DEAR FAMILIES,
Welcome to the 2014 school year and a special welcome to our new students, staff and families.

It has been a strong start to the year and I have really enjoyed meeting with our new and continuing students and families over the past few weeks. I would also like to thank you for your support in ensuring your students arrive at school on time, and in uniform. We have also appreciated your contact when you know your student will be away from school.

Big O Day, held on the 5th February provided our Year 12 students with the opportunity to connect with each other, develop strategies for effective study, goal setting and organisation whilst enjoying the spectacular views of Moana. Thank you to Ms Sandra Greenan, Mr Tony Parsons, Mrs Ruth Veale, Mr Craig Ottoway, Mrs Kylie Trenorden and Mr Bevan Constable for their organisation of the day in partnership with Mr Andrew Russell, Mrs Anne Russell, Mrs Karen Michelbach, Ms Paulene Angus, Mr Duncan Begg, Mr Mark Turville, Mr Steve Kammerman, Mr Miodrag Jankovic, Mr Craig Fraser, Ms Amy Whyte, Ms Stephanie Johnston, Ms Jen Griffin and Mr Ben Hardy.

We have had a number of new staff to Seaford Secondary College and I sincerely welcome Ms Jen Griffin, Ms Amy Whyte, Ms Merryn Gomez (beginning Term 4), Mr David Giger, Mr John Hargreaves, Ms Jacinta Coombe, Ms Elyse Haussen, Mr Nathan Lambert and Ms Catharine Watson. I also sincerely welcome back staff that have returned to Seaford Secondary College in 2014. Special mention must go to Lauren Scarfe who returns from a twelve-month exchange in the UK and to Mark Redington who returns from twelve months in Japan.

I would also like to wish our 2013 Year 12 students all the best for the future. 2013 saw significant improvement in all aspects of SACE including an increase in the number of students receiving an ATAR. We will continue to work towards ongoing improvement through ensuring high standards, a focus on learning, pathways and a commitment to learning.

Our Acquaintance Evening held on Monday 24th February was a perfect opportunity to meet our new and continuing students and families.

Since the use of Aerosol sprays can cause asthma attacks for some people, students are not to use aerosol deodorants, anti-perspirants, or body sprays at school. If needed during school hours; roll-on, cream, or pump deodorants should be used for personal hygiene.

Parents and caregivers are asked to support the school on this health and safety issue.
From the Principal continued

with teachers whilst enjoying a sausage in bread and our incredible grounds.

Thank you to our families who supported this event and to our staff for ensuring a successful night.

The Acquaintance Evening was followed by our Governing Council AGM. It is with great pleasure that I announce our 2014 Governing Council:

**2014 GOVERNING COUNCIL**
Chairperson: Dan Coad
Secretary: Tracy Corkhill
Committee Members:
- Melissa Alyward
- Merridee Dangerfield
- Ben Novkovic
- Lorna Sankey
- Pam Pix
Student Representative: Kaylen
Student Representative: Patrick
Staff Representatives: TBC

We are thrilled to announce that Blake Sam Kendrick, a son for Anthony and Neekita, arrived safely on Wednesday 19th February. We wish Anthony and Neekita all the very best.

We have had several positive achievements so far this term, many highlighted in this Newsletter. I had the pleasure of accompanying two of our Year 12 students, Ashlee and Hannah, to Government House for the celebration of Seaford Secondary College’s partnership with Youth Opportunities. Please read details in this edition.

On Tuesday 15th February, 2014 8 of our students went to Moana Primary School to perform fronting in leadership, team building and well-being. Seaford Secondary students have been participating in the Mind Matters program over the past 12 months and used this knowledge to create an exciting and enjoyable course that they ran for 4 classes of over 25 students for 1 hour each.

Kaylen, William, Stacey, Jess, Nathan, Rose, Mikaeli & Isabella created their own program to cater for the primary students’ needs and demonstrated fantastic leadership and problem solving skills and represented the school with Pride.

The program will be offered to all of our local feeder schools as one of the many strategies being introduced to improve the well-being and enjoyment at school for students in the Seaford area.

