

### **Expectations for Lifeskills week:**

I believe I will be able to gain new skills, such as how to collaborate, communicate with, and appreciate people with a disability. I believe it will be difficult at first since I have not had much experience with disabled people. I also believe that the first few days would be slow and difficult to have better interactions with them about topics they enjoy or like to talk about. I believe it will take some time for everyone to warm up and feel at ease with everyone. I'm not familiar with how they think, and I believe it will be difficult to comprehend them.

### **Overall Reflection:**

This week I have been able to learn how to cooperate and respect people with a disability. At Lifeskills the participants often do activities that benefit them like Cooking, Gardening, Art and Craft, Travel Training, and volunteer work.

My experience with the Lifeskills participants was a really good experience. Meeting the participants and starting new conversations, playing sport with them, and eating lunch with them helped me to learn more about them and their disabilities. The activities we organised and played were fun, like the sport afternoon, our school tour, and Just Dance. The participants were all very friendly and had enjoyed having Ivanhoe Grammar students as company for the week.



On Tuesday we met the participants and had sausages with them. We had sport in the afternoon and played a lot of sports like Octopus, bean bag toss, ring toss, basketball, and cricket. All the participants enjoyed the sport afternoon, and it was a great start to the week. On Wednesday we had burgers which were made by the participants. I also made a huge Jenga in woodwork.

On Thursday the Lifeskills participants came to Ivanhoe Grammar, and we gave them a tour of the campus. We also did a fun Just Dance session. I also helped the participants on practicing how to podcast.

On Friday we went bowling and had pizza with the participants, which we all enjoyed. I spoke to the participants, and they sounded very happy to have made some new friends. We had pizza and were given a certificate of completion.



By doing Lifeskills it has change my mentality of how I perceive disabled people. I am now able to understand that there are a wide variety of disabilities and that every single person is different and that each one of their disabilities are unique. I have also learnt that people with a disability can be very open honest and vulnerable. The Lifeskills workers deserve a massive round of applause, and they deserve so much gratitude as they help people in a way that not many people know how to and understand them. Personally, I found it really challenging to maintain my alertness and awareness



throughout the day as I have never really been involved with people with a disability. On the first few days I became very tired as there was a lot of repetition but as the days went on, I was able to focus and adjust to the new environment. Overall, I had a great time at the La Trobe Lifeskills.

By Steph.

