

Engaging Unengaged Students

Sheridan Sugden



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Engaging Unengaged Students

Sheridan Sugden, B.Soc.Sc (Psych), Founder and CEO UBU Coaching

Sheridan has worked in various careers; however, teaching and helping people has always been her passion. She has been in the Education sector since 1995; in the fields of VET, Career Development, Career Counselling, Education Support and Learning Support in both public and independent schools in Victoria, England and Queensland.

She has owned and managed businesses throughout her career, most recently 5 years as a Resort Manager and Founder and CEO of UBU Coaching. Sheridan has been a VET Trainer and Assessor since 2011, and developed training programs for Certificates II & III in Business and Tourism using industry knowledge to ensure authentic workplace experiences and compliance.

She brings together her experience in VET, management, psychology, coaching, positive education and working with disengaged and learning support students to assist young people to find purpose, take responsibility and engage with education and life. As well as assisting teachers and parents to re-engage students using a range of positive strategies.

Phone: 0430 314 575
Email: info@ubucoaching.com.au
Website: www.ubucoaching.com.au



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Student Centered



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QUESTION...
Type your response in the chat window

What is your greatest challenge in the classroom?

SESSION OVERVIEW

- Understanding your students
- The adolescent brain & growth mindset
- Change your attitude and mindset to engage students
- Change student's mindset and attitude to improve behaviour and engagement
- Tips to align meeting VET competency in an engaging environment



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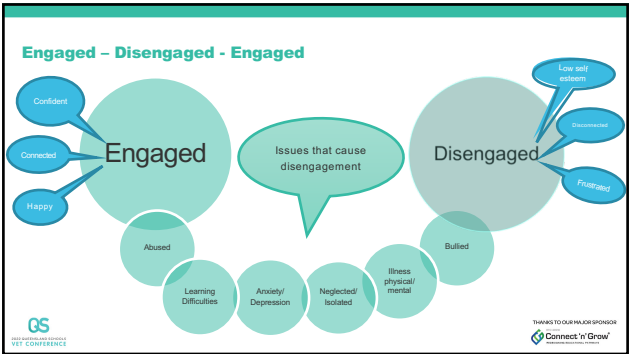
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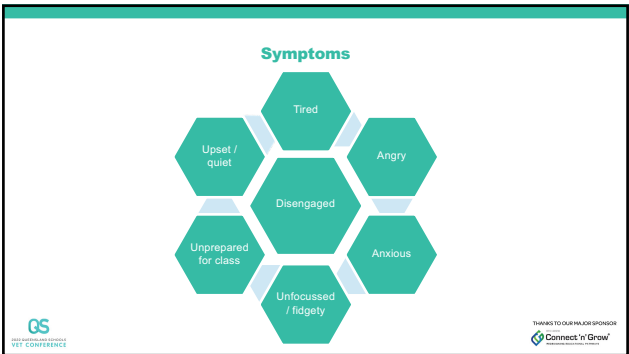
Understanding your students

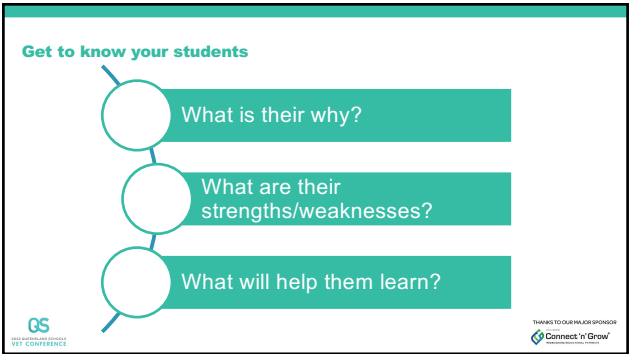


Issues
Symptoms
Get to know your students









Engage to Empower

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The adolescent brain and a growth mindset

Adolescent Brain Development

Fixed Mindset
intelligence is static

- Challenges ... avoid
- Obstacles ... give up
- Effort ... no point
- Criticism ... deflect
- Success of others ... feel threatened

Growth Mindset
intelligence is developing

- Challenges ... embraces
- Obstacles ... fortitude
- Effort ... work hard
- Criticism ... learns
- Success of others ... celebrates

The Adolescent Brain

UNDER CONSTRUCTION

THE AVERAGE TEENAGE BRAIN

(National Health Service, 2022)

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Fixed mindset VS Growth mindset

Characteristics of a Fixed Mindset	Characteristics of a Growth Mindset
• Believes intelligence and talent are fixed • Believes effort is fruitless • Believes failures define who they are • Hides flaws • Avoids challenges • Ignores feedback • Views feedback as personal criticism • Feels threatened by other's success	• Believes intelligence and talents can be developed • Believes effort is the path to mastery • Believes mistakes are part of learning • Views failure as an opportunity • Believes failures are temporary • Embraces challenges • Welcomes feedback • Views other's success as inspirational

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Fixed mindset VS Growth mindset

The Power of Yet...

