



Ten Tips for Student Survival in Year 12

1. **Have a calm and relaxed state of mind.** There are a lot of decisions to be made this year. You need to have a clear and focussed headspace to maximise your success.
2. **Be organised and set priorities.** This is the year where the really important things ARE the really important things. Prioritise by levels of importance.
3. **Instil self-discipline.** You have to be a talented juggler. People will demand your time at moments when you know your focus has to be elsewhere.
4. **Have balance in your life.** Life is all about being balanced. Yr 12 is no different. Make time for school, for study, for sport and for fun and relaxation. When in doubt, go back to Survival Tip 2.
5. **Exercise:** Exercise is a must-do to ensure an optimum flow of oxygen to the brain. It is also a great way to remove tensions from the body.
6. **Never leave study to the last minute.** Get in early and create an individual study program that works for you. It doesn't matter how smart you think you are ... last minute cramming is not a recipe for success.
7. **Create a study group.** There is nothing wrong with people working together to maximise resources. Set aside time each week for a group of friends to get together to work together. Working together can be resourceful.
8. **Take creative time out:** Whether it visual art, music, creative writing, drama or dance or anything that your imagination can create ... take your right brain out for a walk. The brain needs balance to optimise its potential.
9. **Believe in Yourself:** Once a week write yourself a letter telling you how wonderful you are at school, at sport, with friends or in whatever field it is in which you excel. You'll be amazed how much talent you have.
10. **Have fun:** Life is about living, enjoying, achieving, growing, striving, stretching, loving, learning and having fun along the way. Don't forget to have fun with your friends and family. If you are enjoying something your brain will want to remember every aspect of that experience. Learning can be so much easier if you enjoy the experience.

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