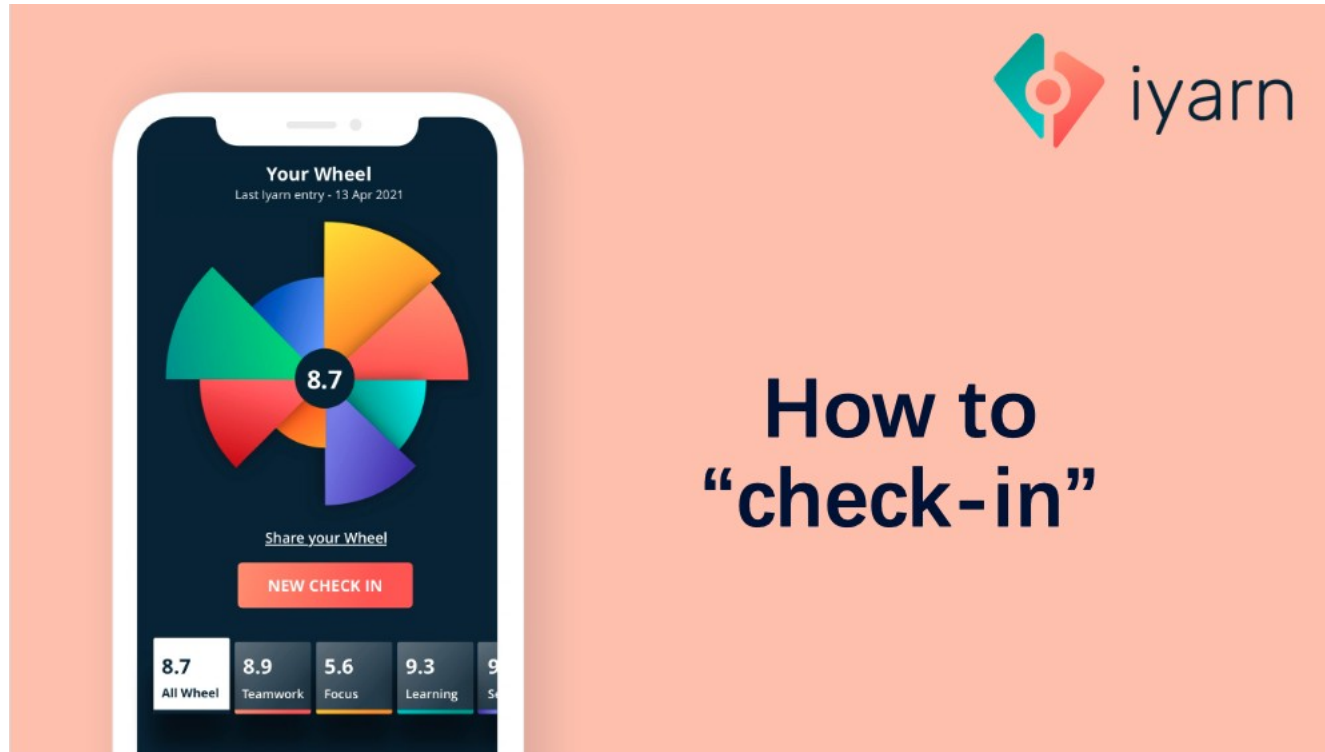**Iyarn Teacher Interview Round 2 - Scenarios**

[Scenario 1: Using Iyarn classroom instruction pack](#)

Please take some time to browse through the Iyarn Classroom Instruction Pack slide deck before we meet if you have time (Iyarn Classroom Instruction Pack.pptx)

The standard segments explained in this presentation are based on research aggregating different models and frameworks for wellbeing for young people (eg. NSW Wellbeing Framework, PERMAH, 5 Ways to wellbeing) to create 6 standard segments

- Healthy Body/Be Active
- Friendship and Connection
- Self-Care, Awareness & Positive Emotion
- Learning & School
- Growth, Challenge & Passion
- Giving Back & Community

If you were using these standard segments would a resource like this be useful to introduce Iyarn to your class?

If you are using your own customised segments does it look like something you could modify for use with your classes?

Do you have any feedback on the structure, language, content visuals or anything else?

Scenario 2: Student support email

One of your students has been struggling with *Friendship and Connection* and has been rating this segment under 5 during the check-ins for a few weeks. The student receives the following automated email with some suggested resources and ideas

___
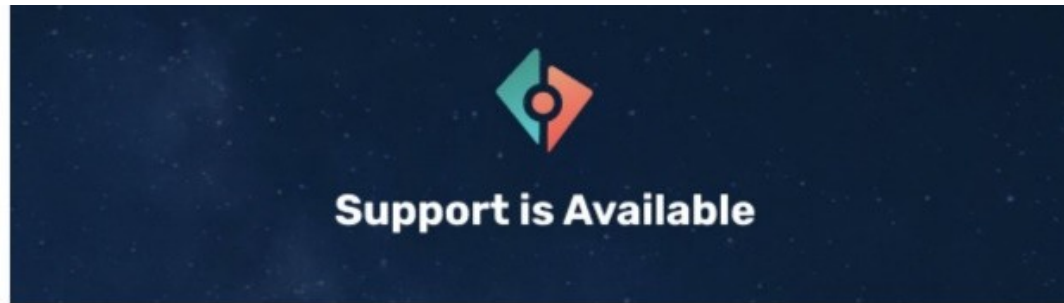
Good work for checking in on Iyarn!

You are getting this email because we noticed you have been rating yourself a bit lower on *Friendships and Connection* lately.

