

Minimise Study Time
Maximise Scores



Study Tip # 1: Top Tips from Past Year 12 Students

If you had the chance to complete Year 12 again, what would you do differently?

I feel that I mostly used my time wisely but what I would do differently is to fight that procrastination and make sure I used my study periods effectively and not get distracted by conversations with my friends. **Student – Ballarat High (ATAR 94.65)**

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. **Student – Gippsland Grammar (ATAR 97.50)**

I would have attempted exam questions a lot earlier in the year than I did. I feel like if I did at least one exam question per subject every week, it would have helped me significantly towards the end of the year.

Student – Mentone Girls Secondary College (ATAR 88.40)

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!! **Student – McKinnon Secondary College (ATAR 89.60)**

START EARLIER!! I didn't start taking Year 12 seriously until the start of Unit 4. By this point, I didn't have a sound understanding of most of the previous units and stressed over trying to learn everything properly in only a term. **Student – Hillcrest Christian College (ATAR 65.00)**

Start studying from Day 1. **Student – Sacred Heart Girls College (ATAR 99.10)**

I would try to find a balance between social activities, school and rest earlier in the year, which would have prevented me from stressing out and breaking down regularly.

Student – Ave Maria College (ATAR 73.20)

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. **Student – Melbourne High School (ATAR 98.10)**



Do you have any other advice for future VCE students?



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.

Student – Glen Waverley Secondary College (ATAR 97.00)

Staying on top of your schoolwork will save you a lot of stress during intense SAC weeks/exams.

Student – Northcote High School (ATAR 96.40)

Get ahead right from day dot and stay organised. Do extra work outside of what the teacher assigns because it will pay off!

Student – Hillcrest Christian College (ATAR 85.00)

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.

Student – Loreto Mandeville Hall (ATAR 98.00)

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. And also, don't overwork yourself! Have a balance between your commitments and get plenty of sleep.

Student – Point Cook Senior Secondary College (ATAR 88.00)

TSFX Master Classes helped me tremendously in Chemistry, one of my weaker subjects. With constant revision of notes and practice questions, as well as the expert guidance of an experienced teacher, I was able to achieve an unexpected study score of 40 in Chem! **Student – Loreto Mandeville Hall (ATAR 98.00)**

My advice would be to manage your time effectively. You could study for hours on end in one night trying to learn and memorise information, but I found it was much more effective to space out your studying. Studies show that if you learn new information before you go to sleep, then have a good sleep, you'll be more likely to remember that information the next day. Last of all, enjoy yourself and honestly, don't stress too much. If you try your hardest, you'll be proud of your efforts by graduation and you won't regret anything. **Student – Mentone Girls Secondary College (ATAR 88.40)**

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.

Student – Melbourne High School (ATAR 95.45)



Don't make the mistake I did. I got trapped into feeling all my efforts obliged me to do a sought-after degree. How did that end? I studied Law for exactly six weeks before dumping it entirely. You're the one who has to live your life, not others. Stay true to what it is you really want and not what others would like to see.

If you're like me and you just couldn't force yourself to revise for exams when they were months away, do something like the Master Classes at TSFX. Otherwise, you'll be drowning in work at the end of the year and this will affect your ATAR.

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

PTO

Always complete work when you get it, don't let it pile up because it is very hard to catch up!

Maintain a steady and consistent approach to your studies. It is easy to slack off and fall behind if you get lazy for a week. Cramming is your worst nightmare! Try to prevent cramming before a SAC. Always start as soon as possible.

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.

You will have forever to enjoy your life. Set aside Year 12 to set you up for great future. Study hard, revise constantly and remember that there are many ways to the top of a mountain – but the view is always the same.

Take at least one Year 12 subject in Year 11 and use companies like TSFX to help with your study and revision because they are excellent resources.

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.

It is never too early to start revising. There is always more to do than you think and everything takes that little bit longer than you predict.

If you are behind at the end of the week, make sure to catch up during the weekend, and start the new week with a fresh start. Much less stressful.

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.

Do as many practice exams as possible and start exam preparation as soon as possible.

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.

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

BE STRONG
WHEN YOU ARE WEAK,
BRAVE
WHEN YOU ARE SCARED,
AND HUMBLE
WHEN YOU ARE
VICTORIOUS



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.

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

Do your best. No one else's. Start with this Year 12 mind set during the Summer School Holidays and work consistently throughout the year.

Study hard but also maintain a balanced lifestyle. Whilst it can be stressful, your final year of school is ultimately a once in a life time opportunity. You are only in Year 12 once, so make the most of it!

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.

Do it now, so you don't have to do it later.

Organisation throughout the year is very important, not just in the lead up to exams.

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.

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

Be motivated and stay motivated.

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

On one hand it was worth it, because I came out the other side and I'm a lot stronger and a lot wiser and I know myself a lot better, and I did get good marks. It's not like anything went to waste. But on the other hand, I struggled a lot. If I had stayed on top of my work and didn't leave things to the last minute, then it wouldn't have been the worst year of my life.

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

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

Believe

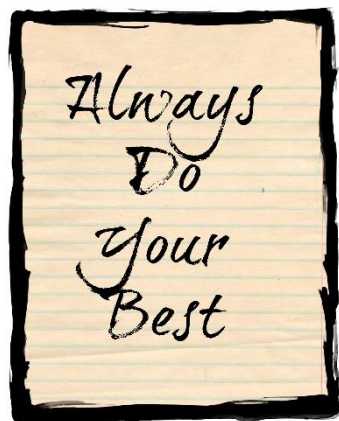
Your performance in Year 12 is only a measure of your ability in a test or exam at one point in time. It does not control your future success or happiness.

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

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

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.

Don't wait to the last few weeks to really get serious about studying.



Get into a good work habit early, as it will make it easier to keep going throughout the year. And it makes a big difference to your scores.

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.

Just take advantage of any opportunity that is available to you.

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.

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

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

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.

Attend Summer & Winter School lectures so you are already ahead and take your internal assessments seriously, ranking counts.

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.

Don't leave things to the last minute.

Keep it all in perspective.

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

Go to TSFX lectures and work through all of their notes and questions. It helped me get an A in Chemistry and was of immense help in my other subjects (PE, English and Methods). I also found the TSFX lectures more professional, longer in duration and more thorough in their notes than other teachers or lecture programs, so despite the cost I would choose TSFX again.

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

Attend as many TSFX lectures as possible.

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.

Stay on top of everything and prepare for exams early.

Attend TSFX at Year 11. It is a great help.

Do not procrastinate.

Be organised and work consistently.

Give it your best go, have fun and love life.

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

We hope the year runs smoothly and that you get the marks you're aiming for.

Regards,
TSFX

