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## RESOURCES INCLUDED IN THE GUIDE

### FOR TEACHERS:

- **Teacher Video Course (70 minutes)**
- **Teacher Blackline Masters**
- **Goal Setting Worksheets**
- **Preparing for High School Worksheet Set**
- **Starting Secondary School Workbook**

### FOR PARENTS:

- **Ebook for Parents**
- **Parent Video Course (30 minutes)**
- **Checklists, Summary Sheets and Templates**

### FOR STUDENTS:

- **Student Video Course (100 minutes)**
- **Preparing for High School Worksheet Set**
- **Starting Secondary School Workbook**
- **Quizzes, Handouts, Activity Sheets and Templates**



## RESOURCE COMPONENTS

### TEACHERS:

#### **Teacher Video Course (70 minutes)**

- Simulating the High School experience
- Teach students how to manage assignments
- Teach students about independent learning
- Teach students how to study for topic tests
- Touch typing and computer skills
- Goal setting

#### **Preparing for High School Worksheets**

- Set up your home study environment
- Use class time effectively
- Know where to get help
- Get yourself organised
- Manage your time at home
- How do you approach assignments?
- How do you make study notes?
- How do you study for tests?
- How do you approach exams?
- How can you do well in your subjects?

#### **Goal Setting Worksheets**

- What are goals?
- How to write a goal
- Making your goals smart
- Achieving your goals
- Visualising your goals
- Re-evaluating your goals
- Maintaining your attitude
- Avoiding perfectionism
- Rewarding yourself
- What are you good at?
- Personal qualities goals
- Interests goals
- Family goals
- Friends goals
- Health goals
- Work/study/career goals
- Goals for this year
- Goal action plan
- Your personal mission statement

#### **Starting Secondary School Workbook**

- Homework is very different
- Work smart to manage your time
- Being organised makes life easier
- Ask for help often and early on
- Develop skills you need for success
- Look after yourself, your mind and your body

#### **Blackline Masters included for:**

- Goal setting worksheets
- Starting Secondary School Workbook





## RESOURCE COMPONENTS

### PARENTS:

#### Parent Ebook

- **Getting Organised**
  - Textbooks, stationery, computers
  - Organising subjects items and information
  - Getting to know your school
  - Orientation day
  - Using public transport
  - Typing
- **Managing the Workload**
  - Understanding the timetable
  - Managing homework
  - Using a weekly planner
  - Using a diary
- **Communicating with Teachers**
  - Communicating differently at high school
  - Why students must communicate with their teachers
  - Speaking to teachers in class
  - School portal
  - Communicating via email
  - Scheduling appointments with teachers
  - Parent-teacher interview

- **Communicating with Your Child**
  - How parents can support their child at high school
  - Questions to ask before the first day
  - Keeping the lines open
  - Do and don't questions
  - Learning to listen
  - Finding opportunities to praise
- **Wellbeing**
  - Support staff at school
  - When to be concerned
  - Avoiding embarrassment
  - Empathy and love
  - Back care
  - Sleep
  - Exercise and nutrition
  - Extra-curricular activities
  - Calming techniques
  - Looking after yourself

- **Social Media and Technology**
  - The Good: positive aspects
  - The Bad: negative aspects
  - The Ugly: cyberbullying
  - School phone use policy
  - Establishing ground rules
- **Making Friends**
  - Starting a conversation
  - Involvement in school activities
  - Parental involvement
  - Party! Party! Party! Safely!



#### Parent Video Course (30 minutes)

- Touch typing
- Setting up a study space at home
- Get students used to a home learning routine
- Make packing the bag the night before a habit
- Help students use a weekly planner and a term planner
- Teach students basic computer skills
- Watch and discuss the news together
- Encourage critical thinking
- Develop verbal and retention skills

- Read English novels in advance
- Encourage students to write (by hand)
- Address literacy, numeracy problems, handwriting issues and learning difficulties
- Get students familiar with their new school

#### Additional Resources

- Checklists
- Summary Sheet
- Templates
- Resource links

### STUDENTS:

#### Student Video Course (100 minutes)

- Getting Organised
- Important Information to Know
- Changes in the Way You Communicate
- The School Portal
- Understanding What is Urgent and Important
- Using a Diary & Weekly Planner
- Organising Your Subjects
- Communicating with Teachers and Parents
- Monitoring Yourself
- Developing New Friendships

#### Video Lesson Handouts over 50 pages to accompany video lessons including:

- Worksheets
- Activity Sheets
- Templates

#### Online Quizzes

to reinforce learnings  
from the video lessons



#### Starting Secondary School Workbook

- Homework is very different at High School
- Work smart to manage your time
- Being organised makes life easier
- Ask for help often and early on
- Develop skills you need for success
- Look after yourself, your mind and your body

#### Preparing for High School Worksheets

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