

It may surprise you, but I have had a couple of students each year in the past either forget that their phone or try to sneak one into the exam. Yep superstars they are! I will tell you now that its possible that you won't ever see your phone in one piece ever again if it gets confiscated from an exam. It gets sent to VCAA and gets literally taken apart bit by bit, and each message, photo, basically any data you have on your phone will be searched through. So, it's best to leave your lovely phone at home or in your locker!

- **Communication with teachers**

Its important to have a really good working relationship with your VCE teachers. Its important that you listen carefully to the feedback that they are giving you (even if you don't like it), they have your best interests at heart (even though you may sometimes think not), they are trained in teaching your VCE subject and know the study design and the way to revise well, so its important to use them as a valuable resource. In the past I have had so many students only come and see me the day before the exam, after having 2 weeks of revision, in a way its too little too late and it's hard to help them that late in the game. Get onto it and communicate openly and honestly with your teachers.



- **Don't exam hop**

Many students will get into the trap of just studying for one exam at a time. English is first so I will study for a whole week on English, Further maths is next so I will just study for that until after the exam, by your last exam you have only studied on that subject for maybe a day! Please don't do this. Organise your study time to be able to study for a variety of your subjects especially throughout your SWOTVAC week. Most exams are worth 50% of your mark so make it count, please don't hop!

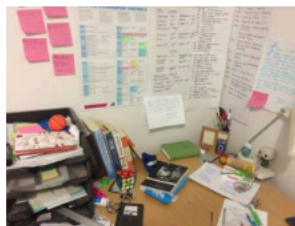
- **Revision timetable**

Its important to set up a revision timetable that is yours, not your mates. What works best for you and your lifestyle? Set it up early and be realistic. Don't study after 10.30pm (you won't retain any information), try to work it as a school day (9am – 3.30pm with the same break times), ensure you have dinner and have time to relax and find that balance. Try to do some prac exams and write out revision notes throughout the day. Put a copy of your timetable on the fridge so your family know when they are to steer clear of you and leave you be.

SWOT VAC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-9 am							
9-10am	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY
10-11am	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY
11-12pm	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY
12-1pm	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
1-2pm	STUDY	STUDY	STUDY	STUDY	STUDY	FREE TIME	FREE TIME
2-3pm	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY
3-3.30	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY	STUDY
3.30-4.30	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	STUDY	STUDY
4.30-5pm	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	STUDY
5-7.30pm	STUDY	STUDY	STUDY	STUDY	STUDY	FREE TIME	FREE TIME
7.30-8.30pm	DINNER – FAMILY TIME	DINNER – FAMILY TIME	DINNER – FAMILY TIME	DINNER – FAMILY TIME	DINNER – FAMILY TIME	DINNER – FAMILY TIME	DINNER – FAMILY TIME
8.30-10pm	STUDY	STUDY	STUDY	STUDY	STUDY	FREE TIME	FREE TIME

- **Study area**

Set up a study area that is away from distractions. If it is in your bedroom, remove the television, the PlayStation and anything that might be of a distraction to you. I was one for always studying with noise (radio) going, so its okay to have music going. One of my ex-students found a room in the house that didn't have internet access and used that as his study area. Make sure you are organised, have highlighters, sticky notes, note pads, blutack (to put up study posters on the back of the toilet door!) and anything you may need to help you study your little heart away. Get rid of the phone – lock it away in the kitchen cupboard or put it on top of the fridge away out of reach. Don't worry the social media world will still be ticking along in a couple of hours. Speaking of social media – how would it sit with you if you logged off all social media until after exams? Would it still be there in a month's time when exams finish? Of course, it would be! Would it help your study habits if you weren't checking your social media every five minutes of the day? Of course, it would! So seriously have a think about logging off for a month.



The most vital part of all in the next couple of months is to have **balance**, its important to be realistic and have balance especially around revision time. If you have only studied for let's say 1 hour a night for the last year, do not try and do 4 hours a night straight away. Build it up over the next couple of weeks. Find an outlet away from study that you can enjoy in your free time each day. Get out of the house and into the fresh air, take a deep breath and just relax. Enjoy the last couple of weeks with your school friends as it will be the last time that you are going to be all together for a long time or if ever again. People move on in different places, so appreciate being a teenager without a worry in the world and just enjoy time with your mates.

Now back to the serious stuff! Remember this revision and exam business is only a couple of weeks out of your life, and after exams finish you will have so much spare time that you won't know what to do with yourself. Make your time count, don't waste the effort you have put in this year and throughout your schooling. Parents they can still do the dishes, clean their bedroom and do their chores. Keep life as normal as possible to some extent! All in all, if you try all you can and give it your best shot than that's all I think your parents will ask for and be happy with. I mean really what have you got to lose by giving it a go. Mark Twain once said: "The secret of getting ahead, is getting started". Now is the time, not tomorrow or the next day.... today.