



Are your students struggling to meet the demands of their VCE?  
Are they stressed, lacking focus and motivation?

We can help ! **VCEhelp.com.au** offer a range of resources for students in Years 9-12 including seminars and workshops. The seminars cover a range of topics to suit the diverse student needs of Generation Y.

Our seminars take these facts into considering by constructing a **series of dynamic, educational and engaging sessions** that students and staff alike will love. You can select the sessions you require according to your school's diverse needs below.

**Testimonial:**

"Dear Dr Bateman, On behalf of the students and myself in the Mind, Body and Soul class of 2004 Banksia Secondary College, I would like to thank you for your inspiration presentation. The information was so clear, easy to follow and very relevant to my Yr 9/10 students. As you know a "one-off" information session is never enough. We had follow up classes where we discussed your information and recommendations and some students took up the challenges. For their exam, students gave a talk on any topic/s that inspired them. Your presentation was often mentioned. Actually several students said they want to be in the "5%!" This would have to be one of those experiences that will remain in my memory bank for ever. I achieved one of my goals! Thankyou for giving my students the opportunity to hear such a high quality motivational talk that I'm sure will have an impact on their future lives. May I take this opportunity to wish you well in your endeavours in this field. I hope you will be available when I teach this subject in mid 2005. Wishing you and yours greetings for the festive season. Sincerely, **Betty Dalla Riva (Teacher of Food & Health- Banksia Secondary College).**

Our seminars cover a range of topics designed to **explore each student as a whole** including nutrition, meditation, goal achieving, time mastery, brain dominance and learning styles, exercise, note making and summaries, mind maps and memory techniques plus much, much more. (Please see the next page for a complete outline of these sessions and duration).

**Testimonial:**

"My daughter was absolutely "pumped" after each day of your course. She had several discussions with the family which were incredibly positive and uplifting. Thank You. **Jenny Denehy - Mother of VCE student 2004. Box Hill Senior Secondary College.**

The costs for the seminars will depend on the following:

- Location: whether based in metropolitan or rural areas.
- Number of sessions requested and duration
- Number of students / teachers involved in the sessions when we consider printed resources (optional).
- Facilities – we require a data projector & screen, computer to play the presentation, a room or large hall with easy access to power and a portable whiteboard. If this cannot be supplied an extra fee may be incurred.

**For a seminar quote please complete the attached quote request form below** or contact us on (ph/fax) 9571-9521, (mobile) 0414 828 003 or by our contact us form at [www.vcehelp.com.au/contact](http://www.vcehelp.com.au/contact)

Testimonials can also be found after the quote request form.

Please select from the options below for our workshop activities.

## VCE Help seminars:



### **Roadmap to VCE Success Seminar (3 hours)**

This is our most popular seminar which encompasses the following key areas:

- How to achieve any goal by finding your motivational triggers
- How to master the science of managing your time and the crucial steps to avoid procrastination
- How to make effective study notes to help prepare for SACs and exams.
- How to tailor your study habits to your unique learning style for enjoyable and effective studying.



### **Generation Y Parenting and the 5 skills for VCE success (1 hour)**

This is a great session for first time parents of VCE students. Informative and entertaining it provides practical strategies and guidelines for parents and Generation Y children as they step into their VCE.

Many schools prefer to add this session to their VCE Parent information evenings early in the school year.



### **7 Deadly Mistakes Student's Make And How To Avoid Them: (1 hour)**

This is our "all in one" presentation that takes into consideration goal setting and achievement, nutrition and health, revision strategies, note making, study planning and preparation, exam technique and finally strategies for seeking help.

Students will find this session both motivational and engaging which is fast becoming one of our most popular 1 hour presentations.

### **Brain Dominance & Learning How to Learn: (1 hour)**

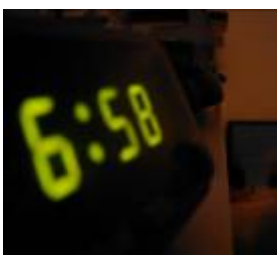
*Students will:*

- Complete a learning styles survey and identify their own unique learning styles and study preferences.
- Identify their preferred study strategies for their own individual learning style to rapidly increase the study effectiveness and recall to learn any subject.
- Be challenged about their beliefs on intelligence and their capacity for learning leaving students empowered about their own learning and future.