Cezanne Green, PRINCIPAL

**YEAR 8 & 9 IMMUNISATIONS**

Parents of Year 8 and Year 9 Students, the following dates have been scheduled for Year 8 & 9 immunisations. Consent forms were sent home with students in Week 2 and it is requested that ALL forms be signed and returned indicating ‘consent’ or ‘non-consent’. Please contact Deb O’Connor at the school on 8327 2222 if you have not received a consent form.

**YEAR 8 VISITS (BOYS & GIRLS - GARDASIL, CHICKEN POX AND BOOSTRIX)**
18/03/2014, 20/05/2014, 16/09/2014

**YEAR 9 VISITS (BOYS & GIRLS – BOOSTRIX, BOYS – GARDASIL)**
09/05/2015, 27/06/2014, 24/10/2014

Deb O’Connor, Middle School Student Services

**GOVERNMENT HOUSE VISIT**

On Thursday the 20th of February 2014, Governor Scarce invited Hannah and me and the Principal, Ms. Green, to Government House to attend a celebration to congratulate us on supporting Youth Opportunities.

We were 1 of 5 schools to be invited. Out of everyone who did Youth Opportunities in Year 10, we were selected to represent the school after 2 years of doing this course. The course helps adolescents with everyday life situations, to help prepare them for the future and what they want to do when they leave school. If you were having trouble at home they would help you with ways to fix this; if you weren’t motivated for school and other activities they would show you ways to help get you there. It is a great program and helped Hannah and I, along with many others, in a big way. For entry into Government House, we had to forward our invitation saying if we were attending or not, we were then sent an Entree card that we had to show to the guard who was standing outside or he would not let us in. When entering the gates, into the front yard and then Government House, Hannah said, “It made me feel famous and like I was rich.”

It was such a good experience seeing the difference in the way of living and how much easier life would be, but also with the words of the Governor saying that ‘money can’t buy happiness that’s for sure’ was a real eye opener hearing it actually comes from the person who lives in a house like that.”

The Governor was really interested in what Hannah and I thought. He asked us about our futures and what we planned to do when we left school. Ashlee said, “I felt like I was rich and famous, like I was in a dream. The yard was huge and it made me feel like a dream had come true.

To see how he, his wife and their workers were living really does show a different way in living and how much easier life would be, but like Hannah wrote, what the Governor said was true, money doesn’t buy happiness especially coming from a man himself with money. But going to Government House and being able to experience what life would be like there was a great experience and I would do it all over again.”

The Governor was a really nice person and showed much interest in what we had to say about Government House and our futures. When I told him about how I got into SA Casting, which is an acting school, he was very proud of my success, as well as his wife, and said “I hope to see you on the big screen one day” which made me very happy and proud of myself as it came straight from the Governor himself. I told him how I also wanted to be a police officer depending where acting takes me. He was very interested to hear about our stories.

Ashlee 12 04 and Hannah 12 01
# Seaford Secondary College Leadership

## B3 – Ben Hardy (HPE & Technology)
- **Head of House** – overall oversight of House
  - HPE & Technology – across school
  - Year 7, 8 & 9
  - Student Voice
  - School Culture
  - 2 Lines Teaching

## B2 – Sandra Greenan (IB/Gifted/AC)
- **Assistant Head of House**
  - IB MYP – across school
  - Gifted Learners – across school
  - Australian Curriculum – across school
  - Year 11 & 12
  - Support International Program
  - 2 Lines Teaching

## B1 – Jennie Fraser
- **House Coordination**
  - Digital Pedagogy – across school
  - Year 10
  - 3 Lines Teaching

## B1 – David Liew
- **Seawinds Coordination**
  - 3 Lines Teaching

## B3 – Steph Johnston (English & Humanities)
- **Head of House** – overall oversight of House
  - English & Humanities – across school
  - Year 7, 8 & 9
  - Middle School Learning Support (T1, 2, 3)
  - 2 Lines Teaching

## B2 – Merryn Gomez
- **Assistant Head of House**
  - Middle School Learning Support (T4 onwards)
  - Year 11 & 12 (T4 onwards)
  - 2 Lines Teaching

