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**Minute to Win it - PSW Edition**

**Overview**

This learning activity will use classroom materials and be simulated in a way that will reflect a PSW’s daily task or use specific skills essential in carrying out PSW responsibilities. Students will learn about the role of a Personal Support Worker but will also be able to explore the environment and feels of working in a Long-term care home.

**What you’ll need**

* Please find in the attached documents, materials needed for each activity station.

**Instructions**

1. Begin with a brief discussion about the role of a personal support worker to gage the students understanding
   1. Who are they? What are their job responsibilities? Where do they work?
2. Watch a short video about personal support worker. Below are a few video options, please choose the one that you think would be best suitable for your class level
   1. [Personal Support Worker - YouTube](https://www.youtube.com/watch?v=HX42YPFNoyo)
   2. [Personal Support Workers: Making a Difference in Long-Term Care - YouTube](https://www.youtube.com/watch?v=XgrzJnA5HSU)
   3. [Virtual Tour of a New Brunswick Long Term Care (LTC) Home – Explore Careers in LTC | Centre of Excellence for Health (centresofexcellencenb.ca)](https://centresofexcellencenb.ca/health/?speaker_series=virtual-tour-of-a-new-brunswick-long-term-care-ltc-home-explore-careers-in-ltc)
3. Go over the rules of the game and put students into group of 2. Then it is Game time! The activity is set up in a rotating station manner.
   1. Game rules and specific setup can be found in the attached document
4. Reflect on the roles of a PSW again after watching the videos and doing this activity by making a **mind map**.
   1. In the middle ("the brain") - include a drawing or picture of a personal support worker
   2. Branching from "the brain" - in different phrases and sentence present everything you know about a personal support worker (work environment, skills, roles, education, etc.)

**Career Connections**

1. What is the consequences of having a shortage of PSW in our province?

2. What interpersonal or technical skills are needed to become a successful PSW?

**NB Curricular Outcomes**

**Personal Wellness 6-8**

GCO 2: Students will apply the knowledge, skills, and attitudes necessary to develop and maintain positive mental health.

GCO 3: Students will apply the knowledge, skills, and attitudes necessary to establish and maintain healthy relationships.

GCO 5: Students will identify knowledge, skills, and attitudes needed to pursue career pathways.

SCO 6.5.1 Students will reflect on their own preferred future.

SCO 6.5.2 Students will explore interests, skills, strengths and personal qualities required for specific career pathways and transitions.

SCO 6.5.3 Students will explore the competencies needed to successfully manage learning, work and transitions through authentic experiences.

SCO 7.2.1 Students will analyze the impact of mental health on well-being.

SCO 7.2.2 Students will analyze how decision-making impacts personal wellness.

SCO 8.2.1 Students will evaluate behaviors/environments that help foster positive mental health and build resilience.

**Global Competencies**

[Collaboration](https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/competencies/Collaboration.pdf)

[Communication](https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/competencies/Communication.pdf)

[Critical thinking and Problem-solving](https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/competencies/CriticalThinking.pdf)

[Sustainability and Global Citizenship](https://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/competencies/Sustainability.pdf)