### **Time mastery – how to get more done in less time: ( 1 hour )**

*Students will...*

- Identify the habitual patterns of procrastination and 7 strategies to help "pulverise procrastination" to make more efficient use of time.
- Learn the common pitfalls of VCE students as documented in recent VCE student research.
- Research their own priorities and make steps to plan out their commitments in the VCE.
- Master how to effectively balance and prioritise commitments to lead a balanced student life and achieve the best possible results.
- Learn 13 ways to become more efficient to squeeze the most of their time and maximize their efforts during school, after school and on weekends.





### **Master minds and a memorable memory. ( 1 hour )**

*Students will...*

- Learn the 12 memory principles that are required to learn and retain any information.
- How to organize themselves during study sessions to maximise recall?
- Learn the best length for study sessions – and the one critical factor that over 90% of student study sessions lack to enhance recall?
- Master the secret visual technique that subconsciously “taps” into your memory reserves...and also is used to determine if someone is lying to you!
- Why a student’s current method of note-taking is probably setting students up for poor retention and poor exam performance?



### **Speed Reading Basics: ( 30 minutes minimum to 1 hour)**

*Students will...*

- Be shown, and practice, a secret technique that they can double their reading speed without a loss of comprehension in under 5 minutes.
- Learn 12 other tips to enhance the speed of reading and recall during their study efforts.
- Shown how to quickly research books and other resources and identify if the content is relevant and useful.
- Be able to calculate their reading speeds quickly to gauge their improvements in reading speeds.
- Pre-requisite: All students must bring a novel for them to begin reading during this session...preferably an unread novel.



### **SAC and exam preparation: ( 1 hour )**

*Students will...*

- Learn why up to 30% of the mistakes in their exams are avoidable.
- Identify the 25 essential exam skills that students must master to maximise results.
- Use the blueprint for SAC preparation – and follow each step to ensure they are fully prepared for every assessment task.
- Use the 10 step exam blueprint - which shows students the essential step by step outline of what they need to do and when to maximise exam performance.
- Students will learn the most common exam mistakes and how to avoid them.

### **Note-making or note-taking – how to summarise, organise and remember your notes to ace your assessment tasks: ( 1 hour )**

*Students will...*

- Learn why most student notes are ineffective and will not result in them remembering their class notes.
- Master the critical steps of note-making so that notes will be memorable.
- Evaluate the 7 best techniques to make quality notes – what are the pros and cons for each type of student and which type of technique is suited to which learning style.
- Create a learning map of a topic – and show their representation visually to enhance their recall.





### **VCE Goals, Inspiration and Motivation ( 2 hours )**

*Students will...*

- Learn why 95% of people who set a New Years Resolution fail to achieve it.
- Learn why the “why to” is far more important than the “how to” when it comes to setting their goals.
- Master the step by step S.M.A.R.T.I.E.S program to achieve any goal.
- Learn how the laws of kaizen will help you by motivated and focussed to achieve any goal and achieve the life you dream of.
- Master a life long skill that can not only boost grades marks but increase health, happiness and success!



### **Energy for Life: Sleep and teenagers. ( 1 hour )**

*Students will...*

- Learn why as many as 30% of all Australians suffer from insomnia or sleep difficulties?
- What are the exact sleep needs of teenagers? Learn why they are different to adults?
- Learn what action steps you can take to wake feeling fully refreshed and recharged without the use of stimulants.
- Learn the most common mistakes that rob you of a quality nights’ sleep!
- Learn how you can improve your memory, study results and exam performance through a better nights sleep!
- Learn the 14 guaranteed steps to a better, more restful sleep.



### **Energy for Life: Power nutrition for VCE success ( 2 hours ).**

*Students will...*

- Discover why Aussie kids are getting fatter and sicker every year!
- Investigate the Top 7 Super foods for Students to Improve Memory, Concentration and Results?
- Learn what foods will improve immune function so students can avoid getting ill during peak periods.
- Research nutritional supplements... Snake Oil or Miracle Molecules?
- Investigate why nutritional Deficiencies, Osteoporosis, Cancer, Heart Disease and Arthritis are increasing and how they can protect themselves.



### **Energy for Life: Exercise your way to higher grades ( 1 hour ).**

*Students will...*

- Learn simple exercises for your Mind, Body, and Spirit
- Get motivated to adopt exercise as a lifetime health choice
- Learn little known exercise secrets from Africa, Asia and India that are thousands of years old!
- Learn how you can incorporate exercise into your study routine to improve energy, focus and exam performance.



