



Wyong High School

Creating Coaches
Wyong High School
Term 2, 2019

Program details



Program type:	Creating Coaches						
Program focus:	Improve and develop coping mechanisms and building positive relationships between students. Focus on building student strengths and providing tools to address student challenges.						
Duration (no. of sessions):	10 complete (0 cancelled)	Term/s:	2	Start:	Week 1	End:	Week 10
Year group:	9 & 10	Male:	0	Female:	20	Attendance:	80%

Program purpose

What was the purpose? What issues was it addressing? What topics were addressed?

The program was designed to address low of self-esteem and develop confidence to participate and facilitate student learning and communication skills.

Session activities were adapted from the Champions curriculum and included the following topics:

- Values
- Confidence building and self-awareness
- Resilience and positive thinking
- Time management and problem solving
- Communication and teamwork
- Conflict management and overcoming stereotypes
- Rights and responsibilities and advocacy
- Appreciating diversity and empathy
- Celebrating our achievements

Summary of outcomes



Optimism	Peer interactions	Attitude towards school	Resilience
↑	↓	↑	↑
18% increase in optimism	6% reduction in peer problems	13% improvement in attitude towards school	19% increase in resilience
Participants on average, reported having a more positive outlook on life after completing the Creating Coaches program	Findings confirm that participation in Creating Coaches appears to be associated with a reduction in peer problems	Evidence from participants', and Teacher's feedback suggests that Creating Coaches is having a positive impact on young people's engagement with school.	Creating Coaches program is having a positive impact on young people's resilience. Creating Chances enhances young people's ability to cope with adversity through the two-pronged approach of building capacity and self-confidence

METHOD: At the end of the program participants were administered a retrospective pre-test/post-test survey consisting of 30 items from four standardised psychosocial scales that have been well-validated and proven reliable in prior research. The scales measured optimism, peer interaction, attitudes towards school and resilience. These findings were validated against Teacher and Head Facilitator feedback.

SAMPLE: 14 students from Wyong High School completed the pre-test/ post-test evaluation.

ANALYSIS: % changes in pre-test/post-test mean scores for each psychosocial outcome were calculated. Due to small sample sizes, no statistical analysis was performed on this data. However a statistical analysis of all program outcomes will be performed at the end of the year and distributed to all schools.

Findings from the program evaluation

The end of program evaluation report covers the Coaches program with 20 participants. The M&E team collected data on:

- 1) Participant, Teacher & Head Facilitator program satisfaction and 2) Program outcomes and performed a triangulated evaluation of the effectiveness of the Creating Chances program in Term 2, 2019.
- 2) These findings are summarised on the following pages.

Program Satisfaction

Program Participants' satisfaction	Supported by Head Facilitator's report	Supported by Teachers' feedback
<ul style="list-style-type: none"> • 100% of youth reported they have met someone new. • 77% of youth reported they feel more part of my local community. • 100% of youth reported they feel more accepting of other people in their community. • 92% of youth reported they are more likely to get involved with local activities/groups. • 92% of youth reported they are more likely to work with people to make changes in their community. • 100% of youth reported they have learnt something new. • 100% of youth reported they have more skills or knowledge to share with others in my community • 100% of youth reported they feel more confident that they can change things if I want to. • 100% of youth feel more able to make a contribution to their local community. • 100% of youth found it worthwhile to participate in this program. • 92% of youth felt the activities provide a safe space free from bullying and fighting. • 100% of youth would recommend this activity to a friend. 	<p><i>"The students started to take initiative by arriving early to help set up, and even making a facebook page so they could remind each other the sessions were on", Head Facilitator of the Wyong High School Creating Coaches program.</i></p>	<ul style="list-style-type: none"> • The coordinating teacher reported that the facilitators' engagement with the students was excellent. • The coordinating teacher agreed that the outcomes of Creating Chances met the expectations of the school and reported being extremely satisfied with the program. • The coordinating teacher reported being extremely likely to recommend the program to a colleague.
<p>Triangulated verdict:</p>	<p>All three end-users; participants, head facilitators and teachers were highly engaged with the Creating Coaches program.</p>	



Optimism		
Program Participants' satisfaction	Supported by Head Facilitator's report	Supported by Teachers' feedback
18% increase in optimism	N/A	N/A
Triangulated verdict:	Participants on average, reported have a more positive outlook on life after completing the Creating Coaches program. It would be good to explore if this positive mindset is translating to the classroom, from the perspective of the teachers.	

