



Well-being and success in Senior Secondary School: What parents/caregivers can do

Senior school can be a stressful (and joyful) time for young people and families. It is also a 'new' stage of life as teens become young adults, and have to manage sometimes increasing study pressures. This seminar is designed to support parents/caregivers as they navigate this stage of life with their young people. Topics include:

- Understanding the factors associated with higher well-being and academic achievement of students in secondary school
- Understanding the research related to sufficient attendance at school, non-distracted study time and the management of distractions (including technology) during homework time
- Understanding the research related to the importance of sleep, exercise and nutrition
- Strategies for how to talk to and support older teens in ways which support their autonomy and grow their independence
- Strategies for how to implement boundaries in ways which are respectful and empowering for young people becoming young adults



A bit about Kirrilie - Kirrilie has worked as a clinical child and adolescent psychologist for the last 25 years in private, government and community settings. Kirrilie is now the director of Developing Minds, a group of 23 child and adolescent psychologists, has provided therapy to approximately 5000 children, teens and families and supervised over 60 child and adolescent psychologists. She is also a lecturer and course co-ordinator at the University of SA, authored 3 books about young people and provides consultation to national media, education and health organisations.