



## 2018 SUCCESS REPORT

# WOLF PACK

## PROGRAM

**BY ALPHA MOTIVATION**

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# INTRODUCTION



*What defines success in high school?*

Is it simply to do well academically? Or is it to develop and grow as a young person?

Having worked with thousands of high school students in Western Australia, I have seen success in many forms.

Some students choose to excel in the areas of sport, the arts, volunteering, leadership, part-time work, mental health or solely through academics.

Regardless of how we choose to define success for our students, the common need for motivation, productivity and focus stretches across all of these fields.

After delivering hundreds of one-off presentations and full day retreats, I have noticed three distinct things that were lacking for WA students when it came to self-development.

*Relevance, consistency and accountability.*

Faced with this problem, we created a solution.

We created a program that was designed by young people, for young people. A program that was relevant to the needs of the modern student in 2018.

A program that would deliver long term results and change.

We called it the Wolf Pack Program.

David Castelanelli

Founder, Alpha Motivation

WA Youth Ambassador 2018



# WOLF PACK INFOGRAPHIC

15 Students from Mt Lawley Senior High School  
18 Students from Trinity College  
Committed to this as an after school opt-in program



# 100%

Of students said they would recommend the Wolf Pack Program to other students and schools

## SOCIAL MEDIA REDUCTION

Voted as the students favourite workshop in the Wolf Pack Program

8 Workshops were delivered over 8 weeks in Term 1

# 96%

Of students said they would like follow up sessions to continue

# 31%

The level of increase in overall student motivation & productivity



“Relatable & relevant to us in 2018” Yr. 11 Student

## “RELEVANT, FUN, MOTIVATING, EYE-OPENING”

Words that students used to describe the Wolf Pack Program

# GENERAL OVERVIEW



In Term 1 of 2018, Senior High School students from Mt Lawley Senior High School and Trinity College engaged in a new self-development program called the Wolf Pack Program.

Designed and facilitated by young people from Alpha Motivation, the 8-week program launched in Week 2 and concluded in Week 9.

The Wolf Pack Program was built by young people, for young people. It was designed to be extremely relevant and relatable for current students in 2018.

It is for this reason that the program was based on three pillars.

**Social Media  
Reduction**

**Motivation,  
Productivity &  
Focus**


**Teamwork &  
Mentorship**

In the beginning of Term 1, the Wolf Pack Program was offered to students as an opt-in program to be run after school. Students committed to the program for the purpose of developing life skills and increasing their success in their chosen field.

The purpose of the program was to teach students critical skills for success and then hold them accountable to this over the long term to create consistency.

The results were extraordinary.





At Mt Lawley Senior High School, fifteen students from Years 11 and 12 committed to the full program on a Tuesday afternoon after school.

At Trinity College, eighteen students from Years 10 and 11 committed to the full program on a Wednesday afternoon after school.

The program consisted of eight one-hour workshops that the students described as being “fun, motivational, interesting, engaging, inspiring, eye-opening and practical”.

## OVERVIEW OF RESULTS

These incredible students completed a diagnostic test in the first week and final week of the program to measure their progress and success. This testing process allowed Alpha Motivation to collect important data and statistics relating to student performance, motivation and confidence.

This report is a collection of all the amazing progress and achievements that students obtained throughout Term 1.

**100%** of students would recommend the program to other schools/students

**96%** of students said they would like follow up sessions to continue

**63%** was the level of overall increase in students self-development score

**31%** was the level of overall increase in student motivation/productivity

**18%** was the level of overall increase in ability to network/find mentors

# SEE OUR WOLF PACK VIDEO



At the conclusion of the Wolf Pack Program, we asked our incredible students to reflect on their experiences and growth over the last eight weeks.

Thank you to Marcus Wong (Videographer), who brought our students stories and experiences to life on the screen.

