

6 He wero he kōwhiringa rānei

Challenges and choices

Session plan

Key messages

- I know there will be challenges and choices on my career journey.
- I know some strategies that will help me achieve my career aspirations.

Session sequence

1. Ask rangatahi to reflect on the waka journey their tūpuna took. While tūpuna had the skills and knowledge they needed, they still faced challenges and choices on their journey. Brainstorm what these might have been and their effects, for example, rough weather, differences of opinion, lack of provisions, waka repairs.
2. The purpose of this activity is to help rangatahi understand that challenges are a natural part of their career journey, and to discuss some strategies they can use to help overcome these challenges.
3. Ask rangatahi about the kinds of challenges and choices they may face on their own career journey. What makes it difficult to achieve their career aspirations? Encourage rangatahi to share and listen respectfully to each other's ideas.
4. Download and print the Challenges and choices cards activity, cut the cards up and give a set to each rangatahi group. The cards use phrases familiar to rangatahi and present some youth-specific challenges.
5. Each group discusses the information on their cards and ranks them from least to most challenging. There are four blank cards that rangatahi can use to write their own challenges and choices.
6. Share one of the challenges you've had during your own career journey, for example, not getting into a particular study course, having to move away from family. How did you overcome this challenge? What choices did you make? What was the result? What did you learn?
7. Give groups time to consider the biggest challenges from their cards or their own challenges. Then choose the top three biggest challenges for their group.
8. Ask the groups to identify three main actions they can take to overcome their three biggest challenges, for example, having a career plan, identifying good mentors, sticking at it, having courage, being the kaihoe of their waka. Reinforce that challenges are a normal part of a journey and by being prepared they can respond positively to them.

Key career competencies

Demonstrate awareness of things that could help or hinder the development of their capabilities and career interests.

Demonstrate skills and positive strategies to cope with change and growth in life.

Key questions

What are the kinds of challenges and choices you might face on your own career journey?

How might those challenges affect you?

What strategies can you use to help you overcome those challenges?

Supporting resources

Kaiārahi PowerPoint 6

Rangatahi activity: Challenges and choices cards

Duration

30 minutes