EMPOWERMENT

$\textbf{MONTH} \ \textbf{G} - \textbf{PROGRAM CONTENT}$

Why you can't give up when you are struggling at school. Learning ways to ask for help from your teachers. Understanding what stress and anxiety is.

Gaining ideas on how to get better at writing and spelling.

Introducing four inspirational people with learning difficulties and how they overcome their issues.

Reviewing the learning achieved by students during the Month G program.

Tips For Life	Inspirational Interview
 G-6 18mins. Why You Can't Give Up. Lesson Content: School is a formal learning place. The world is changing and is being driven by the young. Never be afraid to ask for help. Trying and failing is better than no attempt at all. 	 G-7 16mins. Cabinet Maker. Learning Difficulty: John had a lot of difficulty with punctuation. He constantly avoided school but luckily didn't get involved with his mates in crime. Support Received: John felt teachers passed him so they didn't have to deal with his issues. Achievements: Did work experience in Year 10 in panel beating, which led to employment for 6 years. John is now a successful cabinet maker employing 50 people. Advice To Other Students: You don't have to do all your schooling at one time, you can go back to it later in life. Even though John still struggles with reading, he has gone back to school and it has not stopped his success.
 G-13 9mins. Asking For Help From Your Teachers. Lesson Content: Understanding how you like to learn. Timetables in colour. Clear instructions with written and visual examples. Recording instructions for replay at home. Utilising technology. Multi-sensory learning with key word lists. 	 G-14 15mins. Federal Government Speaker Of The House. Learning Difficulty: Anna cannot read out loud and was unable to do structured writing. However, she could read to herself and was able to comprehend. Support Received: Tested and diagnosed as intelligent and had the support of a private tutor from Grade 5. Achievements: Achieved University double degrees with honours. Anna Burke M.P. Federal Member of Parliament. First female promoted to Speaker of the House in Canberra. Advice To Other Students: Anna now reads documents beforehand and summarises the content in her mind to speak.

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The Ten Minute Tutor Program



	Student Weekly Review G8-G14.
 G-20 10mins. Can't Write – Hate Spelling! Lesson Content: Dysgraphia. Auditory processing difficulty and visual memory. Modifications being made to spelling. 4 tips on how to get better writing and spelling. 	 G-21 12mins. Ten Year Old Primary School Student. Learning Difficulty: Silas struggles to read, write and spell. Bullied at school because he could not read. Support Received: Silas has been diagnosed with dyslexia and now has the support of a full time private tutor. Silas wears blue glasses and uses yellow paper. Meeting other people with dyslexia has helped build self-confidence. Achievements: Silas has a fantastic memory and is a great verbal communicator. Advice To Other Students: Silas is very creative, loves video games and recommends following your passion.
G-27 11mins. Understanding Stress and Anxiety. Lesson Content: • Why we need stress. • Too little stress. • Too much stress. • Long term stress.	 G-28 10mins. Mother Who Has Suffered A Stroke. Learning Difficulty: Sharon temporarily lost her speech and suffered paralysis after delivery of her first baby. Hospital staff did not believe her and thought she was avoiding taking care of her baby. Support Received: Sharon's husband supported her and insisted tests be done. Eventually a Neurologist diagnosed she'd had a stroke in the back of her neck and could now get the treatment she needed. Achievements: Despite suffering a stroke, and feeling powerless, Sharon was able to get the answers she wanted, the treatment she needed and is now a successful, caring and loving mother. Advice To Other Students: Trust in your own feelings and heart if you feel that something is not right.

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