



Surviving Year 12

Year 12 can be both challenging and exciting. During your final year of school, there are lots of strategies you can use to keep things in perspective and to manage any stresses that come along.

PUT THE YEAR IN PERSPECTIVE

The final year of secondary school is an important year, but it will not be the most important year of your life. Your future will not be determined by what happens at the end of it.

DON'T BELIEVE THE HYPE!

The media and those around us can spread a lot of doom and gloom about Year 12, adding a heap of pressure to an already huge year.

It's important to keep things in perspective, and remember that you are NOT your ATAR score.

Your performance in Year 12 is only a measure of your ability in an exam at a specific point in time, not your future success.

ARE YOU READY?

The final year adventure doesn't suit all of us, and not everyone will embark on it at the same time. If you feel that the time isn't right for Year 12, or that you have a burning passion to do something other than study, then talk to your school careers counsellor and find out what your options are (such as TAFE, working, travel, part-time study, apprenticeship).

MANAGING STUDY AND STAYING ON TRACK

MOTIVATION

Write down your goals – University, TAFE, other study options or an apprenticeship – and put them somewhere where you will be reminded frequently (your mouse pad, your diary, a note in your phone).

STUDY SMART NOT HARD

Manage your time in advance, and enlist a support person such as a friend or relative to assist you. Keep a timetable – write a 'to-do' list every day, remembering to balance your study time with rest and recreation. Weaning yourself from TV and minimising time spent on social media will also help!

WATCH OUT FOR THINGS THAT COULD DERAIL YOU

Research shows that you can combine school and part-time work with minimal impact on your study if the hours are modest (10–15 hours a week). However, students working part-time have a stronger focus on work than study.

Other things that could derail you might be problems at school or home, mental health issues such as anxiety or depression, binge drinking and drug-taking or even social media.

Research shows students who use social media sites while studying (even if only in the background) get 20 per cent lower marks than students who don't. Non-users of Facebook were also found to study a whopping 88 per cent longer outside class.

LOOKING AFTER YOURSELF

During Year 12 you may feel that you don't have time to look after yourself physically and things like exercise and eating well might not be on the top of your 'to-do' list. However, eating healthy food, exercising regularly and trying to get as much sleep as you need can increase your productivity and actually help you get more done in a day.

It's also important to ensure you learn to manage stress levels and reduce the amount of time you spend in the stress 'critical zone' where performance dramatically declines.

If you would like more information and resources to help you tackle any of these subjects visit youthbeyondblue.com

Strategies for better study

Use these tips and tricks below to beat study's number one enemy: procrastination.



Get in the zone
Create a study space free from distracting noise and technology.

Break it down
Break down tasks into manageable units with time deadlines for each.

Chill out
Make sure you schedule yourself regular short breaks.

Get together
Start a study group or find a study buddy to help keep you on track.

Treat yourself
Reward yourself for completing small tasks.

BEAT THE WEAPONS OF MASS DISTRACTION!

For more practical tools and advice on beating procrastination visit www.thedesk.org.au
Your free toolbox for success and wellbeing while you study

For help with how you're feeling

Youthbeyondblue

www.youthbeyondblue.com

Learn more about anxiety and depression and how to talk about it with your friends, or talk it through with our Support Service.

☎ 1300 22 4636

✉ Email or 💬 chat to us online at www.beyondblue.org.au/getsupport

Kids Help Line

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