

# Senior News

Every Student, Every Opportunity, Success for All

## Principals Report

### School Photos

School photographs will be taken this Thursday 11th February at the College in the Trade Training Centre. Students should have received an order form from their Graduate Program teachers. If you still require an order form could you please see the College front office to collect one.

### Swimming Carnival

The 2016 swimming carnival is will be held on Thursday 18th February, this will be held at the WAVES swimming complex in Wodonga.

### Achieving Your Goals

A big step towards achieving your goals is developing and maintaining a goal setting mindset as the attitudes you have learnt and develop will influence the way you view goal setting. Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task. You need to have a positive attitude when you are setting and trying to achieve your goals. A positive attitude means you are looking for ways to succeed rather than focusing on the difficulties and obstacles that could be in your path.

To create a more positive attitude:

- Each day note down something you did towards achieving your goals.
- Note down any changes someone else has noticed eg. your teacher says well done on your work.
- Do not stop trying if something goes wrong, rather reassess your goals or decide you need to work harder to achieve them.
- Find a mentor or helper to encourage you to achieve your goals, possibly someone who is interested in the same things or is good at the same subjects, but is a bit further ahead of you.

If you are still not achieving your goal try this:

- Clarify your goal.
- Write a list of actions.
- Analyze, prioritize and prune.
- Organise your list into a plan.
- Monitor the execution of your plan and review your plan regularly



Vern Hilditch  
Principal

Issue No: 03

Monday 8th  
February 2016

## Calendar

Thursday February 11th  
School Photographs

Thursday February 18th  
House Swimming Sports

Friday February 19th  
School Photos Catch Up

Monday March 14th  
Labour Day Holiday

## Term Dates

Term 1  
27th January - 24th  
March

Term 2  
11th April - 24th June

Term 3  
11th January - 16th  
September

Term 4  
3rd October - 20th  
December

## Coordinators

Year 10  
Tim Lamb  
Tim Bridgeman  
Naomi Wattie

Year 11  
Chris North  
Brydie Hind

Year 12  
Simon Webb  
Sheri Parkhouse

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## Camps Sports & Excursions Fund

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF.

A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

### The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

### How To Apply:

Contact the school office to obtain a CSEF application form or download from: [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

## Careers News

### Applying for Medicine/ Dentistry/ Oral Health/ Optometry?

If are applying for any of these health science courses, you may need to sit the Undergraduate Medical Admissions Test (UMAT).

This is a three-part test that you sit in July 2016 and selected universities use your UMAT score as part of the selection process, in conjunction with your ATAR and in some cases an interview. You will be tested on the following- logical reasoning and problem solving, understanding people and non verbal reasoning.

You will only have one chance to sit the UMAT this year- the test will be held Wednesday 27 July. You must be in Year 12 and you must register online to sit the test by 5pm 3 June.

It is important that you start to prepare for the test early. There are several private companies who offer commercial preparation programs: [www.nie.edu.au/](http://www.nie.edu.au/) and [www.medentry.edu.au/](http://www.medentry.edu.au/) are examples.


It is important to note that the universities who use the UMAT do not endorse any of these companies and you will receive free preparation materials once you register for the test (registration is now open).

Please go to <http://umat.acer.edu.au/> for more information about the UMAT and to see if you have to sit the test.


You can also join the ACER UMAT Facebook page to keep up to date with key information: <http://on.fb.me/1JTvUsf>



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