**See video at...**

[www.alphamotivation.com.au](http://www.alphamotivation.com.au)

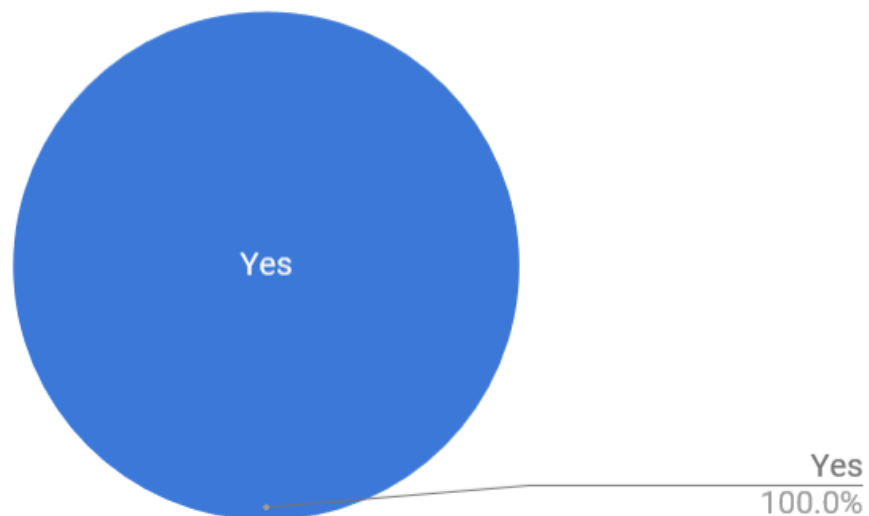
# STUDENT FEEDBACK



At the end of the Wolf Pack Program, students were asked to provide in-depth feedback on their experiences and transition over the last eight weeks.

Amazingly, 100% of the students at both schools said that they would recommend the Wolf Pack Program to other schools and students.

Would you recommend the Wolf Pack Program to other schools & students?



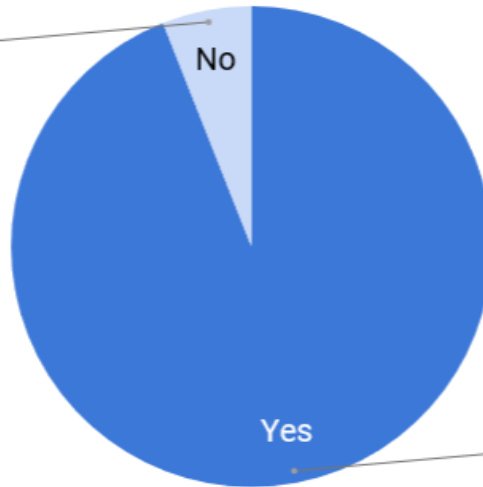
Students at Mt Lawley Senior High School stated they would recommend the program because it was “really up-to-date and current”. Another student stated that Tuesdays were “my favorite day of the week because I knew that after school it was the Wolf Pack Program”.

From our team’s perspective, we felt that students enjoyed the opportunity to bond with likeminded peers that would challenge and push them further. A Year 12 student from Mt Lawley SHS stated that “the program had a great atmosphere” and “you can see the changes happening very quickly over the first couple of weeks”.



Would you like Alpha Motivation to run further follow up sessions next term?

