



Year 6 to 7 Transition Sessions

Programs to equip all students with a successful & smooth high school transition.

Dates: 18 January - 21 January 2021, 12:30pm - 3pm

Parent Session: 21 January 2021, 6pm - 7:30pm

We will be offering monthly weekend top up sessions throughout 2021 (dates and times to follow)

Moving to year 7 can be exciting and challenging. After the stress of 2020 these worries may be even more significant and the impact on children can be immense.

Given the stress of starting high school and the difficulties we have experienced this year, it has inspired us to finally start running high school transition programs to equip all students with a successful and smooth high school transition.

Moving to year 7 is a child's first big step toward independence. It is exciting and a major milestone in their lives. On Track Therapy are excited to present a holiday program designed to assist your child with understanding the expectations, learning strategies to assist with organisation, planning and flexibility as they experience the excitement and challenges of high school.

Our Year 7 Transition program will assist with the following:

Transition Tips

- Understanding how secondary school works
- How to deal with multiple teachers and expectations
- Managing anxiety and change
- Navigating homework and assignments
- Social skills
- Interacting with new people
- Asking for help
- How to say you don't understand

Study skills and Techniques

- Planning, scheduling
- Study timetable
- Time management
- Note taking, identifying key information
- Mind maps, graphic organisers, cue cards
- Literacy skills
- Finding key information
- Planning essays
- TEEL essay structure

Executive Functioning

It is helpful to understand what executive functioning means. It is like the CEO of our brain and assists in a variety of ways. The three main areas of executive function are:

- Working memory
- Cognitive flexibility (also called flexible thinking)
- Inhibitory control (which includes self-control)

Executive function is responsible for a number of skills, including:

- Paying attention
- Organising, planning and prioritising
- Starting tasks and staying focused on them to completion
- Understanding different points of view
- Regulating emotions
- Self-monitoring (keeping track of what you're doing)

Having deficits in executive functioning ability can influence students in a number of ways.

It can affect some or all of the following:

- Inability to ask for help
- Difficulty following directions
- Insistence on doing things in a particular way
- Prioritising work and being organised with their school work
- Remembering simple instructions
- Developing attention skills to the task at hand and overcoming distractibility
- Completing tasks within a set time
- Commencing and completing homework

We aim to assist students with these challenges through our transition program. Our highly experienced transdisciplinary team can help with understanding and providing effective tools and strategies to assist students in year 7 and beyond.

Program cost: \$1,200

NDIS or Medicare benefits may apply

Contact us at On Track Therapy Group to find out more

Phone. 03 9833 1120

info@ontracktherapygroup.com.au

www.ontracktherapygroup.com.au