

What is Energise?

The University of Wollongong and St George Illawarra Dragons have joined forces to develop the Energise program for Year 11 students. Energise is focused on inspiring students to set long-term education and career goals, discover pathways to achieve them, develop strong study skills, build resilience, overcome challenges and become confident leaders.

When & where?

DATE: Wednesday 21 November 2018

TIME: 8.45am – 2.45pm

WHERE: St George Leagues Club, 124 Princes Highway, Kogarah

What will students do on the day?

- Hear from and speak with inspiring role models from the Dragons and UOW
- Identify personal strengths and career ambitions
- Build resilience and self-belief strategies
- Be inspired to achieve their full leadership potential
- Network with other Year 11 students, UOW students and Dragons players
- Receive a UOW certificate for your CV recognising your participation in Energise

Who can attend?

Each school is invited to identify and send up to ten Year 11 students who:

- Have been identified as student leaders and high achievers
- Achieved sound A and/or B grades on their Year 10 ROSA
- Plan on studying at university after high school

Program Highlights

LEADING SELF AND OTHERS

St George Illawarra Dragons previous Co-Captain and UOW Bachelor of Commerce Graduate, Ben Creagh, will share:

- His leadership experience
- How he set goals for his career beyond football
- Overcoming obstacles – the ups and downs on the journey to achieving your goals in a competitive field
- Staying focussed on your dreams

POSITIVE TALK - THE KEY TO STRONG SELF-BELIEF

Students will discover how strong self-belief can help them achieve their goals—whether it's a top-tier ATAR, getting their dream career or representing the country.

Working in small groups, students will identify:

- Characteristics of high and low self-belief
- Barriers to self-belief
- Strategies to improve self-belief

BUILDING RESILIENCE

Students will listen to previous Dragon's player Dan Hunt's story on overcoming adversity and then discuss:

- What is resilience?
- Facing challenges
- Building support networks

UNIVERSITY LIFE - WHAT TO EXPECT

UOW students will discuss their HSC experiences and journeys to university, including:

- How they managed study plans
- Their HSC exam experience
- Importance of Year 11 and 12 subjects to university degrees
- Deciding on a degree
- Opportunities at university
- Alternative pathways to university

SEIZING OPPORTUNITIES

It's been a wild ride for 22-year-old Marlee Silva. Come and hear how one school yard comment in Year 7 made her determined to seize every opportunity to make a positive impact in the lives of others. It's a journey that has taken her from lecture theatres at UOW to boardrooms with some of the most powerful politicians and business leaders in Australia as the 2016 Co-CEO of the Australian Indigenous Mentoring Experience (AIME). Marlee is the perfect example of how passion, hard work and grabbing every opportunity can get you where you need to go. She is the kind of tenacious individual that makes you feel like anything is possible.

Photographs will be taken at the event and may be used by either UOW or the St George Illawarra Dragons for promotional purposes. Students that do not wish to be photographed should alert the photographer on the day.

I've learnt that your age and where you start don't have to impact on your ability to do the seemingly impossible. No matter how many years you've been breathing, if you've got the fire and the determination to do so, you can scare the pants off any person with a fancy title and a fancier car, to the point where they have to listen to what you've got to say.

MARLEE SILVA
UOW student
AIME Co-CEO, 2016

Throughout my rugby league career, I've always been aware of the need to plan for life after football, and of the important role that education would play in creating opportunities for me off the field.

I am proud of my association with the University of Wollongong. I've played rugby league as a junior for the UOW Club, and in 2013 I graduated from UOW with a Bachelor of Commerce.

I'm really looking forward to sharing my story with students at Energise.

BEN CREAGH

