

Minimise Study Time Maximise Scores



Valuable Advice From Past VCE Students



"Everyone feels the stress and pressure at some stage throughout the year. The best thing to do is to not let it all build up inside, it's okay to have mini meltdowns, it happens to everyone – some people are just better at hiding it."

"There will be many moments throughout Year 12 where you feel completely burnt out and without any motivation to achieve great marks. This happens to everyone at some point. You must remember that you are doing Year 12 to achieve your dreams."

"At the end of the day, Year 12 is not solely a test of intellect. It is a mind-game: a test of time-management, resilience and self-motivation."

"I think it is critical to revise material throughout the course, rather than trying to 'cram' as much material in the final days prior to the exam. The final days prior to the exam should be a time for you to reflect upon what you already know and revisit concepts and examples you are already comfortable with. Our brains can only take in so much information in a short period of time – my recommendation is to ensure you aren't learning new material in the final days before the exam, but rather, re-visiting it."

"VCE is tough, but rewarding for those who are willing to put in the work and effort."

"Don't let your ATAR define who you are or how successful you can be. There are too many variables out there that can affect the ATAR you get. At the end of the day you've got to be happy with your efforts, so always do the best you can."

"VCE is about realising your own potential, and it doesn't matter when you achieve that. Just do the best you can."

"Year 12 is a big year. It could be the best year of your education or it could be the worst – it just depends on your mind set. Make sure you are focused on your studies, but also make time for mates. Have fun together. It is what makes the memories more special."

"There's a lot of pressure in terms of competing with other students at school, because it's all about ranking, isn't it? It's all about how well you do so you can understand why there would be that pressure and why so many think "Well, if I stuff up then that's it. There's no future for me." But there's always another way."

"Always stay ahead of your class and the curriculum so that when your class is up to that topic you will have understood the topic to a greater extent and you can use your knowledge to teach others, which will further consolidate what you have learned. Managing time efficiently and following a set timetable will also cut your study time enormously, not to mention stress."

"Find a way to deal with stress as it can really drag your marks down."

I'm not
telling you
it's going
to be
easy,
I'm
telling you
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to be
WORTH IT.

"Your ATAR isn't a measure of your effort or ability or intelligence, and when you get to uni, that will become really obvious. It's the students who really worked hard in Year 12 that are getting the best marks and picking up the jobs - not the 90+ students who were basically spoon fed through Year 12."

"Always try to develop a positive attitude (by possibly giving yourself rewards) towards revision/exams no matter how unmotivated you are."

"Study hard; do work early and at the end, it will all pay off. If you get a bad mark, find out what you did wrong, study it well and move on, do not obsess over it. Don't slack off towards the exams, you have worked too hard, too long, just to give up and not get the ATAR you deserve."

"The VCE revolves around you, and most importantly, the level of effort that YOU put into it."

"I had a really bad Chemistry teacher in Year 12 and was worried that this would affect my ATAR. I could have taken the position that I had a huge disadvantage, but decided to make the best of what I had. I would catch up with my Year 11 teacher to get help with questions I couldn't answer and organised a study group with students who had a different teacher. I also did the Master Classes, which really helped a lot."

"When you are busy feeling sorry for yourself, remember that you must persist for only a short amount of time – as soon it will be over. It was not until I was close to the end of the year that I could really see how short the year is and understood the benefits of such perseverance."

**RECIPE FOR
SUCCESS:
HEAT UP AN IDEA
TAKE ACTION
MIX IT UP WITH
DESIRE AND BELIEF
THEN ADD A DASH
OF PERSISTENCE**



"Be prepared to work hard but also have faith in your abilities."

"Don't lose focus towards the end of the year."

"Your performance in Year 12 is only a measure of your ability in a test or exam at one point in time. It does not control your future success or happiness."

"Do not give up, all the hard work will be worth it in the end."

"Do not overwork yourself, eat healthy, exercise and get a lot of sleep!"

"Don't stress out too much. It is only a number. There are so many pathways to get to where you want to be."

"The final year of secondary school is important, but it will not be the most important year of your life. Keep things in perspective because you're far more than your ATAR score."

"Just try to do your best. Try and avoid the thought that only an A means success, aim to do your own personal best in each subject."

"Know that if you don't get the ATAR you need, it's not the end of the world. Exams are not the be all and end all. You will eventually get to where you want to be."

"Stress is normal, everyone else is also going through it. Just because someone says a subject is hard it should never put you off. Use it to your advantage. By the end of the year, after all your revision, you'll realise how much easier everything is."

