

HIGH SCHOOL HIGHLIGHTS

"Respect, Responsibility & Tolerance"

NARROGIN SENIOR HIGH SCHOOL



Issue 8 2025



Congratulations to NSHS Dux 2025 Kate Cousins



Kate Cousins



Lauren Johnson



Leith Wood

Dux

Presented by Ms Sandii Stankovic—
Principal Narrogin SHS
Awarded to Kate Cousins

Runner Up Dux

Presented by Ms Sandii Stankovic—
Principal Narrogin SHS
Awarded to Lauren Johnson

Dux—Certificate of Commendation

Presented by Ms Sandii Stankovic—
Principal Narrogin SHS
Awarded to Leith Wood

Continued page 2

A Celebration to Remember 70 Years of Learning, Legacy & Community

What an incredible few days it was as Narrogin Senior High School proudly marked 70 years of education, stories, and community spirit!

The weekend brought together past and present students, staff, families, and community members to honour the people who have shaped the school across seven decades.

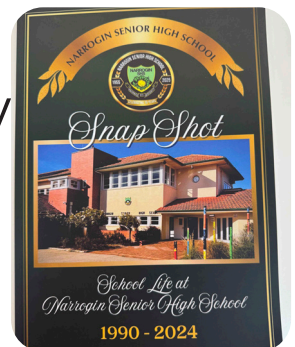
We celebrated not only those who continue to contribute today but also those whose influence lives on through the halls, classrooms, and hearts of NSHS.

This milestone event reminded us all of the friendships, achievements, and memories that continue to define our community.

The 70th anniversary was more than an event—it was a reflection of the community that has supported, shaped, and strengthened Narrogin Senior High School across generations.

Thank you to everyone who joined, whether in person or from afar. Your stories, memories, and continued support make NSHS a place of connection, pride, and lifelong impact.

Here's to the years ahead—and to many more celebrations to come!



Continued page 4

Principal's Award



Ethan Powell

Presented by Ms Sandii Stankovic

Vocational Education and Training Dux



Sienna Epworth

Presented by Ms Sally Panizza—
Director of Education: Wheatbelt

Runner Up Dux – VET



Zarli Perkins

Presented by Ms Sally Panizza—
Director of Education: Wheatbelt

Hotham Trust Award



Trinity Hill

Presented by Mrs Ray McCall—Board
Member, Hotham Trust

Presentation Evening continued



Other Award Winners

Ampol Best All Rounder Award

Awarded to **Olivia Hann**

Citizenship Award

Awarded to **Casey Dicker-Lee**

Sportsperson Award

Presented by Mr Graham Broad—Deputy Shire President:
Narrogin

Awarded to **Georgia Ellis**

Certificate of Commendation: Max Slawinski

Long Tan Leadership & Teamwork Award

Awarded to **Cadel Penny**

ADF Future Innovators Award

Awarded to **Max Drayton**

70th Celebrations continued



Mr Alan Hall



Mr Brian Lange



Mr Michael Brown



Open School Market Day – A Celebration in Full Swing

Our Open School Market Day was buzzing with excitement! Families, alumni, and community members enjoyed:

- Delicious food and treats
- Vibrant market stalls
- Historical displays celebrating the school's past
- The student fashion show at 12pm
- Engaging talks from our guest speakers

The day was a wonderful opportunity to reconnect, explore, and celebrate everything that makes NSHS so unique.

A Heartfelt Thank You

The 70th celebrations would not have been possible without the dedication and support of so many. Our appreciation goes to:

- Working Party
- Hilltop Café Team
- Library Team
- Admin Team
- NSHS P&C & Canteen Team
- Guest Speakers
- Staff & Student Helpers
- Stall Holders & Service Providers
- Cleaning Staff
- Gardening & Grounds Staff
- Narrogin Observer
- Past & Present Staff and Students who travelled to join us
- Our wider community, whose support and care continue to enrich our school

Your efforts made this milestone truly special. Thank you for celebrating 70 years of memories, learning, and pride with us.



