

# Your Score & More

excelling in high school and beyond

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
- \* Offering a range of options – from a single session to several sessions for the same or different groups
- \* 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 **Your Score & More** incursion encourages secondary students to take initiative and excel during the upper secondary school years – to apply their best efforts, study well, have resilience and keep perspective during the times of pressure. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop aims to give practical tools to succeed academically in the short-term and encourage students to think about their long-term goals that can provide resilience and purpose.

The incursion is recommended for upper secondary year levels but can be tailored to meet the needs of mid to lower secondary students as well. 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

Succeeding academically ranks high in any survey amongst the many pressures of growing up. This pressure is often compounded by high performance expectations as well as other challenges including peer pressure, anxiety and study/leisure balance. This incursion is an opportunity for students to gain perspective, gain practical tools and explore resilient factors that will help them succeed, achieve academic results and support them during school and beyond.

## Key concepts covered in the session:

- ▶ Identifying the anxiety and pressures of secondary school and ways we can alleviate these pressures
- ▶ Key strategies that not only manage pressure but helps us succeed
- ▶ The need to delay gratification and evaluate consequences rather than just the short-term or superficial
- ▶ Problem-solving skills and decision-making based on wisdom, not just emotions or peers
- ▶ Resilient factors that support students during upper secondary school and beyond
- ▶ The promotion of goals and resilient factors that give purpose and direction
- ▶ Key factors that form our self-image including peers, role models and individual values
- ▶ Encouraging students to take initiative and make a positive difference to others

## 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 * Health knowledge & promotion	X	X	X
	Interpersonal Development	* Building social relationships * Working in teams		X X	X X
	Personal Learning	* The individual learner * Managing Personal learning	X	X	X X
	Civics & Citizenship	* Civics knowledge and understanding * Community engagement		X X	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 * Presenting	X	X	X X
	Thinking Processes	* Reasoning, processing & inquiry * Creativity, reflection & metacognition		X X	X X