

# STEP Up To Success

The program works with young Aboriginal leaders and their peers to train them to build resilience and life skills in raising their aspirations and financial literacy skills which empowers them with the confidence to excel in class and in life. The STEP Up to Success program comprises of multiple layers of activities and programs that lift the aspirations of the students and encourage them to dream about their futures.

These include structured workshops and aspirational tours. Importantly, it provides students with foundation skills of Social Emotional Learning (SEL) which help create social cohesion within the classroom and playground. The Second STEP resilience and problem solving program has had a positive impact on the students through a sustained and intensive focus on SEL skills.



“ One student has been experiencing anxiety due to bullying in the playground. The student usually becomes sick due to anxiety as a result from being bullied. (After the program) this student is now dealing with the issue better in the playground and talking to me about it and has not shown any signs of anxiety since.  
- Primary School Teacher





## Cirque du Soleil Tour

As part of the "Aspirational Tour" component of STEP Up to Success participants went to see 'KuriOS' by the world famous Cirque du Soleil. Students started the day with a tour of the Entertainment Quarter & discovered possible pathway options. Then students participated in a speed networking activity with the high school students

mentoring the primary school students in transitioning to high school and other life skills, whilst enjoying a nice Italian dinner at Fratelli Fresh before the show. The bus ride home was eventful, with everyone still buzzing from the show, singing and dancing until we arrived back at each respective school around midnight!



*It boosted my confidence and also helped me communicate better with others.*  
- Julie

*I feel more prepared as I was introduced to some factual information about the most important parts of high school. I feel excited instead of scared about going to high school*  
- Jessica

*It made me think more about my future. It was good to know that I'm in charge of my own future.*  
- Aaliyah

## Transition to High School

SWC delivers 'Transition to High School' workshops to an entire cohort of Year 6 students, about to embark on the journey to high school. The workshops build on skills already gained in other SEL programs and has a strong focus on the strategies that students can practice to succeed in high school. A discussion about similarities and differences often helps alleviate most fears or concerns that students have about moving from primary to high school. The session also covers practical information such as how to read a high school timetable, prioritising multiple demands for different subjects & teachers and understanding support networks available in high school.





## Leadership Success Skills

The SWC leadership programs help young people to unlock their leadership potential. Developing leadership skills at an early stage helps them to better transition into high school and the world of work.

Topics covered included skills for success, coping with stress, managing expectations, assertive communication, problem solving, resilience, responsible decision making as well as collaboration, influencing and presentation skills.



*This (workshop) experience was helpful as it covered all areas and prepared us for the job and trying out to become a Student Executive. The games we played were fun yet helpful in preparing us. The workshop experience has helped me to communicate more and meet new people.*

**- Sara**

## Our Lady of the Rosary & Patrician Brothers' College

SWC partnered with Our Lady of the Rosary Catholic Primary School Fairfield (OLR) to deliver a Social & Emotional Learning Program, Second STEP for Years 6 which incorporated:

- Transition to high school (new friends, situations & expectations)
- Responsible decision making,
- Problem solving & Leadership Skills for success (at school & work)
- Goal setting (explore future pathways)
- Coping with stress (exams, NAPLAN)
- Assertive communication & more

Towards the end of the program, SWC brought together 20 high school students from Patrician Brothers' College Fairfield (PBC) to mentor over 100 students from OLR in a Speed Networking Workshop.



*This workshop has helped me change because I was really shy but now I know how to speak in front of people.*

**- Ahmed**



*This workshop taught me how to calm down when I am feeling afraid or any other emotions.*

**- Chun**





“ It helped me cope with being scared and always worried. It also helped me in getting used to my new school.  
- **Tharaka** ”



“ Students learn about what skills are required to succeed in school and at work and develop an understanding of how what they are learning now in school will help them in the future.  
- **Primary School Assistant Principal** ”



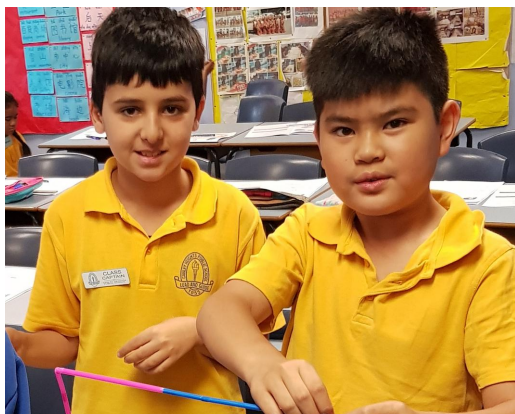


# STEPS to a Brighter Future & Dream Big For A Better Future

Funded by Cabra-Vale Diggers Club through ClubGRANTS, this initiative helps disadvantaged primary school students facing bullying and generational welfare dependency by providing resilience and life/financial skills and raises their aspirations to provide them with the confidence to excel in class and in life.

This program includes an Aspirational Behind the Scenes and Future Links Tour to help participants connect with adult role models in a workplace setting and to start seeing a better future for themselves.

Disadvantaged students are likely to underperform, disengage from education and leave school early. "Dream Big for a Better Future" takes a collective impact approach, bringing together the education, business and community sectors and is underpinned by Evidence Based Programs including World Health Organisation endorsed programs, delivered by facilitators trained to get the best from participants.



*The SWC program approach works well because it comprises of multiple layers of activities and programs that lift the aspirations of the students and encourage them to dream about their futures. Importantly it provides students with foundation skills of Social Emotional Learning (SEL) which help create social cohesion within the classroom and playground.*

**- Primary School Assistant Principal**

*I now want to become an engineer, so I will go to university.*

**- Duc**