

MONTH H - PROGRAM CONTENT

Focusing on anxiety and looking at ways to learn to overcome it
 Seeking advice from Paul Blackburn, a specialist life coach.
 Introducing three inspirational people with learning difficulties and how they overcome their issues.
 Reviewing the learning achieved by students during the Month H program.

Tips For Life	Inspirational Interview
<p>H-6 11mins.</p> <p>What Is Anxiety – Part One. <i>Lesson Content:</i></p> <ul style="list-style-type: none"> • Interview with Paul Blackburn – Life Coach. • Introducing mentor programs. • Identifying who might need help. • How anxiety can manifest itself negatively: Anger, Sadness and Fear. • Dealing with stressful events. 	<p>H-7 10mins.</p> <p>Landscape & Design Architect. <i>Learning Difficulty:</i></p> <ul style="list-style-type: none"> • Michael found writing difficult at primary school and was described as ‘slap dash’. • Michael struggled with the formal examination model. • Michael wanted to work for National Parks and needed to study Horticulture. He had to apply 2-3 times before he was accepted. <p><i>Support Received:</i></p> <ul style="list-style-type: none"> • Completed a Tertiary Orientation Program in order to gain acceptance to University. • Now receives support for his ideas from people who can write. <p><i>Achievements:</i></p> <ul style="list-style-type: none"> • Completed Horticultural Degree. • Head of Department for Landscape Architecture & Design at a University. <p><i>Advice To Other Students:</i></p> <ul style="list-style-type: none"> • Look at other ways to gain the experience you may need as well as education. • Surround yourself with people who can support your creative talent. <p>Student Weekly Review H1-H7.</p>
<p>H-13 12mins.</p> <p>Overcoming Anxiety – Part Two. <i>Lesson Content:</i></p> <ul style="list-style-type: none"> • Interview with Paul Blackburn – Life Coach. • Ten tips on how to deal with stress and anxiety. • How to deal with a panic attack. • Learning about controlled breathing. • Don’t starve your brain of oxygen. • Working out what works for you. 	<p>H-14 15mins.</p> <p>Primary School Teacher. <i>Learning Difficulty:</i></p> <ul style="list-style-type: none"> • Rhyl had difficulty very early on and was very confused when she started school. • All subjects were challenging and Ryhl did not start reading until Grade 6. • Mainly read lots of pictorial books, such as comics. <p><i>Support Received:</i></p> <ul style="list-style-type: none"> • One English teacher identified and encouraged her skills in creative writing. <p><i>Achievements:</i></p> <ul style="list-style-type: none"> • Completed her degree and now teaching in a primary school. <p><i>Advice To Other Students:</i></p> <ul style="list-style-type: none"> • Don’t be afraid to make mistakes – just keep trying. • Use your other interests to help understand other subjects. <p>Student Weekly Review H8-H14.</p>

<p>H-20 14mins.</p> <p>Overcoming Anxiety – part three <i>Lesson Content:</i></p> <ul style="list-style-type: none"> • Interview with Paul Blackburn – Life Coach. • Why do we have a fear of failure? • Not wanting to get hurt. • Why successful people fail. • Most important thing to remember is life skills take more than one attempt. 	<p>H-21 11mins.</p> <p>Project Manager, Building Industry – Part One.</p> <p><i>Learning Difficulty:</i></p> <ul style="list-style-type: none"> • Realised learning difficulty during the transition from primary school to secondary school. • Tried to excel in sports, relationships and resorted to some troubled behaviour as strategy to hide difficulty. • Was labeled as silly, stupid by some teachers at school and began to self believe it. • Other siblings, including a twin sister did not have learning difficulties. <p><i>Support Received:</i></p> <ul style="list-style-type: none"> • Desperate for one-on-one help but school did not provide for it. • George has received lifetime support from one of his very close friends. • When George reached his early 30's, he started to really concentrate on learning 'how' to read. Now has private tutoring. (To be continued...) <p>Student Weekly Review H15-H21.</p>
<p>H-27 13mins.</p> <p>Being A Good Friend <i>Lesson Content:</i></p> <ul style="list-style-type: none"> • Introducing a good friend - Cindy. • Learning to make good choices. • Eight ways to be a good friend to others. 	<p>H-28 11mins.</p> <p>Project Manager, Building Industry – Part Two.</p> <p><i>Achievements:</i></p> <ul style="list-style-type: none"> • Extremely skilled with hands and loves problem solving. • George started work in a factory at 17 years old. • Going to church helped George gain some confidence to look for a way to learn to read. • Now working in the construction industry and successfully reading plans as a site foreman. <p><i>Advice To Other Students:</i></p> <ul style="list-style-type: none"> • Never give up learning. • Don't be afraid to ask for help . • Keep the belief in yourself strong and work to your strengths. • Read children's books or anything you can if adult books seem too difficult. <p>Student Weekly Review H22-H28.</p>