

Cheltenham Secondary College

VCAL Survival Guide

Presented by:

William Smith
Year 12 - Senior VCAL



VCAL
FIRST





Cheltenham Secondary College



Overview

The school officially opened in 1959 as 'Cheltenham High School' however, later changed its name to Cheltenham Secondary College.



The school prides itself on strong values that reflect our community expectations. These values are;

Personal Best, Respect, Responsibility and Sense of Community

These values are consistently demonstrated throughout the VCAL program at Cheltenham Secondary College and will remain with you during the course and throughout your future workplaces.

VCAL

The hands-on option
for Year 11 and 12 students



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Hi, I'm Will and I am undertaking Year 12 Senior VCAL. I chose to do VCAL as an alternative to VCE because it was an applied learning option that suited my learning style, a practical and hands on style. My VCAL journey has been so beneficial as it has enabled me to focus on practical skills whilst improving my self-esteem and growing my personal skills that are essential to life, work and further study. VCAL gives you a pathway to employment, TAFE course and some University Programs.

Over the course of my senior VCAL year, I have been able to complete my VCAL units, VET, SWL and a VCE unscored history subject. I would like to study a Bachelor of Archaeology so in my senior year, I am also undertaking a pathway program at Latrobe University called "Prepare for Latrobe" which is a program that assists VCAL students in qualifying for an entrance place into their chosen university subject if they wish to go down that path.

Having a VCAL Survival Guide is a fantastic tool because it gives you an insight into a "real life" VCAL experience. When you choose VCAL it will be one of the best times of your school experience!



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VCAL Program Structure

Like VCE, the VCAL is an accredited Senior Secondary qualification



Course Structure	
Module / Unit	Curriculum Strand
Literacy Skills	VCAL Literacy Skills Units
Numeracy Skills	VCAL Numeracy Skills Units
Personal Development	Personal Development Skills
Structured Work Placement	Work Related Skills Units
VET Course	Industry Specific Skills Units



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VCAL Student Schedule





VCAL Student Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
Literacy	Work Related Skills	Preparation for TAFE / Catch up Session	Literacy	Structured Work Placement
Literacy	Work Related Skills		Work Related Skills	
Numeracy	Literacy		Numeracy	
Pastoral Care	Literacy	VET Course - TAFE	Numeracy	
Work Related Skills	Personal Development		Personal Development	
Numeracy	Personal Development		Personal Development	

- ☐ An example of a standard weekly schedule.
- ☐ Subjects cover off all the curriculum strands

VCAL students split their time between in classroom subjects at school and external TAFE and Work Placements. This gives a great balance for students to be able to apply the skills they learn in the classroom & TAFE to real life situations in a workplace environment.



VCAL Subjects, Content & Teaching Team

VCAL Subjects Outline				
Subject	Outline	Teacher	Photo	Quote
Literacy	Literacy focuses on analysis and writing tasks, public debates, reports, planning, researching, agendas	Kathi Anderson		"Strive to do your best"
Numeracy	Math focuses on applied numeracy such as measurement, finances, time, statistics, area & volume and probability	Emma Farrington-Williams		"Work hard to succeed"
Personal Development	Group & Team activities and getting out into the community. School sausage sizzle and fund raising.	Kathi Anderson		"Always do your personal best"
Work Related Skills / Structured Work Placement	WRS focuses on short courses such as RSA and Barista. A minor and major work projects. Resume and application letters	Peter Matthews		"Make sure you have a good balance and get outside in the fresh air"
VET Course	Your chosen industry specific skills course through TAFE.	<u>Milenka Juric</u>		"Explore all your options"



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VCAL & Lifestyle Balance



VCAL consists of different elements however, it comes back to trying to be as organised as you can. Personally, I create a weekly schedule of all the tasks I need to complete for my different subjects. At the end of the week I update it for the following week.

Trying to get the work done within the class time is the best approach however, this can sometimes not be achieved due to different reasons so allocating some time after school is the key.

