



LEVEL UP PROGRAM

Preparing Year 12's For Their Final Semester
& Life After High School

Hosted by Perth College



LEVEL UP PROGRAM

The Level Up Program is WA's leading self-development for Year 12 students.

Run over two days, this program prepares Year 12's for their final two terms of schooling and for life after high school. The program teaches key life skills such as how to improve your focus, time management and networking skills.

This is a hybrid program that allows students to improve their academic grades, whilst also developing social and emotional skills.

Hosted by Perth College, this year's Level Up Program will run on the second Wednesday and Thursday of the Term 1 holidays (14th & 15th of April).

KEY DETAILS

DATES: Wed 14th & Thurs 15th of April 2021 (Holidays)

TIME: 9am - 4pm both days

COST: \$250 Per Student

LOCATION: Perth College, Excelsior House (Mount Lawley)

WHY PARTICIPATE IN LEVEL UP?



Improve your
ATAR score
and academic
grades



Prepare for life after
high school
(jobs, applications
& interviews)



Develop key
success skills
that will serve
you for a lifetime

YOUR LEADING TEAM

The Level Up Program is facilitated by Former West Australian Youth Ambassador and Harvard University Scholar, David Castelanelli.

David Castelanelli is a leading Australian Youth Success Coach, having worked with thousands of students across Australia, America and Asia.

David's self-development programs currently run in over 70+ high schools in Western Australia. Over 500 students in WA take part in his Peak Program every single term.

To find out more about David and see testimonials from other schools and parents, you can visit his [website here](#).



TOPICS COVERED IN THE LEVEL UP PROGRAM



Focus & Managing Distractions

Learn how to improve your focus and concentration while managing distractions such as social media.



Time Management

Improve your productivity and organisation skills.



Managing Stress & Anxiety

Learn to avoid negative thinking and anxious feelings to thrive in the face of adversity/pressure.



Resilience & Mental Toughness

Develop the mindset necessary to overcome obstacles and set backs. Learn to bounce back from failure quickly.



Sleep

Learn how to improve the quality of your sleep by hacking your sleep cycles and developing a robust routine.



Success Habits

Develop the most vital habits that are proven to increase your success and happiness over the long term.



Study Skills/Exam & Test Preparation

Learn the strategies that top students use around the world to increase their academic grades.



Life After Year 12

Learn how to succeed in the 'real world' by thriving in interviews, applications and networking opportunities.

PROGRAM STRUCTURE & SCHEDULE

To achieve our objectives, the Level Up Program runs across two full days in the later part of the Term 1 holidays.

The program includes a mix of presentations and small group breakout sessions that allow students to best connect with and act on the content.

DAY 1 Wednesday 14th April

TIME	ACTIVITY
8:30am-9am	Doors Open (Students Arrive & Sign In)
9am - 10am	Session 1: Focus & Managing Distractions
10am - 10:30am	<i>Small Group Breakout Session</i>
10:30am - 11am	RECESS BREAK
11am - 12pm	Session 2: Time Management
12pm - 1pm	Session 3: Managing Stress & Anxiety
1pm - 1:45pm	LUNCH BREAK
1:45pm - 2:30pm	<i>Small Group Breakout Session</i>
2:30pm - 3:30pm	Session 4: Resilience & Mental Toughness
3:30pm - 4pm	<i>Small Group Breakout Session</i>
4pm	Finish (Networking Opportunity)

DAY 2

Thursday 15th April

TIME

ACTIVITY

8:30am-9am	Doors Open (Students Arrive)
9am - 10am	Session 5: Sleep
10am - 10:30am	<i>Small Group Breakout Session</i>
10:30am - 11am	RECESS BREAK
11am - 12pm	Session 6: Success Habits
12pm - 1pm	Session 7: Study Skills/Exam & Test Prep
1pm - 1:45pm	LUNCH BREAK
1:45pm - 2:30pm	<i>Small Group Breakout Session</i>
2:30pm - 3:30pm	Session 8: Life After Year 12
3:30pm - 4pm	<i>Small Group Breakout Session</i>
4pm	Finish (Students Leave/Networking)

+ OPTIONAL PARENT INFO SESSION

For parents who are interested, we will be running an 'Online Information Session' via Zoom on the night before the program commences for parents who have children participating in the program.

This will occur on **Tuesday 13th April from 6pm - 7pm** via zoom. The link will be sent to all parents who have children enrolled.

REGISTER NOW

To register for the Level Up Program, please fill out the registration form and make payment below:

[CLICK HERE](#) to register online now

Please note that full payment of \$250 must be made to confirm your place in the program. We will email you to confirm your place.

Places are limited and will close once the program is full.

Participating students must be attending one of the 10 schools chosen by Perth College (these include Perth College, Santa Maria College, St Hilda's Anglican Girls' School, St Mary's Anglican Girls' School, Methodist Ladies College, Hale School, Christ Church Grammar School, Trinity College, Christian Brothers College and Aquinas College).



Perth College
ANGLICAN SCHOOL FOR GIRLS



St Hilda's
ANGLICAN SCHOOL FOR GIRLS



St Mary's
ANGLICAN GIRLS' SCHOOL



FAQ'S

FREQUENTLY ASKED QUESTIONS

1) What is the cost to participate in this program?

The cost to participate in the Level Up Program is \$250 per student.

2) When does payment need to be made?

Payment needs to be made immediately after registration to confirm your place in the program. Once we have received your payment, we will email you to confirm your place.

3) How many students will be in a small breakout group?

Each small breakout group will consist of approximately 10-15 students with a trained facilitator that is part of David's team.

4) Is recess or lunch provided for students?

Food is not provided in this program. However, there are many cafes/restaurants within a safe walking distance of Perth College along Beaufort Street (including Grill'd, Mr Oro Sushi, Subway etc). Students are welcome to bring their own food and drinks should they wish.

5) Is this program only for Year 12 students?

Yes, this program is only for Year 12 students.

FAQ'S

FREQUENTLY ASKED QUESTIONS

6) Can my son or daughter participate in this program if they don't go to one of the 10 schools listed?

Unfortunately, this program is only open to the 10 mentioned schools. Participating students must be attending one of the 10 schools chosen by Perth College.

7) Will there be supervision during the program?

Yes, David and his team will be supervising and facilitating the program on the Perth College campus. All team members will possess a 'Working With Children Check'. The team are not responsible for students once they leave the campus (to travel home or eat).

8) Where is the Level Up Program taking place?

The program is taking place at Perth College in Excelsior House. This state-of-the-art building includes a modern presentation space and innovative break out rooms for small groups sessions. Perth College is an all-girls school located at 26 Lawley Crescent, Mount Lawley, WA, 6050.

9) Does my child need to bring anything to this program?

We recommend students bring their devices (laptops, tablets etc) to the Level Up Program to take notes throughout the sessions. We also recommend students bring a pen and something to lean on. Students should also bring their own lunch if they don't want to purchase lunch at the cafes/restaurants along Beaufort Street.



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