



Year 8, 9 & 10 Organisation and Study Skills Session

Dates: 22 January 2021, 10am - 1pm

Parent Session: 21 January 2021, 6pm - 7:30pm

We will be offering monthly weekend top up sessions throughout 2021 (dates and times to follow)

High school is an exciting and challenging time for all students. At times, however, it can be overwhelming and the work and expectations can cause frustration and worry. After the stress of 2020 these worries may be even more significant and the impact on teens can be immense. Given the stress and the difficulties we have experienced this year, it has inspired the team at On Track Therapy Group to start running high school skills mastery programs.

This program aims to assist students with managing anxiety caused by new transitions, inability to plan and organise themselves, ask for help and manage academic and social expectations.

This program aims to assist with the following:

Social Skills

- Interacting with new people
- Asking for help
- How to say you don't understand

Study skills and Techniques

- Planning, scheduling
- Study timetable
- Time management
- Note taking, identifying key information
- Mind maps, graphic organisers, cue cards

Literacy skills

- Finding key information
- Planning essays
- TEEL essay structure

Executive Functioning

It is helpful to understanding what executive functioning means. It is like the CEO of our brain and assists in a variety of ways.

The three main areas of executive function are:

- Working memory
- Cognitive flexibility (also called flexible thinking)
- Inhibitory control (which includes self-control)

Executive function is responsible for a number of skills, including:

- Paying attention
- Organising, planning and prioritising
- Starting tasks and staying focused on them to completion
- Understanding different points of view
- Regulating emotions
- Self-monitoring (keeping track of what you're doing)

Having deficits in Executive functioning ability can influence students in a number of ways. It can affect some or all of the following:

- an inability to ask for help
- difficulty following directions
- insistence on doing things in a particular way
- Prioritising work & being organised with their school work
- Remembering simple instructions
- Developing attention skills to the task at hand; overcoming distractibility
- Completing tasks within a set time
- Commencing and completing homework

If any of the above areas are of concern or are identified as challenges for your child, our transdisciplinary team can help and will provide effective tools and strategies

Program Cost: \$450.00

NDIS or medicare benefits may apply

Contact us at On Track Therapy Group to find out more

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