No  
6.0%



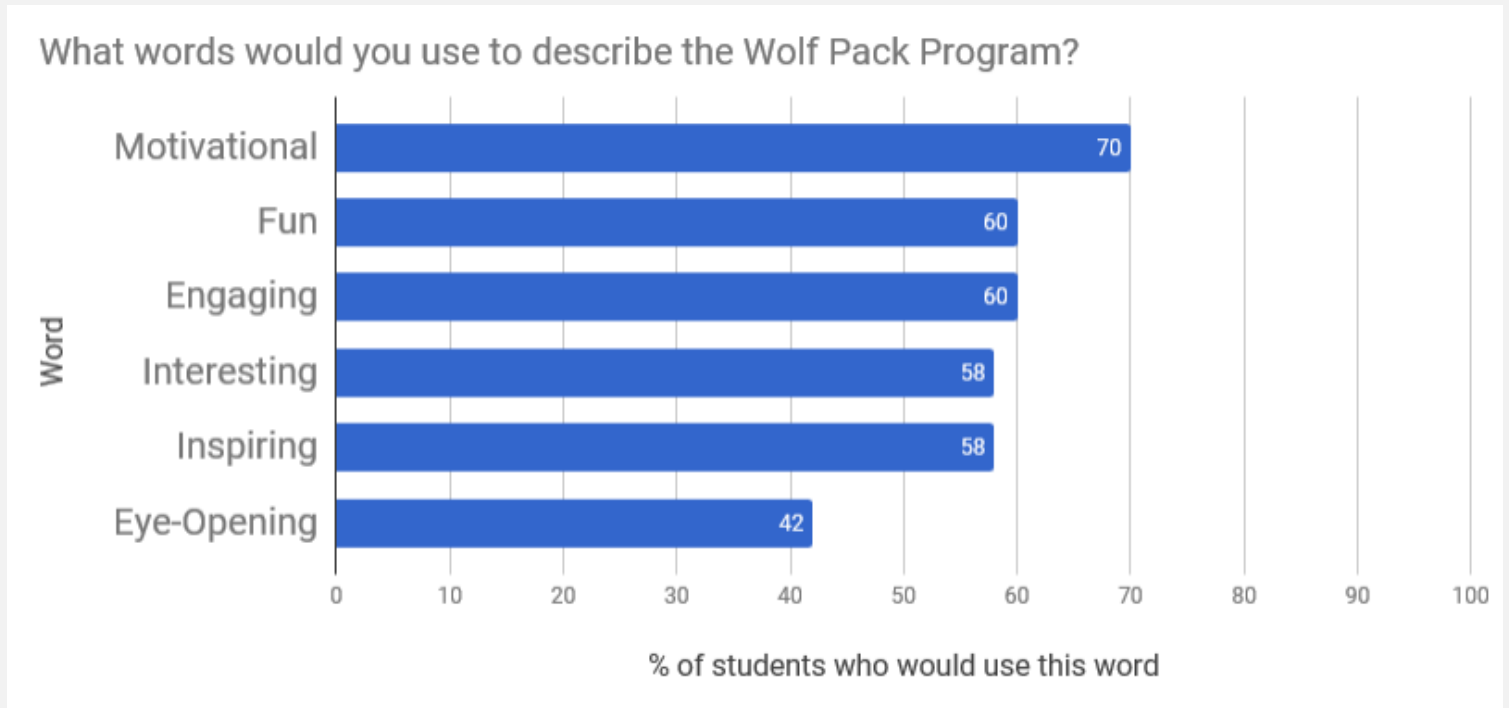
Yes  
94.0%

When asked about the running follow up sessions after the program, 96% of students said they would like Alpha Motivation to facilitate these. A Year 11 student from Mt Lawley SHS also added that they would like to request “follow up sessions every term please”.

As a Year 10 student from Trinity College identified, “if you continue your habits consistently, the results are amazing”.



To gain a better understanding of the students' experiences with the Wolf Pack Program, we asked them to choose up to ten words that describe the program. The following are the top six words that were chosen.



Most notably, 70% of students found the program to be 'motivational' and 60% said it had been 'fun' and 'engaging'. This was one of the main reasons why students continued to attend the program even though it was in their own time after school.

# STUDENT COMMENTS

“This program is about so much more than academics, it’s more about helping you develop as a **person**. That’s what it did for me”

Year 11 MLSHS



“The program has a great **atmosphere**. You can see the changes happening very quickly amongst the group”

Year 11 MLSHS

“**Life-Changing!**”

Year 10 Trinity College

“Everything was really up-to-date with 2018 and it was helpful because it was **current**”

Year 10 Trinity College

“This program **ACTUALLY WORKS!!!**”

Year 11 Trinity College

“It was my **favourite day** of the week because I knew that after school it was the Wolf Pack Program.