Londa Finlayson, Daphne Salamat, Susan Regan and David Budd

A Story from Our Community

Norm O'Neill (1974–1978)

"Thank you so much to the organisers for such a great event—I thoroughly enjoyed it. I loved the food from the tuck shop; it was a wonderful wander down memory lane. Our intake year had a good turnout, and we have a closed Facebook group called NASHS 61er's. Thanks so much."

Bron (née Baker) Falconer – NASHS Class of 1975 | Ian Falconer – Ag Farm Class of 1972

"We are watching from afar and wishing everyone a fantastic day. Keep the photos and videos coming!"

A Moment of High School High Jinx

One of the joys of a reunion is remembering the legendary high jinks of past students. **Rob McAllister** shared this memorable story:

"Roger Seigert and a few other Year 12s carried a motorbike up the far stairs, then rode it down the upper corridor to the main stairs. He says the only reason he was caught was that one of the foot pegs clipped a stair, and he fell off! The chip on the stairs was still there a decade later when I visited. It's not visible now thanks to rubber treads, but ain't Year 12s wonderful? Thanking you—great to reminisce!"

Stories like this remind us that the spirit of adventure and camaraderie is timeless.



Biggest Morning Tea 2025

On Week 6, the year 8's held 'the Biggest Morning Tea' for friends and family to enjoy the delicious food that they proudly prepared.

The year 8's loved eating the food they made—and the environment was filled with an inviting and positive atmosphere.

The snacks were quickly devoured, with the brownies and the sausage rolls being a big hit.

We held the Biggest Morning Tea to raise funds for the Cancer Council, and we successfully raised \$864 thanks to many kind donors.

This year's Biggest Morning Tea was a great success.

By Jathan Revilla Year 8



Celebrating Our Year 8 Scholarship Recipients!

We are delighted to announce that three of our Year 8 students, Ma Sophia Margareth David, Gretel Tinley and Ebony Johnson, have been awarded the prestigious Harding Miller Education Foundation academic scholarship for 2026.

This four-year program is dedicated exclusively to supporting young women who are high academic achievers planning to undertake tertiary study after graduation- but may have limited access to resources due to their geographic location.

This year, more than 800 students applied nationally, with 286 scholarships awarded across Australia. 10 students in Western Australia were successful- making our three recipients' achievement especially significant and a source of pride for our NSHS community.

The Harding Miller Education Foundation scholarships are valued at more than \$20,000 over four years and provide financial, emotional and academic support to ensure recipients can focus on their studies and future aspirations without barriers. Since its launch in 2015, the Foundation has supported hundreds of young women across Australia, opening doors to tertiary education and career pathways.

Please congratulate Sophia, Gretel and Ebony when you see them on their outstanding achievement. Their success reflects not only their individual efforts but also the encouragement and support of their families, teachers and peers. We are excited to see how this opportunity will help them pursue their goals and contribute positively to their communities!

Leanne Inglis



Student Spotlight

Thanks to the incredible generosity of Bankwest and the Polly Farmer Foundation – Follow the Dream program,

87 laptops have been donated to students across Western Australian schools. These devices will support and encourage students on their learning journey through high school.

We are proud to share that Chrishae Coyne, one of our Year 11 students, was selected to receive one of these laptops. This valuable resource will assist her as she enters Year 12, works towards graduation, and prepares for future studies.

Congratulations, Chrishae – we hope the laptop serves you well on your learning journey!

Londa Finlayson



Final Assembly Highlights

Narrogin SHS wrapped up the year with a fantastic Final Assembly celebrating key messages and student achievements. Mr Josh Jones spoke about the upcoming Social Media Ban, and Ms Jess Daniels from Holyoake introduced the Within Your Wallet program for 2025–2026.

Mr Jordan Heil presented our Sports Awards, recognising outstanding effort and achievement, while our Prefects and Student Council acknowledged exceptional teachers and students from each cohort. A great finish to a great year!

