

# Frequently Asked Questions for THRIVE Online Lesson Modules For Pastoral Care And Wellbeing

**What's included with this resource?** Your school license to Thrive Online Modules includes:

- age-appropriate, engaging, evidence-based lesson plans- each with a rationale (from the research), learning objectives, stimulus (eg, you tube clips, articles to read), discussion questions, a student activity and suggested timing of the lessons. Check out some samples below.
- Essentials for educators pages- including 3 minute research report, short introduction clip, access to all lesson plans in the series and access to the UPPMGW survey for students.
- Student workbook (in editable pdf format for easy access).
- Full access to the UPPMGW survey- including a cohort summary report. (Valued at \$397+GST)
- Downloadable Student Certificates for each series
- 40 Personal Wellbeing Practices to be used weekly in Pastoral Care / Wellbeing lessons, with a focus on building wellbeing through PERMAH. \*NEW INCLUSION\* now in video format for easy application (Valued at \$397+GST)
- 50+ Ice breakers, energisers and brain stretching activities to help build a positive classroom environment and healthy relationships between teachers and all students through interaction, laughter, learning, discussion, physical movement and fun. (Valued at \$197+GST)
- A set up and support phone call with UPP Director Luke McKenna to help you with implementing this as part of your Wellbeing Curriculum.
- One digital copy of "THRIVE- Unlocking the truth about student performance".
- Ongoing phone and email support to help you get the most out of the resource.

**What's the best order for the THRIVE process?** We have found best practice for engagement with this resource is as follows:

- use the UPPMGW survey with students to gauge baseline measure for the cohort
- build staff capacity through engagement with the research report or video of the first selected topic (staff PD may be an option here)
- teachers facilitate the lessons on the first topic with their form / care classes during allocated time
- repeat the same process for each topic
- UPPMGW Follow-up Survey to gauge learning once all topics in a series have been covered

**Does THRIVE have an evidence-base?** Yes. The foundation for this program is current research from the areas of psychology and neuroscience, combined with best practice pedagogy. Check out a link to our research reports [here](#). Each lesson includes a research rationale to explain the evidence-base for the strategies employed.

**How long does it take to receive the resources after we apply?** Once you have registered to purchase UPP's Thrive online lesson modules through our website, we will review your application within 48 hours. If your application is accepted, you will receive an invoice, along with access to "Thrive" online lessons for your school. In the meantime, if you have any questions, please contact us anytime.

**How do we access the lesson plans and student workbooks?** All material can be accessed from your THRIVE home page. The link for this is sent to you with your invoice. Workbooks can be downloaded and emailed to students, who are then able to store their own editable pdf of the Thrive workbook on their own device. They can also be printed, however, each booklet (covering 3 modules) is approximately 50 pages in length.

**What if we don't like the resource after we purchase it?** UPP's THRIVE Online Modules come with a 30 day, 110% money back guarantee. THRIVE is not designed for every school- it is only for schools who have a regular Pastoral Care / Wellbeing lesson, and who share our passion for building growth mindsets, grit, wellbeing and leadership for students. If it does not meet or exceed your expectations, simply let us know and we will happily refund your investment, with a 10% bonus to compensate for your time.

**The upfront investment is for a one-year license. How much does it cost to renew our THRIVE license each year?** You will be able to renew for only \$997. This price is locked in as long as your school keeps your license active (by renewing before the expiration date each year). We will send you a reminder to do so, to ensure that you don't miss out.

**How do our teachers use the lesson plans most effectively?** The lessons have been designed by a teacher, for teachers. They are simple and ready to use, without much preparation (although of course, they will be enhanced by those teachers who do prepare). Teachers should [watch this video](#) for a short overview of how to get the most out of your THRIVE Online Modules.

**What year level are THRIVE Online Modules designed for?** THRIVE Online Modules are designed to be used throughout Secondary Schools. THRIVE Series 1 is aimed at Junior Secondary students (or as an introduction for older students who are new to the topics covered), while THRIVE Series 2 is designed to build on students existing knowledge, understanding and skills through year 9, 10 & 11. Most schools start by engaging students with THRIVE Series 1, and build into Series 2 in the second year of engagement with THRIVE, as students progress.

**Is the survey scientifically valid?** Not yet. However, we are currently undergoing a partnership with Dr Peggy Kern at the University of Melbourne to ensure that this measurement tool is a valid instrument.

**How do we access our student data for the UPPMGW Survey and Follow-up Survey?** The links to these surveys are provided on your THRIVE home page. Send the relevant link to students (each survey takes about 10-15 minutes to complete). Once a whole cohort or whole school has completed the survey, simply notify us at [admin@unleashingpersonalpotential.com.au](mailto:admin@unleashingpersonalpotential.com.au). Allow 7 days for us to generate a report, which will provide a cohort summary of your student data, as well as UPP averages for your reference.

**There have been some additions and improvements to the resource. Is this likely to continue?** “Kaizen” is a Japanese word meaning “continuous improvement”. At UPP, we are constantly improving and adding to this resource to help every student become their best. We invite feedback from our partner schools and always look for ways to serve them better. We will keep building into this resource and hope that you enjoy the fruits of our labour.

If you have a question that has not been answered in this FAQ sheet, please contact us at [admin@unleashingpersonalpotential.com.au](mailto:admin@unleashingpersonalpotential.com.au), and let us know how we can help.

Luke McKenna

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