It is seriously **worth your time**, no matter how busy you are”

Year 11 MLSHS

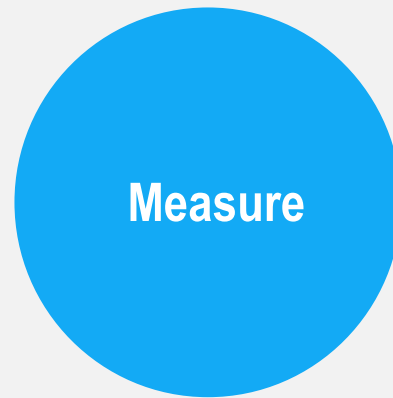
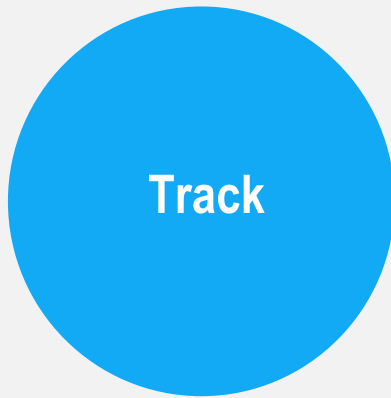


“I’ll use these skills for the **rest of my life**”

Year 10 MLSHS

# DATA & DIAGNOSTIC RESULTS

The key reason for forming an 8 week program was to track and measure the difference that could be made to student performance and confidence. In order to do this, our team used a scoring system known as 'The Tri Score' system.



Students received a tri score in week one and in week eight when they recompleted the same testing process.

The Tri Score system consists of three categories which were the foundations for the Wolf Pack Program.

These were...

- Motivation & Productivity Score
- Mentorship & Support Score
- Reduction of Social Media Distractions Score

Students would rank themselves in these three areas and then be able to calculate their overall tri score. The Tri Score is the ultimate reflection of a student's self-development. The full test encompasses questions relating to goals, habits, mentors, focus and productivity.

## Tri Score Equation =

Motivation Score + Mentorship Score – Social Media Distraction

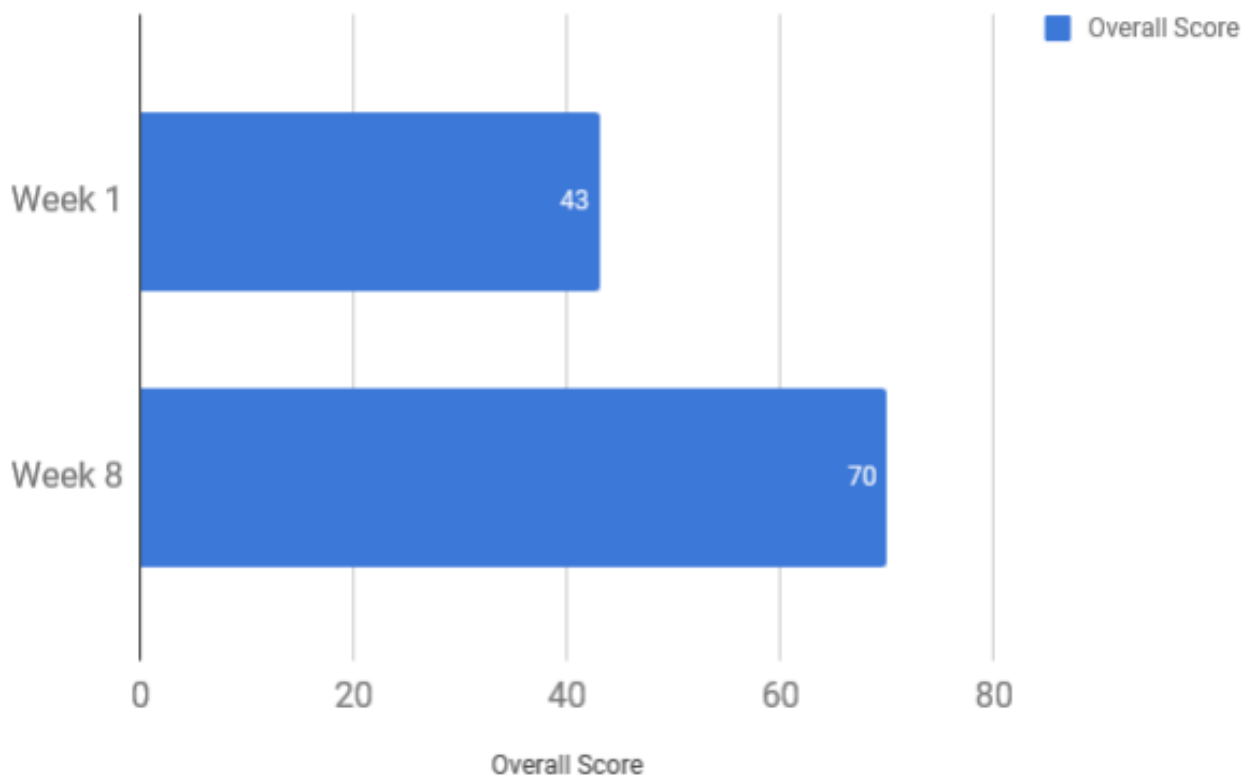
In week one, the median tri score for students was 43.