### **Ergonomics: How to set up your winning environment ( 1 hour ).**

*Students will...*

- Learn how to alter lighting arrangements to improve focus and concentration.
- Learn how to adjust seat height for best posture to maintain energy during study periods.
- Learn how to set the correct heights for reading texts and other resources without putting excessive loading on your spine.
- Learn quick, easy to learn stretches and exercises that can dramatically reduce the damaging stress on the spine caused by prolonged sitting.
- Learn how to pack and carry a schoolbag to avoid becoming one of the 80% of school aged children who are risking permanent injury to their spine by ill-fitting or incorrectly worn schoolbags.



### **Energy for Life: Meditation ( 1 hour )**

*Students will...*

- Learn the effects of meditation on brain wave patterns to improve creativity, reduce stress and enhance productivity.
- Learn how to meditate to improve focus, energy and well being.
- Actually experience a guided meditation that they can take-away and apply easily to improve any aspect of their life.

We can tailor any session to the needs and demands of any school and its students.



## Seminar quote request.

Contact Name: \_\_\_\_\_ Position: \_\_\_\_\_

School: \_\_\_\_\_ Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ P/Code: \_\_\_\_\_

Best Phone: (\_\_\_\_) \_\_\_\_\_ Best time to call (Day and time): \_\_\_\_\_

Email: \_\_\_\_\_

### I am interested in the following sessions:

<input type="checkbox"/> Roadmap to VCE success seminar (3 hours)	<input type="checkbox"/> The 7 deadly mistakes students make and how to avoid them.	<input type="checkbox"/> Generation Y parenting and the 5 ingredients for VCE success
<input type="checkbox"/> Health, energy and vitality (staff/students)	<input type="checkbox"/> Brain Dominance & Learning How To Learn	<input type="checkbox"/> Time Mastery-how to get more done in less time.
<input type="checkbox"/> Master Minds and a memorable memory	<input type="checkbox"/> Speed Reading Basics	<input type="checkbox"/> SAC and Exam preparation skills
<input type="checkbox"/> Note making-how to summarise and organise.	<input type="checkbox"/> VCE Goals, Inspiration and Motivation. (2 hours)	<input type="checkbox"/> Energy for Life: Sleep and Teenagers
<input type="checkbox"/> Power nutrition for VCE success.	<input type="checkbox"/> Energy for life: Exercise to higher grades	<input type="checkbox"/> Ergonomics: How to set up your environment
<input type="checkbox"/> Energy for Life: Meditation	<b>All sessions are 1 hour unless otherwise stated.</b>	

In order of preference (if looking at alternative dates) please list the specific dates & times that you are interesting in.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Approximately how many students and staff will be attending? \_\_\_\_\_

The following are items that we require for our presentations. Please tick the items that your venue is able to provide for our presentation.

<input type="checkbox"/> Data Projector	<input type="checkbox"/> Data Projector screen	<input type="checkbox"/> Notebook computer (or other hardware to play presentation). Microsoft Powerpoint 2003 or 2007
<input type="checkbox"/> Whiteboard	<input type="checkbox"/> Microphone (lapel preferred) – only if the venue has poor acoustics or large numbers.	<input type="checkbox"/> Sound System – if the venue has poor acoustics or large numbers.

Would you like us to photocopy all the workbooks for students? (additional cost) **OR**

Receive a PDF document by email which you can print and copy your own notes

Do you have any specific questions or requests about the presentations?



FAX/Phone:

(03) 9571 9521



Email:

[heath@vcehelp.com.au](mailto:heath@vcehelp.com.au)



VCEhelp

PO Box 327,

Darling South, Victoria, 3145

## Testimonials from our seminar attendees

"It has provided some useful information to aid with study processes and programs. It was useful to see how different approaches can be used to deal with Yr 12 study. It gave insight how past students dealt with Yr 12 and to study and harness our brain power and abilities." Will Koenig (VCE student 2003)

**"Fantastic! Inspiring! Invaluable – not just for VCE but for life!"**

(Regarding Speed Reading activities) "The practice session that Mr. McGregor took us through. The result was huge!" Laura Denehy (VCE Student 2004- Box Hill Senior Secondary College)

