Yr. 9 & 10 Online modules. Parent Engagement (Draft)

Dear Parent /Carers,

In the coming weeks Year 9 & 10 students will have the opportunity to participate in a series of online lessons prepared by the University of Wollongong. We are supporting our partner schools and students by providing these online modules, which relate to study skills, careers pathways, and the world of work.

In addition, a module about each of the five faculties of the University will help students to grow their knowledge about their options after school.

Below is a brief outline of the modules. We’ve also included some top tips to help you chat with your child about the content. By talking these ideas through with your child, you can provide invaluable support to them as they learn about the huge range of options that are open to them after school along with some important life skills. If you don’t want to read you can check out our [**Youtube video**](https://youtu.be/YytKCsjmPbY) instead.

Our aim with these modules is to support Yr.9 & 10 students in a time when the association with teachers and careers advisors is not as regular, or indeed possible, and communication with older friends and family who might be sources of information is also limited. We also aim to assist families with information and advice that supports the guidance you are already providing to your children on a day-to day basis.

As always, we are here to support you, so please send any feedback or questions to us at [in2Uni@uow.edu.au](mailto:in2Uni@uow.edu.au). And thank y*ou* for *your* support.

Kind regards,

Gavin Greenfield

Parent & Teacher Engagement Coordinator, University of Wollongong

**Modules 1: Studying@Home**

This module offers practical techniques and tips to students, including aspects of physical, mental and emotional wellbeing. It begins with guidance on establishing an appropriate study space within the home, preferably one without distractions. This an aspect that you, as parent and caregiver, may be able to assist your child with. The module includes information on ensuring quality sleep patterns, managing social media and goal setting.

**Parent/caregiver suggestion:**

* Have a chat with your child to support them in setting up a workspace in the home, which may involve some negotiation with other family members regarding space and quiet times.
* You may find this [video regarding sleep](https://www.abc.net.au/catalyst/staying-up-late/11013178) patterns interesting.

**Module 2: Post School Options**

This module outlines the study and training options after school. Traineeships, apprenticeships, certificates/diplomas, and university degrees are outlined. Yr.9 & 10 may seem young in terms of this decision, but it is important to begin developing an awareness of the options open to them.

**Parent/caregiver suggestion:**

* Talk to your child about your own journey and why you made those decisions. Listen to their goals and aspirations post school and know that University isn’t always the right option for every student
* For your own information, use google, university websites, or contact the school careers advisor to investigate the approximate cost of attending university in NSW, and also the financial assistance which may be available. How do people afford to study at university?

**Module 3 The World of Work – Employability in the 21st Century**

This module talks about how the future of employment is rapidly changing and promotes a developing sense of self awareness. While it has been common in the past to have one career for life, this is not so true today, and is not predicted to be the case in the future. Current indications are that individuals may have six different careers and several different jobs within each. This module encourages students to consider skill areas rather than specific jobs, and then to look at themselves in this light.

**Parent/caregiver suggestion:**

* Self-awareness is a developing and changing concept so it have a chat with your child about their particular strengths or qualities and what subject they have an interest in and passion for
* You may find this short [**video clip**](http://www.youtube.com/watch?v=LfGqlU1o5Sk) about the modern world of work useful

**Module 4 to 8: University Faculty Interviews**

Each of these modules focus on the five University faculties: Business, Engineering and Information Sciences, Law Humanities and Arts, Science Medicine and Health and Social Sciences. Each provide information about courses and career options.

**Parent/caregiver suggestion:**

* Would any of these areas of study appeal to your child? Feel free to explore our [**University Faculties**](https://www.uow.edu.au/about/faculties/) on our website to see what is available.