## B2 – Kylie Trenorden
- **FL0 Coordination** – across school
  - Year 11 & 12 (T1, 2 & 3)
  - Senior School Learning Support – across school
  - 2 Lines Teaching

## B1 – Craig Ottaway (Sport)
- **House Coordination**
  - Sport – across school
  - Sports Day
  - SANTOS
  - Year 10
  - Year 11 & 12 (T1, 2 & 3)
  - 2 Lines Teaching

## B3 – Amy Whyte (the Arts & Language B)
- **Head of House** – overall oversight of House
  - The Arts & Language B – across school
  - Year 7, 8 & 9
  - Transition, Road Show & Open Night
  - 2 Lines Teaching

## B2 – Bevan Constable
- **Assistant Head of House**
  - Timetable Management
  - Assessment and Reporting
  - Quality Assurance
  - Year 11 & 12
  - 2 Lines Teaching

## B1 – Adam Pearce
- **House Coordination**
  - Daily Organisation
  - Coordination of International Program & Daily Organisation
  - Year 10
  - 3 Lines Teaching

## B3 –  Amy Whyte (the Arts & Language B)
- **Head of House** – overall oversight of House
  - The Arts & Language B – across school
  - Year 7, 8 & 9
  - Transition, Road Show & Open Night
  - 2 Lines Teaching

## B2 – Bevan Constable
- **Assistant Head of House**
  - Timetable Management
  - Assessment and Reporting
  - Quality Assurance
  - Year 11 & 12
  - 2 Lines Teaching

## B1 – Adam Pearce
- **House Coordination**
  - Daily Organisation
  - Coordination of International Program & Daily Organisation
  - Year 10
  - 3 Lines Teaching

## B1 – Jeff Mogg (VET)
- **House Coordination**
  - VET (Jeff) (no HOUSE Coordination for 2014)
  - SACE (Internal 2014)
  - Sports
  - Digital Pedagogy
Many of you know me as a Support Worker in the FLO Program here at Seaford Secondary College. This year, as well as supporting students in FLO on Mondays, Tuesdays and Fridays, I am coordinating the implementation of a Career Development Strategy on Wednesdays and Thursdays.

There will be a Career Development Committee formed and a review of career activities being offered to students in both Pathways & Futures (PFP) on Wednesday’s, as well as other career-focused activities across other subject areas. Included in my new role will be the delivery of PACTS Workshops (Parents as Career Transition Support), which has been developed to bring parents up to date with practical strategies and information about career transition.

I am currently planning workshop dates and these will available soon. I look forward to meeting you at the workshops.

Denise Luker, Support Worker FLO Program

BIG O DAY

Year 12 students enjoyed sunshine, socialising and some serious study tips at the Big O Day in Week 2 this term.

Situated at Moana Beach SLSC, students participated in a variety of activities that helped them to prepare for the big year ahead, as well as engage in some friendly competition too!

Guest speaker, KirriLie Smout, is a Clinical Psychologist who spoke to the students about how to stay motivated throughout the year and provided some excellent tips on organisation, study and the importance of having a healthy mindset.

Lunch and activities followed, which involved competitions between Care Groups in games such as tug-o-war and egg and spoon race. These simple activities turned in to a lot of fun and it was great to see such great team spirit and morale amongst the group.

The day was a great introduction to the year ahead and we wish the Year 12 students every success throughout the year.

Sandrah Greenan, Tony Parsons, Kylie Trenorden & Bevan Constable, Year 12 Teachers

VOLUNTEERS WANTED

SEAFORD
COMMUNITY CENTRE

We have a strong partnership with the Seaford Community Centre and are currently planning activities for 2014:

- Currently recruiting Volunteer Tutors for their ‘Getting Your L’s Program’. This program was a huge success last year with many FLO (Flexible Learning Options) students achieving their Learner’s Permit.
- Currently recruiting Volunteer Mentors for an off-site education program for FLO students to receive 1:1 & small group support with basic Literacy, Numeracy & PLP (Personal Learning Plan).
- Currently recruiting a Volunteer Mentor to work 1:1 with a FLO student wishing to learn basic Japanese.

