Yr. 11 Online modules. Parent Information

Dear Parent /Carers,

In the coming weeks Year 11 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.

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/Q_TWHU05GDM)** instead.

Our aim with these modules is to support Yr.11 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

**Module 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: Growth Mindset**

This module outlines the concept of growth mindset – the idea an individual’s skills and talents can be improved and open to new ideas, rather than a fixed mindset in which they are set and cannot be changed. A growth mindset encourages learning and is accepting of feedback

**Parent/caregiver suggestion:**

* Think of a time when you have felt negative about yourself, and that you didn’t feel you had the talent or skills to achieve what you would like, OR, a time when you have been strongly motivated to learn and improve to achieve a goal. Share some of your stories about this with your child.

**Module 3: How do I learn best?**

This module explores ‘learning styles’ through the VARK quiz. VARK (Visual, Auditory, Reading/writing & Kinesthetic) is a tool to help you become aware of how you learn best depending on the subject or the content.

**Parent/caregiver suggestion:**

* Part of the module will ask your child to complete a quiz. Try this [quiz for yourself](https://vark-learn.com/the-vark-questionnaire/) and compare!

**Modules 4, 5 & 6: Time management, Exam study Skills and Critical thinking**

These modules aim to bring awareness and develop important skills for senior students. Tips, tricks and tools are provided to set up your child for a strong final year of school.

**Parent/caregiver suggestion:**

* What do you think are the strengths your son/daughter has in these areas already, and what might be a key thing to work on? Talk to them about this.

**Modules 7: Pathways, where to next?**

This module considers the question “where next after leaving school”. Information on higher education options, from certificates and diplomas through to university degrees is provided. There are several resources available for TAFE and University, the application processes and applying for financial support.

**Parent/caregiver suggestion:**

* Using Google, (How much to go to Uni in NSW?) University websites or contacting school careers advisors, investigate how much it costs to attend University in Australia, and also the range of support sources in place to assist. What is HECS- HELP?

**Module 8: Getting HSC Ready!**

This final module focuses on the transition from Year 11 to Year 12. It gives twelve tips for success which involve many of the factors addressed through the modules in this series.

**Parent/caregiver suggestion:**

* Check out this [TED talk video](https://www.youtube.com/watch?v=stKAA-ecimk&app=desktop) regarding career choice in the modern era.