

## THE FACTS OF LIFE ABOUT VCE

With over 30 years teaching experience at secondary level and 20 years teaching Year 11/12 students in 4 separate subjects presenter Dale Platek takes an often humorous but thought-provoking look at successfully completing the VCE. Aimed at both Year 11/12 students Dale will examine the skills required for students to successfully negotiate their sometimes stressful journey through the VCE while coping with the issues they will encounter along the way.

**Suggested Duration:** 90 minutes.

### **Content Includes:**

- managing study pressures
- finding a balance between life and school
- managing your time wisely
- setting realistic and attainable goals
- coping with success and failure
- developing good diet, nutrition, and relaxation habits

### **Achieving Your Outcome**

This PD will provide both Year 11/12 students with a realistic hands-on approach to successfully completing their VCE. It acknowledges the statistics that approx. 40% of Victorian Year 12's suffer moderate to severe anxiety, 30% deal with stress or depression, and 20% have thoughts of self-harm according to clinical psychologist Andrew Fuller. After teaching Year 11/12 for more than 20 years the message I want to pass on to students is that they can successfully complete their VCE but they will still have a life to live following its completion.

#### **Dale Platek**

2 Amlyn Crt, Kinglake West, Vic 3757

Ph/Fax: (03) 5786 5717

Mobile: 0414 465 300

Email: [info@daleplatekspeaking.com](mailto:info@daleplatekspeaking.com)

**WWW.DALEPLATEKSPEAKING.COM**