

ST JOSEPH'S CATHOLIC HIGH SCHOOL

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Date: 30th July, 2015

Term 3 Week 3A

Dear Parents, Staff and Friends of St Joseph's Community,

School Activities

Year 12 students are undertaking their Trial Higher School Certificate Examinations. These exams will continue until Monday 10th August. Next week Year 10 students will be involved in a retreat day.

Dropping off Students in the Staff Car Park

I again ask parents not to drive into the Macquarie Street car park in the morning between **8:15am and 9:15am** and in the afternoon between **3:15pm and 3:45pm**. Parents using the staff car park at these times are disrupting parking and causing inconvenience to staff and the **safety of students** walking through the car park. Parents are therefore requested to please make arrangements to drop off and pick up your child in the available areas outside the school in Church and Macquarie Streets. Your anticipated support in this important matter would be greatly appreciated as we endeavour to keep all students safe inside the school grounds.



***A reminder that tomorrow,
Friday 31st July, is a Pupil Free Day
as our staff have a
Professional Development Day.***



Act justly, Love tenderly and Walk humbly with God

Mr John Barrington
Principal

Important Dates for your Diary regarding Careers
Year 11 Work Experience forms ALL OVERDUE.
PLEASE SUBMIT YOUR INFORMATION IMMEDIATELY

3rd August - UOW Early Admission Opens
29th, 30th June - BlueScope Cadet Snap Shot Days
12th-16th October - Year 11 on Work Experience



In this week's article, Lakshmi Singh, points out that there is a concerning trend of "kids dishing out careless criticism of processes, ideas and institutions". Sadly, students can display a "critical spirit". Time Magazine ran a feature about the narcissistic tendencies of our children, linking this to a sense of entitlement, something both parents and educators battle with. Our children have become very judgemental. According to the article, a tendency to "judge" often means that those people have a weakness and being judgemental can hide the weakness. The article reinforces that, "the rules of education are simple, judgemental parents will raise judgemental kids". Parents only want the very best for their children and a newish trend

is to take on one of the following mindsets: "you deserve the best, this he/she is not good enough" or "my child is special and they need to know that". This is fraught with danger and can lead to an unhealthy sense of entitlement. How does a parent navigate all of this? The article provides lots of great advice. Please take the time to read it this week.

Mrs Megan Schibeci, Pastoral Care Coordinator



Woolworths Earn & Learn Program

From Wednesday 15th July to Tuesday 8th September, 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator or through an online order and place them on a Woolworths Earn & Learn Sticker Sheet. There'll be one Woolworths Earn & Learn Sticker for every \$10 spent (with exceptions). Once completed, simply place the sticker sheet in the collection box. There are two available - one can be found in the school library and the other is located at Woolworths Albion Park. Last year more than 14,500 schools and early learning centres benefited from the program, boosting supplies in classrooms, libraries, music rooms, gymnasiums and science labs. Lets see what we can achieve!!

Miss Senitta Hurley



All About UAC for 2015: Senior Students

Please follow this [link](#) which will direct you to a guide which provides information about UAC including University Applications, a University Course Listing, the HSC and ATAR information.

We also continue to include Year 12 students in our prayers as they continue next week with their Trial HSC Examinations. Good luck! Your nearly there!



Year 9 and Year 10 Kiama Showcase

On Friday 7th August, students from Years 9 and 10 Drama and Music will be showcasing performance work from their studies so far this year. Also on display will be art works created by Year 9 and 10 Visual Arts students. The night begins at 6pm and should conclude by 8:30pm. As always the evening will be held at the Kiama Showground Pavilion. All are very welcome. Please come along and support our students.

Mr Shanahan, Creative Arts Coordinator

The Importance of Backing up to Google Drive!!

All students are reminded that it is your responsibility to ensure that all work from your device is backed up on Google Drive firstly (additional backup should be on a USB drive). The Board of Studies states that the school is not responsible for any assessment work that is lost if you have not backed up your work.

Remember.....create your work in Google Drive (Google Docs, Sheets or Presentations) and/or save your work to Google drive as a back up. Do not rely on your computer as the only place to store your work!!

