



# CRASHING INTO POTENTIAL

## Wellbeing Program

The CRASHING INTO POTENTIAL (CIP) Wellbeing Programs, developed by Scott B. Harris and evaluated by Prof. John Hattie, empower students from Foundation to VCE-VM. The CIP 10-week program focuses on teaching practical skills to overcome adversity, enhance resilience, and foster personal growth through the study of Harris' personal journey of overcoming major trauma. The program is designed to run each year level individually or in conjunction with the previous year, allowing for a progressive build on students' knowledge of overcoming challenges.

### Foundation to Year 8 Wellbeing Program

#### Duration

Flexible 10-week program with weekly sessions (45 minutes)

#### Key Year-Level Programs

- **Foundation – Grade 4**  
Introduces CIP Framework
- **Grades 5 & 6**  
Apprenticeship Program with a live presentation by Scott
- **Years 7 & 8**  
Focus on self-discovery and applying CIP strategies.

### Year 9 Bachelor Program

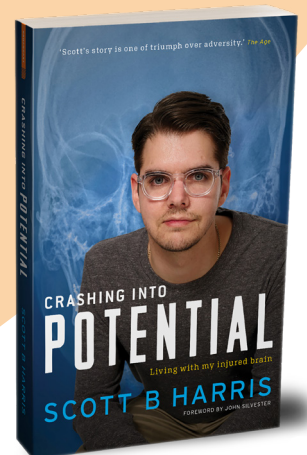
**Duration:** Flexible 10-weeks program

#### Topics

Goals, Choices, Mindset, Perseverance

#### Components

- Scott's memoir CRASHING INTO POTENTIAL: Living with my injured brain
- Student, teacher and parent presentations
- Teacher PD with Scott and Prof John Hattie
- Student workbooks, teaching resources, lesson plans
- Subject-specific learning in Wellbeing and/or English, HPE, Performance Art, Visual Arts.



### VCE-VM Wellbeing and Literacy Program

**Duration:** Flexible 10-week program

#### Deliverables

44-page teaching resource with student exercises  
keynote presentation and workshop

#### 23 Activities

##### Unit 1, Outcome 1

- Oral Presentation (Unlikely Hero Award)

##### Unit 1, Outcome 2

- Journal Entries from diverse perspectives

##### Unit 2, Outcome 1

- World Issue Brochure

### Key Activities

**Discussion & Research:** Students engage in group discussions, analysing themes from CRASHING INTO POTENTIAL, including resilience, invisible illnesses, and overcoming adversity. They explore how goal setting and purpose shape personal growth.

**Multimedia Exploration:** Students interact with multimedia resources such as TED Talks, podcasts, and videos on resilience and brain injury, deepening their understanding of the real-world applications of these themes.

**Practical Application:** Focused on personal reflection and public speaking.

## Assessment

Students are evaluated based on the completion of program workbooks, their participation in oral presentations, and their engagement and effort throughout the program. Emphasis is placed on active involvement and personal growth, rather than just academic performance.

## Curriculum Connections

Mapped to ACARA standards and aligned with the Australian Student Wellbeing Framework

The CIP Wellbeing Programs provide a structured approach to developing resilience and capabilities in students, fostering confidence and mental agility throughout their educational journey.



## CRASHING INTO POTENTIAL Goals

### To help students use **GOALS** as a roadmap

Empower students to set purposeful, achievable goals that drive their personal and academic growth. Equip them with practical tools to break down challenges and stay focused on their aspirations.

### To help students make **INFORMED CHOICES**

Guide students to make decisions that align with their goals and values. Teach them to evaluate options critically, fostering a sense of responsibility and enhancing their problem-solving abilities for lifelong success.

### To help students develop a **GROWTH MINDSET**

Encourage students to embrace challenges as opportunities for learning and personal development. Cultivate resilience and adaptability by promoting a mindset that views setbacks as essential steps toward improvement.

### To inspire to **PERSEVERE** through challenges

Instil the importance of persistence when facing obstacles. Help students build the determination to overcome difficulties, fostering long-term resilience and the confidence to tackle future challenges effectively.



## Contact Information

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