Londa Finlayson



Ambulance Visit

A huge thank you to Tanya, Jenni, David, and the Narrogin St John Ambulance team for visiting our high school and sharing your expertise with our students!

The students have been on cloud nine since your visit, and we're excited to continue building on what they learned about first aid. The experience was truly a highlight for them and one they won't forget.

We look forward to continuing our relationship and hope to welcome you back again next year

Londa Finalyson



RSL Winners Logo Competition

Narrogin SHS proudly acknowledges, on behalf of the Narrogin RSL Branch, the winners of their recent logo design competition.

Sophia – 1st Place

Sophia will receive a \$100 Visa gift card and a merchandise package including a T-shirt, hat, and jumper. Congratulations to Sophia for her creativity and outstanding design!

Bella – 2nd Place

Bella will receive a \$50 Visa gift card and a merchandise package including a T-shirt, hat, and jumper. Well done to Bella for her fantastic design and effort.



It's A Wrap!

Our Year 11s wrapped up their final FST lesson for the year by creating vibrant mocktails and beautifully presented charcuterie boards. Students worked individually to experiment with flavour pairings, styling techniques, and creative garnishing.

It was a fun, practical way to celebrate their last day while showcasing their growing confidence in food design, presentation, and teamwork.

Holly Seery



Workplace Learning 2025 and Beyond

Narrogin Senior High School extends its sincere appreciation to all employers who supported our students during Weeks 8 and 9 of Workplace Learning. With 15 students participating across industries such as earthmoving, education, hospitality, and building, the WPL program continues to provide authentic experiences that help students explore future career pathways. We value the partnerships we have built and look forward to working with both new and long-standing employers in 2026.

In 2026, the Workplace Learning program will adopt a more structured model. Starting Week 5 of Term 1, Year 11 students will move into a one-day-per-week WPL structure, attending their workplace each Wednesday and completing their regular school timetable on the remaining days. This integrated approach allows students to develop practical, workplace-ready skills while continuing their academic learning.

This weekly placement model is designed to:

- Build real-life skills in real-life settings
- Strengthen connections with local businesses
- Support and boost the local economy
- Provide pathways into traineeships, apprenticeships, and employment
- Support students in identifying clear career goals as they move toward the end of their schooling.

To ensure students are well-prepared, Weeks 1–5 of Term 1 will include a WPL/Readiness course delivered by our dedicated team:

VET Coordinator Kris McDonald, WPL Coordinator Londa Finlayson, Careers Practitioner Wendy Sargeantson, Year Coordinator Jamie Perry and Student Services Coordinator Maxine Clark.

Information packages will be sent home this week and next week to all Year 11 students who are not enrolled in ATAR or TAFE pathways.

For further information or any questions, please contact:

Londa Finlayson – Workplace Learning Coordinator

9881 9310 | 0497 987 980

Londa.Finlayson@education.wa.edu.au

Thank you to all our community partners for your ongoing support in helping our students grow, develop and build their futures.

Londa Finlayson



Workplace Learning 2025 and Beyond continued



Anjay Rajan at
True Aspect Homes



Jarred Little at
Boddington Builders



Hunter Finlayson at Halanson Earthmoving



Kirstie Gath at Cabanas



Isabella White at the Rec Centre



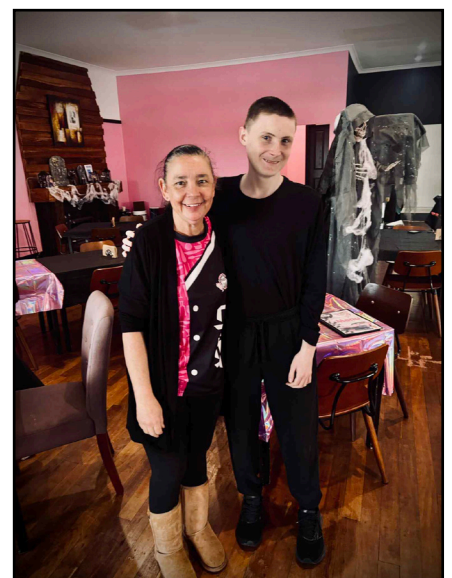
Justin Revilla at Narrogin Fresh



Luca Collette at St Matthews



Madysen Annear at St Matthews



Toby Marshall Boddington Diner

Night At The Museum Award Winners 2025

This semester at an assembly we announced the 2025 Night at the Museum Award Winners and Runners Up.