I found the first term of VCAL was when I needed to get used to juggling the different elements but then once I got used to my scheduling system it was a lot easier to get everything done. At times some assignments are due at the completion of the class especially for the TAFE VET course so I needed to concentrate and get the work completed.

Balance between studies and lifestyle is really important. On the next slide I share what I reviewed and actioned that has assisted me in managing the different streams.



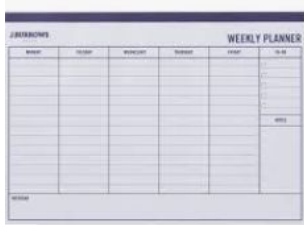
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VCAL & Lifestyle Balance

Create a Matrix



	URGENT	NOT URGENT
IMPORTANT	<p>Complete homework & submissions</p> <p>Make sure on time for class each day</p> <p>Update planner every Sunday</p>	<p>Eat and Exercise</p> <p>Book pilates appointment</p> <p>Fossicking research</p>
NOT IMPORTANT	<p>Buy tickets for next football match</p> <p>Get back to friends on social media</p>	<p>Watch Lego Masters finale</p>





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VCAL & Lifestyle Balance

List your Important Goals



Important Goal/s

List your goal/s here – you can change the size of the table if you need more room.

Complete Senior VCAL Year 12 successfully
Complete Prepare for Latrobe program successfully and enroll in Bachelor of Archeology
Graduate from degree and set up own archeology tour business
Stay fit and in touch with family and friends
Travel around the world and explore it's history
Complete my certificate 3 in Tourism successfully

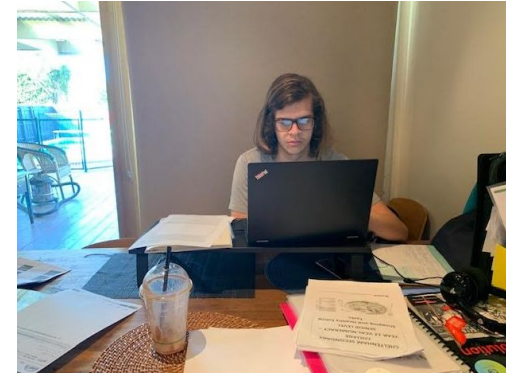


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VCAL & Lifestyle Balance List and Categorise your Priorities



Weekly Activities	Time Spent – 168hrs p/w	Priority (number)
Fitness & Mental health (running, pilates)	15	1
School	30	1
Prepare for Latrobe Study	10	1
School Homework Study	16	1
Sleep	56	2
Watching TV	7	3
Meeting and talking to friends	10	2
Travel to and from school	3	1
Playing sport	3	2
Watching sport	4	3
Housework	8	4
Fossicking	6	3



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VCAL & Healthy Nutrition



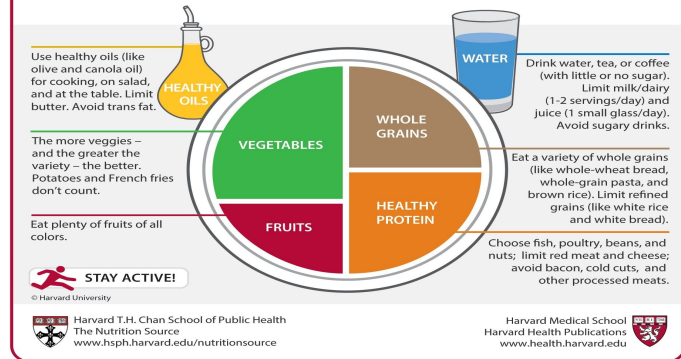
Whilst you are undertaking VCAL it is equally important to make sure you are eating a well balanced nutritious diet. VCAL students are quite busy which I really liked in particular during lockdown. Following is an example of the Healthy Eating Pyramid/Food Groups, sample meal plans and recipes that you can try while you are completing your VCAL.

