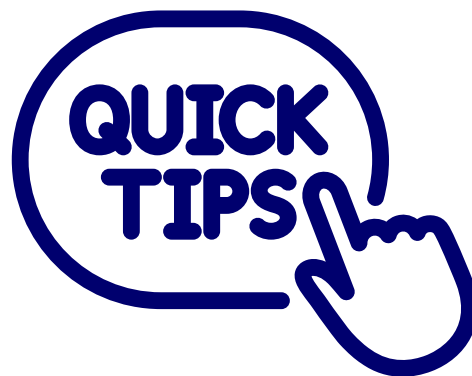


HSC TIPS AND TRICKS

WE BLINKED, AND WE ARE HERE AGAIN!

The beginning of the HSC is just around the corner..... And stress levels for students and families are beginning to rise once again.

2020, has been an unprecedented year. One that none of us thought would happen... And one that none of us hope to repeat in the near future. For you, our HSC students, this year has been difficult for you, as you navigated changes in your learning to the online platform, at a time, when normality provides the best results. You have seen changes in your learning, differences and changes to your expectations of the HSC, and changes to your end of year celebrations.



This year, as with every year, it is important that you remember to maintain your study, and health balance as you head into the last few weeks of school and into your study zone, for your exams.

Your wellbeing is super important at this time.....

And we have the best 5 tips below to help you achieve all the success you deserve during your HSC exams.

#1 BE KIND TO YOURSELF!

It's OK to feel overwhelmed and stressed. In fact, it is normal. Please know that you are not alone.... and remember to be kind to yourself as well. If you need assistance with anything, know where to turn. You can find great resources and help through: the kids helpline, beyond blue, head space and your family and local GP.

My biggest tip is..... practice positive self talk. We are often our own worst enemies and feed ourselves all of the negatives of the sea. Now is the time to be **POSITIVE!** You can do it! You know your content and you've already made it to the end of Year 12! **CONGRATS!**



Most importantly, you are going to be OK. You won't fail, and you will achieve everything you have ever dreamed of!



#2 FIND THE BALANCE.

You need to find your balance. Don't study 24 hours a day.... in fact... You shouldn't be studying more than 6 hours MAX. Especially the day of your exam — **big no no!**

Over studying is never going to help you to achieve anything..... and will just create stress, anxiety and sleepless nights.

The best way to study is to break your day into roughly 2 hour sessions. The adult human can only concentrate for 45 minute blocks MAX. So, although you break your time into 2 hour sections, you then want to break the 2 hours up into 45 minute lots, with 10 minute breaks in between.

For example, if you are studying English. You might start English at 10am and study until 10:45am — pop in a 10 minute break — then you can do another 45 minute break — or even better.....practice that 40 minute essay! During the mini break times, you want to go outside for a quick walk or grab a quick bite to eat.

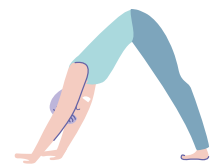
Make sure that your space is free from excessive noise, away from the fridge and that it is warm and comfortable. The best way to increase productivity during this time is to turn off the phone and social media and really bunker down.

At the end of the 2 hour block of time..... go and do something else for 1 hour. Something super physical works well..... and grab a great snack.

That means, when your next 2 hour block comes around, you will feel refreshed and be ready to concentrate and settle back down.

#3- EXERCISE IS A MUST!

It was mentioned above.... but if you missed it **EXERCISE!** Get up off that couch.... move out of your seat... And GO! Your brain, mental health and body will thank you for it! Stuck on an idea? Find something high energy to get rid of that nervous and static energy. Go for a jog, try a boxing class, go to the gym, go for a swim, go for a walk, try some yoga, pump that dance music!



#4 EAT WELL

We are what we eat..... our mental health.... Is also what we eat. And we tend to over look this during times of high stress, or when we are looking for a temporary boost of energy. **GET AWAY** from those chips, chocolate..... can I see you sneaking in a soft drink? Put it away! It doesn't help!

The best foods for study and exam success are wholesome, nutritious foods.

Crunchy snacks like carrot and celery and hummus are great for study (the crunchier the food, the more you will remember — really! This is backed by science!) apples, things that have great nutritious value, and are delicious as well.

AND DON'T skip your lunch! Don't skip breakie..... You need these meals to help you out too! The last thing you want to do is crash because your glucose levels have fizzled.

You know what the best bit is? Eating better foods will help you study better and increase your memory, concentration and production levels as well!

Nuts, berries, fish, red meat, veges, complex carbs (because they will release into your blood stream at a slower rate).... All the best stuff. It doesn't cost a fortune.... and will make you feel a heap better too.

EAT
well
FEEL
good

#5 — GET YOUR SLEEP!

This applies to both your study period AND your exams..... Get that sleep.

Doing all nighters won't help you with anything -- it will help you to forget everything though.... And help you to be so tired that you won't be able to concentrate during the exam!

So get rid of your phone, unplug the TV and throw out your electronic devices from your bedroom. Your bedroom should be your sanctuary. A place free from stress and a place to get some ZZZZZZZ's.

Go to bed early (9:30!) and get a restful sleep.

Pack away your study tools at dinner time, and relax. Read a non-subject related book or magazine and get rid of the bright devices.

Trust me! You will notice a HUGE difference in your concentration levels, production levels and just feel a whole lot better!

Most importantly — Know that there is a magical and exciting life waiting for you just around the corner. Life will move forward, no matter WHAT your end result is..... YOU have done such a fantastic job this year and that is something you should be SUPER proud about!