Mrs Deb Boughton, ICLT Coordinator

Year 7

Congratulations to the following Year 7 students for being selected as Homeroom Leaders for Semester 2. *Kirsten Llewellyn, Mitchell Austin, Patricia Guevara, Samuel Giles, Maddison Sweet, Riley McIntyre, Brooklyn Ladlow, Antoni Anic, Abby Dobson, Molly Sumner, Corben Murphy, Simon Berto, Erin Haigh, Nick Riveiro, Caitlin Chin, Angus Poidevin and Keely Hurry.*

Uniform Shop Helper
6th August- Janelle James

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Canteen Roster 2015

3rd Aug	Megan Wilson, Terry Thomas, Christine Callaway, Vanessa Henson
4th Aug	Colleen Walsh, Dianne Meharg
5th Aug	Karran McIlvain, Angela Walker, Jan Collins
6th Aug	Sandy O'Connor, Lee-Ann Ginsburg, Karen Ladlow
7th Aug	Jenny Quinn, Agnes Gibbons, Jaime Hart, Linda Doonar

***** Important Dates for your Diary *****

27th July - 10th Aug HSC Trial Exams

31st July - Staff Development Day

Pupil Free Day

5th Aug - Year 10 Retreat

20th Aug - Science Expo

2nd Sept - School Induction ceremony for 2016

School Captains and SRC

9th Sept - Final Preliminary Exams

**16th Sept - Year 12 Graduation Mass and
Presentation Night**

**18th Sept - Year 12 Final Assembly
Last day Term 3**

**WELCOME TO
MAKERSPACE**

Joey's Makerspace

The Makerspace concept has proven to have wide-ranging appeal to students who choose to play and learn during their lunchtimes and take the opportunity to create something of their own or learn a new skill. Although only in its second week, the response and feedback has been extremely positive. In the coming weeks we hope to share some of the creations that the students will work on.

The students are largely left to drive their own learning and creating and have started to collaborate, discuss and problem solve. Given the opportunity some students have suggested skills to share. *Adam Knight* and *Jake Reid* from Year 10 have led the way in presenting on SFM - Source FilmMaker, a video and editing software that is widely used inside the source game engine in the popular "Steam" community online.

For students interested in joining in or sharing their skills and knowledge, please come and visit us at Room 7 or email danny.casolin@dow.catholic.edu.au for further information.

For a short video summary of the happenings this week, click [here](#).

Mr Danny Casolin, Makerspace Coordinator

**Great Things
Are Happening**



School Sport Update

Last Friday we launched the World Cup Tournament for Years 7-10 Sport. All students have been placed in a country and are playing each other in a range of sports. Year 7 and 8 are participating in Soccer, Touch Football, Netball and Basketball. Year 9 and 10 are playing AFL, Touch Football, Ten Pin, Soccer and Netball.

It was a lovely sunny day on Friday and most students played in an enthusiastic manner. It was wonderful to see students playing well and displaying their skills, getting involved and showing good sportsmanship towards the opposition and referees. Students are

to be congratulated for the way they have embraced the tournament. A special mention must go to the students who assisted with refereeing, scoring and timing when they were the duty team. The combined results after Round 1 are as follows and well done Brazil!!



Brazil	1st	60 points
Tonga	2nd	54 points
Spain	3rd	47 points
Greece	4th	46 points
Japan	5th	40 points
Latvia	6th	35 points

Diocesan Athletics Carnival

To date only 15 students have returned their note and money for the Diocesan Athletics Carnival which is being held in Campbelltown on Friday 21st August. The closing date for notes and payments is next Friday 7th August. We would like to send a strong team of athletes to represent St Joseph's at this carnival. Our school is coming 3rd in the Vince Villa Trophy point score which means we are currently the third best sporting high school in the Diocese. We need to have students competing in all events across all age groups to maintain or even better, to improve our ranking. Mt Carmel is only 2 points behind us! Lets catch Holy Spirit and St John's (we are only trailing St John's by 15 points). Please email Mrs Linsley or Mrs Garbutt if you have to withdraw from the team so that a replacement athlete can be organised. Best of luck to all students in the team in their preparation and training.

Mrs Michelle Garbutt and Mrs Jodie Linsley, Sports Coordinators
Remember - "Too much sport is never enough"

ScienceExpo - Thursday 20th August, 2015

To enter this year's ScienceExpo follow these simple steps!



1. Decide if you are entering a science project on a board; entering a project on a Scientist of your choice; entering Fast Science (iMovie 60 seconds) or entering Science Master Chef!
2. View the SJCHS 2015 ScienceExpo categories information sheet attached to the email sent to all students on Tuesday 28th July. Read the details carefully. If you don't satisfy the criteria, you may not be eligible for a prize.
3. Click [here](#) to access the website and complete the online entry form. Make sure you follow all instructions.

