

Bringing out your Best

A mentoring program for Year 12

2022



Where to now, that the year has begun and you're ready to get even more serious?

There is a lot of information on the internet about 'how to' get motivated and get studying, but you need to want to start.

Before you 'take on' the **top ten study** tips you have to be prepared with a positive **ATTITUDE**.



Talk to your mentor about your attitude to your school-work and study in particular.

Let's talk

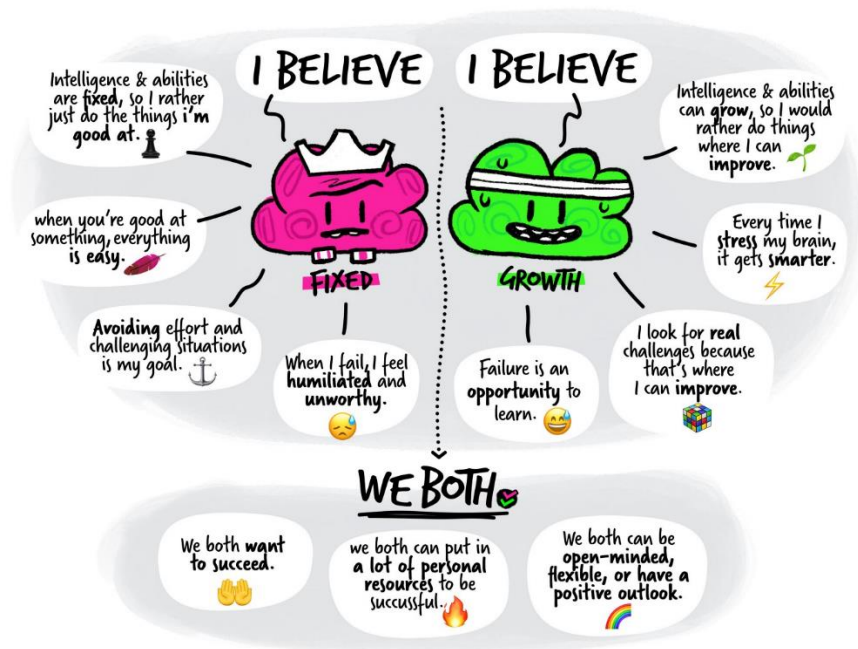
1) What is your attitude to school at the moment? What are some good things and what are some not so good things at school at the moment?



2) It's not about getting an 'A' or a Band 6, it's about aiming for your personal best. Having an excellent attitude changes your mind set from 'fixed' to a 'growth mindset' which doesn't mean that things won't be difficult or without challenges.

Do any of the quotes in the fixed mindset resonate with you?

Be brave and talk to your mentor about these thoughts.



Both of these students, represented above, want to succeed.

It can just be about trying to change your attitude and then getting prepared.

So how do I get prepared?

Set some goals

Overcome procrastination

then

Look through the ten top tips in the booklet



A goal is something you want.

A short term goal is something you want in a short space of time. We make these goals everyday like finishing an assignment or registering for soccer or buying some more phone credit.

Long term goals are at a much later date and time. Assessment tasks, P-Plates or a job are examples.

If they are your goals then you generally want to work towards them.

Let's talk

1) What are some of your short term goals, say this week or this fortnight?

Talk about the information below with your mentor

Your goals should be:

Something you genuinely want or need-like success passing your HSC

Realistic-maybe getting into the local swimming team rather than the Olympic squad is realistic

Something you have control over-if others are involved, like a team, you may not have control over the outcome

Regularly reviewed-sometimes circumstances change and you might need to change the time-line of your goal, such as wanting to go for your driving test but having to wait until lockdown was over.

On a time-line-you should be able to set your ideas to a time-line, such as start studying for the Trial HSC six weeks before it starts.

2) What are some of your long term goals?

This month-----

By the end of this term-----

By the end of term 2-----

By the end of the year-----

By the time you are 25-----

What am I going to do with my life?

Deciding what you want to do with the rest of your life does not have to be decided NOW!



- | | |
|--|------------------|
| 1) What you decide to do now is FINAL | NO |
| 2) University is the only path | NO |
| 3) The ATAR is the only way | NO but... |

Why is it important then, to have career goals?

While you do not have to decide now and you can always change your mind, you need to have a definite purpose, to stay on track or to give yourself the opportunity of having more choices by improving your ATAR score.

