

Australian Student Wellbeing Framework and you

Student voice

For students to take an active role in their own learning and wellbeing it is essential that they learn to build their social and emotional skills.

Using evidence-informed strategies related to personal safety, resilience, help-seeking and protective behaviours the skills and dispositions highlighted in the Australian Curriculum personal and social capability can be incorporated and explicitly taught across the curriculum.

Checklist: Skills my students need

Identify which skills represent the greatest strengths of your students.

Brainstorm some ideas about how to help your students build the other skills.

Elements and sub-elements of Personal and Social capability	Strength ✓	Opportunity to grow ✓	Ideas about how to help students build this skill in my classroom
Self-awareness			
Recognise emotions			
Recognise personal qualities / achievements			
Understand themselves as learners			



Elements and sub-elements of Personal and Social capability	Strength ✓	Opportunity to grow ✓	Ideas about how to help students build this skill in my classroom
Develop reflective practice			
Self-management			
Express emotions appropriately			
Develop self-discipline and set goals			
Work independently and show initiative			
Become confident, resilient and adaptable			
Social awareness			
Appreciate diverse perspectives			
Contribute to civil society			





Elements and sub-elements of Personal and Social capability	Strength	Opportunity to grow	Ideas about how to help students build this skill in my classroom
	✓	✓	
Understand relationships			
Social management			
Communicate effectively			
Work collaboratively			
Make decisions			
Negotiate and resolve conflict			
Develop leadership skills			