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



HEALTHY EATING PLATE



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VCAL & Healthy Eating Pyramid

Healthy Eating Pyramid	
Category	Explanation
Use Sparingly	Red Meat, Butter and Refined Grains
Dairy	1 – 2 servings a day
Grains	Nuts, Seeds, Beans & Tofu
Proteins	Fish, Poultry & Eggs
Vegetables and Fruit	Broccoli, Carrots, Apples, Bananas
Healthy Fats & Oils	Olive, Canola, Soy, Corn
Whole Grains	Brown Rice, Whole Wheat Pasta, Oats
Vitamins	Daily Multi-vitamin



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VCAL & Sample Meal Plan



HEALTHY MEAL PLATE BALANCED

@nessasphere

25% CARBS

basmati or brown rice,
quinoa, bulgur, oats,
sweet potatoes

25% PROTEIN

chicken, lean beef,
turkey, white fish,
salmon, tofu

50% VEGETABLES

green beans, lettuce, broccoli,
asparagus, zucchini, tomato,
cucumber, kale, spinach,
bell pepper, cauliflower



Breakfast:

- Two scrambled eggs with 1 cup of chopped zucchini and broccoli and one sausage link
- 1 cup of 1% milk
- Piece of fruit

Lunch:

- Hummus sandwich (2 tbsp) with a sprinkling of feta, sliced cucumbers, and sprouts on multigrain toast
- A handful of honey-roasted almonds

Snack:

- One piece of string cheese and a cup of grapes

Dinner:

- 3 oz grilled salmon with garlic sauce
- One mashed sweet potato
- Grilled asparagus (6-7 spears)

Dessert:

- ½ cup frozen yogurt with handful of cashews, pistachios, and dried figs



VCAL & Healthy Nutrition - Do's and Don'ts

Eating the right nutrition is really important in VCAL to assist your concentrating skills, your motivational skills and to keep you strong physically and mentally.

Some do's and don'ts for healthy nutrition are:

Do:

- Eat plenty of protein that are found in fish and chicken
- Eat less dairy products as well as fats and sugars
- Eat more rice and cereals as they contain more vitamins than junk food

Don't:

- Drink or eat more dairy products then you do vegetables or fruit
- Drink less water which will make you dehydrated
- Have more junk food in a week then proper healthy food



Physical fitness is really important whilst doing your VCAL helping both your physical and mental health. Getting out in the fresh air or a different environment moving about, running, exercising is a great motivator. Exercise for teenagers is crucial to stay healthy and build

The Teenage Workout Plan

Body Part	Exercise	Comment
Chest / Triceps	3 sets of push-ups, as many as you can do, with 60 seconds rest between sets	The exercise is explained in this video , which also contains pointers on what to do when you can't do a full push-up yet.
Back / Biceps	3 sets of pull-ups, as many as you can do, with 60 seconds rest between sets	If you don't have a pull-up bar, this article has very many suggestions for possible substitutes. If you can't do a full pull-up yet, this video will guide you from negative chin-ups to your first full pull-up and beyond.
Legs	Three sets of get-ups, 8 – 15 repetitions per set, with 60 seconds rest between sets.	The exercise is explained in this video . Start with the hand on the chair and three sets of 8 reps. Slowly work your way to 3x15 and then start over at 8 with your hand just hovering above the chair's back.
Abs	Three sets of crunches, 8-15 repetitions, with 60 seconds rest between sets	The exercise is explained right here . Note that the hands do not pull on the head; fixate a spot right above you when you do the movement.

Every exercise is done slowly and with controlled form. For push-ups this means you go 2 seconds up and 2 seconds down. For pull-ups it means no swinging or kicking. There are no extra arm exercises because when you do push-ups and pull-ups you do exercise your arms.





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VCAL & Rest & Recovery



Rest and recovery is really important for your mental and physical health. Sleep is an important factor to consider as getting a good night sleep is the best thing for a student's wellbeing, concentration and motivational skills. Waking up the next day feeling refreshed rather than being sleepy and full of no motivation is going to really help you balance all the different elements of the VCAL program.