So how do I make some choices?

- Do some research
- Speak to the **career advisor**-Mrs Kadarusman
- Go to University Open days
- Speak to the HT Senior Studies-Mrs Parrott
- Speak to your Year Advisor-Ms Pearce
- Speak to your **mentor**
- Speak to someone you trust
- Speak to your parents/sister/brother/grandparents

Some of the links below are useful. Download the information that interests you, highlight the courses and jobs you might like and write down why you think you might be interested.

www.gooduniversitiesguide.com.au/course-provider

<https://www.newcastle.edu.au>

<https://www.uts.edu.au/>,<https://www.mq.edu.au/>,

<https://www.unsw.edu.au/>

TAFE courses are found on the web, such as: <https://www.training.com.au/courses/tafe>

<https://www.tafecourses.com.au/tafe-courses/nsw>

<https://smartandskilled.nsw.gov.au>

University Open Days are a great way to find out information on courses and potential career paths

2022 Dates (Look up the dates in March 2022 and write them in the spaces provided) or see Mrs Kadarusman for information

Newcastle University	
Macquarie University	
University of Technology	
University of Sydney	
Charles Sturt University	
UNSW Sydney University	

Find out the ATAR you will need to get into the course of your choice but be mindful to look at several reputable sites such as University websites or government sites. Also be aware that different ATARs may be required, for the same course, at different universities. Interstate universities may also have different requirements.

ATAR Targets for 2021 were:

University	ATAR	Course
Sydney University	99.95	B Arts Doctor of Medicine
Sydney University	96	B Applied Science (Diagnostic Radiography)
Sydney University	91	B Applied Science (Exercise Physiology)
Sydney University	98	B Biology Doctor of Veterinary Medicine
Newcastle University	62	B of Coastal and Marine Science
Newcastle University	65	B of Information Technology

Newcastle University	80.45	B of Design (Architecture)
Newcastle University	78.65	B of Social Work (Honours)
Newcastle University	85	<i>B of Chemical Engineering and Business Studies</i>
Newcastle University	80	<i>B of Environmental Engineering</i>
Newcastle University	92	<i>B of Law</i>
Newcastle University	74	<i>B Science</i>

After researching potential ATAR requirements for the courses you are interested in, write them in the table below

University	ATAR	Course

Everything you
need to know
about the ATAR



GO TO <https://www.uac.edu.au/>

Let's summarise your goals

Person Goals

Set yourself three personal goals, decide on a timeline and then write down the resources you will need to achieve these goals

Goal 1	Plan/Timeframe	Resources I will need
Goal 2	Plan/Timeframe	Resources I will need
Goal 3	Plan/Timeframe	Resources I will need

Study or subject Goals

Set yourself three study/subject goals, decide on a timeline and then write down the resources you will need to achieve these goals

Goal 1	Plan/Timeframe	Resources I will need
Goal 2	Plan/Timeframe	Resources I will need
Goal 3	Plan/Timeframe	Resources I will need

Career Goals

Set yourself three career goals, decide on a timeline and then write down the resources you will need to achieve these goals

Goal 1	Plan/Timeframe	Resources I will need
Goal 2	Plan/Timeframe	Resources I will need
Goal 3	Plan/Timeframe	Resources I will need

SETTING GOALS FOR 2022

ACTION STEPS

- ✓ Set Goals That Motivate You
- ✓ Set SMART Goals
- ✓ Set Goals in Writing
- ✓ Make an Action Plan
- ✓ Stick With It

If you want to create an extraordinary life, first you must know what personal success looks like for you – and what you must do to make your vision a reality.

MY GOAL

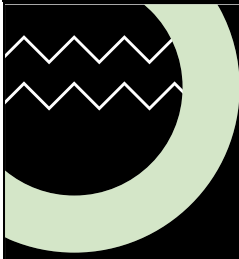
S - SPECIFIC
M- MEASUREABLE
A- ACHIEVABLE
R- REALISTIC
T - TIME BOUND

NOTES

Make sure when setting your goals you are creating **short** (3-6 months), **medium** (6months-2 years) and **long term** goals (2 years+)

Now that you've set some goals let's look at

'Bringing out your Best' through study



TOP TEN STUDY TIPS

1. Pick a place and time
2. Study every day
3. Plan your time
4. Discover your learning style
5. Review and revise
6. Take breaks
7. Ask for help
8. Stay motivated
9. App it up
10. Look after yourself



Let's talk

1) What is one thing on the list that you think is silly or unimportant? Explain why.