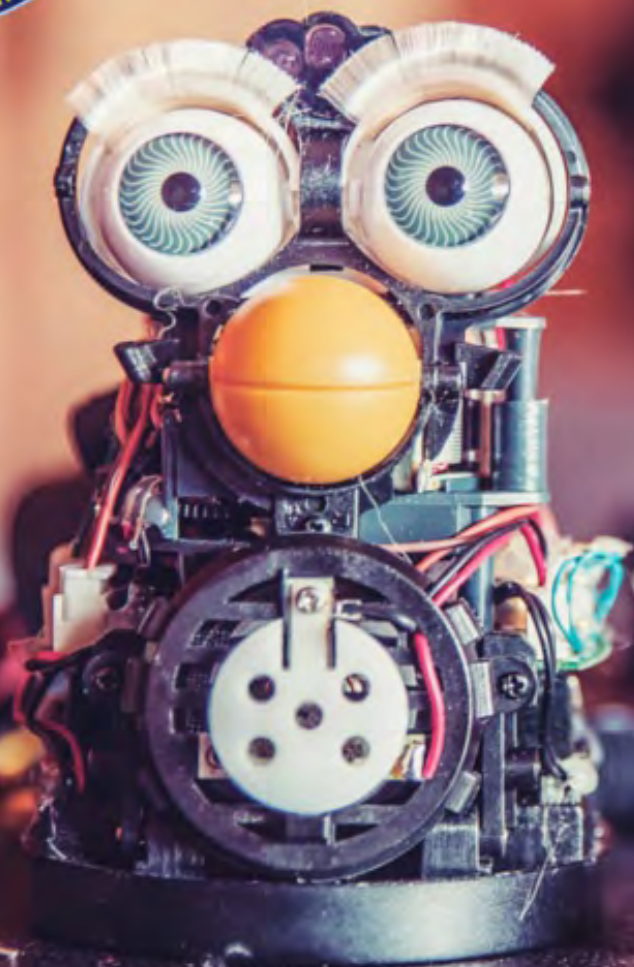
Remember - you don't have to 'get science' to get involved!

The Science Team!



#MAKERSPACE

**CONSUME LESS
CREATE MORE**



**LUNCHTIMES MON-THURS
ROOM 7 - TAS BLOCK**

Follow us on Twitter: @makerspacejoeys

Parent Portal – seeing your child’s progress

Parents are reminded that once they register on the **Parent Portal**, they will be able to see details of their child’s progress at school (including tallies of merits/demerits and any uniform infringements your child may have received).

To access this information you must have:

1. Registered for the portal (registration can be completed with the personalised letter sent from the school at the following website:

<https://sentral.sjchsdown.catholic.edu.au/portal/register>

(NOTE: Request a new letter from the school if you have lost yours)

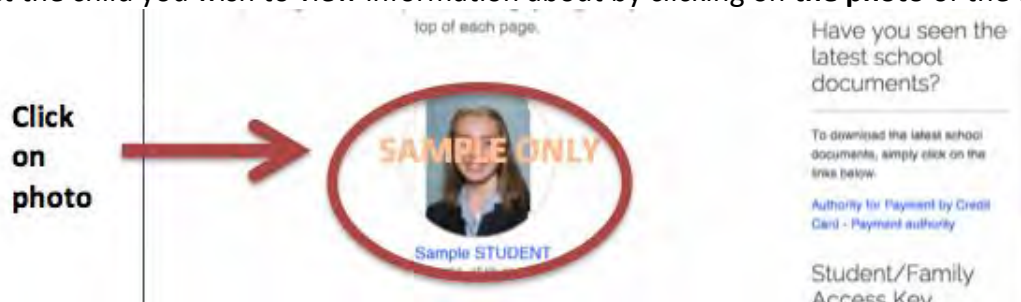
2. Login to the portal website either from the school website:

<http://www.sjchsdown.catholic.edu.au/index.html>

OR directly at the following website:

<https://sentral.sjchsdown.catholic.edu.au/portal/login>

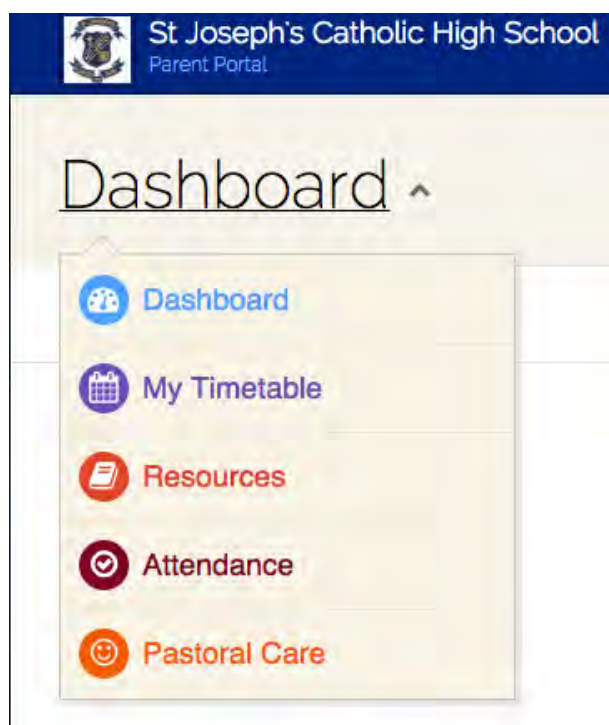
3. Select the child you wish to view information about by clicking on **the photo** of the child.



4. You may select information available on the **Dashboard** link found on the top right of the web page.
5. Information about your child’s progress can be found by clicking on the **Pastoral Care** link of the **Dashboard** link.

More detailed Parent Help Guides for the Portal can be accessed on the school website under the **Parent Links** section

Regards
Mrs Deb Boughton
Learning Technologies Coordinator





ACU Early Achievers' Program

Applications Open: Monday 10 August 2015, Applications Close: Monday 19 October 2015

The Early Achievers' Program considers the contribution you have made to your community through your school or workplace, local community organisation, cultural and/or religious group. One of the biggest benefits of the program is that successful applicants receive an offer well ahead of the usual tertiary admissions announcements.

http://www.acu.edu.au/study_at_acu/alternative_entry/early_entry

UNSW Open Day Program

View the times and locations of various talks and workshops that will be held at UNSW Open Day.

http://www.futurestudents.unsw.edu.au/sites/default/files/uploads/UNSW_Open_Day_Program_2015.pdf

UWS: Aboriginal and Torres Strait Islander Future Students Information Evenings

Campbelltown: Tuesday 15th September, 6.00pm – 7.30pm

Penrith Campus: Thursday 17th September, 6.00pm – 7.30pm

An opportunity for prospective students to speak to key staff from UWS, enquire about block mode programs and mainstream degrees, and find out about scholarships and support services.

http://future.uws.edu.au/future_students_home/events_at_uws

ACU Elite Athlete Program

Elite athletes who apply to ACU may be eligible to receive up to five bonus entry points. Elite Athletes who successfully gain entry to ACU will be given greater support and flexibility for study and assessments.

http://www.acu.edu.au/study_at_acu/alternative_entry/elite_athlete_program

Teach.NSW Scholarships

Teacher Education Scholarships

Applications close Friday 18th September

\$5000 per year of full time study, \$3000 appointment allowance and a permanent teaching job upon graduation.

Up to 220 Teacher Education Scholarships are available to future teachers of Mathematics, Science (with physics), selected Technological and Applied Studies (TAS) subjects or Special Education (K-12).

Teacher Education Scholarships - Aboriginal

Applications close Friday 18th September

\$5000 per year of full time study, \$3000 appointment allowance and a permanent teaching job upon graduation. Up to 80 Teacher Education Scholarships are available to Indigenous Australians.

Teach.*Rural* Scholarships

Applications close Friday 18th September

\$6000 per year of full time study, \$5000 appointment allowance and a permanent teaching job upon graduation.

Up to 50 scholarships are available for those wanting to study to become a Primary or Secondary teacher in a rural or remote NSW Public School.

Great Teaching, Inspired Learning Cadetships

Applications close Friday 18th September

Part time job while studying, experience in a school and a permanent teaching job upon graduation.

Up to 25 cadetships are available for prospective secondary or special education (K – 12) teachers.

<https://www.teach.nsw.edu.au/>

NIDA Courses and Experiences for Young People

2016 Full-time course applications close 30th September 2015

NIDA offers a range of courses and experiences for Young People across a variety of disciplines from introductory courses in Drama, Acting on Screen, Music Theatre and Public Speaking to the Young Actors Studio or Residencies for Young People aged 15-18 years. Their courses run in conjunction with the school term and holidays in Sydney, Brisbane and Melbourne and in other major capital cities and regional centres at selected times throughout the year. There's a course to suit all Young People from the curious beginner to the young artist seeking pre-professional training.

