



**Dr Chris Pratt MAPS**  
**Educational Psychologist**

Tel: 0424 791 790

Email: [chris.pratt@healthaction.org.au](mailto:chris.pratt@healthaction.org.au)

**Dr Rebecca Mathews MAPS**  
**Clinical Psychologist**

Tel: 0410 294 222

Email: [rebecca.mathews@healthaction.org.au](mailto:rebecca.mathews@healthaction.org.au)

**Postal Address: PO Box 461 Northcote VIC 3070**

Rebecca Mathews and Chris Pratt from HealthAction provide presentations for students, parents and teachers on a range of topics. Below are brief descriptions given as examples of the main presentations we offer. Further details can be provided on request. We are also willing to discuss presentations on other topics that fall within our areas of expertise or adapting the ones described below to tailor them for the particular needs of a school. Parent presentations are usually conducted in the evenings and teacher and student ones during school hours. Alternative arrangements can be discussed.

#### **PRESENTATIONS FOR PARENTS**

##### **Supporting students in their VCE years**

This presentation is intended for parents whose sons and daughters are in year 12 or going to enter year 12 the following year. It covers topics including helping students develop good study habits and study skills, assisting students remain focussed on study, balancing study with other demands, dealing with stress and other emotional reactions.

*Presentation \$380 Duration Two hours*

##### **Living with adolescents**

This presentation covers a range of topics including developing positive relationships, dealing with conflict, providing a supportive and understanding environment in the home and encouraging a positive life style. Developing a balanced family lifestyle for both parents and adolescents is addressed in the presentation. Most importantly the presentation allows the opportunity for parents to raise problems, discuss these in a supportive environment and receive guidance on addressing their difficulties. The presentation is suitable for parents of year 7 to 12 students but is most effective if the age groups are split into younger years (7 to 9) and senior years (10 to 12) as issues and strategies change.

*Presentation \$380 Duration Two hours*

##### **Bullying and resilience**

Bullying can take various forms and is more common than many people realise. Bullying can lead to emotional, social and academic problems. A child's level of resilience can be protective against bullying. This presentation examines the different ways of identifying bullying and provides strategies to assist parents help children who are experiencing bullying and to promote resilient behaviour. Recognising that issues around bullying will be different for different age groups, two versions of this presentation are available: one for parents of children in primary school and one for parents of children in secondary school.

*Presentation \$380 Duration Two hours*

### **Developing resilient learners**

This presentation is aimed at increasing parent awareness of factors that can promote resilience in their children. Resilience is the ability to deal with life's challenges and stresses in a way that leads to a positive outcome. There will be a focus on specific strategies for nurturing resilience and for promoting confidence and positive feelings, particularly in the school environment. In addition, there will be discussion on the development of appropriate connections within the family, school, and general community which foster resilience. Recognising that the issues can change depending on the age of the child, two versions of this presentation are available: one for parents of children in primary school and one for parents of children in secondary school.

*Presentation \$380 Duration Two hours*

### **Early literacy development**

Parents are taken through a range of activities that occur naturally in the home environment and encourage early literacy development. They are provided with information on the development of reading and writing and ways in which they can complement and support the school to assist their children develop are discussed. The presentation is suitable for parents with children in the early school grades. As with all parent presentations the content is discussed with the appropriate school staff beforehand to ensure that the content is in keeping with approaches taken in the school.

*Presentation \$380 Duration Two hours*

## **PRESENTATIONS FOR STUDENTS**

### **Achieving your best in VCE year**

A presentation designed for students in their VCE year, or for students towards the end of year 11. The presentation covers three key topics: being motivated, being organised, and having good study skills. It actively involves students in the process of learning during the presentation. It is designed for groups of up to 20 students but can be adapted for larger groups. Repeat presentations can be organised.

*Initial presentation \$340; Repeat presentation \$300 Duration One and a half hours*

### **Developing positive work habits**

This presentation is suitable for year 9 and 10 students. It takes them through a number of different strategies for working more effectively and efficiently, covering organisation and study skills including being a more effective rememberer of material. Year 9 and 10 students benefit from this presentation realising that efficient study techniques can reduce the time spent studying and increase marks.

*Initial presentation \$340; Repeat presentation \$300 Duration One and a half hours*

## **PROFESSIONAL DEVELOPMENT PRESENTATIONS FOR TEACHERS**

### **Bullying and resilience**

This half day workshop provides teachers with an understanding of the different forms that bullying can take. It looks at bullying from both the perspective and experience of the victim and the perpetrator. Ways of identifying bullying are discussed, and proactive strategies that can be implemented by the school to prevent bullying along with intervention strategies to assist children who are experiencing bullying, are outlined. This workshop is suitable for both the primary and secondary school context.

*Workshop \$495 Duration 3 hours*

### **Developing resilient learners**

This half day workshop provides teachers with an awareness of factors within the family, peer, and school setting that can promote resilience in children. Resilience is the ability to deal with life's challenges and stresses in a way that leads to a positive outcome. Many children are able to cope well with everyday stresses but for around a third of children negative experiences or specific difficulties can lead to a negative outcome. This workshop has a particular focus on the school environment and on ways in which teachers can identify children at risk of negative outcomes. Strategies that encourage better coping, improved self-esteem and a positive outcome will be discussed. This workshop is suitable for both the primary and secondary school context.

*Workshop \$495 Duration 3 hours*

### **Early literacy development**

The half-day presentation provides a comprehensive coverage of successful approaches to literacy development, especially the teaching of reading, and integrates components of differing approaches. The full-day course continues in greater detail and also covers different assessment techniques for monitoring reading and considers curriculum content that is designed to meet the needs of children who are experiencing some difficulty with learning to read.

*Half day workshop \$495 Duration 3 hours*

*Full day workshop \$900 Duration 6 hours.*

## **Biosketches**

### **Rebecca Mathews**

Rebecca is a Clinical Psychologist with experience in child, adolescent and adult mental health. She has a particular interest in the emotional and social coping of children and adolescents and in factors that determine positive outcomes in the context of difficult or stressful situations.

Rebecca has worked in a university setting with trainee psychologists and also runs workshops for health and other professionals. She has experience working in public mental health and disability services. Rebecca currently runs a successful private practice including working with children and parents on a range of educational and psychological issues.

### **Chris Pratt**

Chris has over 25 years of experience working in education and psychology. He has worked as a school psychologist, as a consultant to State Education Departments and as a university lecturer training teachers and psychologists. In addition to his extensive work with secondary school students both in terms of presentations on study skills and working with individual students experiencing learning difficulties he also has expertise in the areas of learning, cognition and literacy development from early childhood through to adulthood.

Chris has held senior positions in universities in Western Australia, Tasmania and Victoria and has been involved in pre-service and continuing education training for teachers. He has organised and run workshops in each of these states and enjoys the challenge of working with students and finding ways in which he can develop their abilities through increased motivation and improved study skills.