Congratulations to the following students

Year 7 Winner - Lisa De Waal
Year 7 Runner - Up - Elexie Ledger
Year 8 Winner - Alyssa Parks
Year 7 Runner - Up - Haven Buddy

A big thank you to the Narrogin Pharmacy (formerly Amcal Chemist, Narrogin) for donating the awards.

Brooke Rintoul



Lisa De Waal and Elexie Ledger



Alyssa Parks and Haven Buddy

IMSS Music Presentation at Narrogin Primary School



NSHS Vs Warick SHS

Netball

On 14 November, the Year 9 and 10 Netball Academy participated in their annual match-up against Warwick Senior High School, competing for the coveted bragging rights for the year.

It has been more than a decade since Narrogin last claimed the cup, and this year marked our closest contest yet, with a narrow 35-32 result following a determined fourth-quarter surge from Warwick.

Outstanding performances from Chelsea Ugle, Kiesha Bransby and Bailee Pike helped sustain Narrogin's momentum throughout the match; however, Warwick maintained consistent pressure until the final whistle.

Congratulations to all students who took part in a highly competitive and spirited game, and we look forward to building on this performance in pursuit of victory next year.

Ilija Stajic



Youth International Gryphon Cup

Narrogin SHS acknowledges the outstanding efforts of our students who recently took part in the KMSB Youth International Gryphon Cup, a four-day U16 tournament featuring teams from across Australia, Japan, Singapore, Malaysia and South Korea.

We are proud of Luca Collette and Dylan Mulchay, along with other local students who represented our region at this amazing international event.

Londa Finalyson



Mitch Page with Luca Collette and Dylan Mulchay.



Within Your Wallet is Back for Summer & Term 1 2026!

THE WITHIN YOUR WALLET PROGRAM IS BACK!

Are you between the ages of 10-18 and live in the Southern Wheatbelt?



Card for 13 - 18 Year Olds
@withinyourwalletbelt

13-18 years



Card for 13 - 18 Year Olds
Designed by Nicola Kickett

13-18 years Culturally Safe



Card for 10 - 12 Year Olds
Designed by Mia Mercuri

10-12 years



Card for 10 - 12 Year Olds
Designed by Tristan Lee

10-12 years Culturally Safe

Show your wallet card at participating venues to gain FREE access to activities

SCAN HERE TO FIND TO OUT WHERE YOU CAN USE YOUR WALLET CARD



HOLYOAKE
Whenever you're ready.

 **Pingelly Community Resource Centre**
Your local connection

Within Your Wallet is a diversionary initiative designed to reduce risk, increase safety, and strengthen protective factors for young people. The program improves youth connection by increasing awareness of support services (online and local) and providing access to free sport, art, and music activities.

A Wallet Card provides FREE entry to participating venues and activities.

It also includes youth support contacts and crisis lines - making it a helpful and accessible resource to carry just in case someone needs support.

Who can access a Wallet Card?

Young people aged 10-18 years living in the Southern Wheatbelt, including:

Narrogin, Wagin, Boddington, Williams, Wickopin, Pingelly, Brookton, Cuballing & Boddington.

To view participating venues, activity details, and more program information, you can visit <https://www.pingellycrc.com.au/withinyourwallet.html>.

Need a card?

Eligible young people who have not received one can collect spares from local schools, swimming pools, or youth centres.

New and refreshed wallet cards are coming soon — keep an eye out for their release!

