Why did you give yourself that rating?

What do you think would help you to move up the scale?

LESSON 3

Pacific heroes



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

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 questions.

NAME	Monique Fiso
EXPERTISE/ JOB	» Hospitality / Culinary Arts » Chef and Business Owner
BACKGROUND	Born in Wellington, New Zealand and is of Māori and Samoan descent.
<p>BIOGRAPHY: 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.</p> <p>She moved to New York City and gained experience working in Michelin-star restaurants, working with world-class chefs.</p> <p>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>.</p>	



It was something I always gravitated towards and was always curious about. It consumed a lot of my thoughts as a kid, more than I think is normal. Not just in the sense of "I'm hungry", but in the sense of: "Why is this crispy? How can I cook this item outside?" Just the odd thoughts I'd constantly have, So it made sense that I eventually became a chef.

NAME	Eteroa Lafaele
EXPERTISE/ JOB	<ul style="list-style-type: none"> » Information technology » Computer software engineer
BACKGROUND	Born and raised in Cannons Creek, Porirua, New Zealand and is of Samoan descent.



BIOGRAPHY: 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.

Seeing my people discover that they too can be in technology sparked something in me. Learning how to code is great but communicating and using your skill for people is even better. My tuatua (service) to my family and community has led me to where I am today.

NAME	Dr Lupe Taumoepeau
EXPERTISE/ JOB	<ul style="list-style-type: none"> » 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.

There's a strong service ethic in the Tongan community, to look after each other and put others first. It's the way you are brought up from an early age. I saw medicine as a very strong application of these values.

NAME	Jacob Luamanuvae-Su'a
EXPERTISE/ JOB	<ul style="list-style-type: none"> » 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.

Being Polynesian does inspire me in my work. I've been spending 20 years bringing to life other directors' visions, so of course I really want to direct my own film. The first one is a short film that I'm making called "The Song of Sina".

NAME	Tupetoa Ronald (Ronji) Tanielu
EXPERTISE/ JOB	» Lawyer and Policy Advisor
BACKGROUND	Samoan and Tokelauan descent and was raised in Māngere, South Auckland.



BIOGRAPHY: He completed degrees in law and politics from The University of Auckland and has a passion for advocating for South Auckland communities, Pacific Island peoples, and for those people who are marginalised and impoverished.

As a Lawyer and Policy Advisor, he currently works in advocacy and policy around housing, justice reform, addictions treatment, financial hardship, welfare reform, youth and children.

I remember helping people in our neighbourhood with food. And my dad was also part of the Fesoasoani Trust that helped families in Māngere... When it comes down to it, everything I do is framed by my upbringing and those values around community, my Christian faith, my desire to see change in families.

NAME	Pene Pati
EXPERTISE/ JOB	» Performing Arts » Opera singer
BACKGROUND	Samoan-born and grew up in Māngere, Auckland.
<p>BIOGRAPHY: He attended Aorere College in South Auckland. He is considered one of the world's top tenors in Opera rising to fame with <i>Sol3 Mio</i>, a group featuring his brother Amitai and cousin Moses.</p> <p>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.</p> <p>He recently became the first New Zealander / Samoan to release an album for Warner Classics.</p>	



You always want to make your own stamp and sound, and though everyone is giving you the accolade of, "You sound like Pavarotti," it shouldn't mean that I am the next Pavarotti. I should be like, "I am Pene and if I have the sound quality of Pavarotti then I can pave out a good career if I stick to my guns and do what's best."

Reflections:

Which of the Pacific Heroes stories appealed to you?

What do you like about their story?

What do you think helped them along the way?

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 4

Explore career information like a boss!



The more information we get about jobs, the more prepared we are for choosing future subjects and exploring potential areas of study and work.

It is impossible to know everything about jobs and study pathways, however we can learn how to find the information easily and quickly!

There are many useful online websites and tools with great career information, so now we will build our confidence through this activity.

Activity

- 1 Use your device (phone, tablet, laptop or computer) to locate the Careers New Zealand website: www.careers.govt.nz
- 2 Click on 'Job Profiles' or use the search box to type the word: **SOCIAL WORKER**

Based on the information on the website, answer the following questions:

What does a Social Worker do?

How much does a Social Worker get paid?

How many years of training do you need to do?

What study do you need to complete to become a Social Worker?

What subjects are useful to take at school?

Let's try another job... Go back to the Careers New Zealand website, Click on **'Job Profiles'** or use the search box to type the word: **REGISTERED NURSE**

Based on the information on the website, answer the following questions:

What does a Registered Nurse do?

How much money does a Registered Nurse get paid?

How many years of training do you need to do?

What study do you need to complete to become a Registered Nurse?

Activity: Your turn!

Explore two different jobs of your choice and complete the information below:

Name of job:

What do you do in that job?

How much do you get paid in that job?

How many years of training do you need to do?

What study do you need to complete to do that job?

What subjects are useful to take at school?

Name of job:

What do you do in that job?

How much do you get paid in that job?

How many years of training do you need to do?