All Volunteers are provided with a National Police Clearance and Reporting Abuse & Neglect Training.

If any of these opportunities interest you and you have a couple of hours to offer per week, please contact Pam Mitchell, Community Development Officer at the centre on 8386 3319.

Denise Luker, Support Worker FLO Program

CANBERRA TRIP

Students in Year 9 will soon be involved in a presentation to receive information about a wonderful opportunity to take part in a trip to Canberra in Week 9 of Term 2 (Sunday, June 22nd - Friday, June 27th). Those students (now in Year 10) that expressed an interest in going on the tour last year will also have the option to take part in this exciting trip. There will be an information letter with consent forms and information about payment sent home with students in the next two weeks. In the meantime, please contact me on 8327 2222 if you have any questions.

Stephanie Johnston, Head of Humanities

VOLUNTEERS WANTED

SEAFORD
COMMUNITY CENTRE

We have a strong partnership with the Seaford Community Centre and are currently planning activities for 2014:

- Currently recruiting Volunteer Tutors for their ‘Getting Your L’s Program’. This program was a huge success last year with many FLO (Flexible Learning Options) students achieving their Learner’s Permit.
- Currently recruiting Volunteer Mentors for an off-site education program for FLO students to receive 1:1 & small group support with basic Literacy, Numeracy & PLP (Personal Learning Plan).
- Currently recruiting a Volunteer Mentor to work 1:1 with a FLO student wishing to learn basic Japanese.

All Volunteers are provided with a National Police Clearance and Reporting Abuse & Neglect Training.

If any of these opportunities interest you and you have a couple of hours to offer per week, please contact Pam Mitchell, Community Development Officer at the centre on 8386 3319.

Denise Luker, Support Worker FLO Program

BIG O DAY

Year 12 students enjoyed sunshine, socialising and some serious study tips at the Big O Day in Week 2 this term.

Situated at Moana Beach SLSC, students participated in a variety of activities that helped them to prepare for the big year ahead, as well as engage in some friendly competition too!

Guest speaker, KirriLie Smout, is a Clinical Psychologist who spoke to the students about how to stay motivated throughout the year and provided some excellent tips on organisation, study and the importance of having a healthy mindset.

Lunch and activities followed, which involved competitions between Care Groups in games such as tug-o-war and egg and spoon race. These simple activities turned in to a lot of fun and it was great to see such great team spirit and morale amongst the group.

The day was a great introduction to the year ahead and we wish the Year 12 students every success throughout the year.

Sandrah Greenan, Tony Parsons, Kylie Trenorden & Bevan Constable, Year 12 Teachers

VOLUNTEERS WANTED

SEAFORD
COMMUNITY CENTRE

We have a strong partnership with the Seaford Community Centre and are currently planning activities for 2014:

- Currently recruiting Volunteer Tutors for their ‘Getting Your L’s Program’. This program was a huge success last year with many FLO (Flexible Learning Options) students achieving their Learner’s Permit.
- Currently recruiting Volunteer Mentors for an off-site education program for FLO students to receive 1:1 & small group support with basic Literacy, Numeracy & PLP (Personal Learning Plan).
- Currently recruiting a Volunteer Mentor to work 1:1 with a FLO student wishing to learn basic Japanese.

All Volunteers are provided with a National Police Clearance and Reporting Abuse & Neglect Training.

If any of these opportunities interest you and you have a couple of hours to offer per week, please contact Pam Mitchell, Community Development Officer at the centre on 8386 3319.

Denise Luker, Support Worker FLO Program

BIG O DAY

Year 12 students enjoyed sunshine, socialising and some serious study tips at the Big O Day in Week 2 this term.

Situated at Moana Beach SLSC, students participated in a variety of activities that helped them to prepare for the big year ahead, as well as engage in some friendly competition too!

Guest speaker, KirriLie Smout, is a Clinical Psychologist who spoke to the students about how to stay motivated throughout the year and provided some excellent tips on organisation, study and the importance of having a healthy mindset.