For questions or more information, contact: wcadsprevention@holyoake.org.au

NOTICES



Thank You to these sponsors of NSHS Presentation Evening

Arts Narrogin
Best Office Systems
Byfields Business Advisers
Cabanas Coffee Lounge
Cactus Hare
Country Paint Supplies
Country Wide Insurance Brokers
Earl Street Physiotherapy
Elders Real Estate–Narrogin
Elders Rural Services–Narrogin
Family Eyecare
Farmers Centre Narrogin
FarmWorks Narrogin
Federal Member for O'Connor
Halanson Earthmoving
Hotham Trust
John Parry Medical Centre
Knightline Computers
Kulker Auto Specialists
Lane, Buck & Higgins
Lions Club Narrogin
Sims Construction Pty Ltd
Madej Concreting
McWhirter & Leong Pty Ltd
Mr Brian Hehir
Mr Peter Rundle MLA
Narrogin Auto Electrics
Narrogin Bearing Services
Narrogin Earthmoving & Concrete PL
Narrogin Toyota
Narrogin Chamber of Commerce
Narrogin Fresh
Narrogin Nursey, Café and Gallery
Narrogin Smash Repairs
New Cornwall Hotel
Nicholls Bus & Coach
Nik's Electrical & Gas
Parry's Narrogin
Planfarm
RAC
RSM Australia
Sam's Boutique Salon
Shire of Narrogin
The Narrogin Pharmacy
Thing-a-Me-Bobs
Westpac Bank
WFI Insurance



BUILDING RESILIENCE THROUGH REFLECTION

Turning Setbacks into Stepping Stones

Life is full of challenges, and school is no exception. Whether it's a disappointing test result, a tough subject, or feeling overwhelmed, setbacks are part of learning. But what if you could turn those challenges into opportunities for growth? Resilience—the ability to bounce back from difficulties—can be developed through reflection. By looking back at what went wrong, you can build the skills and mindset needed to move forward stronger.

1. Reflect on the Experience

When something doesn't go as planned, it's tempting to brush it off or feel defeated. Instead, take time to reflect. Ask yourself questions like:

- "What happened, and why?"
- "What part of this was within my control?"
- "What can I learn from this experience?"

For example, if you didn't do well on a test, think about whether it was due to a lack of preparation, misunderstanding the material, or simply nerves on the day. Reflection helps you understand the root cause and prevent the same mistakes in the future.

Tip: Write your reflections in a journal to track your progress and see how much you've learned over time.

2. Focus on Progress, Not Perfection

One of the biggest obstacles to resilience is perfectionism—the idea that you must get everything right the first time. Instead, focus on progress. Celebrate small victories and improvements, even if they don't seem significant at first.

For example:

- If you struggled with time management, aim to plan one day effectively this week.
- If you find a subject difficult, commit to mastering one concept at a time.

Each step forward is a success, and acknowledging your progress builds confidence and motivation.

Tip: Use a growth mindset mantra like, 'I may not be there yet, but I'm improving every day'.

3. Create an Action Plan

Resilience isn't just about reflecting—it's about taking action. Once you've identified what went wrong, make a plan to address it. For example:

- If procrastination is your issue, set up a daily study schedule with short, manageable blocks of work.
- If stress held you back, explore relaxation techniques like mindfulness or exercise.

Breaking big problems into smaller, actionable steps makes them less intimidating and more achievable.

Tip: Share your plan with a friend, teacher, or parent for accountability and support.

4. Embrace Feedback

Feedback, whether from teachers, peers, or parents, is a valuable tool for growth. Instead of seeing criticism as negative, view it as a guide to improvement. Ask specific questions like:

- "What could I do differently next time?"
- "How can I better meet the expectations?"

Using feedback constructively helps you grow and shows your commitment to learning.

Strength Through Struggles

Building resilience takes time, effort, and self-reflection, but the rewards are worth it. By learning from your experiences, focusing on progress, and creating actionable plans, you can turn setbacks into opportunities for growth. Remember, resilience isn't about never falling—it's about getting back up stronger every time. Start reflecting today, and see how far you can go.

