

MONTH I – PROGRAM CONTENT

Controlling your behaviour.
 Discussing the emotion of anger.
 Conquering the stresses of exams.
 Introducing two inspirational people with learning difficulties and how they overcome their issues.
 Reviewing the learning achieved by students during the Month I program.

Tips For Life	Inspirational Interview
<p>I-6 11mins.</p> <p>Controlling Your Behaviour.</p> <p><i>Lesson Content:</i></p> <ul style="list-style-type: none"> • The Stamford Marshmallow Experiment. • Instant gratification vs delayed gratification. • Can you control your own behaviour? • Can you determine your future? • What did it all mean long term? 	<p>I-7 14mins.</p> <p>Emergency Medical Practitioner – Part One.</p> <p><i>Learning Difficulty:</i></p> <ul style="list-style-type: none"> • Kathy had difficulty spelling and had to break the words into syllables first. • Kathy learns by auditory processing and uses music and movement as a strategy. • Kathy has to learn music by ear rather than reading sheet music. <p><i>Support Received:</i></p> <ul style="list-style-type: none"> • Kathy’s mum taught math and assisted Kathy with her studies. • At university, Kathy got a lot of support and encouragement from her lecturers but felt that teaching music wasn’t the right path for her. • Kathy felt trapped into a career in music. By chance, Kathy spoke to an independent student counselor and discovered she was really interested in medicine. (To be continued...) <p>Student Weekly Review I1-I7.</p>
<p>I-13 11mins.</p> <p>Discussing Anger – Part One.</p> <p><i>Lesson Content:</i></p> <ul style="list-style-type: none"> • What is anger. • Is it alright to be angry? • Degrees of anger. • Controlling anger. • Self analysis - Ten questions to answer True/False. 	<p>I-14 15mins.</p> <p>Emergency Medical Practitioner – Part Two.</p> <p><i>Achievements:</i></p> <ul style="list-style-type: none"> • Kathy did not have the subjects to study medicine, so rather than give up, she went back to night school and studied year 12, chemistry. • Kathy applied her university skills from studying music and focused only on what she needed to learn. • Worked as a medical secretary at the end of every year of university to gain experience. • Now works in the Emergency Department of a Hospital. <p><i>Advice To Other Students:</i></p> <ul style="list-style-type: none"> • Don’t be afraid to change your mind on what you want to do. • Try to focus only on what you need to learn. • Find other ways to get experience other than just formal education. <p>Student Weekly Review I8-I14.</p>

<p>I-20 13mins.</p> <p>Discussing Anger – Part Two. Lesson Content:</p> <ul style="list-style-type: none"> • Sometimes feeling angry is normal. • Positive Anger. • Negative Anger. • Physical response to anger. • Seven ways to deal with anger. 	<p>I-21 11mins.</p> <p>Primary School Teacher – Part One. Learning Difficulty:</p> <ul style="list-style-type: none"> • Robert did not know he had learning difficulties at school other than he didn't like reading aloud. • Robert disliked math's especially algebra because it used letters. • Robert suffered from physical bullying at school. • He worked hard through a fear of punishment and learnt by rote. • Wanted to get into the police force and chose very difficult subjects for himself but that meant he struggled. <p>Support Received:</p> <ul style="list-style-type: none"> • Robert stopped going to school in Year 11 and waited until the next year to repeat Year 11 changing to drama and media studies. (To be continued...) <p>Student Weekly Review I15-I21.</p>
<p>I-27 14mins.</p> <p>Conquering Exam Stress. Lesson Content:</p> <ul style="list-style-type: none"> • Discussing things that can cause stress in tests and exams. • Learning strategies to reduce the stress. • Seven tips on how to prepare. 	<p>I-28 17mins.</p> <p>Primary School Teacher – Part Two. Achievements:</p> <ul style="list-style-type: none"> • Has performed in more than 30 productions. • From his work experience was accepted as a mature age student into Deakin University and completed a Bachelor of Arts. • Now a successful teacher who dedicates himself to assist students struggling to read. <p>Advice To Other Students:</p> <ul style="list-style-type: none"> • Robert loved to learn by watching documentaries and researching history. • Sometimes, it takes trying lots of different things before you work out what it is you want to do. <p>Student Weekly Review I22-I28.</p>