.....

2) If you could reorder the list, what would be the top three things you would consider to be the most important things in 'learning' to study right?

.....
.....
.....

3) Are you doing any of these things now?

.....

4) Is there something on the list that you know you would struggle with and can you think how you might change? Your mentor might be able to help you come up with some ideas.

.....
.....
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.....



1. Pick a place and time

- Everyone has their own idea about the best place and time to study. Whether it's your bedroom at night or the library after school, find a study space and a regular study time that works for you and stick with it.
- **Set up your study space** – Your study space should be quiet, comfortable and distraction-free. It should make you feel happy and inspired. Decorate it with your favourite pictures or objects. If you want to listen to music or burn incense, pick a space that lets you do that.

1) Do you have a study space?

2) Did you know that an organised and tidy designated study space is the best environment for you to study in? Why do you think this is important?



Pick a place and time

- **Find your best time** – Some people work better in the morning.
- Others work better at night. Work out which time suits you and plan to study then.
- Don't study much later than your usual bedtime.

3) When do you work at your best?

2. Study every day



- Study a little bit everyday.
- Early in the year an hour or two at night might be enough. Later in the year you might need to study more each day.
- If you're finding it hard to find time to study, cut back on other activities.

Let's Talk

- 1) Why do you think 'study every day' is on the top ten tips when many students think it's 'crazy'?

- 2) What type of students are studying every day and do you think that their inevitable success (yes they are successful) is linked to daily study and daily routines?

3. Plan your time

- **Set alarms** – Set alarms to remind you about your study plans.
- **Use a wall planner** – Stick a calendar or wall planner up so you can see it whenever you're studying. Mark it up with important dates, like exams and assignment due dates.



- 3) Do you have a calendar or wall planner? Why or why not?

Plan your time



- **Make to-do lists** – At the start of the week, make a list of the things that you need to have done by the end of the week.
- **Set time limits** – Before you start your study session, have a look at your to-do list and give yourself a set time to spend on each task.

Do you remember this from your start-up booklet? Fill it out again, you may have changed your commitments

On the study timetable list:

- ✓ Regular commitments and meal-times
- ✓ Blocks for homework/review/assessments
- ✓ Free time

***Make a positive commitment-don't cheat**

	Monday	Tuesday	Wednesday	Thursday	Friday
3.00-4.00					
4.00-5.00					
5.00-6.00					
6.00-7.00					
7.00-8.00					
8.00-9.00					
9.00-10.00					
10.00-11.00					

Times	Saturday	Sunday

Make a personal wall planner of your assessment schedule

This is the assessment schedule from Version 1.4 of the HSC Assessment Handbook.

Not all of the assessment are relevant to you, so on the following pages transfer your assessment tasks onto the calendar provided.

