

21st July, 2017

Work experience

Year 10 students completed their work experience at the end of Term 2 and their employer evaluations are now coming in to the school. They have received very complimentary comments from their employers on their maturity, application to the tasks they've been given to complete, and their interest in what they have been doing. The employer comments mark this as one of the best results for work experience in recent times. Congratulations, Year 10!

The students' own evaluations have made very interesting reading. A lot of students have confirmed their career goals during work experience, finding that what they were given to do is exactly what they see themselves doing after school. A few students did not find the work experience was what they expected and have decided that they will not go in that direction after school. Either outcome is a winning result in terms of the way forward for the future.



Isabella, Dani, Penny and Samira went to NRL at Jubilee Oval and were involved in PR and marketing preparations as well as working with school students. Thanks to Isabella for the photo.

Closing dates – urgent (second reminder)

Year 12 students are reminded of the following Early Entry closing dates:

University of Notre Dame – 21st July

Australian Catholic University – 31st July

Early Admission applications for the University of Wollongong open on 1st August and close on 25th August.

Diary dates

Ella Bache College Open Day – Saturday, 5th August, 11 am – 1 pm for information on Beauty Therapy training program and make-up workshop. Address: 2-4 Lambs Road, Artarmon. For further information: <http://www.ellabahecollege.edu.au>.



Whitehouse Institute of Design Open House – Saturday, 5th August, 10 am – 3 pm at 2 Short Street, Surry Hills for information on Bachelor of Design in Interior Design, Creative Direction & Styling and Fashion Design. Further information: <http://www.whitehouse-design.edu.au>.

ICMS Open Day, Sunday, 6th August, 151 Darley Road, Manly, 10 am – 2 pm for information on degrees in Business Management, Event Management, Hospitality Management, International Tourism, Property, Sports Management, plus diplomas in these areas.

National Institute of Dramatic Art (NIDA) is holding an information evening on 9th August from 6 – 9 pm at 215 Anzac Parade, Kensington. Meet the staff, find out more about their courses, the application process and life at NIDA. Register at nida.edu.au/info-night.

Australian Film Television & Radio School (AFRTS) Open Day on 12th August, from 10 am – 3 pm at the Entertainment Quarter, Moore Park. Further details: <http://www.afrts.edu.au/events/aftrs-open-days>.

Torrens University Open Day on Saturday, 12th August, from 10 am – 2 pm at the Ultimo campus for design, The Rocks campus for business and hospitality and the Pyrmont campus for health. RSVP to torrens.edu.au/openday.

Scholarships

UTS is holding a BIT scholarships information evening on 2nd August from 6 – 8 pm in Building 11, CB11 Faculty of Engineering and IT, Broadway. To register: <http://www.getfeedback.com/r/j5frVA2U/>.

Women in Engineering

UNSW is holding a Women in Engineering Camp in January 2018 and applications are now open. Entry to the camp is competitive, with 150 students applying for 50 places this year. One of our current Year 10 students was successful in receiving a place, to learn about the work being done by women in STEM positions in science and engineering in a variety of areas. If you are interested in applying for 2018 go to <https://www.engineering.unsw.edu.au/about-us/initiatives/women-in-engineering/outreach/women-in-engineering-camp>. Please note that applications close on 17th September.

Tertiary study in the USA

If you are interested in studying in the USA you need to sit for the SAT or ACT standardized test by the end of Year 11. A summary of each test and upcoming testing dates can be found at: <http://www.internationallyeducated.com.au/single-post/2017/04/27The-SAT-and-ACT-Standardised-Tests-Updated>. Feel free to contact the following website with any questions: www.internationallyeducated.com.au. Also see the following article: <http://www.internationallyeducated.com.au/single-post/2017/07/04What-is-the-Common-Application>.

McCrindle Research

This well-respected research organization recently conducted research on career development, in conjunction with the Career Industry Council of Australia.

In his report Mark McCrindle, principal of McCrindle, says, "Australia is approaching the biggest intergenerational employment transition ever and what is needed for students about to commence further study or work, in addition to world's best education is world's best career advice".

McCrindle's report identified the most effective forms of career development for students as:

1. Interview with a career adviser
2. Work experience
3. Vocational education and training in schools
4. Hosting or visiting career expos
5. Attending University/TAFE/RTO Open days

At Danebank we promote all these avenues.

The research identified parents as the number one influence on a student's careers planning (75%), with career practitioners next at 54%, friends at 29% and teachers at 22%. There was no attempt to measure the effectiveness of these influences.

(Mrs) G M Cartwright
Careers Counsellor

The Watermelon Page

Brought to you from ELES

Are you a 'carrot' or a 'stick' person?

Knowing whether you are motivated by avoiding pain and the pressure of consequences or by achieving pleasure and rewards can help you (and your parents) work out the best way for you to be motivated to do your work for school.

The concept comes from the idea that to make a donkey move forward you can either tempt it with a carrot (a reward) or threaten it with a stick (a punishment).

Now this is not saying that you are a donkey! But it is saying that different things motivate different people.

You are likely to be more of a 'carrot' person if you:

- tend to be focused on achieving goals
- make lots of plans and lists for yourself
- find the concepts of rewards and prizes very motivating
- often have a clear picture of what you want to achieve

You are likely to be more of a 'stick' person if you:

- tend to leave things to the last minute
- put off unpleasant tasks
- prefer to do things when you 'feel' like it rather than when you plan it
- like the idea of rewards but aren't keen on doing the work to achieve them

If you are a 'carrot' person, you can get yourself motivated to do the work by breaking down the task, setting targets and goals and making plans. The thought of getting a good mark or achieving a prize is very motivating for you. Your parents can motivate you further by offering encouragement and celebrating achievements!

If you are a 'stick' person, you find it harder to get yourself motivated to do the work. You are more likely to work when you focus on the consequences of NOT working. When you are putting things off, spend a minute or so brainstorming all of the outcomes if you do not get started on the work. Then decide the first 3 most important things for you to do. Don't worry about the rest at this stage, just focus on the top 3.

For parents of 'stick' children, these students may often require more micro-management. Students may need help in determining what they are going to work on, and parents may need to then check in every half hour or so to ensure students are staying on task. These students will be more motivated by negative consequences such as removal of technology or other privileges if outlined working conditions are not met. However it is a good idea to always balance the introduction of consequences for not doing the work with rewards for doing it! This may not be the driving force for their motivation, but positive reinforcement for doing the right thing can lead to really good outcomes.

For students who get frustrated with themselves being 'stick' people and leaving things until the last minute, you can start to move towards becoming more of a 'carrot' person. Identify some of your 'carrot' friends, and start to model their behaviour. Ask if you can plan the work together and check in regularly with each so you stay on track. It is possible to switch from one modality to another! However no-one can make you do it, you need to want to change and then you need to work towards switching your mindset.

You can learn more about how to get motivated at www.studyskillshandbook.com.au by logging in with the details below and working through some of the ELES units, particularly the unit on MOTIVATION. On the Things to Print page are some useful handouts for parents and students about how to build motivation.

Username: Danebank
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