Lunch and activities followed, which involved competitions between Care Groups in games such as tug-o-war and egg and spoon race. These simple activities turned in to a lot of fun and it was great to see such great team spirit and morale amongst the group.

The day was a great introduction to the year ahead and we wish the Year 12 students every success throughout the year.

Sandrah Greenan, Tony Parsons, Kylie Trenorden & Bevan Constable, Year 12 Teachers
CONGRATULATIONS ADAM PEARCE

After winning his 6th National title in Karate, Mr Adam Pearce (Tingara Coordinator and Japanese teacher) has been selected to instruct and compete in the ISKF (International Shotokan Karate-do Federation) Masters Cup, located in Philadelphia USA this June. Mr Pearce will be joined by students from over 20 countries and participate in the weeklong training and competition.

Mr Pearce has been representing Australia since 1997, and participated in 5 World Championships. Mr Pearce also teaches Karate, with his wife Tracy, in Reynella.

Karate is great for fitness, confidence, concentration and self-defence, and is open to anyone over the age of 5. If you would like more information, please visit www.tska.com.au or email adam.pearce@seafordhs.sa.edu.au

KNOCK OUT CRICKET

On Wednesday the 19th of February, Seaford Secondary College Year 8/9 boys cricket Knock Out team took on Willunga High in the first round of the tournament. Both teams played extremely well and it was an exciting match to watch. Willunga won the toss and elected to bat first. Seaford had a very strong bowling team, with the opening pair of Aaron and Kristian from D08 taking four wickets between them. This set the mood for the rest of the innings; Lachlan from D05 took two great catches and Will from C01 took four wickets to close out the lower order. The boys did a great job in the field restricting Willunga to a total of 87 runs. Seaford got off to a great start when it was their turn to bat. The opening pair of Ben and Kristian made 34 runs between them. Kristian then went on to make the highest score of the day and had to retire at 36. This was a wonderful individual effort and coupled with his wickets earned him the Man of the Match. Seaford ended up making 89 runs with seven wickets to spare. A top effort boys and a well-deserved win.

Marc Snelson, Cricket Coach

BYOD IS HAPPENING

The ‘Bring Your Own Device’ policy has been rolled out in the first few weeks of this term, with Year 10’s and Year 9’s being invited to bring in their mobile ICT devices to use at school. Year 8’s and Year 7’s will be invited to join the BYOD Network in the next few weeks, so that by the end of the term, all students will be invited to partake in BYOD.

All that is required is for students to bring in their devices, along with a signed BYOD user agreement to the school’s ICT Office. Students can also collect their school-provided heavy duty lock from the same office, to be used to provide security for these devices in student lockers.

Students are encouraged to keep their devices in their lockers when not in use, so that they are kept secure. Here we see Hayden, one of our hard-working and highly skilled ICT technicians, holding up some of the 80 BYOD signed user agreements we currently have in place. This means that 80 of our students have already connected to our school’s BYOD Network, accessing the Citrix interface.

Please feel free to contact the school should you have any further enquiries, on 8327 2222

Jennie Fraser, Coordinator Digital Pedagogy
HIGH HOPES

JUST A THOUGHT.
In the movie Pretty Woman, Vivian (played by Julia Roberts), says, “People put you down enough, you start to believe it”. Edward (played by Richard Gere) tells her that she is a “very bright, very special woman.” Vivian’s response is, “The bad stuff is easier to believe. You ever notice that?”

I guess we’ve all had “bad stuff” directed at us at some time. What we choose to do with it can make a huge difference. The truth is - we are all worthwhile, we all matter, we all have potential for great things.

In 2014, let’s choose to focus on what is good and true about ourselves and others.

Karen Michelbach, CPSW

NINNA MARNI

Welcome to 2014! We have exciting times ahead with an even bigger Aboriginal Education Team to ensure that all our Aboriginal and Torres Strait Islander (ATSI) students achieve their potential.

