

Ready Set Grow



Year 8 Outreach Workshop

Ready Set Grow helps students explore their strengths, adopt a growth mindset, and consider life beyond school. Through fun, hands-on group activities and personal stories shared by Notre Dame Student Ambassadors, students gain insights into the possibilities of higher education and its benefits.

Learning outcomes:

- Develop a growth mindset.
- Build confidence in personal strengths and abilities.
- Increase awareness of pathways to higher education.
- Foster informed aspirations for future education and career options.

Year group: 8

Location: At your school or on a Notre Dame campus (Fremantle or Sydney)

Duration: 60–90 minutes

Number of students: 30 students per class



Activity	Description
Introduction	Notre Dame Student Ambassadors introduce students to the workshop by summarising key themes and giving a brief description of the areas they are currently studying.
Student Ambassador stories	Student Ambassadors share their story with students, helping them to envision themselves in a similar context with a focus on their school experience, goal setting, life after school and their experiences at university.
Strengths tree	In this activity, students consider their key skills by creating their own 'strengths tree' that includes their strengths and achievements.
Growth mindset scenarios	Students discuss how using growth and fixed mindsets will change their approach to a variety of scenarios related to school, goal setting, their skills and future pathways.
Growth mindset puzzles	Through this small group activity, students are encouraged to practise using a growth mindset while working together to solve challenging Rebus Puzzles.
Post-school opportunities presentation	Student Ambassadors present a picture of what life after school may look like, including information on post-school opportunities and the differences between university and school.
Uni or TAFE	Students decide whether they believe a given career requires a university or TAFE qualification through a variation of 'heads and tails'. This whole class activities helps students to consider the differences between studying at university and studying at TAFE.

Email student.equity@nd.edu.au to find out more or book a workshop.



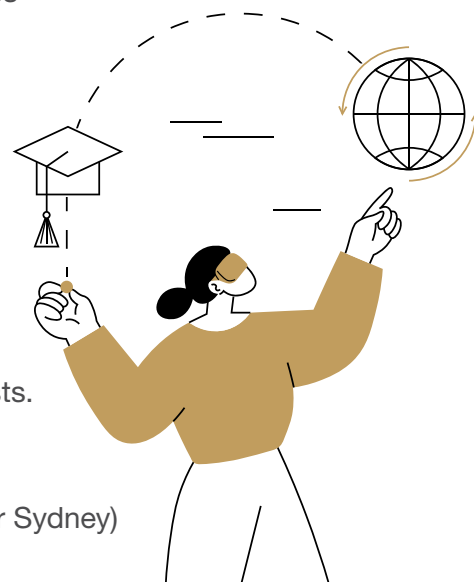
VR Career Quest

Year 9 Outreach Workshop

The *VR Career Quest* workshop uses immersive 360-degree videos to help students explore various post-school study options, workplaces and careers related to their skills and interests. By combining virtual reality experiences with small-group activities, the workshop encourages students to reflect on what makes a fulfilling job, learn about higher education opportunities, address potential barriers and see higher education as a viable and desirable option.

Learning outcomes:

- Analyse qualities of a fulfilling job.
- Demonstrate awareness of pathways to higher education.
- Examine common concerns about higher education.
- Evaluate career paths aligned with personal strengths and interests.



Year group: 9

Location: At your school or on a Notre Dame campus (Fremantle or Sydney)

Duration: 2 hours

Number of students: 30 students per class

Activity	Description
Introduction	Notre Dame Student Ambassadors introduce students to the workshop and give a brief description of the areas they are currently studying.
Future You quiz	Students participate in an interactive careers quiz based on the MyFuture job clusters and a series of 'would you rather' questions. Students collect coloured popsicle sticks aligned to MyFuture areas (scientific, creative, people contact, outdoor, practical and business/office), allowing students to determine the career area most aligned to their skills and interests.
What does it mean to have a good job?	Student Ambassadors discuss the elements of a good career, focusing on the problems different careers solve and what students find fulfilling. This encourages students to think about what is important to them in their future career and to lay a foundation for their VR experiences.
VR experience	Students choose from a variety of careers based on the previous activities, and engage with 360 videos of workplaces and professionals, e.g. "a day in the life of a physiotherapist".
Why further education?	Student Ambassadors deliver a presentation on the differences between Uni and TAFE, possible questions and worries about university, and the reasons students might go to university. This presentation is broken up by small group activities and discussions, including brainstorming the top five reasons to go to uni, sorting the differences between uni and TAFE and drafting a typical week for a uni student. Following the presentation, students will have time to brainstorm and ask questions.
Workshop reflection	Students complete a workshop reflection to consolidate what they have learnt about themselves, potential future pathways and where they can learn more.

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Find Your Fit: From Strengths to Subjects

Year 10 Outreach Workshop

The *Find Your Fit: From Strengths to Subjects* workshop develops students' decision-making skills and explores what a good career may look like through hands-on activities, group discussions and personal reflection. The workshop supports students in selecting subjects and considering post-school pathways through a decision-making framework based on three key steps: self-reflection, career cluster exploration and research.

Learning outcomes:

- Develop decision-making skills.
- Connect personal strengths and interests with career options.
- Select subjects that align with future goals.
- Explore post-school pathways suited to individual strengths.
- Gain familiarity with a university campus environment.

Year group: 10

Location: At your school or on a Notre Dame campus (Fremantle or Sydney)

Duration: 2 hours

Number of students: 30–60 students (flexible to suit your school's needs)



Activity	Description
Introduction	Notre Dame Student Ambassadors introduce students to the workshop and give a brief description of decision-making frameworks.
Skills and interests quiz	Students participate in an interactive quiz based on the MyFuture job clusters and a series of 'would you rather' questions based on their personal skills and interests. Students collect coloured popsicle sticks aligned to various career clusters, allowing students to determine the area most aligned to their skills and interests.
What matters to me?	Students have time to personally reflect on their strengths, interests, achievements and their goals for the future. Student Ambassadors encourage students to consider how these elements may be connected and relate to different career areas.
Career cluster profiles	In small groups, students are given a range of profiles, detailing a person's interests, school subjects and a typical day in their chosen career. Students must race against other groups to match their profiles with the correct career area and university/ TAFE qualification.
Career scenarios	Students rotate through scenario activities related to the MyFuture career clusters to develop their understanding of what skills are utilised in various careers.
3 steps of decision making	Students consider their key strengths and interests, the career area they feel most aligned to and how they can use this to guide their decision around Year 11/12 subject selection. Each student will be given a Future You guide to help guide their understanding of relevant university/ TAFE courses and related subjects within each career cluster.

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