<https://www.open.nida.edu.au/courses/Demographic/Young+People>

International College of Management Sydney: Domestic Student Professional Scholarships Program

Applications close Friday 27th November

The International College of Management Sydney (ICMS) offers a number of scholarships covering tuition fees for study and/or accommodation regardless of which stream is chosen. ICMS matches the candidates to the most appropriate scholarship from their application. Scholarships are available to Australian citizens/permanent residents completing year 12 studies or who took a gap year in 2015.

<http://www.icms.edu.au/scholarship-type/new-domestic-students>

Engineers Australia: Honeywell Engineering Summer School

Sunday 6th December – Friday 11th December, Dunmore Lang College, Macquarie University

100 students from across NSW and ACT who are about to enter their final year of study will come together and attend lectures and demonstrations at five universities across Sydney. Participants will learn about the role of professional engineers in society by meeting and interacting with professional engineers employed by government, private companies, researchers and academics in a wide range of engineering disciplines.

Applications are accepted on a first come first serve basis.

Contact: 02 9410 5612 or sydschool@engineersaustralia.org.au

https://www.engineersaustralia.org.au/sites/default/files/honeywell_flier.pdf

Australian Veterans' Children Assistance Trust Scholarships

Applications for 2016 scholarships will open on 18 August 2015 and strictly close on 31 October 2015.

Australian Veterans' Children Assistance Trust is a national independent charity with the aim to help the children and grandchildren of ex-service men and women to a better future through higher education. They aim to provide financial assistance on the basis of necessitous and deserving circumstances. Their scholarships assist those selected to achieve a base-level qualification which will allow them to enter the workforce in their chosen career. Their students attend universities, TAFE colleges and other approved tertiary institutions around Australia. Over the years they have had artists, nurses, psychiatrists, sports science students, teachers, musicians, social workers, climate change engineers, doctors, meteorologists, oceanographers and even a circus performer.

<http://www.avcat.org.au/>

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<http://www.avcat.org.au/>

Australian Defence Force: Information Sessions

Sydney – Air Force: Monday 27th July, 6.30pm, Level 4, 9 George Street, Parramatta
Newcastle – Women in Defence: Tuesday 28th July, 6.00pm, 528 Hunter Street
Newcastle – Navy Careers: Tuesday 28th July, 6.00pm, 528 Hunter Street
Newcastle – Army Careers: Wednesday 29th July, 6.00pm, 528 Hunter Street, Newcastle
Wollongong – Defence Careers: Wednesday 29th July, 25 Atchison Street
Sydney – Commando: Thursday 30th July, 6.30pm, Level 4, 9 George Street, Parramatta
<https://www.facebook.com/DefenceJobsAustralia/events>

Student Exchange Australia and New Zealand

Canberra: Wednesday 16th September, Wednesday 21st October, Belconnen Arts Centre, 118 Emu Bank, Belconnen
Gosford: Wednesday 14th October, The Hive, Erina Centre, Meeting Room 2, located in Erina Fair
Newcastle: Wednesday 29th July, Wallsend District Library, 30 Bunn Street, Wallsend
Wollongong: Wednesday 9th September, Wollongong City Library, Ground Floor, Central Lending Library, 41 Burelli St
Learn about the countries available for exchange and have questions answered by staff.
<http://studentexchange.org.au/info-sessions/in-person-city-sessions/>

An Excellent Resume for Someone with No Experience

The following article showcases a resume and outlines the features that make it an exemplar resume for a jobseeker without any experience.
<http://www.businessinsider.com.au/resume-for-job-seeker-with-no-experience-2014-7>

AFS Intercultural Programs: Information Sessions

Canberra: Sunday 6th September, Sunday 8th November
NSW Central Coast: Monday 31st August, Monday 26th October, Monday 30th November
Hornsby: Monday 10th August, Monday 19th October
Newcastle: Saturday 12th September, Saturday 14th November
Wollongong: Tuesday 22nd September
Bathurst: Saturday 28th November
AFS provides international exchange programs in more than 52 countries around the world. Visit an AFS Open Day or Night to learn more about the programs. <http://www.afs.org.au/about-afs/>

Study Assist

Study Assist is an Australian Government program that assists tertiary students with financing their education. This website contains information about the range of government assistance available to students participating in tertiary study.
<http://studyassist.gov.au/sites/StudyAssist/>

