

# NSW Seminar - Online | February 23rd 7:30pm - 9:30pm

| TIME          | CONTENT  |  |
|---------------|--|--|
| 19:25 - 19:30 | <b>Introduction to InspirationED</b>   |  |
| 19:30 - 20:10 | <b>Session 1 - Parent &amp; Students Session</b>   |  |
|               | <p style="text-align: center;">Shane Hardcastle (M.Ed, B.Ed, COGE)</p> <ul style="list-style-type: none"> <li>• Stress-free HSC - reducing anxiety &amp; stress</li> <li>• Organisational strategies that work</li> <li>• How to maintain motivation and engagement</li> <li>• How to become more resilient</li> <li>• Decreasing your procrastination</li> <li>• Increasing your motivation and engagement in your studies</li> </ul> |  |
| 20:10 - 20:50 | <b>Session 2 - Parent &amp; Students Breakout</b>  |  |
|               | <p style="text-align: center;"><b>Student Session: English<br/>(Standard &amp; Advanced) - Years 11 &amp; 12</b></p> <ul style="list-style-type: none"> <li>• How to construct essays</li> <li>• How to respond to questions more effectively</li> <li>• Tips on preparing for English tasks &amp; exams</li> <li>• 'Must have' tips from the marking centre</li> </ul>  | <p style="text-align: center;"><b>Parent Session: Top Tips for Parents</b></p> <ul style="list-style-type: none"> <li>• Four ways for parents to create a stress-free HSC environment</li> </ul> |
| 20:50 - 21:30 | <b>Session 3 - Parent &amp; Students Session</b>   |  |
|               | <p style="text-align: center;">Shane Hardcastle (M.Ed, B.Ed, COGE)</p> <ul style="list-style-type: none"> <li>• Secrets from a Senior HSC Marker</li> <li>• Understanding the 'Rules of the Game'</li> <li>• The study strategies of ATAR 99 students</li> <li>• How to prepare for assessment tasks</li> <li>• Exam strategies that work</li> <li>• Where to access subject-specific support materials</li> </ul>                     |  |
| 21:30 - 21:35 | <b>Q&amp;A Finish - Hosted by InspirationED Representative</b>   |  |