"It was a great eye opener and it has made me more determined which is great. Thank you heaps!! Melanie Crawford (VCE Student 2004- Box Hill Senior Secondary College) "Interesting. Helped out with not only VCE techniques but life skills that I will apply and use in my every day life. I really enjoyed the meditation, note-making, memory and time mastery. **Would highly recommend to other VCE students who are not quite sure not only about VCE but about Life!**" Spencer Skey (VCE Student 2004- Box Hill Senior Secondary College)

"It was good. I learnt a lot and gained some confidence in myself and getting my goals. It really opened my mind and gave me useful knowledge that I can use in school and in my life." Russell Clark (VCE Student 2004- Box Hill Senior Secondary College)

**" I learned sooooo much. I thought that it would just be about school stuff but it gave me so many life skills that I know my life will be much better lived and used now that I have been to this seminar. THANK YOU! Very much."** Sarah Taylor (VCE Student 2004- Box Hill Senior Secondary College)

**"Outstanding! I loved the seminars. Each and everyone can be used and applied in our everyday lives.** The overview at the end was extremely valuable, something that I haven't found at other seminars. Thank you." Jen White (VCE Student 2004)

"Interesting, extremely interesting. I thought it was a really good seminar & good to receive help like this to help achieve your goals. Thanks a lot & keep up the good work! (On speed reading activities) " I found this really good, I was cynical towards this and wasn't going to think it would work for me because I'm not very good at reading but I found the speed reading was really good." Kate McKerrell (VCE Student 2004- Box Hill Senior Secondary College) (

Time mastery): "I have always had trouble with not having enough time so this topic was perfect and extremely useful to manage my time. I have always been a procrastinator. Not any more." (Sleep): "Having the right amount of sleep to have energy the next day. This topic was very enlightening and will definitely be used by me in the future. I slept like a baby last night!" (Meditation): "After meditating I found I was more relaxed but still got more energy out of the task." (Ergonomics): "This information was valuable to know when studying and not hurting myself. I went home last night and made sure my desk was ergonomically correct. Big improvement." (Note making, Sac & Exam preparation): "I am very confident that there should be an improvement in my sac and exam results. Don't worry you will receive a thankyou email at the end of the year. My goal is a 90+ ENTER score and I get a laptop if I succeed!" Kim Truman (VCE Student 2004- Box Hill Senior Secondary College)

**"It was hands on, informative and a life-changing experience."** Warwick Bettles (VCE Student 2002)

**"It was constantly electrifying and didn't slow down at any time."** Stephen Riella (VCE Student 2002)

**"I liked the presentation of ideas. It was really creative, interactive and made the audience laugh and smile. Very well organised to maximise attention and convey information using a great modern approach. Excellent."** Kate McLinton (VCE Student 2002)

"It was energetic and fun! The presenters really enjoy what they are doing which makes the presentations all the better." Georgia Barbayannis (VCE Student 2002)

“The (techniques) are really useful, all are applicable in my situation and will help me with my goals and to succeed in life. I thought this seminar was AWESOME. Thank You!” David Kent (VCE Student 2002)

“Making us think about different techniques and skills such as speed reading and memory retention which are practical. Everyone could benefit as they are essential.” Lisa Hirai (VCE Student 2002)

“I loved knowing more about time management and the goal setting. The goal setting session was fantastic in making me realise what I REALLY did want. Loved the door demonstration! The amount of energy and motivational speaking within you guys is mind blowing.” Jenny Lee (VCE Student 2002)

**“It wasn’t just listening...making us active in what was relevant helped me understand it and made it interesting.”** Bronwyn Fleming (VCE Student 2002)

“I found the nutrition and speed-reading the most beneficial. Meditation was a nice and positive way to complete the session. Great work!” Yael Myerson (VCE Student 2002)

“The presenters were very good, they looked at everybody when they were talking and engaged with the audience.” Tina Konstantinou (VCE Student 2002)

“I found all the information about sleep and nutrition really interesting and they should be good to know in the future. The second last session about the VCE study Plan should also be really helpful. All the info was really helpful and taught in an innovative and creative way.” Lucy Jarvis (VCE Student 2002)

**“It was energetic and not boring. It was easy to understand and we were given examples on how to apply them to our own lives everyday.”** Desiree Yong (VCE Student 2002)

“I liked the meditation parts, that stuff has always interested me but we don’t get taught it in school.” Nilushan Nagorajah (VCE Student 2002)

**“The seminar was enjoyable and enlightening. The points raised I believe will help me in succeeding and achieving the goals I have in the future.”** Justine Fernand (VCE Student 2002)