Our school's subscription details to www.studyskillshandbook.com.au are –

Username:

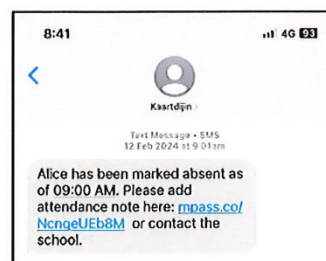
Password:

Dear Parents and Caregivers,

Our school is changing the way we send messages about student attendance. We will now use **Compass SMS** to tell you if your child is away from school.

You will get a text message from **Compass**. This message asks you to add an **attendance note** for your child's absence and includes a **one-time link** for you to tell us why your child is away.

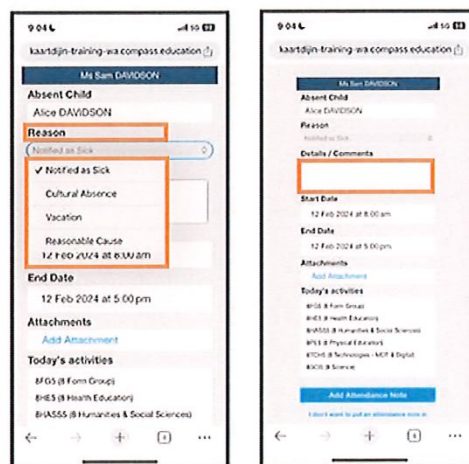
The **link** in the SMS is **safe to use**. It is part of our school's official system.



How to submit an **Attendance Note** for your child's absence:

1. **Click the link** in the Compass SMS
2. The **Compass webpage** opens in your browser
3. **Choose a reason** for the absence from the drop-down menu
4. Type extra **details** or **comments** in the box below.
5. Make sure your message is at least **10 characters** long.
6. **Submit** the form.

If your message is **less than 10 characters**, the note **will not** be sent to the school.



If you have any questions or worries, please contact us.

Kind regards,

Narrogin Senior High School

Important Update: New Law on Social Media Use for Under-16s

As you may have heard, a new law will come into effect on **10 December** that bans social media use for anyone under the age of 16. This change will affect many of our students, their friends, and their families, so we want to take a moment to explain why it's happening, what it means, and how our school will support the community through this transition.

Why has this ban been introduced?

Social media plays a huge role in young people's lives, but research from educators, doctors, and wellbeing experts has raised concerns about its impact. Constant online pressure, comparison culture, and targeted content have been linked to increased anxiety, isolation, and lower confidence among teens.

While social media can be a space for creativity and connection, platforms are designed to keep users scrolling — not necessarily to keep them healthy. This law is about prioritising wellbeing over apps.

What does the ban mean?

- Students under 16 will no longer be able to create or use accounts on major social media platforms.
- Students 16 and older will not be affected legally, though we encourage everyone to reflect on their online habits.

Importantly, this does not mean the end of staying connected. Messaging friends, joining clubs, gaming communities, and school platforms will still be available. What will change is the pressure: the pressure to post, perform, and compare. The hope is that life offline becomes louder, and life online becomes healthier.

How will the school support students?

We are committed to walking alongside our students during this change. Over the coming weeks, we will:

- Run **digital wellbeing workshops** to help students understand how technology affects their minds and habits.
- Provide **alternative spaces and activities** for connection, creativity, and self-expression.
- Ensure students who relied on social media for community or identity feel **seen, supported, and included**.

We recognise that reactions will vary — some students may feel frustrated, others relieved, and many a mix of both. All of these feelings are valid.

