



CRASHING INTO  
**POTENTIAL**

**YEAR 6 – APPRENTICESHIP PROGRAM**

**HOME  
LEARNING  
TASKS**

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We respectfully acknowledge the traditional custodians of the land on which we live, learn, and create, the Wurundjeri people of the Kulin Nation.

We pay our respects to their Elders past and present, and extend that respect to all Aboriginal and Torres Strait Islander peoples who have cared for this land for thousands of years.

We also acknowledge the diverse Aboriginal and Torres Strait Islander peoples from across Australia whose lands our work reaches.

We honor their rich cultures, histories, and ongoing connection to the land, and commit to listening, learning, and walking together on the journey of reconciliation.



# Home Learning Tasks:

## CRASHING INTO POTENTIAL PROGRAM

As part of the CRASHING INTO POTENTIAL program, you will be completing some home learning activities to help you understand what it means to be resilient and understand how people in your family and community have shown resilience in their lives.

The following information is a guide to stay on track with your home learning tasks this term.

<p><b>Week 1 and 2</b></p> <p>This week, you will be interviewing someone at home that has shown the skills of being resilient and overcome adversity.</p> <p>You will need to first plan your interview, then sit with them and interview them, focusing on how they overcame adversity.</p> <p>The next page has a planner for your interview with suggested questions.</p>	<p><b>Week 3 and 4</b></p> <p>Task: When you have completed your interview, you will need to write up your notes with a summary of the interview, sharing the key points and insights.</p> <p>Submission Requirements: Submit a summary of your interview, highlighting the key points and insights you gained about resilience. This summary should be no more than one page and is due by Week 5 of the term.</p>
<p><b>Week 5 and 6</b></p> <p>Task: Think of a time when you faced a challenge or difficulty. Write a short reflection on how you dealt with the situation and what resilience factors you used or could have used.</p>	<p><b>Week 7 and 8</b></p> <p>Task: If you haven't finished your podcast scripts yet – your task this week is to finish these off and practice at home.</p>
<p><b>Week 9 and 10</b></p> <p>Task: Reflect on your learning this term and write a paragraph for each of the following topics:</p> <ul style="list-style-type: none"> <li>- Write about your podcasting experience – what worked? What didn't? what would you do differently next time? What was the best bit?</li> <li>- What has been your biggest learning or takeaway from this term?</li> <li>- What is your favourite quote about resilience? Share this in a creative way, such as a bookmark or drawing.</li> </ul>	

## Interview Questions for Home Activity: Exploring Resilience

In this activity, you get to practice your interviewing skills as you chat to someone who has overcome a tough time in their life.

Everyone has times in their lives when things are hard – it might be a fight with someone they love, a beloved pet dying, a separation, moving to a different area or different country, or facing times of war or hardship. How they choose to respond to these times, and move on to being happy again is showing resilience.

This may be a sensitive topic, so approach this activity with curiosity, respect, and understanding. The stories you'll hear aren't just about hard times; they're about being strong, bouncing back, and having a big heart.

Remember:

**Take Detailed Notes:** As your guest shares their experiences, make sure to write down important points, insights, and examples they mention. This will help you remember their story and think about it later.

**Seek Permission for Sharing:** During the interview, ask if your guest is comfortable with you sharing a quote or part of their story in class. Respect their privacy and preferences.

**Ask if it's ok to Use Their Name:** If your guest is okay with sharing their story, check if they're comfortable using their real name or if they prefer a pseudonym.

This activity is a special chance to learn from others' resilience. Listen carefully and capture the essence of their experiences to gain valuable insights.

**Listen attentively and respectfully to the interviewee's responses.**

**Feel free to ask follow-up questions if you'd like more information or clarification on a particular point.**

**Remember to thank the interviewee for sharing their experiences and insights with you.**

Name of interviewee \_\_\_\_\_

Name of interviewer \_\_\_\_\_

**Introduction:**

In class, we're learning about resilience and overcoming times of adversity.  
Could you share a brief overview of a challenging time or adversity you faced in your life?

**Goal Setting:**

Did you set any specific goals during this time to help overcome the situation?  
If so, what were they, and how did they help you at that time?

**Making Choices:**

Can you recall any important decisions you had to make during this time? What were they?

How did you approach these decisions, and how do you think they impacted overcoming the challenge?

**Developing a Growth Mindset:**

Were there moments when you doubted your ability to get through the challenge? How did you shift your mindset to stay focused and hopeful?

Can you share an example of how having a positive or growth mindset helped you during this time?