Peer Interactions		
Program Participants' satisfaction	Supported by Head Facilitator's report	Supported by Teachers' feedback
6% reduction in peer problems	<i>"(Creating Chances) Helped me to interact with people", female participant.</i>	The coordinating teacher agreed that the Creating Coaches program had a positive impact on participants' relationships with other peers.
Triangulated verdict:	Both quantitative and qualitative findings confirm that participation in Creating Coaches appears to be associated with a reduction in peer problems. This suggests that Creating Chances is succeeding in its mission to facilitate social cohesion among diverse youth. A recurring theme in the qualitative analysis was that participants believed the program helped enhance their confidence interacting with their peers. Creating Chances looks forward to hearing if this translates to more positive peer interactions in the Wyong High School classroom in Term 3.	



Attitudes towards school

Program Participants' satisfaction	Supported by Head Facilitator's report	Supported by Teachers' feedback
13% improvement in attitude towards school	<p><i>"Thanks to the program I became more confident at school", female participant.</i></p> <p><i>"I was more willing to answer questions from my teachers which meant I was doing better in school", female participant.</i></p>	<p>The coordinating teacher agreed the program had a positive impact on young peoples';</p> <ul style="list-style-type: none"> • School attendance. • Behaviour in the classroom • Participation in extracurricular activities • Relationship with teachers.
Triangulated verdict:	<p>There is triangulated evidence from participants', Head Facilitator's and Teacher's feedback to suggest that Creating Coaches is having a positive impact on young people's engagement with school. The students have developed a more positive attitude towards school, and this is likely due to the aforementioned increase in their general optimism and ability to communicate with their peers. Evidence from the teacher's feedback also shows that the Creating Coaches program has had a positive impact on students' relationships with teachers, school attendance and participation in extracurricular activities.</p>	

Resilience

Program Participants' satisfaction	Supported by Head Facilitator's report	Supported by Teachers' feedback
19% increase in resilience	<p><i>"(Creating Coaches) helped us get out there and do something we didn't feel confident doing", female participant.</i></p>	<p>The coordinating teacher agreed the program had a positive impact on young people's self-confidence.</p>
Triangulated verdict:	<p>There is consensus between participants, the Head Facilitator and Coordinating Teacher that the Creating Coaches program is having a positive impact on young people's resilience. Creating Chances enhances young people's ability to cope with adversity through the two-pronged approach of building capacity and self-confidence. We are delighted that this quantitative and qualitative feedback suggests that young people feel more adept to cope to change as a result of the program.</p>	



Story of most significant change

Student case
study

██████ was selected as the Story of Most Significant Change because of the tremendous improvement in her self-confidence as a result of the program. ██████ reported that through taking on a leadership role as a student coach she gained the confidence to stand up for what she believes in among her peers. In her own words, *“When people were doing something I didn’t like I asked them to stop, instead of being too nervous to say something (like I was) before the program”*.

She also reported that the program increased her confidence with communicating with new people. ██████ recalls that before the program she used to be really shy talking to strangers, even just to buy something from a store. She used to ask her friends to buy things for her because she *“didn’t want to speak to anyone”*. However, now she reports she is *“confident enough to do it myself”*.

██████ also reports feeling more confident to answer her teachers questions in class which means she is now doing better in school. The increased in confidence is enhancing the way ██████ communicates with her peers, teachers and new people and is having a demonstrably positive impact on her engagement with school and her local community.



Challenges

- The first 3 weeks of the program were difficult due to conflicting events occurring at the High School (Anzac ceremony, Naplan).
- There was a considerable walk (15/20 minutes) to coaching facilities which meant that facilitators did not have much time for preparation/debrief with the students before or after sessions.
- At the start of the program, attendance was quite inconsistent however by the end of the program most of the students were coming to every session.

Successes

- Strengthening the relationships between young people in the Central Coast community.
- The young girls consistently reported feeling more confident to participate in classroom discussions and other school activities as a result of the program.
- There was an observable improvement in young people's optimism, that was also captured by the survey data.
- The program effectively built resilience, a life skill known to be highly predictive of success later in life.
- Creating Chances having the opportunity to spend time with and work with a wonderful group of respectful, dedicated, funny, positive and talented students from Wyong High School.



Program in photos





COACH

Find out more:
creatingchances.org.au
1300 298 528
info@creatingchances.org.au

 **creating**chances



UNSW
SYDNEY