

ACTIVITY 1 - Part 1**Who are the significant people in my life? Why are they significant to me?**

They could be someone in my network who care about me and is interested in my growth and development; a dependable and wise advisor who is able to listen to you and provide sound guidance; or a resourceful and informed person who is willing to support and work with me toward a common goal.

They could also be someone whose qualities or characteristics that I admire or value (whom I may or may not have met). For example, I might be inspired by our national swimmer, Joseph Schooling, for his determination and drive.

Estimated time required: 5~10 minutes

Category: Home	Tick if applicable	In what way is this person impacting my educational / career decisions or thoughts?
Father		
Mother		
Sister (elder or younger)		
Brother (elder or younger)		
Grandfather		
Grandmother		
Aunt		
Uncle		
Others (e.g. Cousin) Please state: _____		

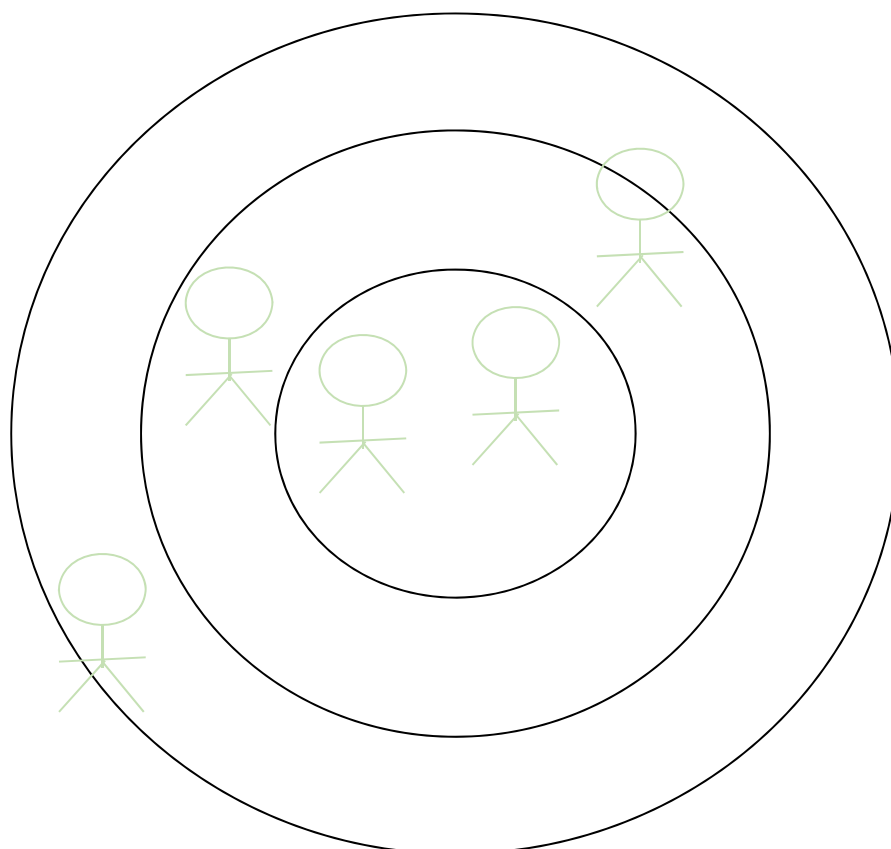
Category: School	Tick if applicable	In what way is this person impacting my educational / career decisions or thoughts?
Personal Mentor (Poly)		
Module Lecturer (Poly)		
Course Coordinator (Poly)		
Course Manager (Poly)		
Form Teacher (Sec / Pri)		
CCA Coach		
Course Mate / Buddy / Friend		
Others (e.g. Principal) Please state: _____		
Category: Others		
Volunteer Organisation Supervisor		
Member or leader of associations, clubs / interest groups / religious activities / community work		
Sports Instructor / Coach		
Neighbour		
Others (e.g. successful figures, movie characters) Please state: _____		

ACTIVITY 1 - Part 2

Select 5 persons identified in Part 1 whom I feel will play a more significant role in my educational / career decision-making or thought process; or have a greater impact in influencing the way I conduct myself and my actions. Place them in the circle ring.