HSC ASSESSMENT CALENDAR 2021/2022				
WEEK	TERM 4, 2021	TERM 1, 2022	TERM 2, 2022	TERM 3, 2022
1			ANCIENT HISTORY	Assessment Free Zone
2		ANCIENT HISTORY HISTORY EXT LEGAL STUDIES MATHEMATICS EXT 1	DRAMA	
3		SOCIETY & CULTURE	INDUSTRIAL TECH-TIMBER	HSC TRIAL EXAMS
4			MATHEMATICS EXT 1 PHYSICS	
5		BUSINESS STUDIES PHYSICS	COMMUNITY & FAMILY STUDIES MATHEMATICS STANDARD 2	ENGLISH EXT 2 SLR VISUAL ARTS
6		MATHEMATICS EXT 2 MATHEMATICS STANDARD 1 MATHEMATICS STANDARD 2	DESIGN & TECHNOLOGY MATHEMATICS ADVANCED SOFTWARE DESIGN	
7	MATHEMATICS STANDARD 1 MATHEMATICS STANDARD 2	COMMUNITY & FAMILY STUDIES ENGINEERING STUDIES FOOD TECHNOLOGY INDUSTRIAL TECH-TIMBER MATHEMATICS ADVANCED PDHPE SOCIETY&CULTURE VISUAL ARTS	BIOLOGY BUSINESS STUDIES EARTH SCIENCE JAPANESE MATHEMATICS EXT 2 MATHEMATICS STANDARD 1	
8	BIOLOGY CHEMISTRY DESIGN & TECHNOLOGY EARTH SCIENCE FOOD TECHNOLOGY INDUSTRIAL TECH-TIMBER INVESTIGATING SCIENCE JAPANESE MUSIC 1 SOFTWARE DESIGN VISUAL ARTS	BIOLOGY CHEMISTRY DESIGN & TECHNOLOGY EARTH SCIENCE ENGLISH STUDIES INVESTIGATING SCIENCE JAPANESE MUSIC 1	CHEMISTRY HISTORY EXT INVESTIGATING SCIENCE MODERN HISTORY MUSIC 1 PDHPE SOCIETY&CULTURE	
9	COMMUNITY & FAMILY STUDIES ENGINEERING STUDIES ENGLISH ADVANCED ENGLISH STANDARD ENGLISH STUDIES NUMERACY	DRAMA GEOGRAPHY MODERN HISTORY SLR	ANCIENT HISTORY ENGINEERING STUDIES LEGAL STUDIES NUMERACY SLR	
10	BUSINESS STUDIES DRAMA GEOGRAPHY MODERN HISTORY PDHPE PHYSICS SLR	ENGLISH ADVANCED ENGLISH STANDARD ENGLISH EXT 1 & 2 LEGAL STUDIES NUMERACY	ENGLISH ADVANCED ENGLISH STANDARD ENGLISH STUDIES ENGLISH EXT 1 & 2 FOOD TECHNOLOGY GEOGRAPHY VISUAL ARTS	
11	MATHEMATICS ADVANCED	FORMATIVE EXAM WEEK (to be confirmed)		

Bringing out your Best-Assessment Task Schedule 2021/2022

Enter your formative and summative assessment tasks on the grid, indicating the due date

	Nov 2021	Dec 2021	Feb 2022	Mar 2022	April 2022	May 2022
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Bringing out your Best-Assessment Task Schedule 2022

Enter your formative and summative assessment tasks on the grid, indicating the due date

	June 2022	July 2022	Aug 2022	Sept 2022	Oct 2022	Nov 2022	Dec 2022
1							
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Bringing out your Best-Top Ten Study Tips Continued

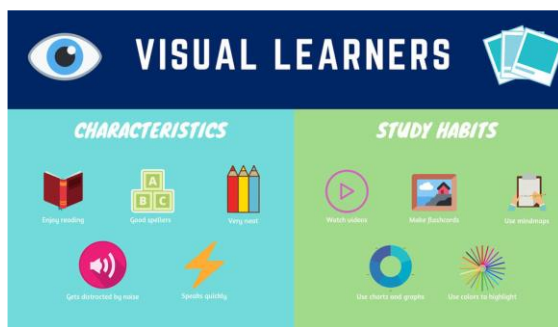
Read this section through with your mentor

4. Discover your learning style



- Most of us have a preferred way of learning. Get to know the learning style you're most comfortable with and study in the ways you learn best.
- **Auditory learners** prefer to learn by listening. Try reading your notes aloud and discussing them with other people. You might like to record key points and play them back.

Discover your style



- **Visual learners** prefer to learn by seeing. Try using colours in your notes and draw diagrams to help represent key points. You could try to remember some ideas as images.

Discover your style

- **Tactile/kinaesthetic learners** prefer to learn by doing. Try using techniques like role-playing or building models to revise key points.



Let's Talk

- 1) What learning style are you or are you a combination? Explain.

5. Review and revise

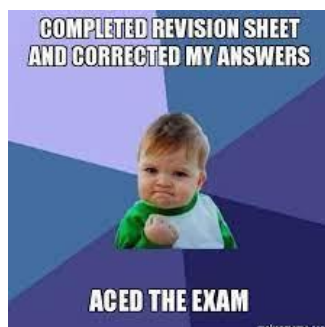


- At least once a week you should go back over the things you've studied in class.
- **Quiz** – Get a friend or family member to quiz you on key concepts. Offer to help your friends with their work too. Quizzes are great ways to get confident about what you know and find out what you still need to learn.
- **Make your own study materials** – Think up some practice exam questions or create your own flash cards to help you study.