What study do you need to complete to do that job?

What subjects are useful to take at school?

LESSON 5

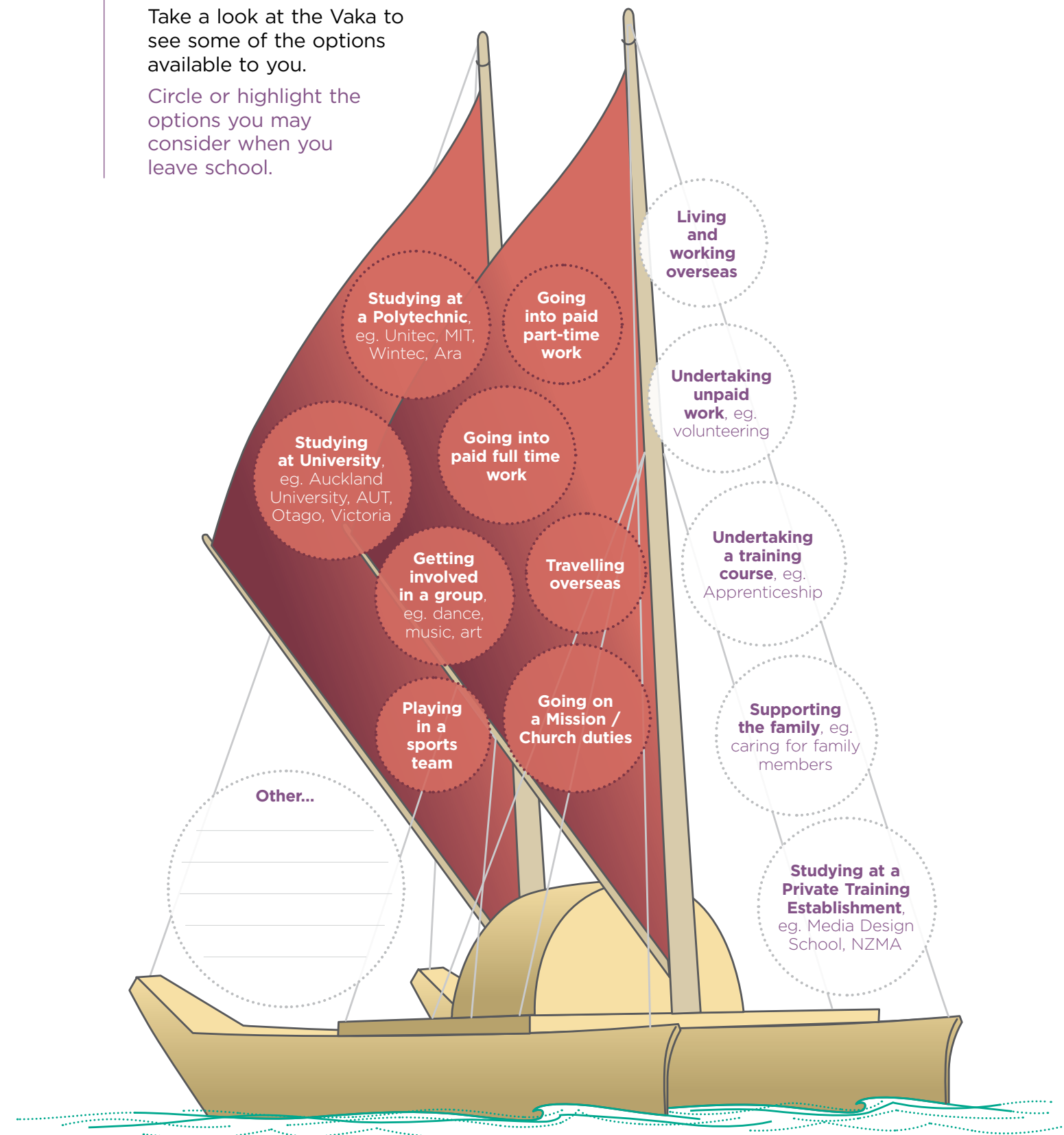
Your career malaga (journey)



Over the next year or two, you will need to make decisions about your next steps from school. It is important to take an open mind to looking at all the available options.

Take a look at the Vaka to see some of the options available to you.

Circle or highlight the options you may consider when you leave school.



LESSON 6

Exploring pros and cons



For any option or idea, it is important to consider the pros and cons so you evaluate the options and make the best decision for you.

So what are pros and cons?

These are the arguments for and against an option. The pros relate to the **ADVANTAGES** and cons relate to the **DISADVANTAGES**.

Based on the previous 'Your Malaga (Journey)' exercise, write down one of your chosen options (for example, Studying at Uni) and consider the pros and cons for the choice.

Simply write down the thoughts that come to mind. There's no right or wrong answer and you can write down as many as you wish.

NAME OF OPTION		
PROS	✓	CONS

NAME OF OPTION		
PROS	✓	CONS

NAME OF OPTION		
PROS	✓	CONS

Doing this exercise will help you realise that it is important to talk to other people to make sense of your options. Don't be afraid to access them and to get their advice!