Guide:

1. **Internal circle:** people close to me whom I can talk to easily and confide in. (e.g. my best friend, my sister/brother, my mother/father, my grandma/aunt.)
2. **External circle:** acquaintances or people whom I know slightly but not very close. (e.g. my neighbour, old school friend and etc.)
3. **Environmental circle** (outer ring): people I recognise as successful whom I admire but I may or may not have met. (e.g. Joseph Schooling, Steve Jobs, Michael Jordan, Mother Teresa.)

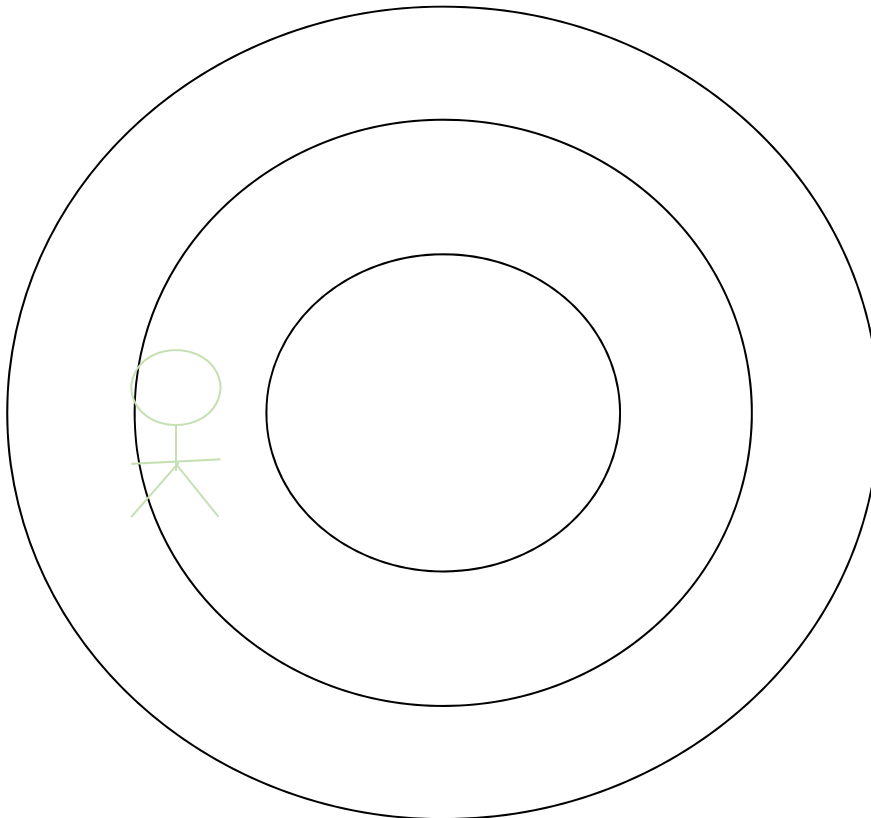


ACTIVITY 1 - Part 3**Who can help me in decision making?**

Choose 1 significant other that I have identified in Part 2 that I can work with for decision making.

Helping Questions:

- Who will influence my education and career decisions?
- How will they influence my decisions (e.g.: family demands, values)?
- Who will be affected by my career decisions?
- Who could help me identify my strengths?



ACTIVITY 1 - Part 4**Career Decision Wheel Activity*****Career Decision Wheel Activity Resources***

- physical career wheel (distributed by ECG@Central through respective ECG Representative)
- separate MP4 video clip (about 1 min) with supplementary worksheet
- online Microsoft Mix clip ([Video-clip Time, Quiz Time & Reflection Time] (<http://bit.ly/2uo3ktG>))

Reflection Question:

1. How would Significant Others influence my internal factors (pink area)?
2. How would my internal factors affect my Significant Others?
3. How can I create positive experiences with them?
4. How can I use it to facilitate a conversation with my Significant Others to gather their views and perspectives?

Lesson Debrief, Takeaway Message & Conclusion

Develop positive relationships & build positive experiences with Significant Others.