This year we will be continuing to build on relationships established in previous years through parent nights, parent expo, and health checks, Nunga Tag, Boys Group, Girls Group and the Cultural Fishing Group in conjunction with Blue Light, SAPOL and Onkaparinga Council.

TEAM MEMBERS THIS YEAR INCLUDE:

TEAM LEADER
MARION MACKENZIE
As Aboriginal Education Team Leader I have overall responsibility for ATSI students within our school and support the team members in their roles to ensure our students have a valued place within our school to fulfill their current and future goals and career pathways.

ABORIGINAL SECONDARY EDUCATION TRANSITION OFFICER (ASETQ)
CHLOE WALLACE
In my role as the ASETQ I support all ATSI students in achieving their educational goals; I am supportive of the community and parents engaging with the school. I also support families emotional and wellbeing needs.

ABORIGINAL EDUCATION TEAM

ABORIGINAL SECONDARY EDUCATION TRANSITION OFFICER (ASETQ)
CHLOE WALLACE
In my role as the ASETQ I support all ATSI students in achieving their educational goals; I am supportive of the community and parents engaging with the school. I also support families emotional and wellbeing needs.

TEAM LEADER
MARION MACKENZIE
As Aboriginal Education Team Leader I have overall responsibility for ATSI students within our school and support the team members in their roles to ensure our students have a valued place within our school to fulfill their current and future goals and career pathways.

ABORIGINAL SECONDARY EDUCATION TRANSITION OFFICER (ASETQ)
CHLOE WALLACE
In my role as the ASETQ I support all ATSI students in achieving their educational goals; I am supportive of the community and parents engaging with the school. I also support families emotional and wellbeing needs.

ABORIGINAL EDUCATION TEAM

TAX FILE NUMBER APPLICATIONS

Our school provides a service to students from Year 9 (usually) up whereby students can apply for a tax file number. Application forms are available from Mrs Russell or Student Services. Students complete the form which is signed by Care Group teacher and then returned to Student Services. Students need to include Birth Certificate details on the application.

Please note that the tax file number is posted home to the student. The school does not get a copy of any student’s taxation details.

Anne Russell, Senior School Counsellor
Learning to become a global citizen, developing a sense of understanding towards other cultures and building strong cognitive, practical and social skills are what underpin the International Baccalaureate (IB) framework and something we strive to achieve at Seaford Secondary College.

It is an exciting time as an IB world school, as we embark on the ‘next chapter’ of the Middle Years Program (MYP). As of 2015, there are some adaptations in regards to subject names, assessment and ways in which teachers and students learn.

We live in a fast-paced world, so teachers at Seaford are committed to delivering a curriculum to all students that not only involves content, but ideas, concepts and ‘big picture’ thinking to enable our students to become successful global citizens of the future. In a time where we can ‘Google’ anything, it is imperative that we teach our lessons in a concept-based manner to allow students to transfer the knowledge and see their learning in a real-life global context.

**OUR COMMITMENTS THROUGHOUT 2014:**
- Groups of teachers will attend various workshops in Adelaide and Melbourne to keep abreast of new information and ideas
- New staff are inducted to the IB through in-house training, as well as workshops held at other schools
- Students in Year 10 are required to complete the MYP Personal Project throughout the year, which is a project chosen entirely by the student. The expo for parents and the community will be held at the end of term 2 (more details provided at a later date)
- All staff using the new unit planner ready for implementation in 2015
- We are committed to delivering Australian Curriculum content within an IB framework and look forward to sharing the outcomes with you throughout the year.

Sandra Greenan, IB Coordinator

---

**STUDENT MENTORING**

On Tuesday 15th February, 2014 8 of our students went to Moana Primary School to perform mentoring in leadership, team building and wellbeing. Seaford Secondary College students have been participating in the Mind Matters program over the past 12 months and used this knowledge to create an exciting and enjoyable course that they ran for 4 classes of over 25 students for 1 hour each.

Kaylen, William, Stacey, Jess, Nathan, Rose, Mikaeli and Isabella created their own program to cater for the primary students’ needs and demonstrated fantastic leadership and problem solving skills and represented the school with Pride.

