

YEAR 12

As we approach the end of Term 3, the reality of finishing school sets in for our Year 12 Students. In consultation with a number of VCE and VCAL students, we have identified a list of common concerns that could be weighing upon the minds of Year 12 students at this point in time. These include:

- Being organised and prepared for exams
- Having adequate support when feeling overwhelmed
- Existing anxiety issues that may peak and be difficult to manage
- 'Knowing you've done all you can'
- Getting the required ATAR for specific courses
- Being able balance a social life with study
- Financial concerns in relation to relocation & living arrangements following Year 12
- Employment prospects following Year 12

Most teachers and past students would all concur that doing well in VCE doesn't just come down to what some people might generally refer to as 'intelligence'. There are several commonly known priorities students should try to focus on throughout Year 12, particularly as the examination period nears. These include: organisation; good relationships and close communication with teachers; nurturing collegiate and supportive study relationships with peers, as well as healthy social relationships; maintaining a regular study schedule; scheduling regular recreational 'time-out' activities; healthy diet; seeking help from teachers, parents or health experts when needed; and staying focused on goals and dreams for the future!

In addition to the Mr Graeme Dent's recent message to students about finishing the year with dignity, this week our Year 12 students received some very wise and timely words of wisdom from our College Principal. Mr Glen McKeeman's advice to students, was to "focus on what is most important". Students warmly received this advice and could understand the many ways in which the premise of these words can help them to identify their individual priorities at this time and successfully approach the weeks ahead.

When checking in with your teenager in relation to any of the above concerns, please remind them of the support services available at Senior School including our Chaplains, Year 12 Coordinators, Careers Counsellors, Deputy Heads of Campus, Head of Campus and classroom teachers. Students are also encouraged to investigate different exam revision seminars offered by various Universities and organisations during the September holidays. There are a number of great websites that offer resources, advice and forums for support or Year 12 Students. Some of these include:

<http://www.youthcentral.vic.gov.au/studying-training/secondary-study/6-tips-for-surviving-year-12>

<https://www.youthbeyondblue.com/do-something-about-it/surviving-year-12>

<http://www.goodschools.com.au/news/how-to-support-your-child-through-year-12-exams>

<http://www.deakin.edu.au/students/studying/year-11-and-12-study-skills>

Information relating to the 2017 VCAA examination timetable schedule:

<http://www.vcaa.vic.edu.au/Pages/vce/exams/timetable.aspx>

Jemma Burr