- Research shows that teenagers need between 8 – 10 hours of sleep per night
- We only get about 6.5 – 7.5 hours sleep per night
- Teen's body clocks make them feel tired later in the evening but our early school starts don't help us to sleep in the mornings
- Not enough sleep can affect your mental wellbeing and make it difficult to concentrate
- Avoid foods such as soft drinks and energy drinks in the evening before you go to sleep






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VCAL - General Advice Focus on your Well Being



- ❑ Look after yourself
- ❑ Try and understand and manage your emotions
- ❑ Be mindful
- ❑ Positive study and sleep habits for the best learning and stress resilience
- ❑ Be kind to yourself
- ❑ Navigate uncertainty and prepare for any change
- ❑ Most important seek help if you need to - from your teachers, well being leaders, family, friends



 **1800 55 1800**
Anytime. Any Reason.



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VCAL - General Advice 6 Tips & Hints



- Balance is really important – Make sure you have a cross section of activities
- Don't compare yourself to others
- Find your best way to study & complete your work
- Don't stress – try and work to a plan
- Get involved in the streams and really HAVE FUN!

“Be the best you can be” – Dylan Alcott



Group Activity

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VCAL - Personal Development Skills Gained

VCAL has been really beneficial for me personally. Overall the skills I have gained by participating in VCAL are below. These skills will assist me in the workforce as I now have the experience in a hands-on environment.

- Improved confidence by participating in group sessions and attending TAFE
- Social skills by joining in with different groups in different environments such as; VET @ TAFE and Work Structured Learning in a workplace
- Becoming more resilient and adapting to change
- Improved self-esteem because you feel you can make a difference
- Improved planning & organisation skills
- Better problem solving and interpersonal skills



Preparing for the Sausage Sizzle / Lollies Stall



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VCAL - Interactive Activity - Q & A



Here is a quick quiz about VCAL

Click on the link below which is an interactive Google Form. Enjoy!

https://docs.google.com/forms/d/e/1FAIpQLSdFRGi7CqVjVdy3h-LXXJogVXGr-w1G_n3fSsDtxzS650VnIQ/viewform?usp=sf_link

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VCAL - What Next? - Career Pathways

VCAL suited my learning style, helped me with my personal development and enabled me to study a variety of options such as VCAL streams, VET Tourism, Certificate of Business, Barista & RSA Courses and Work Structured Learning in a real estate office. This shows you can still achieve your dreams & goals in whatever you want to do and you can have a go at different options which can help you decide on your future pathway.



My advice would be to give everything a go. Get involved in as much as you can so it can help you decide on your career path

Talk with the school Careers counsellor, your family, TAFE contacts, school peer groups and there are a lot of resources on the internet



Tree climbing group activity



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VCAL - What Next? - Life after VCAL



I will really miss VCAL, school and my friendship groups but at the same time I know that VCAL has given me the best opportunity to make me ready to enter either the workforce or further study. The practical work and life skills that you learn in VCAL are the best.

I really would like to become a archaeologist. I enjoy history and the facts behind it. I researched and found that if you are doing VCAL you can still enter into a university course if this is what you want to do.

In my Senior Y12 VCAL year, I also completed the “Prepare for Latrobe” program which gives you a score to gain entry into Latrobe University degree course. In 2022 I am wanting to study a Bachelor of Archaeology at Latrobe. After becoming a qualified Archaeologist I would like to run my own Archaeology Tour business travelling to the world heritage sites.

Now



Then My Archaeology
Tours



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VCAL - "Acknowledgements"

I acknowledge the traditions of the Boonwurrung people who had lived on the land prior to European settlement. I also acknowledge their past, present and emerging.

I would like to acknowledge all the teachers past and present of Cheltenham Secondary College who have guided me all the way from Year 7 to Year 12. They have helped me with any issues or challenges that I had with school work and have also assisted me with outside school opportunities such as TAFE VET and work placements.

Lastly, I really want to thank the VCAL committee who have made VCAL so enjoyable over the last 2 years despite the tough times of being in lockdown.

Good luck to the upcoming VCAL students and parents who will have a fantastic time participating in the VCAL program.

By: William Smith - YR12 - Senior VCAL

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**VCAL - Try it - You won't look back
You're only going forward!**



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