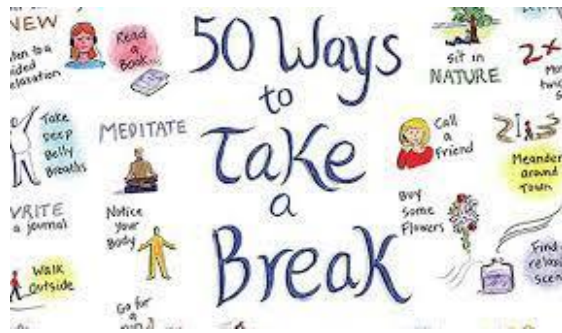
Read over and talk about this with your mentor

- ✚ Did you know that revising each week can save you time and stress?
- ✚ Revising can also alert you to the fact that you don't understand something well enough to summarise it and you can then ask your teacher for help with the concept or skill.
- ✚ Making up your own quiz questions can also be fun if you have a study group that will join in on a quiz competition every now and then.
- ✚ 1) What are you currently doing to revise your work? If the answer is nothing, what can you do to make a start?

Revision memes



6. Take breaks



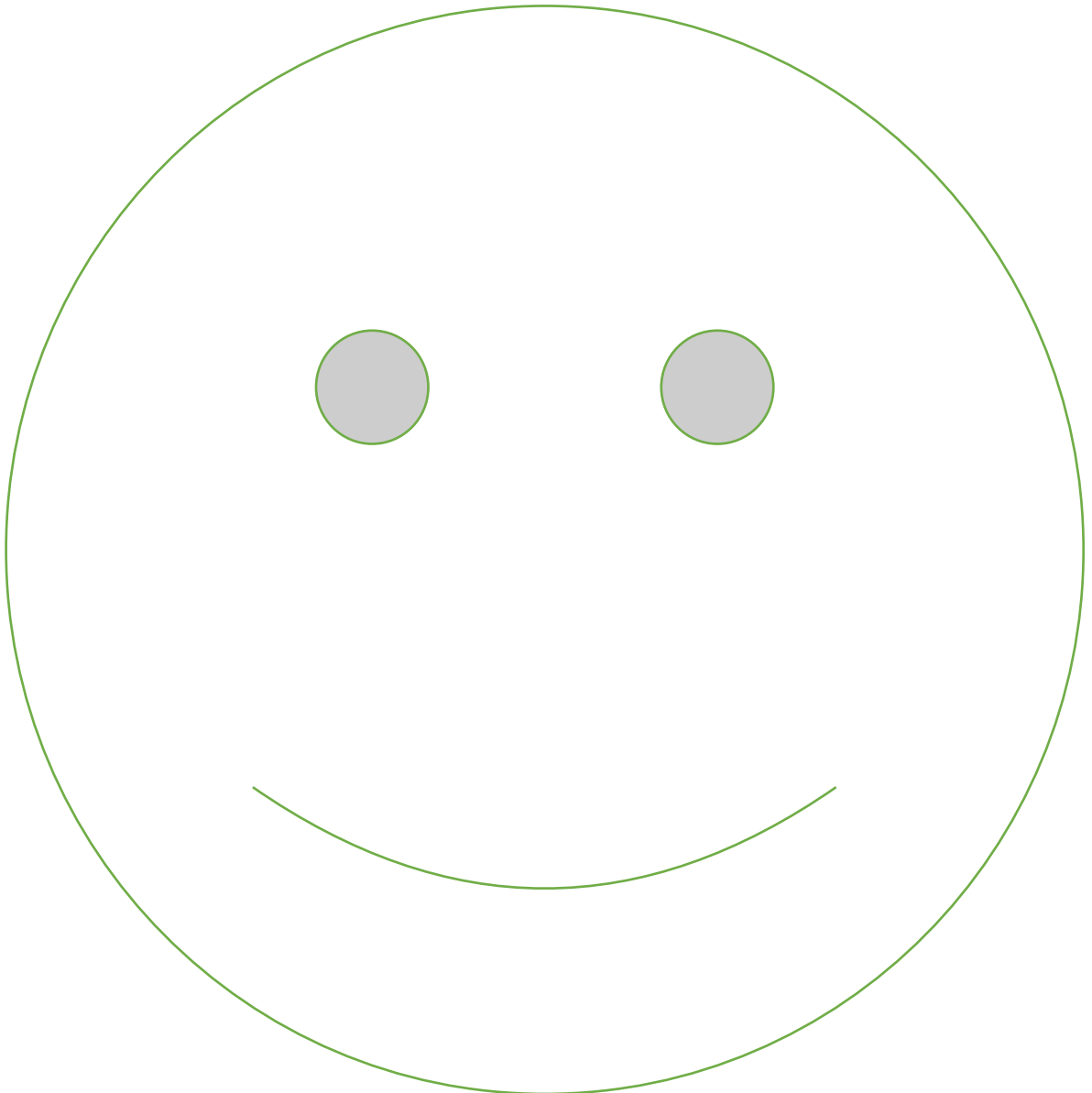
✓ Take breaks while you're studying

✓ Working too long on a task can actually decrease your performance.

✓ When you take a break, make sure you get away from your desk or study space.

Let's talk

A challenge for you, list 25 ways that you can take a break





7. Ask for help

- If you're stuck always ask for help. Talk to your teachers or parents or even your friends.

Do you remember this from your start up booklet?



<https://educationstandards.nsw.edu.au/wps/portal/nesa/home>

<https://newcastle-h.schools.nsw.gov.au/>

<https://m.facebook.com/newcastlehighschool/>

<https://sites.google.com/education.nsw.gov.au/nhsstudentsplash>

NHS ph. 0249693177

<https://headspace.org.au/headspace-centres/newcastle>

<https://www.beyondblue.org.au/>

<https://kidshelpline.com.au/>

<https://www.lifeline.org.au/>



8. Stay motivated

- ✓ Keep in mind your reasons for doing all this hard work.
- ✓ Decorate your study space with inspirational quotes or photos of your goals.

How to stay motivated?

- ❖ *Create a poster* of your goals and keep it in the room where you study.

So, if your goals include getting your licence, buying a car, going on a trip, getting into Uni and becoming a Nurse, put pictures of all of these things on your poster. Maybe when you are having a slump in your motivation you can look at your poster and get inspired to 'study on'.

- ❖ *Establish goals for each study session* - maybe a certain number of Maths problems or an introduction to an essay, is enough for one session.

- ❖ *Study with friends*

- ❖ *Reward yourself for each session* - maybe a coffee, phone call or chocolate

- ❖ *Take breaks* - this does not mean binge watching four seasons of your favourite show on Netflix, but one show is okay!

Let's talk

Looking back at your goals, list the pics that you need to get for your poster. Write them below.





