



values for

# Your Score & More

## excelling in year 12 and beyond

### Learning Focus

This incursion encourages VCE students to make the most of their final years at secondary school – to apply their best efforts, study hard, excel academically, have resilience and keep perspective during the pressure of completing secondary school. We give practical tools and explore big picture issues to encourage students to focus on their short-term as well as long-term goals, hopes and dreams.

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

The ATAR score is very important and amongst many pressures of growing up, the pressure to perform remains one of the most significant stresses on Year 11 & 12 students. This pressure is often compounded by high performance expectations as well as the normal pressures of being a teenager. This incursion is an opportunity for students to gain perspective during a busy year and explore resilient factors that will help them achieve academically and support them during school and beyond. The incursion explores some key factors for setting goals and priorities throughout life (e.g. identifying aspirations, developing plans and sources of support for achieving personal goals) and demonstrate the difference it makes when we get a healthy perspective, have high and reasonable expectations and live out our potential.

### Key concepts covered in the session:

- Identifying key strategies that not only manage pressure but propel us forward
- The need to evaluate and remember the important things rather than the short-term or superficial
- Better decisions are based on reasoned values, not just emotions or peers
- Resilient factors that support students during Year 12 and beyond
- Promotion of determining our values and priorities.
- The promotion of goals and resilient factors that give purpose and direction

### Essential Learning Standards

The Values for Life program presents a student learning program that intertwines elements of all three strands of VIC Curriculum with the key focus on the following dimensions:

- **Building social relationships** (Interpersonal Development domain), plus
- **Reflection, evaluation and metacognition** (Thinking Processes domain, in the Interdisciplinary Learning strand)

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

Strand	Domain	Dimension	Included	Focus	Major Focus	Teacher Manual
<a href="#">Physical, Personal and Social Learning</a>	<a href="#">Health and Physical Education</a>	Movement and physical activity Health knowledge and promotion	✓			
	<a href="#">Interpersonal Development</a>	Building social relationships Working in teams	✓ ✓	✓	✓	✓
	<a href="#">Personal Learning</a>	The individual learner Managing personal learning	✓ ✓	✓		✓
	<a href="#">Civics and Citizenship</a>	Civics knowledge and understanding	✓		✓	✓

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

We aim to engage, impact and empower primary and secondary school students, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that



Values for Life is associated with Concern Australia

### Values for Life

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secondary level