

# TO THE YEAR 10 CO-ORDINATOR



## LOOKING FOR THE PERFECT TERM 4 WORKSHOP FOR YOUR YEAR 10 GROUP?

### PREPARING FOR SENIOR STUDIES

**Preparing for Senior Studies** is a 2-hour session featuring a range of activities to help Year 10 prepare for senior studies. Students will:

- 1** Discover their personal 'WHY' because finding purpose and direction to the senior years makes it a more meaningful experience.
- 2** Learn how to push past procrastination and be more motivated for school.
- 3** Learn how to be efficient and effective with their study habits.
- 4** Manage exam stress and improve their marks with regular study notes.
- 5** Reframe their ideas about what success and failure mean and help them build more grit and perseverance.
- 6** Learn the secrets of success that comes with small actions and continual improvement.
- 7** Become more organised with strategies they can implement in the holidays before Year 11.
- 8** Learn how to set and achieve goals for senior school and beyond.

The **Preparing for Senior Studies** session is a practical and highly beneficial activity for your Year 10 students to experience in Term 4. **Don't miss out, book your date now!**

Developed by Dr Prue Salter (from Enhanced Learning Educational Services) and Rocky Biasi (from Human Connections) this 2-hour session is presented by the dynamic Natalie Vella and will equip Year 10 students with the necessary tools for success during their senior school years.

Based on Prue and Rocky's popular resource *Secrets to Senior School Success*, this session arms Year 10 students with both study skills and mindset techniques that they will need to be ready for Year 11.

Natalie is available to run the **Preparing for Senior Studies** session with Year 10 in Term 4 in Sydney.

Alternatively, an online version of the session is available if you would prefer to run the session yourself.

**Cost for the F2F session in Sydney is \$2000 + GST.**  
**The online version you can run yourself is priced at \$1400 + GST.**

*NOTE: It is an advantage if your school also subscribes to the Study Samurai Library ([www.studysamurai.com](http://www.studysamurai.com)) as for those schools we can recommend to Year 10 the units they can do over the holidays to build their skills in areas of weakness. Plus there are lots of great resources available on the site such as grids and planners. For more information on these subscriptions email Prue at [info@enhanced-learning.net](mailto:info@enhanced-learning.net).*



Natalie has worked as a secondary and recently a primary school teacher since 2003 and has held a variety of leadership roles, including Student Representative Council Facilitator, Pastoral Coordinator, Creative Arts Coordinator and Instrument Program Facilitator.

Natalie has created, led and delivered programs for student year groups, student leaders and staff professional development. Natalie's mentoring and leadership skills extend outside the classroom in her role as a private instrument teacher, student mentor and with her leadership of a variety of community initiatives.

Natalie has been working as a presenter with Human Connections since 2017 presenting student and staff wellbeing sessions. Natalie has completed modules of leadership development with the CEDP including Mentoring and Coaching, Building Relational Trust, 7 Habits of Highly Effective People and Catholic Leadership.

Natalie has a passion for leading others to reach their full potential by sharing skills and resources that inspire confidence and nourish well-being.

## What teachers say about the highly successful **Preparing for Senior Studies** session.

*"Exactly what they needed to hear."*

*"Who would have thought the boys would be so engaged for 2 hours, I really thought they would need a break."*

*"This is so useful for setting the girls up for next year."*

*"You know it is good when Year 10 boys come up after the session to say thanks personally!"*



### ABOUT DR PRUE SALTER – ELES

With over 20 years' experience in secondary school education and a wealth of industry and academic knowledge you are in great hands with Dr Prue Salter. As the founder and driving force behind ELES, Dr Salter is passionate about delivering courses which help both educators and students alike reach their personal best. Dr Salter has six degrees, including a Doctor of Philosophy and Master of Education and has worked as an educator in schools in Australia and overseas.

0416 293 087 | [info@enhanced-learning.net](mailto:info@enhanced-learning.net) | [www.enhanced-learning.net](http://www.enhanced-learning.net)



### ABOUT ROCKY BIASI – HUMAN CONNECTIONS

Rocky Biasi founded Human Connections to share his passion and expertise in mental health and well-being. He created the Accidental Counsellor Training and student mental health, wellbeing and peak performance sessions from his experiences as a secondary high school teacher, school counsellor and private counselling practice. He has worked with staff and students in Secondary education for over 20 years and brings both research and practice together in a way that makes his programs impactful.

0425 365 294 | [info@humanconnections.com.au](mailto:info@humanconnections.com.au) | [www.humanconnections.com.au](http://www.humanconnections.com.au)

FACE TO FACE SESSIONS: Contact Natalie [natalie@humanconnections.com.au](mailto:natalie@humanconnections.com.au) for Term 4 dates in Sydney.

ONLINE SESSIONS: Contact Prue [info@enhanced-learning.net](mailto:info@enhanced-learning.net) with your preferred start date.