9. App it up

- There are heaps of apps out there for helping students with all aspects of study. Have a chat with your friends and teachers to see which apps they recommend.

15 free apps to get you through Years 11 & 12

You probably have your phone, tablet or laptop with you at most times, so why not take advantage of the many apps out there? Here are 15 free ones that can help you through Years 11 & 12.

1. Evernote

Your phone probably already has an inbuilt note-taking function, but Evernote provides much more. You can attach images and audio to your notes, add your location and search through your notes for keywords at the click of a button (including text that appears in images). This means you can take photos of class handouts, search for keywords in the handout image, write your own summaries, carry your notes on your phone for viewing at any time and sync them with your computer — the possibilities are endless.

2. SimpleMind+ (mind mapping)

Mind maps are a great study tool if you're a visual learner. They allow you to brainstorm ideas for essays and projects, create a broad overview of a subject when studying for exams and help you make connections between different ideas that you may not have thought of before.

3. My Study Life

This app displays your schedule in a way that's easy on the eye for a quick glance at your day. It lets you keep track of your classes, tasks and exams. You'll never forget an assignment again.

4. AnkiApp

This app, which allows you to download more than 80 million pre-made flashcards or create your own. You can add text, audio clips, images and more on your cards.

5. Dictionary.com Dictionary & Thesaurus

Provides millions of English definitions, spellings, audio pronunciations, example sentences, and word origins. Also offers a translation service, a Word of the Day, a crossword solver, and more for students and non-students alike.

6. Wi-Fi Finder

If you like to get out of the house to study (or you're on a tight budget with your phone plan), Wi-Fi Finder allows you to scout out nearby hotspots offering free Wi-Fi access. You can also filter results by location type (such as cafés and libraries), bookmark your favourite locations and look up contact details.

7. TED

Need a break from studying? Brilliant doctors, artists, game designers, writers and scientists are changing the world with ideas. Install the TED app and see what they have to say. New videos are added weekly.