Young Endeavour Youth Scheme

The Young Endeavour Youth Scheme provides young people an opportunity to experience life on a vessel being taught skills such as navigation, how to keep watch, communication skills and more by the Royal Australian Navy crew.
<http://www.youngendeavour.gov.au/site/>

Grow Careers

This website provides career information and useful links for students, including information about uni, TAFE, getting a job, and advice on how to make career decisions.
<http://www.growcareers.com.au/>

Australian College of Applied Psychology (ACAP) Information Evening Australian College of Applied Psychology (ACAP) Information Evening – Wednesday 12 August 6pm. Come along to ACAP's Information night and find out more about our VET, Bachelor, Honors, Graduate Diploma and Masters programs. ACAP staff will be on hand to answer your questions. Level 5, 11 York St Sydney. RSVP at <http://www.acap.edu.au/future-students/info-sessions/> or call 1800 061 199 for info.

UOW College - Certificate III and IV in Fitness August Intake Information Session Find out about our Certificate III and Certificate IV in Fitness courses, view the course facilities and meet the coordinator. Event Details - August 10th, 6.30pm-7.30pm, Building 32, Room G01 (Opposite URAC Building), Northfields Avenue, University of Wollongong, Wollongong, NSW 2522. RSVP via <http://www.uowcollege.edu.au/about/fitness/index.html>.

Whitehouse Institute of Design Registrations for the 2-day Spring Workshop in Portfolio Development are now open. The workshop will be held on 12 & 13 November at the Sydney campus at 2 Short Street, Surry Hills. For bookings phone 1300551433 or email enquiry@whitehouse-design.edu.au.

Whitehouse Institute of Design registrations for the 2-day to 10-day 2016 Summer Workshops in Fashion Illustration | Image Styling | Sewing | Interiors Illustration are now open. The workshops will be held from 4 to 15 January 2016 at the Sydney campus at 2 Short Street, Surry Hills. For bookings phone 1300551433 or email enquiry@whitehouse-design.edu.au.

UNSW Women in Engineering Camp Applications for the 2016 UNSW Women in Engineering Camp open on 4 August and close on 27 September. If you know a bright science-minded girl going into year 11 or 12 in 2016, please encourage her to apply. The five-day long residential camp involves hands-on workshops, site visits and networking opportunities. The registration fee is \$200. More information can be found at <http://unsw.to/wiec>

TAFE-delivered course for students in Years 10-12 in Animation Driven by the growing demand for character design and concept development within the game, cartoon and video industries, the Northern Sydney Institute has a new Games course: Information and Digital Technology – Animation and Games Development at the St. Leonards campus of TAFE. Email nsi.tvet@tafensw.edu.au or call 131674 for more info.

TAFE courses for Students with a Disability in Years 10-12 The Northern Sydney Institute has developed courses specifically for students with a disability looking to pursue a career in the areas of Hospitality, Business, Retail, Drawing, and Horticulture. These will be delivered at the Northern Beaches, Meadowbank and Hornsby campuses. Email nsi.tvet@tafensw.edu.au or call 131674 for more info.

TAFE to University, Associate Degree of Accounting, 2 year pathway to a Bachelor Degree The Northern Sydney Institute is offering the Associate Degree of Accounting which is a two-year higher education qualification that prepares students for a career in accounting. Graduates of this Associate Degree can then springboard into the third year of an Accounting Degree at Macquarie University. This course is ideal for students who want a hands-on style of learning with smaller class sizes and a supported learning environment. Email Irene.Ireland1@det.nsw.edu.au or call (02) 9942 0840 for more info.

Schindler Lifts - New Apprentice Open Night Looking at an Electrical Trade? Come to our apprenticeship information night. Bring your parents or guardians or come alone and find out what a career at Schindler Lifts Australia can offer you. Date: Tuesday 4th August 2015 Time: 6.00pm Location: 36 – 38 Lord Street, Botany RSVP: 31st July 2015 to apprenticeship@au.schindler.com Contact: 02 9931 9900

Register now for the Macleay College Open Day on Saturday 22 August! Experience the Macleay College difference at Open Day on Saturday 22 August. Learn about our courses in Journalism, Advertising and Business from lecturers working in the industry. Speak with current and past students about internships and careers after graduating. Take a tour of our amazing facilities and see our very own TV Studio in action! <https://macleay.edu.au/campaign/open-day-august-22>

UOW OPEN DAY 2015 The UOW College will be exhibiting at the annual UOW OPEN DAY 2015 to be held at the University of Wollongong (Wollongong Campus) on the 15th of August 2015. Come down and discover alternative pathways to UOW as well as career-ready qualifications to help you Get Where You Are Going In No Time At All. To register and more information, please visit - <http://www.uow.edu.au/openday/index.html>.

