

2 Pūkenga tuku iho Strengths we inherit

Session plan

Key messages

- I have skills and attributes that I share with my tūpuna.
- I know it is important to choose career pathways that match my skills, interests and values.
- I know careers change over time.

Session sequence

This session has two activities, one around tūpuna career profiles and an optional one about researching tūpuna.

1. Tūpuna career profiles

Display the six Tūpuna career profile posters in the room. Discuss the types of skills necessary to journey and settle here in the times of your tūpuna. Identify the jobs people had on the waka. Look at the posters and link these to waka roles, for example, fisher, navigator, tohunga, doctor, entertainer.

Read the career profiles aloud and ask rangatahi to stand by the profile they would have chosen in traditional times. Discuss the following questions.

a. **What kinds of jobs would you have done on the waka journey?**

Note the range of skills needed at that time. Tell rangatahi that people often identify with two or three career profiles. Ask them to move to another career profile that interests them.

b. **Imagine the waka has landed at its destination now.**

- What kinds of jobs would your profile group have done?
- Ask them to move to another career profile that interests them.

c. **Fast forward to today.**

What kinds of jobs are you and your group members interested in?

Key career competencies

Develop skills in building and maintaining a positive self-concept.

Demonstrate knowledge and understanding of their qualities, skills, values and career interests.

Demonstrate knowledge of changes in the nature of work, including changes in gender roles.

Key questions

What career profile is most like you?

What kinds of careers are linked to your interests?

Supporting resources

Kaiārahi PowerPoint 2

Kaiārahi resources: Explanation of tūpuna career profile names and Researching tūpuna posters

Rangatahi activity: Tūpuna career profile posters

Rangatahi activity: Researching tūpuna poster templates

Rangatahi activity: Te haerenga hou career planner (Session 1)

[Explore Tahatū career ideas](#)

Duration

30-60 minutes

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Session plan (continued)

2. Researching tūpuna

Display the Researching tūpuna poster templates and print ones for rangatahi to complete.

- a. Ask rangatahi to choose a career profile type from the poster templates, for example, doer or thinker.
 - Choose a tupuna or modern role model from their area who inspires or motivates them. Or they can use the existing tūpuna on the career profile posters.
 - Find photos or pictures of the tupuna or role model and write their name.
 - Research why they're important and relevant to the chosen career profile type.
- b. Ask rangatahi to complete the template for each tupuna or role model.
 - Add their name, iwi, years of life.
 - Write a short summary about who they are and what they are most known for.
 - Fill in the boxes about their interests, strengths and mahi.
- c. The final part is for rangatahi to connect to their career pathway. Ask rangatahi to complete their part of the poster templates.
 - Fill in the boxes with their own details.
 - Use these details to identify possible career options.
 - Create a basic plan with steps to pursue this pathway.

They can repeat this exercise with the same career profile and a different tupuna or the same tupuna and a different career profile.

3. Ask rangatahi to complete section two Te waka of their Te haerenga hou career planner.

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Kaiārahi resource: Explanation of tūpuna career profile names

The te reo Māori terms are not direct translations of the English. Instead, metaphors have been used to capture and convey the depth of meaning in the English term.

Influencer – Toitoi manawa, literally ‘outstanding heart’

Someone who motivates and encourages others. They can inspire and lead by example.

Doer – Ringa raupā, literally ‘calloused hands’

Someone who is a hard worker and is not afraid of using physical effort to get a job completed, however difficult it may seem.

Organiser – Pou whirinaki, literally ‘supporting pillar’

Someone who is steady and reliable. They can be trusted to take on responsibility and get things done.

Helper – Whakaruruhau, literally ‘storm shelter’

Someone whose natural instinct is to protect and nurture others. They often provide shelter in times of need and focus on the needs of others.

Creator – Ringa rehe, literally ‘fine hand’

Someone who is recognised as being highly skilled and adept. They can take a creative thought and transform it into something tangible.

Thinker – Ngākau pūmahara, literally ‘thoughtful heart’

Someone who is thoughtful. They can analyse a situation, reflect on its origins and anticipate any possible outcomes.

Kaiārahi resource: Researching tūpuna posters

The purpose of this activity is to encourage rangatahi to identify and research a tūpuna or role model that is known in their region.

Kaiārahi can either choose various tūpuna or role models and upload images onto the poster templates, or print out a range of people for rangatahi to choose from.

Rangatahi can either write on the poster templates as printed versions or enter information electronically.

There are six tūpuna poster templates and one example. The completed posters are for rangatahi to keep.