Yr. 7 & 8 Online modules. Parent Information

Dear Parent /Carers,

In the coming weeks Year 7 & 8 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://www.youtube.com/watch?v=QpFDHEZXKJM&feature=youtu.be) instead.

Our aim with these modules is to support Yr.7 & 8 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, 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:**

* You may find this [video on growth mindset](https://www.youtube.com/watch?v=M1CHPnZfFmU) interesting as well as a conversation starter.

**Module 3: University and TAFE**

This module talks about learning and training options beyond school - University and TAFE. This a an introductory conversation that explores the different opportunities they provide

**Parent/caregiver suggestion:**

* We are providing your child with the following quick videos so they can get a sense of what each is like, feel free to check out the [University](https://www.youtube.com/watch?v=kmEKdPLJu-E&fbclid=IwAR34bxySYS5H6-RN7QxJUusEHLQxkEBatMmM17iu9gwPJ29DOVecgm4wzLA&app=desktop) and the [TAFE](https://www.bing.com/videos/search?q=tafe+nsw&&view=detail&mid=28FB2C62099CC3937BB128FB2C62099CC3937BB1&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dtafe%2520nsw%26qs%3Dn%26form%3DQBVR%26sp%3D-1%26ghc%3D1%26pq%3Dtafe%2520ns%26sc%3D8-7%26sk%3D%26cvid%3D2E41C1BDBF6D4FB285D27CD9DD391E59) videos yourself.

**Modules 4 & 5: Critical Thinking and 21st Century Skills**

These modules aim to bring awareness and develop important skills such as communication, logical thinking and collaboration.

**Parent/caregiver suggestion:**

* Have a chat with your child about aspects of ‘communication’ that might affect employment.

**Modules 6: What is your career style?**

This module in an introduction to thinking about the variety of career types there are and linking them to their individual interests. 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. So the question, ‘What do you want to do when you leave school’, is not really valid any more.

**Parent/caregiver suggestion:**

* Part of the module will ask your child to complete a quiz. Try this [quiz for yourself.](https://joboutlook.gov.au/CareerQuizStart) to compare with your child.

**Modules 7: Sustainable Development Goals**

This module draws on the United Nations Sustainable Development Goals as examples to encourage students to consider something they enjoy and are passionate about as possible career areas.

**Modules 8: STEM and You**

In this final module we explore STEM skills – Science, Technology, Engineering and Maths and how these skills can translate in to many different career pathways.

**Parent/caregiver suggestion:**

* Part of the module will ask your child to complete a quiz. Try this [test for yourself.](https://careerswithstem.com.au/code-quiz/)