



Youth Moves

A news-sheet for people interested in Youth Issues in Australia

Iss. 2 Jan-April 00

Written & Produced by Kirrilie Smout, Psychologist, Speaker & Youth Specialist

welcome!

Welcome to the second issue of "YouthMoves". As a Psychologist and Speaker specialising in Australian youth issues I often search for youth related news and information. I decided that others may well have the same need, and hence I designed this newsletter to give very brief 'snatches' of youth news, information, and facts relevant to busy people working with or relating to young people. I hope this newsletter is of assistance to you in your work. If you have any feedback or questions, or if I can assist your work with young people in any way, please feel free to contact me on 8410 0388.

Regards, *Kirrilie Smout*

February - April: **How to Study Smarter** courses run in schools (Ph. 8410 0388)

2nd - 8th April - **National Youth Week**

17th March - Closing date for **Youth Media Awards** (Ph. Youth SA)

April - Launch of **SA Youth Parliament** (Ph. Scott Robinson 0417 857 672)

7th April - **Passion in the Square - Youth Celebration Day** (Ph. Adelaide Council)

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For any questions about youth related programs in SA, Michelle and the team at the *Youth Affairs Council* are great. Their phone number is 82263080.

Daniel Goleman's book *Emotional Intelligence* is an excellent overview of life/social skills programs conducted in schools.

For stories & illustrations to use in teaching teens, a useful website is <http://inspirationalstories.com/>

For info about local government youth events, a great website to check out is www.maze.sa.gov.au

Beyond 2000 -

A different kind of Education

Success in life is determined by *emotional intelligence*: the ability to get along with others, be empathic, have conflict resolution skills and be self-aware.

Daniel Goleman, in his book "Emotional Intelligence" estimates that less than 10% of the variance in career success is determined by intellectual ability. Success, Goleman suggests, is a function of whether emotional intellectual skills are more or less well developed.

If part of the mandate for education is to provide students with the ability to become successfully employed members of the community, then the teaching of "life-skills" and emotional intellectual skills, deserves a place in formal education.

In the United States numerous life skills programs are conducted in primary and secondary schools. Many of these programs have been found to have a significant positive effect on students immediately. They affect retention rates, academic achievement, and degree of conflict within the school.

Given the rising rates of mental illness, depression, drug use and conflict in Australian youth, I predict that increasingly schools in Australia will be arranging for students to also be exposed to these kind of life-skills, emotional intelligence training programs.

For more information on emotional intelligence programs for teens, please contact me for resources and training ideas.

The most aggravating thing about the younger generation is that I no longer belong to it.

Albert Einstein

Produced by Kirrilie Smout, Psychologist and Professional Speaker specialising in Australian Youth Issues.

Kirrilie is available for keynote presentations, training, counselling and writing articles for publications, either for an audience of young people, or for those working with young people. For information on her services or to inquire about the "How to Study Smarter" program, please contact her at: Darryl Cross & Associates, Ph. 8410 0388, Email dcaoff2@senet.com.au