8. Coach.me

This goal and habit tracking app helps you set targets, get high-fives and review trends. The design is based on behavioural psychology in order to help you achieve mastery. You can set yourself up as your own coach, get community coaching, or hire a coach with the app for a fee.

9. Calm

Calm is an award winning meditation app. It has a collection of guided meditations crafted by mindfulness experts. Topics range from calming anxiety to gratitude to mindfulness — as well as sleep sounds, nature sounds, and breathing exercises — you can choose your focus.

10. RunKeeper

It's important to take care of your body as well as your mind. RunKeeper tracks walks, runs, and any other physical activity. You can join challenges to push yourself, win rewards for your workouts, and share your progress with friends.

These extra five study apps and websites have been designed to help improve your study focus and increase productivity.

1. OFFTIME

Behavioural scientists conducted an experiment that put students ([external link](#)) into three different rooms and asked them to perform a series of tests. Students in two of the rooms were interrupted twice via an instant message device and subsequently scored 20% lower than the students who had not been interrupted. Interruptions impair our cognitive ability([external link](#)), but with OFFTIME you create profiles that block your calls, texts, and notifications.

You can even restrict access to any apps and limit your phone usage (digital detox), so you can make sure you can focus, don't get distracted, break free or have some quality time. Make exceptions for the people important to you or send out custom auto-replies that let others know when you're back on the grid.

2. FOREST

With Forest, you plant a seed and can watch it grow into a tree — only if you can resist closing the app down. Close the app, and your tree dies. But by keeping you focused on study and avoiding 'app

hopping', the longer the app is kept open, the larger your tree will grow.



3. MATHS ALARM CLOCK

On one hand, SWOTVAC is great — no more classes! On the downside, there's no need to get out of bed — you snooze, you lose! This app forces you to solve a maths sum in order to turn off your alarm, decreasing the chances of you hitting snooze for the fifteenth time.



4. STUDY

Sound and communication expert Julian Treasure([external link](#)) stated in a great Ted Talk that we're only one-third as productive in a noisy environment compared to a quiet environment. But finding a quiet place to study can be difficult. The 'Study' app delivers 45 minutes of sound designed to increase your productivity by masking background noise.



5. GO CONQR STUDY PLANNER

It's well known that early organisation of study can help. Research has shown that studying shorter 'blocks' of time, rather than one an extended period is better for knowledge retention .

This online study planner helps you schedule events in a calendar, allocate time to key subject areas, and keep track of the time you spend on each subject.



Let's Talk

1) What things are you doing now to look after yourself?

2) What things could you do, to BETTER look after yourself?



Helpful Sites to Visit

Exam and Study tips

NESA-Exam tips

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSzBncmi0FyCxyWk4qbO_bYMyDn9mcG4Pwhg&usqp=CAU

NESA-Tips from former students

<https://education.nsw.gov.au/student-wellbeing/stay-healthy-hsc/resources/tips-from-former-year-12-students-on-study>

NESA-Students online study tips

<https://studentsonline.nesa.nsw.edu.au/go/studytips/>

Matrix Education

<https://www.matrix.edu.au/top-10-study-tips-for-your-high-school-journey/>

Elevate

<https://austudent.elevateeducation.com/state/nsw>

Talent 100

<https://talent-100.com.au/blog/category/hsc-study-tips-series/>

ATAR Calculator sites

<https://www.talent-100.com.au/atar-calculator/#welcome>

<https://www.matrix.edu.au/atar-calculator/>

<https://hsc.atarcalc.com/#{}>

<https://chalkwall.com.au/atar-calculator/>

<https://hscway.com.au/ATAR>

Study Skills Handbooks

<https://carey.wa.edu.au/wp-content/uploads/2019/04/Study-Skills-Handbook.pdf>

<https://www.studyskillshandbook.com.au/informationforschools.pdf>

<http://ils.school/files/High%20Students.pdf>

Tutorial Sessions offered at NHS will include:

- ✓ Referencing
- ✓ Taking notes-Cornell and others
- ✓ Study techniques (summarising, flash cards, diagrams and mind maps/concept maps, acronyms)
- ✓ Memorising
- ✓ Learning the verbs
- ✓ Subject specific sessions such as how to write an introduction to an English essay, PEEL etc