**The Power of Perseverance:**

Perseverance is often crucial in overcoming tough situations. Can you describe a moment when you felt like giving up, and what motivated you to keep going?

Looking back, how important was perseverance in overcoming the adversity you faced?

**Reflections on Resilience:**

How has this experience shaped your understanding of resilience?

What advice would you give, especially to young people, about building resilience in tough times?

**Conclusion:**

Is there anything else about your experience that you'd like to share, or any final thoughts on resilience?

## Student Self-Assessment Rubric - Home Learning

This rubric helps you assess your engagement and learning in the CRASHING INTO POTENTIAL program. Reflect on your understanding of resilience, insights, application of learning, and communication skills. Rate yourself honestly to identify strengths and areas for improvement. Use this self-assessment to grow personally.

### Self-Assessment Criteria:

Criteria	Excellent (4)	Good (3)	Satisfactory (2)	Needs Improvement (1)
<b>Understanding of Resilience</b>	I've deeply understood resilience concepts and can connect them to various aspects of life and personal experiences.	I understand resilience concepts well and can make some connections to life and personal experiences.	I have a basic understanding of resilience concepts but struggle to make connections to life and personal experiences.	I find it difficult to understand resilience concepts and cannot make connections to life and personal experiences.
<b>Insightfulness of Reflection</b>	My reflections are thoughtful and demonstrate significant personal growth and understanding.	My reflections show personal growth and some understanding, but could be deeper.	My reflections are somewhat superficial and show limited personal growth.	My reflections lack depth and do not show personal growth.
<b>Application of Concepts</b>	I've excellently applied resilience concepts to the tasks, showing creativity and critical thinking.	I've applied resilience concepts to the tasks well, but with limited creativity or critical thinking.	I've somewhat applied resilience concepts to the tasks, but without much thought or creativity.	I've struggled to apply resilience concepts to the tasks and lacked thoughtfulness.
<b>Clarity and Effectiveness of Communication</b>	My work is clearly and engagingly presented, demonstrating excellent communication skills.	My work is clear and well-presented, but could be more engaging or effectively communicated.	My work is adequately presented but lacks clarity or engagement.	My work is poorly presented and communicated, lacking clarity and engagement.

**Overall Reflection:**

What is one area where you feel you've grown the most during these activities?

What is one area you'd like to improve in, based on your self-assessment scores?

Total Score: \_\_\_\_\_ / 20

## Teacher Assessment Rubric - Home Learning

This rubric is designed to help teachers assess students' engagement and learning through the home learning tasks associated with the CRASHING INTO POTENTIAL program. Each task is evaluated based on criteria that reflect understanding, reflection, application, and presentation skills.

General Assessment Criteria:

Criteria	Excellent (4)	Good (3)	Satisfactory (2)	Needs Improvement (1)
<b>Understanding of Resilience Concepts</b>	Demonstrates a deep understanding of resilience concepts, clearly connecting personal experiences or research findings to the program's themes.	Shows a good understanding of resilience concepts, with some connections to personal experiences or research findings.	Demonstrates a basic understanding of resilience concepts but lacks clear connections to personal experiences or research findings.	Shows limited understanding of resilience concepts and fails to make connections to personal experiences or research findings.
<b>Reflection and Insight</b>	Reflections are insightful, demonstrating critical thinking and personal growth.	Reflections show some insight and personal connections, but may lack depth.	Reflections are basic, with minimal personal insight or critical thinking.	Reflections lack insight and personal connection, showing little to no critical thinking.
<b>Application of Learning</b>	Excellent applies program learning to tasks, showing creativity and thoughtfulness.	Applies program learning to tasks in a clear and relevant way.	Somewhat applies program learning to tasks but lacks full relevance or creativity.	Struggles to apply program learning to tasks, showing little relevance or creativity.
<b>Presentation and Communication</b>	Presents work in a highly organized, clear, and engaging manner, with excellent use of language and visuals (if applicable).	Presents work in a clear and organized manner, with good use of language and appropriate visuals.	Presentation of work is satisfactory but may lack organization or clarity, with basic use of language.	Presentation of work is disorganized or unclear, with poor use of language and visuals.

Provide specific feedback on the student's strengths and areas for improvement across the tasks. Highlight notable insights or reflections shared by the student.

Overall Score: \_\_\_\_\_ / 20

### Note to Teachers:

This rubric is a guide to evaluate students' engagement with the home learning tasks. It aims to provide constructive feedback that supports students' growth in understanding and applying the concepts of resilience. Adjustments can be made to cater to the specific objectives of your program and the needs of your students.