LESSON 7

Navigate with confidence



Sometimes it can be challenging to make decisions about our future study and work options. Our families also play a big part in this process too.

Take time to understand the situation so you can come up with the best solution.

Destiny is a year 13 student who is getting strong grades in English and Design and Visual Arts. Whilst her parents are supportive, they would like her to go into full-time work next year to support the family financially.

What are your thoughts about this?

Why do you think Destiny's parents have responded in this way?

What can Destiny do in this situation?

Michael is a year 12 student who doesn't know what he wants to do in the future. He is the eldest child in the family and is quiet by nature. His parents want him to go to University, but he would rather do something hands-on and practical.

What are your thoughts about this?

Why do you think Michael's parents have responded in this way?

What can Michael do in this situation?

Tana is a year 13 student who is proud of being in his school’s first IV rugby team. His dream is to become a professional rugby player. He hasn’t really thought of a ‘plan B’, but is pinning his hopes on achieving this goal.

What are your thoughts about this?

What can Tana do in this situation?

Teuila is a year 11 student who consistently gets high grades in school. She is also involved in the school’s cultural group and youth leadership teams. Her family wants her to focus on studies and to obtain scholarships and awards.

What are your thoughts about this?

Why do you think Teuila’s parents have responded like this?

What could Teuila do if she starts to feel pressure?

Elijah is a year 11 student who loves music and enjoys devoting time to his Church. He is involved in the running of the Youth Group, but his commitments are having an impact on his school work and his grades are slipping.

What are your thoughts about this?

What do you think Elijah should do in this situation?

Ma’ata is a year 12 student who is good at maths and likes solving problems. She would like to go to University, but she doesn’t know anyone in her family who has done that. Her parents are supportive but are often busy working to support the family.

What are your thoughts about this?

Who could help support Ma’ata in this situation?

LESSON 8

Build your resilience



Throughout our lives we will come across lots of different challenges and set-backs. Even though they can be difficult, we can learn how to get through them.

Resilience is the ability to overcome challenges and to bounce back from difficult events.

Resilience is important because it gives us the strength needed to process and overcome hardship. Resilient people tap into their strengths and support people to overcome changes and work through problems.

You will require resilience as you work through your options, and also when you eventually transition from school and into study, training and work.

Activity

Think of a time when you experienced a difficult challenge or issue you were able to get through. This could relate to school, home, family, friends, a group you belong to, etc.

What was the challenge or issue?

What did you do to overcome that issue?

Who supported you along the way?

Now that you've reflected on your resilience, it's important to know that there is support for you whenever you feel stuck or overwhelmed about your situation.

Here are some useful people and resources you can access:

School

- » School Career Advisor
- » School Guidance Counsellor
- » School Navigator
- » Subject Teachers
- » Your year level Dean

Community

- » Parents
- » Siblings, aunties, uncles and cousins
- » Grandparents
- » Friends
- » Church Pastor or Leader
- » Youth Group Leaders
- » Group leaders (sports, dance, cultural etc)

Resources

- » **Youthline:** <https://www.youthline.co.nz/>
- » **Whatsup:** <https://whatsup.co.nz/>
- » **Le Va:** <https://www.leva.co.nz/>
- » **Leaving School Magazine:** <https://www.leavingschool.co.nz/>
- » **Careers New Zealand:** <https://careers.govt.nz/>

LESSON 9

Know your squad



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

Imagine you win a big award and you have to go on the stage to accept your trophy.

Who are the people you would thank in your speech?

What would you say to each of them?

TIPS

How to chat with your parents about your future

Here are some useful tips for how you can chat about your future options with your parents.

Know

- » Firstly remind yourself that your parents love you unconditionally! Sometimes they only know what they know, and they will be learning about different jobs and pathways alongside you.
- » Take time to learn about your parents career journeys - ask them about their jobs, and what study and training they have done. They were your age once to, so they will also know some of the challenges you're facing!

Show

- » Be proactive and show them your workbook and other useful career resources you have received from school etc. Parents appreciate it when they can see trusted information.
- » Go onto the Careers New Zealand website together so they can understand the jobs and pathways you are interested in.

Connect

- » There are many people who can help you out with your options. Ask your parents if they can talk to your school career advisor or subject teacher with you. School staff can also provide fantastic information about scholarships too.
- » See if your parents can also help you to talk to key contact people from universities, polytechnics and training providers.

Visit

- » Find out about open days and visits, and see if your parents can go with you. School Career Advisors are great for sharing information on upcoming open days and career events.

Share

- » Parents are busy people, so sometimes it might be hard for them to help you. However, this is where it's important to **KNOW YOUR SQUAD**.
- » Think about other people who can assist you, including other family members, aunties and uncles, and people from Church or other groups you belong too. Don't be shy to reach out to them for help!

It's not always easy to talk about what we want to do and achieve in the future, especially with our parents and loved ones! However, we can grow our confidence by taking small steps.



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