□ Tips for Parents and Caregivers

Supporting young people through this change will be important. Here are some practical ways families can help:

- **Start the conversation early:** Talk openly about the law, why it exists, and how it might feel.
- **Validate emotions:** Acknowledge that frustration, sadness, or relief are all normal reactions.
- **Encourage offline activities:** Help your child explore hobbies, sports, arts, or community groups that build connection and confidence.
- **Model healthy habits:** Show balance in your own technology use — children notice what adults do.
- **Offer alternatives for connection:** Encourage safe messaging apps, phone calls, or in-person catch-ups with friends.
- **Check in regularly:** Ask how they're feeling about the change and listen without judgment.
- **Seek support if needed:** Reach out to school staff, wellbeing teams, or trusted professionals if your child is struggling.

Our students are growing up in a world more connected — and more complicated — than any generation before them. This policy is not about punishment; it's about protection. It's about giving back time, attention, and peace of mind.

We are in this together. If students feel confused, stressed, or even angry about the change, we encourage them to talk to their teachers, Student Services Officers, or trusted adults. Their voices matter.

Thank you for supporting this important conversation. Change isn't always easy, but together, we can make sure it leads somewhere better.



Certificate II in Electrotechnology (Career Start)

National ID:
UEE22020

State ID:
BFP1

Location:
Katanning

Be a bright spark

– act now and equip yourself with
the skills and knowledge to excel in
an Electrical trade.

Learn how to use electrical tools and equipment,
perform tasks in energy sector environments, fabricate
and assemble components and develop an awareness
of Work Health and Safety requirements.

Location	Katanning (Places are available for Narrogin students)
Day	Wednesday
Duration	Four (4) terms
Course Requirements	Personal protective equipment (PPE) Course text booked will be required Course requirements will be provided with your offer
Future Study Pathways	UEE30820 Certificate III in Electrotechnology Electrician Apprenticeship)
Career Pathways	Electrical Trades Assistant Telecommunications Trade Assistant Electrotechnology Apprenticeship
Criteria	Competitive Course Interview Required Students must have completed Year 10

**Application to Enrol forms are on the front counter at NSHS Admin
or visit Mr McDonald in the CAVE.**



Free online workshops for parents

Term 4, 2025

Who is running the workshops?

School Psychologist Consultants from the Department of Education WA.

What are the workshops about?

We are offering free, live online workshops to help parents and carers support their children. Most workshops are part of the **Triple P – Positive Parenting Program**, which gives simple ideas to help children learn skills, behave well, and feel confident. Some workshops may focus on other topics to support families.

Who can join?

All parents and carers are welcome. The workshops are free and online.

How do I join a workshop?

Scan the QR code or [click here](#) to register. You will receive a confirmation email with a Webex link and reminder before the session.

Note: Webinars are live and not recorded. For the best experience, we recommend downloading the [Webex app](#) before the session.



Want to learn more?

You can register for a range of free face-to-face, live online, or self-paced parenting programs via the [Department of Education WA](#) website: <https://www.education.wa.edu.au/triple-p>.

Child and Parent Centres also support families across WA with early learning programs, health services, and family support. Visit the [Child and Parent Centres WA](#) website to find a centre near you: <https://childandparentcentres.wa.edu.au>.



Child and Parent Centres

eSafety Commissioner – Social Media Age-Restriction legislation webinar

Audience:

Parents and care givers

From 10 December 2025, certain online platforms will be required under new government legislation to prevent under-16s from creating or maintaining accounts.

The eSafety Commissioner is delivering a 30-minute webinar that will help parents and carers understand the upcoming changes to social media access for children under 16.

Join the information session to:

- understand the purpose of the new age restrictions and how they aim to protect young Australians
- understand which platforms will require users to be 16+ and what platforms they can still access
- get tips and resources to support your child's online safety and wellbeing through the transition.

Parents and carers will gain:

- a clear understanding of the new rules and their implications
- confidence in guiding their child through these changes
- access to trusted resources to support safe and positive online engagement.

Parent Session:

Thursday 20 November, 9:30 - 10:00 AM (AWST)

Register here: <https://register.gotowebinar.com/register/5381443563543667032>

For more information on the social media legislation, refer to the eSafety Commissioner's [Social media age restrictions hub](#).