ACU Canberra Open Day - Saturday 29 August, 9am-4pm Find out more about the courses we offer on our Canberra Campus. Take a tour of the campus, the library and the Nursing/Paramedicine labs. Attend presentations on undergraduate and postgraduate course options, rural and regional student assistance, entry programs, scholarships and more. Discuss your study options with our friendly lecturers, staff and students. Visit www.acu.edu.au/openday

ACU North Sydney Open Day - Saturday 5 September, 8.30am-2.30pm Open Day is more than learning about your study options – experience campus life and soak up the atmosphere! The Nova Casanovas will be on site to provide entertainment and there will be range of outdoor games and activities on the day. Join the fun ACU has to offer, and top it off with delicious food from the variety of vendors on site. Visit www.acu.edu.au/openday

ACU Strathfield Open Day - Saturday 12 September, 8.30am-4pm Open Day is a great way to find out everything you need to know about studying at ACU. You will meet staff and current students, discuss entry option and talk to experts about your career goals. Soak up the atmosphere, attend seminars, enjoy the entertainment and check out the facilities on a guided campus tour. Visit www.acu.edu.au/openday

The University of Notre Dame Open Day - Saturday 29 August 2015, 9:00am to 3:00pm Visit our Broadway or Darlinghurst Campuses. Learn about Notre Dame and its unique admissions process and meet current students and graduates. Discuss course options with our academic staff and enjoy entertainment, activities, workshops and Campus tours. Register at <http://notredame.edu.au/openday/sydney/>

RESOURCES FOR STUDENTS - FREE

FREE HSC STUDY ASSISTANCE HSC Coach is an online resource designed to provide students with subject-specific information and advice to help them succeed in their exams. A compilation of videos have been put together featuring experienced HSC markers who pass on hints and tips about ways for students to maximise their results in subjects across the HSC Syllabus. Visit <http://www.hsccoach.com.au>

Career Profile Online Tool, Northern Sydney Institute This is a free personality and career-matching online tool developed by the Northern Sydney Institute to help students discover career options that match their talents and interests. Students complete a survey to reveal their strengths and preferred working environment, and a report is generated which outlines relevant occupations to consider. Email nsi.study@tafensw.edu.au or call 131674 for more info.

Building parent-school partnerships

WORDS Lakshmi Singh

Raising a critical generation

In a digitally literate world of 'likes' and social criticism Lakshmi Singh looks at how parents can foster critical spirit in a constructive, healthy and balanced way.

American keynote speaker, author and educator Tim Elmore recently penned an article observing a trend amongst kids dishing out careless criticism of processes, ideas and institutions.

From criticising classes to sports programs, the food offered on campus, administration or accommodation in some colleges and universities, students were increasingly displaying what Elmore calls, a 'critical spirit'.

Time magazine also ran a feature discussing the narcissistic tendencies amongst Millennials, contributing to a feeling of entitlement amongst youngsters.

So, is there a generational change brewing, where more kids go about criticising anything and everything, becoming self-absorbed in the process?

Experts say that a critical spirit has and always will exist in all of us, it is just that the nature of today's society and the easy accessibility of forums through which criticism can be provided that has given it more opportunity to be heard.

While experts say that cultivating a spirit of thinking critically about problems and situations is important, it is also necessary to foster a healthy decision-making process.

The age of entitlement

Parents have always wanted the best for kids, but taking the "you deserve the best, this/he/she is not good enough" mentality a bit too far can also be detrimental, says parenting and education expert Ronit Baras.

"The rules of education are very simple, judgmental parents will raise judgmental kids. Why? Because judgment is a coping mechanism to fight inadequacy. Judgmental people have weaknesses [and] judgment is their way of hiding. 'If I find faults in others, I will be able to hide mine.' If parents model this mentality, kids will adopt it."

Similarly projecting a "my child is special and they need to know that" vision by over-supplying them with activities, commodities and even praise can lead to an unhealthy sense of entitlement, says Dr. Ash Nayate, clinical neuropsychologist.

