

Learning

Make school life work as much as possible

A positive school offers a stable environment for learning how to get along with adults and other young people and finding out about established or accepted social ways of behaving – which in turn contributes to academic learning skills. As a tutor encourage students to consider how they could make their school life better and what things they need to do to ensure they have a good experience while at school.

Map out career or life plan

Helping students have a view to the future can help set them up for eventually mapping out a meaningful adult life. Encourage students to think ahead and to have a strong sense of purpose in regards to school work and their life at school.

Help students to organise themselves

Encourage students to have structure in their lives as it can help their school life run more smoothly. Help students identify how they can be more organised and how being organised can help them feel more resilient.

Highlight achievements

Taking notice of your students' successes, strengths, talents and interests will build their resilience and confidence. Help students to notice and feel good about what they have achieved. Encourage them to use what they have achieved as a way of helping them cope with stress and adversity.

Develop life skills

Developing life skills is about teaching students the necessary skills for living. Successfully teaching life skills relies on breaking things down into small parts and encouraging students to try out something new. Developing life skills is about relating learning to real life and then setting students a challenge so that they try and develop that life skill.