



skills, ideas & advice

for life after the HSC



irl  ed.



WHAT WE DO

IRL Education teaches life skills to high school students. Together with teachers, students and business leaders, we've created a 7 week course that is designed to equip students with the skills they'll need to succeed in life after the HSC.

From credit cards to charisma and managing anxiety to choosing a meaningful career, our topics help students understand their place in the world, develop healthy relationships and find happiness in their lives. Classes combine activities, deep class discussion, independent thinking and thought provoking content into engaging 90 minute experiences that students love.

Our content is curated from the best ideas and advice from around the world. We've selected material from the digital age of podcasts, documentaries, audiobooks, apps & more which students already live in and understand. This ensures everyone finds something for them, and means our classes become launching points for students to follow their curiosity and continue their learning journey into adulthood.

HOW IT WORKS

Our 7 week curriculum runs 1 day per week, immediately after school, on school grounds. We use school premises so students remain in a safe, comfortable environment and don't need to go out of their way to attend classes.

Our classes are run by an IRL facilitator with a background in teaching and education. The 7 week course means our facilitators develop good relationships with students to create a comfortable environment for them to ask questions and explore.

Parents are an important part of every student's learning process, which is why we send parents weekly updates of what's being covered in class and the resources we're sharing with students.

"THERE IS A CRITICAL MASS DEVELOPING WITHIN THE EDUCATIONAL COMMUNITY THAT IS SUGGESTING THAT LIFE SKILLS SHOULD BE CLEARLY AVAILABLE TO THE BROADER STUDENT POPULATION"

-ASIC Financial Literacy Discussion Paper

COST

The cost of the course is usually \$350, however we're offering a reduced rate of \$150 for Sydney Tech. This includes;

- 7 x 90 minute lessons
- Our 60 page student workbook that facilitates in-class activities and includes over 50 podcasts, apps, websites, videos, documentaries and other great material specifically curated for students.
- Access to IRL's library of books which can be borrowed at no extra cost throughout the course
- Supplementary material shared after each lesson
- Access to an online learning group to receive and discuss ideas prior to class with their peers
- Access to a professional working in a career of their choice to ask questions and get advice on what it's like working in that job
- A certificate at the completion of the course to add to their portfolios.



43% of young people under the age of 24 have between \$10,000 and \$30,000 of personal debt



18 hours

per week spent online by the average teenager

WHAT WE TEACH

The topics we've chosen have come from interviews and surveys with over 200 current high school students and those who finished 5-10 years ago, identifying the things they wish they learnt in school and which have been most useful to them since leaving.

Together with our [advisory board](#) of educators, parents and business leaders, we've used this as the basis for our 7 topics; money, innovation, career, learning, persuasion, people & happiness.

The following pages are a brief outline of each of our 7 classes.

"... YOUNG PEOPLE WERE CONCERNED ABOUT THINGS THAT WE DIDN'T THINK ABOUT - THEY WERE CONCERNED ABOUT HOUSING, THEY WERE CONCERNED ABOUT HOW TO PAY THEIR TAXES, HOW YOU GO ABOUT RENTING, HOW TO RAISE A FAMILY"

-NSW Advocate for Children & Young People, Andrew Johnson

MONEY

Why do we need money? How much is enough? What are our financial goals? Too often we fail to examine some of the most important questions when it comes to managing our money. This class challenges students' assumptions about spending and saving, aiming to counter the view that spending is fun and saving is a chore. By targeting their relationship with money, we encourage students to develop good habits to stay out of debt to make the most of what they earn. We focus on giving practical information and advice on;

- Credit cards, bank accounts, and managing money
- Types of investments and which is right for you
- Understanding tax and superannuation
- Staying out of debt and developing financial security



20% yearly increase in calls to the National Debt Helpline

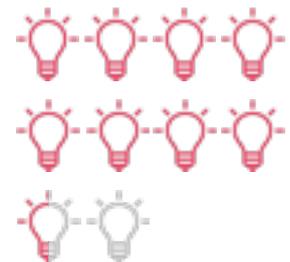


63% of young people don't know what interest rate they're paying on their credit card

INNOVATION

The exponential advance of technology is already causing drastic changes in the job market and beyond. This class demystifies innovation by introducing students to its universal principles, demonstrating how it 's used in the workplace today, and exploring how major trends are already building the world of tomorrow. We focus on actually practicing the skills innovation demands. We also cover;

- The different types of innovation beyond just product design
- Big innovation trends including Artificial Intelligence, machine learning, blockchain and more
- The Design Thinking innovation process
- What makes a good business idea
- How to think divergently and be more creative and empathetic.



85% of jobs that will exist in 2030 don't exist today

CAREER

'What do you want to do when you grow up?' is a question most adults still can't answer, yet we expect students to somehow have the solution. Our 'Career' class helps students explore what options are right for them and gives them a practical framework for making decisions when the time comes. We explore what degrees provide flexible skills that can be used across a vast array

of eventual careers, how to navigate the early part of your working life and the practical aspects of getting your first job or cadetship.

We also cover;

- Why and how to build flexible career capital
- What makes for a fulfilling job
- What skills will be in demand in their working lives
- Resumes that stand out from the crowd
- Interview expectations and preparations



15 year olds today will have an average of **17 jobs** spanning **5 careers**

LEARNING

Learning how to learn is perhaps the most important life skill we can develop, because it makes us better at everything else.

Students today will need to be able to adapt to changing technologies and workplaces, and will need the meta-skill of being good learners to remain competitive. In this class, we look at;

- Neuroplasticity
- Making hard decisions
- Thinking clearly
- Improving memory
- Developing good habits



more time will be spent learning on the job by 2030

PERSUASION

Advertising, politics, and the news media all use powerful methods of persuasion to influence our thoughts, feelings and behaviours. In our modern age of 'fake news' we aim to help students understand how and why these methods work, and what those who use them are trying to achieve. In this class we cover;

- The psychology of emotion in our decision making
- Public relations and propaganda
- Persuasion in advertising, news and politics through time
- System 1 and System 2 thinking
- How to be less easily persuaded



2 in 3 young people have "a great deal" of confusion distinguishing fake news

PEOPLE

Our ability to interact with people and build relationships has been shown to be the leading factor in our long term success. In this class we look at what it means to be a 'people' person, and spend time practicing charismatic behaviours. Topics include;

- Charisma and finding your style
- Body language & mirroring
- Fundamental techniques of handling people
- Small talk, networking & conversation
- Being a good listener



65% of teenagers don't feel comfortable engaging with someone face to face

HAPPINESS

For the first time in history, more people die today from suicide than are killed by soldiers, terrorists and criminals combined. Year 12 is the most stressful year of every young person's life, so being able to manage the world within them is more important than ever. In 'happiness' we look at the latest science in positive psychology and how we can use it to be happier, more stable

people able to cope with the challenges of adulthood. We look at;

- The science of happiness
- Flow
- Stress, anxiety, depression & addiction
- Relationships
- Intrinsic vs. extrinsic goal setting
- Gratitude, mindfulness & philosophy



young people 15-19 show symptoms of probable serious mental illness, the highest ever

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