MICRO-LEARNING FOR BUSY STUDENTS

Mastering Study in Small, Manageable Chunks

For students juggling school, extracurricular activities, and social commitments, finding time for long study sessions can feel impossible. That's where micro-learning comes in. This strategy focuses on short, focused bursts of study—perfect for fitting learning into your busy schedule. With micro-learning, you can achieve more in less time by focusing on quality over quantity.

1. Focus on One Concept at a Time

Instead of cramming multiple topics in one sitting, dedicate each short session to mastering a single concept or skill. For example:

- Learn one grammar rule for a language class.
- Review one math formula and practice a few problems.
- Study a single historical event and its key impacts.

This targeted approach prevents overwhelm and helps you retain information more effectively.

Tip: Write down the specific topic for each session ahead of time so you can jump straight into focused learning.

2. Use Technology to Your Advantage

Micro-learning works best when paired with tools that help you engage with material efficiently. Apps like Duolingo, Quizlet, or Memrise are great for quick learning sessions. They offer bite-sized lessons and interactive quizzes designed for short bursts of study. Additional Tools:

- **Khan Academy:** Watch short videos on a variety of subjects.
- **Anki:** Use flashcards to memorise terms, concepts, or formulas.

Tip: Set daily reminders to spend 10-15 minutes on these apps—consistency is key.

3. Break Down Big Tasks

Large assignments or exams can feel daunting, but breaking them into smaller tasks makes them manageable. For example:

- Instead of 'Study for biology test', plan sessions like 'Learn parts of the cell' or 'Revise photosynthesis process'.
- For an essay, start with 'Brainstorm ideas' in one session and 'Write introduction' in the next.

Tip: Each session should be no longer than 15-20 minutes, allowing you to focus fully without getting distracted or fatigued.

4. Take Advantage of Transition Times

Micro-learning fits perfectly into small gaps in your day. Use these moments productively:

- Review flashcards during your commute.
- Watch a short tutorial during lunch.
- Write a quick outline for an essay while waiting for practice to start.

Tip: Keep your materials accessible, whether on your phone, tablet, or a small notebook, so you're always ready to learn on the go.

5. Combine Micro-Learning with Other Strategies

Micro-learning doesn't have to replace your regular study sessions—it complements them. Use it to reinforce what you've already learned or prepare for longer, more in-depth sessions. Example Combination:

- Spend 10 minutes reviewing vocabulary with flashcards in the morning.
- Dedicate 20-30 minutes after school for detailed problem-solving or essay writing.

Tip: Use micro-learning sessions to identify weak areas, then dedicate longer study blocks to addressing them in depth. This way, your short bursts of learning lay the groundwork for more focused, comprehensive study later.

Small Steps, Big Results

Micro-learning is a game-changer for busy students. By focusing on one concept at a time, leveraging technology, and using transition times effectively, you can make steady progress even on your busiest days. Remember, it's not about how much time you spend—it's about how well you use it. Start incorporating micro-learning into your routine today and see how small efforts add up to big achievements.

Our school's subscription details to www.studyskillshandbook.com.au are –

Username:

Password:



**Become
a Host
Family!**

Your ordinary Family is
Extraordinary
for an Exchange Student

Experience the joy of cultural exchange by welcoming an exchange student into your home! As a host family, you'll provide a safe and supportive environment for a young student eager to learn about life in Australia.

Why Host?

-  Discover a new culture without leaving home
-  See your family life through different eyes
-  Develop lifelong friendships that span across the globe
-  Teach your family about diversity and global understanding

Join our community of welcoming families today and make a difference in the life of a student and your family!

**SCAN TO VIEW OUR STUDENTS' PROFILES AND
BECOME A VOLUNTEER HOST FAMILY!**



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Hosting a student is a wonderful way for local families to experience another culture, share the Australian lifestyle, and create lifelong friendships. Our students come from a variety of countries including France, Germany, Italy and Argentina, and are eager to become part of a welcoming Australian family during their stay.