"Attend as many TSFX lectures as possible."



"The basics, it is really about getting the small things right. If you can do them, then everything else will work out by itself."

"Try your very best. Year 12 is hard, but at the end it is so rewarding."

"Year 12 is about determination and persistence, not how smart or intelligent you are. As long as you work hard, the results will be a lot better than what you initially expected."

"Country students benefit from attending your programs as it makes sense of the year in terms of lots of fellow competitors. My sister attended your lectures ... and is now studying medicine at Monash."

"It's always important to give everything you do your very best shot, but make sure you keep some perspective."

"Balance out the time you study and the time you rest. Make sure you always stay on top of your work throughout the year, so that all you have to do by the end of the year are the practice exams and additional questions."

"I took the approach that as long as I'm happy and healthy at the end of the year, and I know that I've done my best, then whatever I get, I get. You can't expect anyone to do better than their best."

"If VCE was meant to be easy, then everyone would get 99.95."

"Constant revision throughout the year is the key."

"Do your best and never give up."

"Keep it all in perspective."

"Start studying from Day 1."

"Start your preparations early. It doesn't matter if it's just 30 minutes per subject per week, as long as you revise what you've learned that week."

"It is only for a year so put things on hold and concentrate on getting the best ATAR you can."



"Year 12 is only 9 months of your life, you have the rest of your life to do everything else, so if you just study hard and get into what you want, you'll be able to enjoy the 3 months off before university starts knowing you did your best."

"Do not just assume that everything will be handed to you. Go out looking for it, because you will only get out what you put in."

"It is only one year so give it all you have got."

"Work consistently throughout the year, but at the same time, take care of your mental health by taking regular breaks and appropriately engaging in activities which are relaxing for you, such as sport, drama or gaming."

"Time management is crucial, plan leisure and study in advance, ensuring a balanced life."

"Do not procrastinate."

"Be organised and work consistently."

"When it came time to start my VCE I didn't have a particular strategy. I decided the best thing to do was to be consistent, stay calm and try my best. I put a lot of time and effort into staying organised. Being organised really helps to reduce stress. If you know exactly what you have to do and when, then all you have to do is start! Keeping notes, as I progressed throughout my studies was useful for revision, especially before my final exams. When it gets to the end of the year you want to focus your efforts on reviewing information rather than trying to find it."

"Be motivated and rely on every day leading up to the exams. That is the key."

"Don't overwork yourself! Have a balance between your commitments and get plenty of sleep."

"I remember a few people would come to you saying "Year 12 is the best year of your life". So I went into it at the start of the year with that in mind."

"Although this is considered the most important year of your life, it is good to spend time enjoying the moments with your teachers and fellow students."

"I would have liked to attend more revision lectures as they are a time-efficient way of reviewing course material. Moreover, lectures often provide a different perspective to what is presented in class."



There is a quote I love from Star Wars: "Do. Or do not. There is no try." You should not drift through year 12 but always have set goals, both short-term and long-term. These goals will change but they give you a sense of direction, which is paramount to success in VCE and life. It is certainly not a walk in the park. At times, it is depressingly daunting, overwhelming. But that's just because things are out of perspective."

"Work hard and always do the best you can. There's nothing worse than knowing you could have got a better ATAR if you had done things differently. Don't sell yourself short and keep away from negative people as they can really drag your marks down. Your friendship group at uni will be completely different anyway, so you may as well make these changes in year 12. Don't believe anyone who makes out that they don't care about their marks. If they didn't, they wouldn't be putting themselves through the VCE. Don't be shocked when you find out that these students got really high ATARS. Listen to the advice your teachers give you - they've been through the VCE a few more times than we have. Take hold of every advantage. Without a crystal ball, you just don't know whether the extra 2 essays you could have written (but didn't) could have got you a better English mark. Or that the lectures you didn't go to could have got you better math marks. Give yourself one night off each week and pace yourself so you don't burn out later in the year. Don't procrastinate, it just causes work to pile up. Eat healthy foods, exercise and get plenty of sleep. Sleep makes a massive difference to how you deal with stress and huge workloads. Eat lots of chocolate!!"

"When I was demotivated I simply asked myself the following questions: Would I regret skipping over this chapter if this chapter was tested in the exam? Would I regret not doing this past paper if a similar or same question appeared in the exam? My answer: Yes. And that's my biggest tip on how I motivated myself closer to exams."

"Give it your best shot so that you have no regrets. Everyone feels they can do better, so don't punish yourself if you haven't got the optimal score. No one is perfect."

