

RAISING ASPIRATIONS: THE TEACHER AS MENTOR APPROACH

1. **Patrick Sherratt**
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Workshop Overview

The correlation between self-image and performance has been well-researched. Academic self-image will influence students' motivation, self-efficacy and esteem, and ultimately their ability to learn, achieve well at examinations and develop a fulfilling post-secondary career.

By raising aspirations, students take a fundamental step towards realising more potential and ultimately improving their results. This workshop will show teachers how to raise student aspirations by understanding how self-images are constructed and enhanced.

The 'teacher as mentor' approach gives teachers a fresh perspective on how to help students make decisions that develop their interests, improve their school results and ultimately their career choices. Teachers will learn:

- ✓ The fundamentals of what makes a good mentor
- ✓ An understanding of how self-image is constructed;
- ✓ How limiting self-images continually restrict performance;
- ✓ How teachers positive expectations cause an unconscious bias that can enhance student's self-efficacy, esteem and in-turn, performance;
- ✓ Ways to facilitate academic and pastoral care activities through the new *Inform Mentoring Teachers Resource Kit* www.inform-mentoring.com

Teacher Testimonies

Patrick provided us with helpful tips for mentoring students to reach their potential. His presentation was informative, interesting and fun.

It made me think of mentoring as an opportunity, rather than another obligation.

Enjoyed the gentle and intelligent delivery. A marvellous inspiration for the beginning of a teaching year. Absolutely engaging.

Workshop Facilitator



Patrick Sherratt is a full-time teacher/trainer of performance psychology working across the corporate, community and education sectors with the training company, Innervate. He teaches high-performance thinking strategies that enable individuals and organisations, to achieve higher levels of performance and productivity.

Patrick has an undergraduate degree in psychology, a Masters in Education (Guidance Studies). He has been teaching for over a decade and has a number of published books and CDs including the internationally selling *Exam Intelligence* (User Friendly Resources). For more information visit: www.passingexams.co.nz www.inform-mentoring.com

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