“Fun, Interesting & Interactive. Techniques can be easily implemented by anyone throughout life.” Kanishka DeSilva (VCE Student 2002)

“It was fun and they were interesting. I believe they have helped me. Having jokes while the talks was good.” Brea Grose (VCE Student 2002)

“The people presenting were entertaining, inspirational, especially by the way they speak.” Kai Hong (VCE Student 2002)

“The way they presented you were able to relate to what they were saying. The amount of energy they have and that they are genuine.” Amanda Nicholson (VCE Student 2002)

**“It will help me for life. I can use what I have learnt continuously in life and the motivation showed me how motivated some people are.”** Matthew Collins (VCE Student 2002)

“Memory techniques seem quite interesting like the eye movement & olfactory techniques. I have to see if they work.” Kinga Kotlarski (VCE Student 2002)

“The nutrition and meditation areas really are going to help me. Staff presented with GREAT enthusiasm and really got into it. Keep up the energy and Good Work!!” David Marinakis (VCE Student 2002)

**“Great presentation. Both presenters very enthusiastic. This makes the audience more involved. Metaphors easy to understand. Techniques easy to do & easy to learn. Content = GREAT. Inspiring session and great advice”.** Ashwin Rajan (VCE Student 2002)

“The meditation was very relaxing. I didn’t want to come out of it.” Mayar Singh (VCE Student 2002)

“I liked the broad range of topics covered such as nutrition and sleeping habits.” “I thought the study skills section was very good. The speed reading was very helpful.” Zoe Warrell (VCE Student 2002)

“On the 18<sup>th</sup> of November, a man named Dr. Matthew Bateman came to our Year 9 and 10 Mind, Body and Soul class. He spoke to us about our goals and dreams for the future. He told us to do many activities that include us talking about what we want out of life. He included conversations that made us think about our life. Also if we want to do something in our life that we can do it no matter what anyone says to us. He spoke to us about what it really means to be successful and happy. He told us to make a plan for our future and actually do it, don’t wait around thinking it will magically happen. We learnt about the 3 laws of Kaizen. Kaizen is constant and never ending improvement. He spoke to us about different affirmations. One of them was, “Beliefs are only opinions, not facts.” We really enjoyed him coming to talk to us and most people took in his information and got a lot out of it. We hope he comes again because the information was very useful to us.” Linda.M & Skye.J Year 10 Mind Body and Soul class Banksia Secondary College 2004.

“ Dear Dr Bateman, On behalf of the students and myself in the Mind, Body and Soul class of 2004 Banksia Secondary College, I would like to thank you for your inspiration presentation. The information was so clear, easy to follow and very relevant to my Yr 9/10 students. As you know a “one-off” information session is never enough. We had follow up classes where we discussed your information and recommendations and some students took up the challenges. For their exam, students gave a talk on any topic/s that inspired them. Your presentation was often mentioned. Actually several students said they want to be in the “5%”! This would have to be one of those experiences that will remain in my memory bank for ever. I achieve one of my goals! Thankyou for giving my students the opportunity to hear such a high quality motivational talk that I’m sure will have an impact on their future lives. May I take this opportunity to wish you well in your endeavours in this field. I hope you will be available when I teach this subject in mid 2005. Wishing you and yours greetings for the festive season. Sincerely, Betty Dalla Riva (Teacher of Food & Health- Banksia Secondary College).

“My daughter was absolutely “pumped” after each day of your course. She had several discussions with the family which were incredibly positive and uplifting. Thank You. Jenny Denehy – Mother of VCE student 2004.

“Great learning experience.” Peter McKerrell – Father of VCE student 2004.

“My son attended one of Peak Potential Success Centres Australasia Pty Ltd talks and raved about it for weeks as did his friends. He thought it was absolutely fantastic! I don’t know what was taught, but he has motivational words of wisdom posted up all over his bedroom wall. He’s set himself goals and has laid down plans to reach them. I’ve noticed his attitude has changed dramatically and he’s now even more motivated and organised. Sounds like the guys hit the nail on the head and were a great success. This course should be run in every school, and should be part of the curriculum. Well done guys!” Dr. Ange Marinakis WINLIFE Pty Ltd – Father of VCE student 2002

**More testimonials can be found at [www.vcehelp.com.au](http://www.vcehelp.com.au)**