The program will be offered to all of our local feeder schools as one of the many strategies being introduced to improve the well-being and enjoyment at school for students in the Seaford area.

Ben Hardy, Head of House Boon Boona
SEAFORD RAIL INTERCHANGE AND SEAFORD MEADOWS STATION

As you all know, the passenger services commenced at the Seaford Interchange and Seaford Meadows Station on Sunday 23 February 2014.

The service will be a combination of electrified and diesel powered railcars, which will transition to a fully electrified service once sufficient electric railcars have been commissioned.

Seaford Interchange Park and Ride are now operational – so vehicles are accessing this car park via Griffiths Drive signalisation junction and Lynton Terrace. The Onkaparinga Council are monitoring parking in streets around the station and we ask parents and Caregivers dropping off and picking up students to avoid using Lynton Terrace.

Parents, Caregivers and student drivers are reminded that the Koala Crossing is now operating in Lynton Terrace and they must obey the 25kph direction when lights are operating. SAPOL will be monitoring driver speeds in Lynton Terrace. Students are also reminded to use the Koala Crossing before and after school and to watch out for increased traffic in this area.

Andrew Russell, Deputy Principal

My name is Kirrilie Smout and I am a clinical psychologist who works with children and teenagers. We are working with the school this year to help the students achieve their best results, and I wanted to let you as parents know about the seminars we have conducted with the students.

This month we spoke to the students about how they might be able to motivate themselves to study, regularly complete homework and stay organised. One of the important messages I hope they heard was research which shows that “IQ” is only responsible for a small part of success at school. In other words, it doesn’t matter how smart you are. What matters more is what you do during the year. We also talked with the students about how they might motivate themselves to regularly work on study.

Some of the most important strategies included: 1) using written lists and visual reminders rather than relying on their memory for knowing what they have to do; 2) setting up habits and systems to get things done (link an action with some kind of trigger – a time or place or activity) and 3) doing shorter focussed periods of homework/study rather than longer periods where they were being constantly distracted by phones/social networking. I suggested they do this by putting phones across the room for 15 minute periods, closing programs and using software to limit access to programs – all for short periods of time.

We also discussed using mini rewards and punishments for themselves to increase motivation, using “chunking” (starting with a small, easy step, or trying to study in short periods rather than wait until a long extended period of time) and motivating ourselves to start by imagining what it will feel like to do well or to be disappointed in ourselves.

It was great to work with the students. We have encouraged them to email us with any questions and we will see them next term to talk about revision strategies.

Please feel free to contact me anytime if you have any questions as a parent. If you would like some more support in helping your student through senior school then there are a range of free articles on my website: www.developingminds.net.au or you can access them via our facebook page Developing Minds Psychology and Education.

Kirrilie Smout is a clinical psychologist and owner of Developing Minds Psychology. She counsels teens facing challenges in their life and presents psychological wellness and study skills seminars to teachers, parents and students in schools across Australia. For more information go to www.developingminds.net.au

Unit 3, Hub Professional Centre, Aberfoyle Park SA 5159
Suite 3, 16 Bartley Crescent, Wayville SA 5034
Phone: 8357 1711 Fax: 8272 4055
Email: kirriliesmout@developingminds.net.au

Are you having difficulties paying your school fees or managing other expenses?

IF so a financial counsellor can help you with:
- Options to manage living expenses including school fees, arrears and other debts
- Options for your overall financial position

Financial counsellors provide FREE, CONFIDENTIAL, INDEPENDENT information and counselling for people in financial difficulties

For information and referral to a financial counsellor in your area
Phone the Financial Counselling Help Line
1800 007 007
or search online:

The financial counselling service that is being offered and provided is independent of the Department for Education and Child Development and represents a relationship directly between the Financial Counselling Help Line and the service provider eg. Uniting Communities and the individual. References to the financial counselling service do not constitute an endorsement by the Department for Education and Child Development. It is the user’s responsibility to make their own inquiries prior to using the service.

Financial counselling services are provided free of charge by not for profit organisations. Financial counsellors employed by these services are members of the SA Financial Counsellors Association (SAFCA)