After completing eight weeks of workshops, the median tri score had increased to a score of 70.

This is a 63% increase in the overall tri score.

To determine what improvements contributed to this, we must look at each category individually.

Week 1 vs Week 8 of the Wolf Pack Program

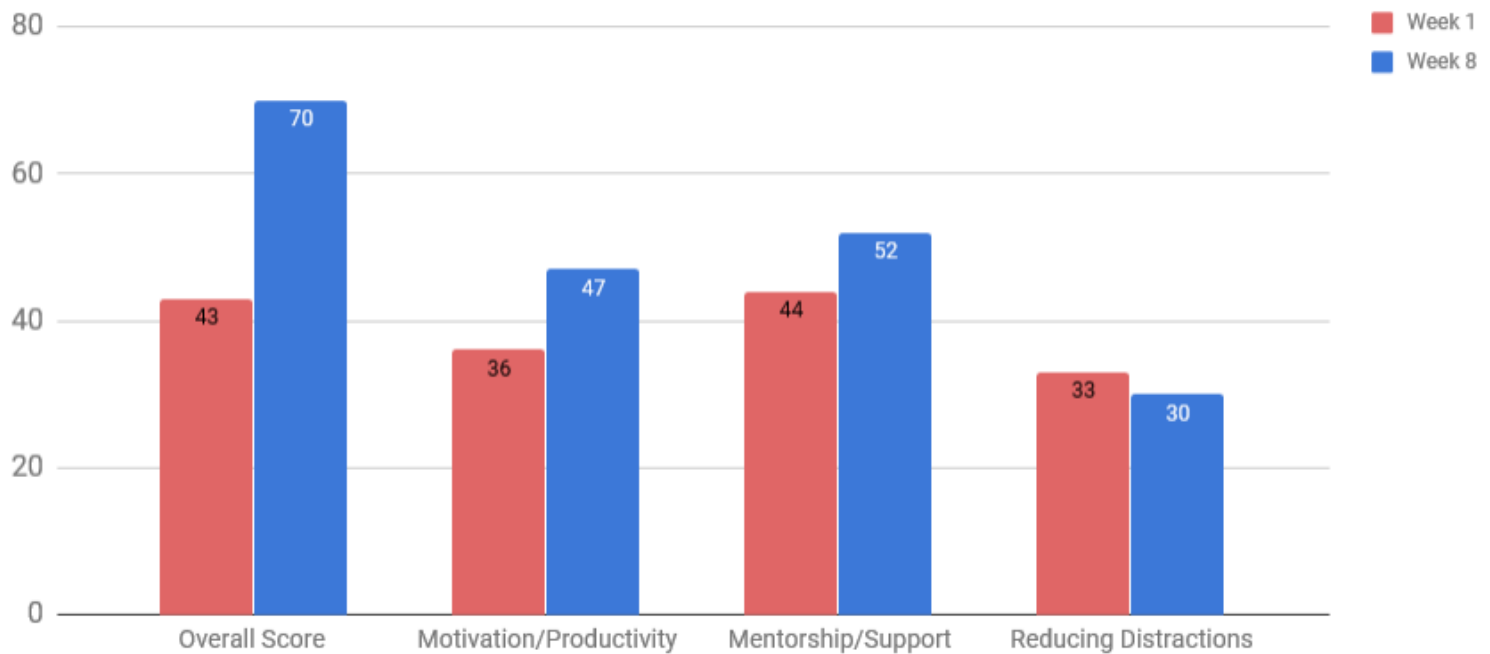


**63% increase in overall Tri Score**



# BREAKING IT DOWN

Week 1 vs Week 8 of the Wolf Pack Program



## Motivation/Productivity Score (Bar 2)

In week one, the median score for motivation/productivity was 36.

By the end of the program, the median score had jumped to 47. This indicates a 31% increase amongst the group in motivation and productivity alone.

This increase is largely due to the accountability that the group experienced by attending consistent workshops. Students also gained increased clarity around their vision and goals for the future. Students at Mt Lawley SHS and Trinity College also set achievable goals and daily habits for themselves. This clarity motivated them to work harder and increased their confidence.

### Mentorship/Support Score (Bar 3)

In week one, the median score for mentorship was 44.

By the end of the program, the median score had jumped to 52.

This represents an overall increase of 18% amongst the entire group of students who took part in the Wolf Pack Program.

One student from Trinity College who had chosen mentorship as their favourite workshop, said that “It helped me realize what I want to do in the future. I was able to seek out mentors and get advice for the things that I want to do.”

Mentorship was a key part of the program as it provides ongoing results and development, even after the Wolf Pack Program finishes.

### Reducing Distractions Score (Bar 4)

In week one, the median score for social media and distractions was 33.

By the end of the program, the median score had dropped to 30. This indicated an improvement of 9%. Some students were able to decrease their social media/distractions by a significant amount.

Students at Mt Lawley SHS went as far as deleting apps such as Snapchat and Instagram from their phones. The social media area will be pursued further in future Wolf Pack Programs.

Our team has the aim of reducing usage by 20-30% in future programs.

	Motivation	Mentorship	Distractions	Overall Tri Score
Median Score - Week 1	36	44	33	43
Median Score - Week 8	47	52	30	70
% Change	31%	18%	3%	63%

# FAVOURITE WORKSHOP

The Wolf Pack Program consists of eight workshops that are run over eight weeks. Each workshop built upon content that was learnt in the previous week. Each week, students learnt a new topic and were then given seven days to put the content into practice. At the start of each session, the previous week is reviewed and discussed by the group.