Here are some resources and ideas for things to think about to support you. If you are feeling worried about this please reach out and talk to someone such as a friend, a family member or a teacher. Or you can access a list of confidential support services here.

Please choose which topic is most relevant for you

- Problems with friends
- Problems with family
- Feeling lonely or disconnected

Problems with Friends

[Understanding friendships](#) (the good, the bad and the ugly) - LEARN
An article from *Reachout.com* about how to maintain your good friendships, work through a bad friendship and deal with the tough times.

[How to tell your friend they have hurt you](#) - PLAN
An article from *Reachout.com* with some tips on what you can do if you feel hurt by how your friend is behaving or treating you.

[The Mate Breakup: 6 ways to make sure you're okay when a friendship ends](#) -DEVELOP
This article from *Reachout.com* has tips for how to cope with a friend breakup, including investing in hobbies/other friendships, taking a break and de-escalating, and talking it through.

[Feeling lonely and isolated](#) - LEARN and PLAN
This short animation and article from *What's Up with Everyone* talks about how everyone feels lonely some of the time and some things you might try to put things in perspective.

Here are some questions to help you think about challenges with friendships

- What does it mean to be to be a good friend?
- What sort of friends make me feel good about myself?
- What sort of friendships feel more toxic or bad for me?
- Who is one person I might talk to about what is going on and ask for some support?

Did these resources provide you with any strategies that you think would be helpful? If so, how might you apply them and/or integrate them into your routine?

___

How effective do you think this kind of email might be for supporting a student?

We have identified resources into different impact categories; Learn (Psycho-Education), Lift (Mood Lifter), Plan (Behavioural Activation), Develop (Coping Skills) and Reflect (Reflection Questions). Is this something that might be useful to label for students and/or teachers?

Do your students regularly receive and read emails from the school?

Do you have any feedback on the structure, content, language of this sample email? Is there anything else you would like to add or leave out?

You notice your class averages on the *Learning and School* segment have dropped in the few weeks leading up to exams. You receive an automated email with some suggested resources and classroom activities from Iyarn.
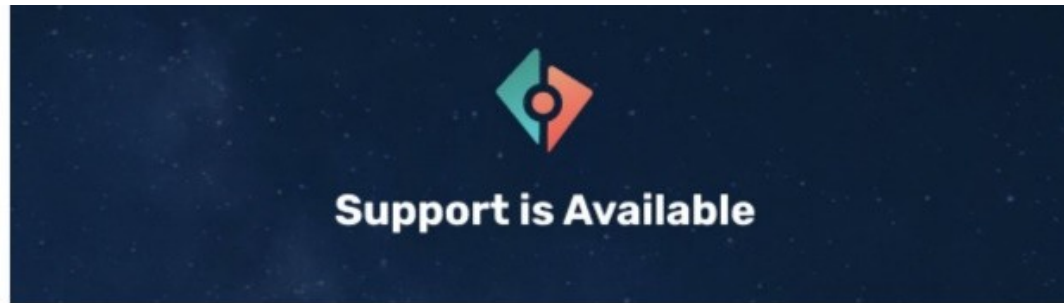
It appears your classes ratings for *Learning and School* have been a lower than usual lately.

Here are some ideas for resources and activities for the classroom that might help support students.

Please choose which topic is most relevant for your class

- Motivation
- Workload and organisation
- Exam stress & other crunch periods

Exam stress and other crunch periods

The following website and resources contain suggestions and activities for students for dealing with stress during exams and other crunch periods. These can be adapted for individual or group-based classroom activities.

6

[Exam stress](#) - LEARN
A bunch of resources from Reachout.com including tips, articles and videos on how to deal with exam stress

[5 Steps to study success](#) – LEARN and PLAN
This infographic and tips list from Reachout.com gives you some suggestions of strategies for coping during exams and crunch times

[How to manage your time](#) - PLAN
Some actionable advice on time management for example goal setting, limiting distractions, taking breaks, setting a finishing time etc.

[Perfectionism -](#) LEARN and PLAN
A light-hearted look at perfectionism and how we can put so much pressure on ourselves with a short animation and notes from whatsupwitheveryone.com

Possible reflection questions for coping with stress during exams and at crunch times

1. What are the things that help me to destress?
2. How might I break things down into smaller chunks so that it seems more doable?
3. What is the worst thing that could happen if I don't do as well as I might like to?
4. How can I try to find balance (sleep, exercise, friend time, down time) during stressful periods?

How helpful do you think this might be in supporting teachers?

Do you think you might use these resources and questions? If so how might you use them?

Do you have any feedback on the structure, content, language of this sample email? Is there anything else you would like to add or leave out?

Scenario 4 – Crisis support resources

You notice there is a new feature in Iyarn with a link to crisis support services for students under their profile labelled 'Crisis Support'. See screen shot below

Is this something that you think is useful in the Iyarn platform? Would you want to customise it in any way for your classes or students?