DEVELOP YOUR GROWTH MINDSET

I can't do this...yet!
This doesn't work...yet!
I don't know...yet!
It doesn't make sense...yet!
I'm not good at this...yet!
I don't get this...yet!

www.ininterbalance.co.uk

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Change your attitude and mindset to engage students

Lead by example



Reflect

•Why are you teaching VET?

•What are your challenges?

•How can you overcome them?

•Do I look after my mental and physical health?

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The Wheel of Life

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Sail Boat

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Change your attitude

- The Upward Spiral – Alex Korb PhD, Neuroscientist
- Gratitude
- Appreciation
- Recognition
- Encouragement

MOTIVATION & INCREASED PRODUCTIVITY

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SCHOOL OF BUSINESS & ECONOMICS

Change a student's mindset and attitude to improve behaviour and engagement

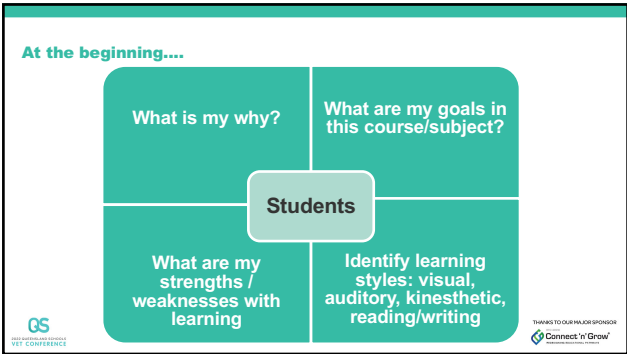
Mindset & Attitude

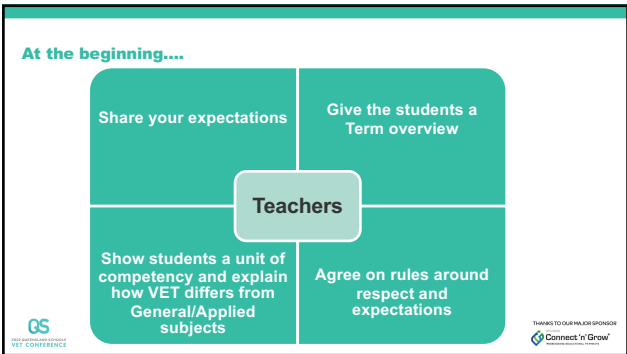
- Your mindset is how you see the world around you.
- Your attitude is how you interact with the world according to how you see things.

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At the beginning....

- Ensure the students know they are in a workplace (not a classroom) and as such need to act like adults and treat each other with respect and courtesy whether they like someone or not
- This also applies to you 😊

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Change student's attitude

Give students a taste of success

Work on changing their negative beliefs

Show respect and kindness

Use mindfulness

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Children Learn what they Live by Dorothy Law Nolte

- If children live with criticism, they learn to condemn.
- If children live with hostility, they learn to fight.
- If children live with ridicule, they learn to feel shy.
- If children live with shame, they learn to feel guilty.
- If children live with encouragement, they learn confidence.
- If children live with tolerance, they learn patience.
- If children live with praise, they learn appreciation.
- If children live with acceptance, they learn to love.
- If children live with approval, they learn to like themselves.
- If children live with honesty, they learn truthfulness.
- If children live with security, they learn to have faith in themselves and in those about them.
- If children live with friendliness, they learn the world is a nice place in which to live.

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Excerpted from the book CHILDREN LEARN WHAT THEY LIVE ©1998 by Dorothy Law Nolte and Rachel Harris Used by permission of Workman Publishing Co., New York

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Tips to align meeting VET competency in an engaging environment



Implementing strategies into the learning space



2-5 minutes relaxation / meditation at the start of the class



Set expectations of work requirements for the lesson



Mix up the lessons where possible to accommodate for learning styles eg: listening, discussing, visual and practical stimuli



Do a practical session to apply those skills eg: communication skills in groups (your chance to do some observations)



If a double lesson have a 2 minute stretch break



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Tips to meeting VET competency and engaging students



Change the classroom into a workplace, get the students involved in 'workplace policy' by allowing them to assist in writing behavioural and safe workplace expectations (WHS, communication and HR units)



Do a Term planner with the students that encompasses all of their commitments and subjects (organisation and planning units)



Be their mentor and encourage discussion, cooperation and teamwork within the classroom.



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WHAT WE HAVE COVERED...



How to understand your students



Why adolescents behave as they do (Teenage Brain)



Growth Vs Fixed Mindset



Changing mindset (Upward spiral)



Strategies to engage students



Tips for meeting competency



Take care of each other ©



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Seek help if needed

If you or one of your students require help please contact:

- the school counselor / psychologist
- Lifeline: 13 11 14 or
- Beyond Blue: 1300 22 4636



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ANY QUESTIONS?