"Narcissism (i.e. a feeling of entitlement) is a sign of unhealthy self-esteem. Narcissistic people don't see themselves as equal to others, they see themselves as better than others - and the reason they hold this belief is to cover up their fear of 'not being good enough'," she says.

Judging people helps alleviate that

fear, she says. To help stop the cycle, she believes parents need to lead by example.

"Developing a healthy self-esteem is critical. If as a parent you have low confidence and low self-esteem, your kids are going to pick up on that as well. If you want your kids to be resilient and confident, then you need to work on the confidence and self-esteem within yourself."

Readily accessible forums to dish out criticism

It is no secret that Millennials are more digitally literate than the rest of us. With most having access to their own mobile phone, laptop and social media accounts, the stage through which they can communicate with others is wide and always available.

"Social media encourages us to be more vocal about criticism. So instead of just judging people quietly, in our mind, we can do it aloud, behind the safety and anonymity of a computer screen," says Dr. Nayate.

more on page 2 >>



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.





... Raising a critical generation ...

The privacy that social media affords also brings to the fore a trait that Baras calls a "brain fart".

"In my program we consider it a "brain fart" when you do not consider others or the outcome of what you say and only want to say it, at all cost," she says.

She believes the problem is intensified in a society that values external standards and imposes them on the education system through set metrics. "Teachers use marks, tests [and] they flash with standards and rules and this is far away from teaching critical thinking. So, no wonder kids are learning that everything in their life needs to be judged."

From teacher review sites to specialist groups and threads on social media forums, kids today can critique anything about their school, programs or individual people, making up their mind whether something makes the cut or not.

A culture that accepts criticism

With the prominence and popularity of reality TV shows comes the hard truth that our culture is now one of judgement and criticism.

"People are evaluated on the basis of what they're missing, how they're not good enough or worthy enough, and what's 'wrong' with them," says Dr. Nayate.

To compound the situation, today's society is more geared towards materialism and capitalism, she says.

With the aim of being 'better', 'richer' and 'more successful' comes the habit to indulge in self-criticism, another trigger for engaging in a dialog centred around "I am better than this guy because ..." or "I am so hopeless at this compared to ..."

"Self-criticism is the first step towards

judgement of others. We can only judge others if we're somehow judgemental of ourselves," says Dr. Nayate.

Striking a balance

So, how do we turn all this 'judgement' into something that is more considered, evaluated and more respectful of the people and practices involved in the process?

By understanding the difference between informed decision-making or critical thinking and straight judgement, says Baras.

"Critical thinking is when we present kids with options and teach them to evaluate and consider the advantages and disadvantages between options. Criticism/ judgment is considering yourself above others and rating them based on your own individual standard."

The good news is that critical thinking skills can be developed without being critical of others says Dr. Nayate.

"It's about adopting an attitude of open-mindedness and healthy curiosity. Just like a three year old who always asks "why" - the child isn't doing it out of judgement or maliciousness, it's simply a raw desire to learn more about the world."

While critical thinking skills depend on the maturity of the child, Dr. Nayate believes parents can nudge kids in the right direction by role modelling it:

- 1 **Verbalise** the thought-process involved in everyday decisions – for example choosing healthier food options ("When I eat fries, I feel a bit sick in the stomach, and the next day I get a headache from all the salt and grease. And then I feel sluggish and lazy, and I just want to sit around at home all day

instead of going to the playground with you.")

- 2 **Assist** with decisions and evaluations – implement this as a two-step process, she advises: first, acknowledge kids when they have demonstrated critical thinking. For example: "that was a good decision to do your homework before you went to your friend's house. That way, you can really have fun and you don't need to rush to get home".

Secondly, help them assess whether the decision they made was because they accept an idea or because it came from a person they accept. As an example, many teenagers tend to accept information as credible when it comes from their peers or celebrities more so than their parents.

- 3 **Help** them put their higher values in perspective – while some children may value hard work or aim for certain levels of achievement, they would also value acceptance, connection with others, happiness, fun and adventure, she says. For example, a child who values health and fitness highly might override them in favour of other values like fitting in with their peers who smoke and thus take up that habit. Encourage them to see when decisions are made based on what we value, rather than on impulse or what feels good at that moment.

Sources:

- Tim Elmore's blog on 'Curing a critical spirit in students' - <http://growingleaders.com/blog/curing-critical-spirit-students/>
- Time magazine article 'Millennials: The Me Me Me Generation' - <http://time.com/247/millennials-the-me-me-me-generation/>

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