Introduction  
& Teamwork

Goals &  
Habits

Social Media  
Reduction

Prioritization

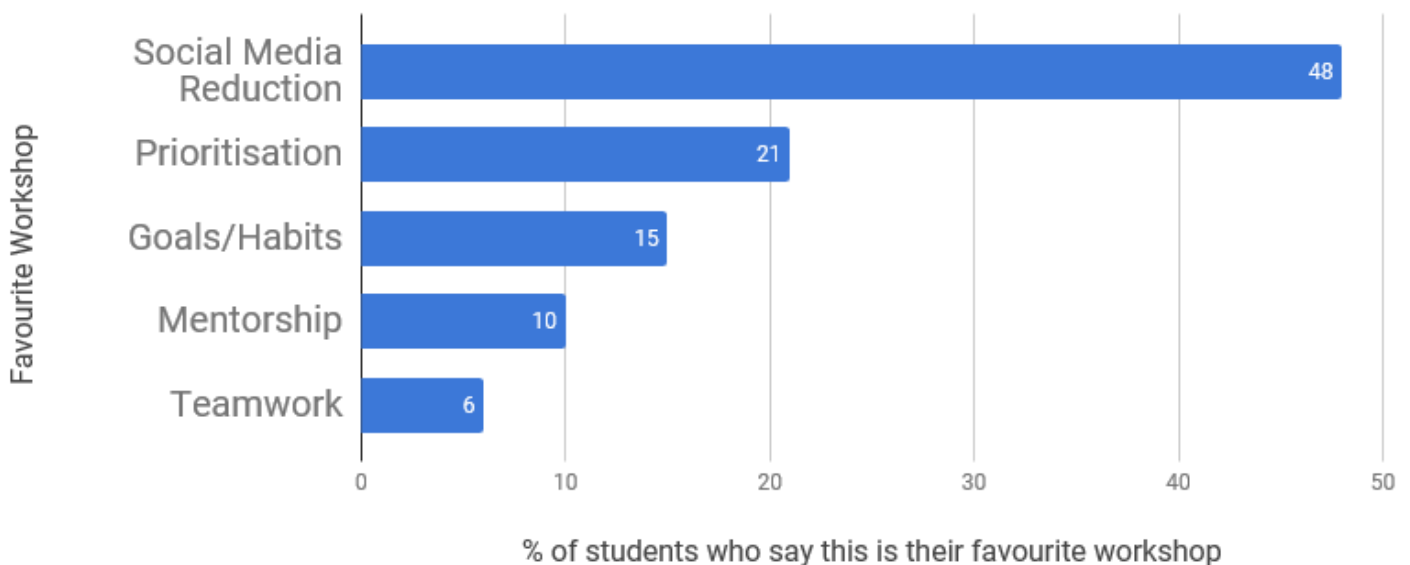
Mentorship  
Networking

Rest &  
Mindfulness

Reflect &  
Rest

Review &  
Reset

Top 5 Workshops from the Wolf Pack program - Voted by students



The social media reduction workshop was a clear favorite for most students (48%) as it was very relevant and unlike anything they had learned before.

Here's what students had to say about the social media reduction workshop...

"It was the best because it is **relatable** and **relevant** to today's world and people **my age**"

Year 12 MLSHS



"It was my favourite because I felt that it **actually related to me** and I found the statistics very interesting"

Year 11 Trinity College

"After doing this session, my phone no longer gets in my way. It used to be huge distraction for me, **but not anymore**"

Year 11 Trinity College

"Extremely **Eye-Opening**"

Year 10 Trinity College



"This had the most impact on me. I learnt just how much my phone was distracting me.

I also got great tips that helped me **make a positive change**"

Year 11 MLSHS

# NEW THINGS WE DISCOVERED

“It taught me how to be **successful**. It opened my mind to things I didn’t realize I could achieve and it **simplified** the journey to achieving them”

Year 11 MLSHS

## “Passion & Productivity.

The Wolf Pack Program helped me with both”

Year 12 MLSHS

“I learnt how to work **smarter**, not harder”

