



# Senior School Virtual Expo 2021



This stage of education presents many challenges for students, but also provides them with opportunities to develop their personalities and branch further into the areas in which they are choosing to pursue.

This is an exciting year where your daughter/son will not only be encouraged to work vigorously at their studies, but also to be involved in the many fabulous activities our College can offer them. As they are the leaders of our College, we encourage them to be involved and be excellent role models for the younger members of the school.

Throughout this virtual expo parents/guardians will be given information in regards to the importance of working together throughout this critical part of your son/daughter's schooling.

The Year Level Coordinators will discuss topics such as the importance of attendance, leadership opportunities, immersions and student wellbeing.

The other presentations will highlight specific areas that will assist your daughter/son to achieve at their highest possible level and make a positive contribution to the College.

Please take the time to view each presentation and feel free to review what you have watched and contact the presenter directly or Mr **Michael Timms**, Deputy Principal [Students], for further information.

## Year Level Messages

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### Year 10

Presented by **Brendan O'Brien** Year Level Coordinator: Year 10

<https://drive.google.com/file/d/1H5WjLQqcglijJ8gzFybmOkmTG5rZiY81/view>



### Year 11

Presented by **Alex Simpson** Year Level Coordinator: Year 11

<https://drive.google.com/file/d/1uqOhJpi3H6m2miVx6cln2dSJCnp8Gc82/view?usp=sharing>



### Year 12

Presented by **Kristin Williamson** Year Level Coordinator: Year 12

[https://drive.google.com/file/d/1p5Yr50wn\\_pAHdxKwQGkTxdZOUitCma3o/view?ts=604c8820](https://drive.google.com/file/d/1p5Yr50wn_pAHdxKwQGkTxdZOUitCma3o/view?ts=604c8820)

## Information Presentations

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### VCAL/VET Information

Presented by **Kirsty Allan** VCAL Coordinator.

The move from middle to senior secondary school is a major milestone for your child.

It's a time of big changes in their development, education and life. Senior Secondary School provides opportunities to challenge your child and to develop the valuable skills they will take into adulthood.

Learn about the VCAL/VET pathway, it's structure, senior school expectations and requirements and how you can help your child to reach their full potential.

<https://drive.google.com/file/d/1RfZ0z6d-72nu0-BI9kg7d52e0iStjLkq/view?usp=sharing>

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### Elevate Education Webinar

A presentation conducted by Elevate Education that focuses on maximising student performance and generating positive relationships between parents and their daughters or sons undertaking this academic pathway.

- Developing routines to balance study and lifestyle
- Utilising study groups to leverage time
- Techniques for overcoming procrastination

A resource has also been included for parents to align with this presentation.

<https://get.elevatecoaching.info/au/replay>



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### Earning a Rewarding Career in the 21st Century

Presented by **Bruce Connor** Work and Further Education (WAFE) Coordinator.

This presentation will outline the process a student at Saint Ignatius College can undertake in order to determine a personally rewarding career. It will also include the skills employers are looking for in this rapidly changing world we live in.

In addition, an ex-student will be invited to share their experience to date.

[https://drive.google.com/file/d/1O69RuHuBhV6xdwPJXt4jquJfzjOy\\_Cyy/view?usp=sharing](https://drive.google.com/file/d/1O69RuHuBhV6xdwPJXt4jquJfzjOy_Cyy/view?usp=sharing)



## Wellbeing: Building Resilience and Dealing with Anxiety

Presented by **Tenille Thomson** Student Wellbeing Coordinator.

Senior school is naturally going to be a stressful time for your child, but not all stress is bad.

This presentation will look at how students can make the most of stress using a Growth Mindset to not only survive Senior School, but thrive through these challenges so they feel well equipped for the world after High School.

We will explore how to maintain balance, how to keep communication pathways open between yourself and your daughter/son, and how to access additional support around wellbeing and mental health if needed.

<https://drive.google.com/file/d/1YiwRuHfSxGnS-2DgCingsCN1pdtoBzF5/>

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## VCE Information

Presented by **Michael Brown** VCE Coordinator.

The move from middle to senior secondary school is a major milestone for your child.

It's a time of big changes in their development, education and life. Senior Secondary School provides opportunities to challenge your child and to develop the valuable skills they will take into adulthood.

Learn about the VCE pathway, it's structure, senior school expectations and requirements and how you can help your child to reach their full potential.

<https://drive.google.com/file/d/1I9VcLYoA30spGGsjVFmNxVzg0J9Kt7Se/view?usp=sharing>

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## VCE ATAR and Study Scores: How to understand the data?

Presented by **Elise Meehan** VCE Head of Science.

If you are unsure about what the ATAR (Australian Tertiary Admissions Rank) is and how it is calculated, then this is the session for you.

The way to ensure that you achieve your best ATAR is to choose your studies according to what you are interested in, what you are good at and what studies you need for future study.

This session will address the purpose of the ATAR, how it is calculated, study scores, and scaling.

<https://drive.google.com/file/d/1HxkWgs5a59s6nsA3C5hOdXMoNvgSglPj/view?usp=sharing>

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## How to Parent Young Adults

Presented by **Lee Bartlett** (Barwon Adolescent Task Force).

Hallmark don't make a card that congratulates you for having a young adult and I'm not sure why as it needs to be celebrated!

This session focuses on strategies for raising young adults. How do we keep the door open for our 'child' when they need the love and comfort of a parent or carer and at the same time not rush in when our 'young adult' wants to try to do things their way.

Yes, they will begin to make their own decisions, have their own relationships and make their own choices. How do we ensure we keep/find the balance between giving them space, respecting their privacy and keeping lines of communication open?

<https://youtu.be/7zoOMeF03nQ>

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## Growth Mindset

Presented by **Jem Fuller** (Motivational Speaker)

Jem Fuller presents on the benefits of a Growth Mindset. This session was produced during Remote and Flexible Learning last year, but provides some great advice on how to continue to develop the Growth Mindset required to achieve in the Senior School setting.

<https://www.youtube.com/watch?v=cDNqoRVmJmY>