

SALUS Programme

“Opening MINDS, Not Filling GAPS”

Transition from Primary to Secondary Level

2-day Training Workshop

Venue & Dates: To be coordinated later

Time: 9am – 4.30pm

Fee/Cost: To be discussed with interested parties.

(Certificate of Attendance, training materials, refreshments and lunch)

Participants: Standard Six pupils (Primary Schools)

Form One students (Secondary Schools)

Trainer/Facilitator: Dr S H Lua, DPhil (Oxford), AFBPPsS, CSci, FRSA, CPsychol

The 2-day Skill Training Workshop for 11+ & 12+ years old children including Std Six school children after their UPSR and Form One students, is founded on research, knowledge, experience, values and beliefs in what we know to be in the best interests of children during their developmental transition phase from primary to secondary level where they will change as adolescents. Adolescence (from Latin adolescere, meaning ‘to grow up’) is developmental stage in which adolescents will undergo substantial transformations in all aspects of their development – physically, psychologically, emotionally and socially which require them to acquire adjusting and adapting skills. The 2-day Skill Training Workshop is practical, real and relevant to the changes in a variety of emotional, social and behavioural needs that children experience during the transition phase. By having a choice, taking a chance, making a change creates a winning edge that makes a real difference to children’s development and growth.

What is it all about?

- Get Std Six/Form One schoolchildren’s act together during the transition phase from primary to secondary level by attending this 2day training opportunity workshops. Come and experience, explore, enrich, educate, share and apply of what it is like didactically and experientially of why we think, act and feel the way we do in a real context, hands-on practice and feedback – “I hear and I forget. I see and I remember. I do and I understand.
- Transition from being primary school pupil to secondary school student can be stressful, as the schooling environment, learning demands and responsibilities are different. It Is not just about destination – moving to secondary school; it is also

about the journey. So instead of being like a fish thrown out of water during the transition from primary to secondary level, our children should be, as the saying goes, "Give a man a fish and you feed him for a day. Teach a man to fish, and you feed him for a lifetime."

- Schoolchildren need support and guidance. They need to be engaged and involved during the transition change process. The 2-day training workshop will enable and empower children to make a smooth and positive transition from being a primary school student to secondary school student, with clarity and confidence, moving onward, upward and forward. A transformative positive training programme that represents our 21st century ways of dealing and coping with academic and emotions challenges by being resilience.
- The 2day training workshop focuses more on children for a moment, individually as a person. With a small group (20-25 children) in each training workshop, we will be able to take a truly experiential and personal approach in something different, relevant, interesting, fresh, fun by being wholesomeness in keeping children's mentally and emotionally healthy to flourish and thrive at schools.
- Bottom-up approach of training where there is a progressive from individual element to the whole during the transition from primary to secondary level. This involves: (i) adaptation; (ii) flexibility; and (iii) pragmatism, that are to be trained in order to suit the schooling contexts, goals, objectives and needs.
- Evidence-based skills that focus on values that truly see and appreciate who they are and discover what really matters to them in order to create positive change during the transition phase from primary to secondary level. This involves three key themes, namely:
 1. PAUSE for Reflection: Learn to know yourself
"You must learn from the PAST, prepare for FUTURE,
and live in the PRESENT - here and now."
 - Where were you in the past - yesterday?
 - Where are you now- today?
 - Where would you like to be in the future - tomorrow?
 2. Transition from Primary to Secondary Level: Making changes in adaptation and adjustment by being open and receptive. What skills do you need that will have an impact on within yourself to be inspired and motivated to take action and transform.
 - Cognitive fusion - Tug of war
 - Struck in your ways. Discuss the past and then let go., breaking the cycle of negativity.
 3. The GOODNESS Effect: Think GOOD, Feel GOOD, Do GOOD

What are we trying to achieve?

Tripartite Learning Objectives:

- To make sure that our children get the best possible start in their transition phase from primary to secondary level by preparing them to cope with the changes that they may not be ready to face the demands and challenges.

- To cultivate resilience competence in academic and emotional resilience skills to handle up and down of growing-up stages, setting a solid foundation base for them to grow and develop as a stepping stones to their wellbeing.
- To identify values in the process of building foundation for personal growth – who you are, what really matter to you, what you want to achieve, in which life direction you would like to take in your next transition phase of your development and growth.

What are outcomes we are hoping to achieve?

Tripartite Learning Outcomes:

- To focus on action and positive change during the transition phase from Primary to Secondary Level so that the children have become self-aware, self-control of their reactions and have developed effective coping strategies that enable them to achieve and fulfil their potential as they move forward.
- To learn effective coping skills based on evidence-based techniques that will help children to build resilience and thrive at schools during the transition phase from primary to secondary level that are outside the scope of academic study.
- To gain insights of why the transition phase from primary to secondary level is important to children. Why it matters. How to put it in context of the change? What aspects of their development and growth that need to change? To quote, “It is not the event itself but the coping process that makes it a transition” (Neisel & Griebel).

We need to focus on children and young people as an individual – who they are as an individual i.e. as a ‘person’, for they need to take the initiative, adapt an active and positive approach to personal change during the transition phase from primary to secondary level. In order for them to change, our children and young people need to observe, notice and aware of what needs to be changed. They cannot change what they do not notice. We aim to put this fundamental skill into the hands of our children and young people so that each of them can achieve a fulfilled schooling life.

“Everyone wants to change the world, but no one thinks of changing himself.”

- Leo Tolstoy

For registration and further information, please kindly contact Fiona at 017 6368970 / 012 9011338



Fareez Zainal Rashid • Soar • Acrylic on canvas • 79 x 69 cm • 2018