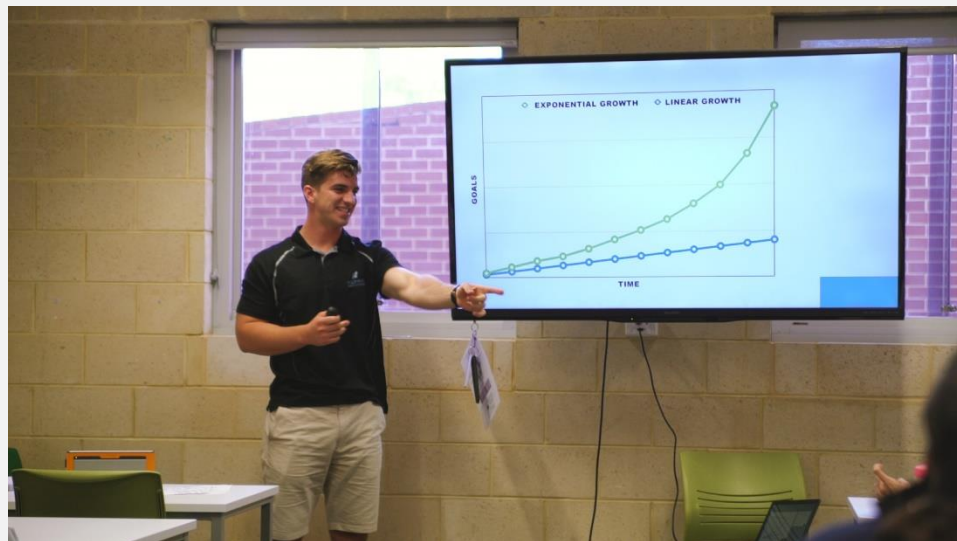
Year 12 MLSHS

“I didn’t just learn about setting goals. I learnt how to **keep them**. There’s a big difference”

Year 12 MLSHS

“I’ve learnt to use goal setting in my favor and **motivate myself** more!”

Year 10 Trinity College



“I learnt that if you continue your habits consistently, there will be **amazing results**”

Year 11 Trinity College



“I now know that **consistency** is more important than large bursts of one-off effort. I’ve also been able to improve my **mental health** through the program.”

Year 11 MLSHS



# TEACHER RECOMMENDATION

To Whom It May Concern,

## Alpha Motivation – Wolf Pack Program (Mt Lawley Senior High School)

David Castelanelli delivered the Wolf Pack Program to interested Year 11 and 12 students on a weekly basis during Term One, 2018.

The program focused on self-development, goal setting, self-motivation, resilience and accountability.

David, the founder of Alpha Motivation, was extremely organised and ensured that all of the required information and documentation was provided well ahead of time and arrived promptly for each session. He provided feedback about the progress of the program and alerted Student Services staff about any student who may require our assistance.

All of the students who participated in the program have **provided positive feedback** on how **beneficial** they found each session.

The comments provided in the feedback forms include details outlining how students have improved their goal setting techniques, their school grades and their realization of the importance of understanding the consequences of their social media use and presence.

One student said “The program is very inspirational and really helped me develop as a person. It has given me skills that I hope to use throughout the rest of my life”.

Another said “Tuesday was my favourite day of the week because I knew that after school was the Wolf Pack Program”.

The program has had a **positive effect on all who attended** and we are now looking at follow-up sessions to assist students in their exam preparation and to keep up the **momentum that the program has ignited**.

I am very happy to recommend the Wolf Pack Program and the team from Alpha Motivation.

Please do not hesitate to contact me if you would like further information.

Yours sincerely,



Catherine Smith

VET and Careers Coordinator.

[Catherine.smith3@education.wa.edu.au](mailto:Catherine.smith3@education.wa.edu.au)



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# THANK YOU!

To conclude this report, I would like to thank all the incredible people who were instrumental to the Wolf Pack Program's success.

To Catherine Smith at Mt Lawley Senior High School and Joel Shinkfield at Trinity College, thank you for sharing our vision for empowering young people.

It has been an enjoyable journey and we look forward to following up with your amazing students next term.

To Marcus Wong, thank you for filming and creating an amazing video that showcases the students and their experiences.

To our team at Alpha Motivation, Claudia Monterosso and Conor McLaughlin. Thank you for developing amazing content and making sure that every student is assisted on an individual level.

Lastly, to all thirty three students who committed to the first ever Wolf Pack Program. Thank you for consistently attending workshops with a positive attitude and for keeping an open mind.

We look forward to seeing all of your success in the future!

Thank you.

David Castelanelli

Founder, Alpha Motivation

WA Youth Ambassador 2018



# WOLF PACK

## PROGRAM

BY ALPHA MOTIVATION

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