

S.E.L.F. Program

Students Exploring Life's Foundations



The S.E.L.F. Program aims to provide students with a solid foundation in self-awareness, thereby reducing anxiety, increasing self-confidence, and fostering a sense of well-being and happiness that enables them to succeed in a life of their choosing.

S.E.L.F. is a life skills program aimed at enhancing the skills young people need for a healthy and authentic sense of self-awareness, allowing them to make informed decisions about their lives and futures.

Program:	QCAA Recognised Program
Course Length:	Approximately 55 hours, delivered for 12 months or longer.
Designed For:	Year levels 10, 11 or 12
Fees and Charges:	\$70 per student \$1,000 license fee per year
QCE Credit Outcome:	Maximum of 1 QCE Credit

- ✓ 1 QCE Credit
- ✓ Flexible Delivery
- ✓ Real-Life Skills



6 Key Topics

Discovering Your Unique Identity

Your Purpose and Passion

Emotional Intelligence

Using Choice and Responsibility

The Truth About Your Values

Personal Wellbeing

What students achieve

- Strong self-awareness for personal and academic growth
- Improved emotional regulation and reduced anxiety
- Increased confidence and sense of purpose
- Greater well-being and overall happiness
- Skills for making informed, authentic life choices
- Recognised outcome with 1 QCE Credit via QCAA

Want to know more?

Scan the QR code or contact us:

 schools@connectngrow.edu.au

 1300 283 662

SCAN ME!

