

Things That Matter

setting goals, priorities and finding what matters

for secondary school



Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- * Catering for single, half-day or full-day sessions
- * Recommended duration is between 45 and 90 minutes – flexible to your timetable
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on a number of topics
- * Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



Values for Life

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Learning Focus

The **Things That Matter** incursion focuses on giving students direction and developing priorities in life by examining their influences, skill-set, passions, values and character. Through a variety of **interactive activities, games, discussion, stories, multi-media,** and **video** the workshop provides students with some practical strategies for identifying the things that really matter to them and then building a robust set of core values that give us goals, purpose and direction in life.

The incursion is generally aimed at mid to upper secondary students but can be tailored to year 7 to 12. In addition to this student incursion, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Rationale

This seminar is an opportunity for students to begin to think beyond just their immediate world and to begin to ponder setting future goals. We explore some key factors for how to set goals and priorities in life (e.g. identifying aspirations, developing plans and sources of support for achieving personal goals, etc.), and also demonstrate the importance of having a growth mindset, being resilient and the responsibility we have to realise the difference we can make in our family, school, community and world.

Key concepts covered in the session:

- Identifying the important things of life rather than the short-term or superficial
- How to make better decisions which are not just based upon emotions, immediacy or peer influence
- Recognising the part we play in a community and the responsibility with it
- The need for community, particularly role models and how we become a good role model to others
- Promotion of resilient factors that help us to bounce back through challenging periods of our lives
- The supports we need to make the leap from dependence to independence
- Practical strategies to enable goal-setting and how we can achieve success in both the short and long-term

Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity	X		
		* Health knowledge & promotion		X	X
	Interpersonal Development	* Building social relationships		X	X
		* Working in teams		X	X
Personal Learning	* The individual learner		X	X	
	* Managing Personal learning	X		X	
Civics & Citizenship	* Civics knowledge and understanding		X	X	
	* Community engagement		X	X	
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains	X		X
Interdisciplinary Learning	Communication	* Listening, viewing & responding		X	X
		* Presenting	X		X
	Thinking Processes	* Reasoning, processing & inquiry		X	X
		* Creativity, reflection & metacognition		X	X