



# Preparing For High School

ADDRESSING THE NEEDS OF INDIVIDUAL STUDENTS IN  
PREPARATION FOR THE FUTURE

## Setting Goals

A *goal* is something you want to achieve. A *short-term goal* is something you want to achieve soon. Examples of short-term goals are finishing your homework and doing well on tomorrow's test. A *long-term goal* is something you want to achieve at some later date. Examples of long-term goals are writing a paper and passing a class.

To set appropriate goals, you must know what is important for you to accomplish. Then you must set specific and clearly stated goals. If you do not have clearly stated goals, your effort will lack direction and focus. Write your goals to have a record of them.

### THE THREE W'S OF GOALS

Each goal you set should state **WHAT** you will do and **WHEN** you will accomplish it. Implied in each goal you set is your **WILL** (determination) to do it. For example, a goal for a research paper might be stated as follows: *I will* (your determination) *finish gathering information for my research paper* (what you will do) *by November 20* (when you will accomplish it).

### CHARACTERISTICS OF APPROPRIATE GOALS

Your goals should be:

- within your skills and abilities.** Knowing your strengths and weaknesses will help you set goals you can accomplish.
- realistic.** Setting a goal to learn the spelling of three new words a day is realistic. Trying to learn the spelling of fifty new words a day is not realistic.
- flexible.** Sometimes things will not go the way you anticipate and you may need to change your goal. Stay flexible so when you realize a change is necessary, you will be ready to make the change
- measurable.** It is important to be able to measure your progress toward a goal. It is especially important to recognize when you have accomplished your goal and need to go no further. Failure to measure your progress toward a goal and recognize its accomplishment will result in effort that is misdirected and wasted.

**within your control.** Other than when working as part of a group, accomplishment of your goal should not depend on other students. You can control what you do, but you have little or no control over what others do. You may do what you have to do, but if others don't, you will not accomplish your goal.

Many times your *parents, teachers, and counselors* will set goals for you. Be accepting when they do. These are people who know what is important for you and are very concerned with your success. They can also help you accomplish the goals they set.

SET GOALS IN SCHOOL THAT PROVIDE YOU WITH DIRECTION AND LEAD TO SUCCESS

### We Need Your Help

The school has provide each student with a diary. The diary is a vital tool for each child's success. It contains your child's individual timetable, homework tasks, assignment due dates and special events. Without this diary your child will not know what to bring each day or when their assessment items are due.

At school we use the diary to track lessons, Behaviour in lessons and tasks. We view it as vehicle to communicate with your child and yourself.

We are asking for your assistance while we work to teach the students how to use the diary....

Please take a few minutes each Friday to view the week ....discuss what is recorded in the diary and sign the bottom of the page.

Staff will be checking the diary each week ... to ensure it is signed.

This is a common practise in most High Schools.  
Thanks

# Motivating Your Child to Study

If you find that your child lacks motivation to study, welcome to the club. Just about every student experiences this problem at one time or another.

Motivation is important for good studying. When you are motivated, you will find it easy to stay focused over a period of time. When you are not motivated, you will not only find it difficult to stay focused, but you will find it difficult to get started in the first place.

Here are some ways to increase ones motivation to study.

**Reward yourself for studying.** For example, after a successful study session, have a treat like a nice big ice cream cone. Go crazy and add some cherries and nuts.

**Study with your friends.** Don't make it party time, but you can have fun as you do this.

**Remind yourself of your long-term goals.** Achievement of your goals likely requires educational success. Educational success requires studying.

**Eliminate distractions.** If you are surrounded by things you would rather do than study, you will probably do those things instead of studying.

**Develop interest in what you have to study.** This will make studying more enjoyable.

**Take breaks.** When you feel that you need to take a break, try to stop at a point where it is logical to stop. This will make it easier for you to resume studying after your break.

**Establish a comfortable environment.** You will be more inclined to study if you feel comfortable.

**Establish reasonable goals for a study session.** You probably won't get very far if you look at your study session as "mission impossible."

**Use a motivational poster.** Place the poster where you can see it as you study. The poster should include positive words and a picture depicting success. You can buy one or even make your own. You can also read inspirational stories about real people who have achieved success through effort.

**Just do it.** Once you do, you will feel a lot better than if you are worried about getting it done.

**Whenever you experience difficulty sitting down to study, follow the suggestions above to motivate you to do what you have to do.**

**Remember :- *We are working together to help your child to be a successful life long learner.***



## 24/7 Learning Hub -

Learning Place- Students will need to log into the Learning Place using their school username and password...

Each teacher has their own Portal – you can access the subjects they teach through this 24/7/ Learning Hub

## Cheat sheet for Parents.....

Log into the following website - you may need to enter Username and Password– Please note these are your child's Username and password  
<http://education.qld.gov.au/learningplace/>

Click on Student Space

This page will open up

Click on the folder My Learning Pathways

Click on Studio—and all studios your child has access to will appear.

Scroll down the page until you see the Year 7...24/7 2013 VPSS Studio

Click icon

Studio will open ... and feel free to take a look around ... There is a parent feedback and question discussion board on the first page. Feel free use ... email address of staff—contacts ...