

Year 12: Managing Exam Stress

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Jeannette James Principals Australia Institute and the MindMatters Initiative



Meet the panel



Jackie McIver

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National Program Manager,
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Isabella Merrilees-White

ReachOut Youth Ambassador



Jeannette James

Principals Australia Institute
and the MindMatters
initiative
Project Officer - NSW

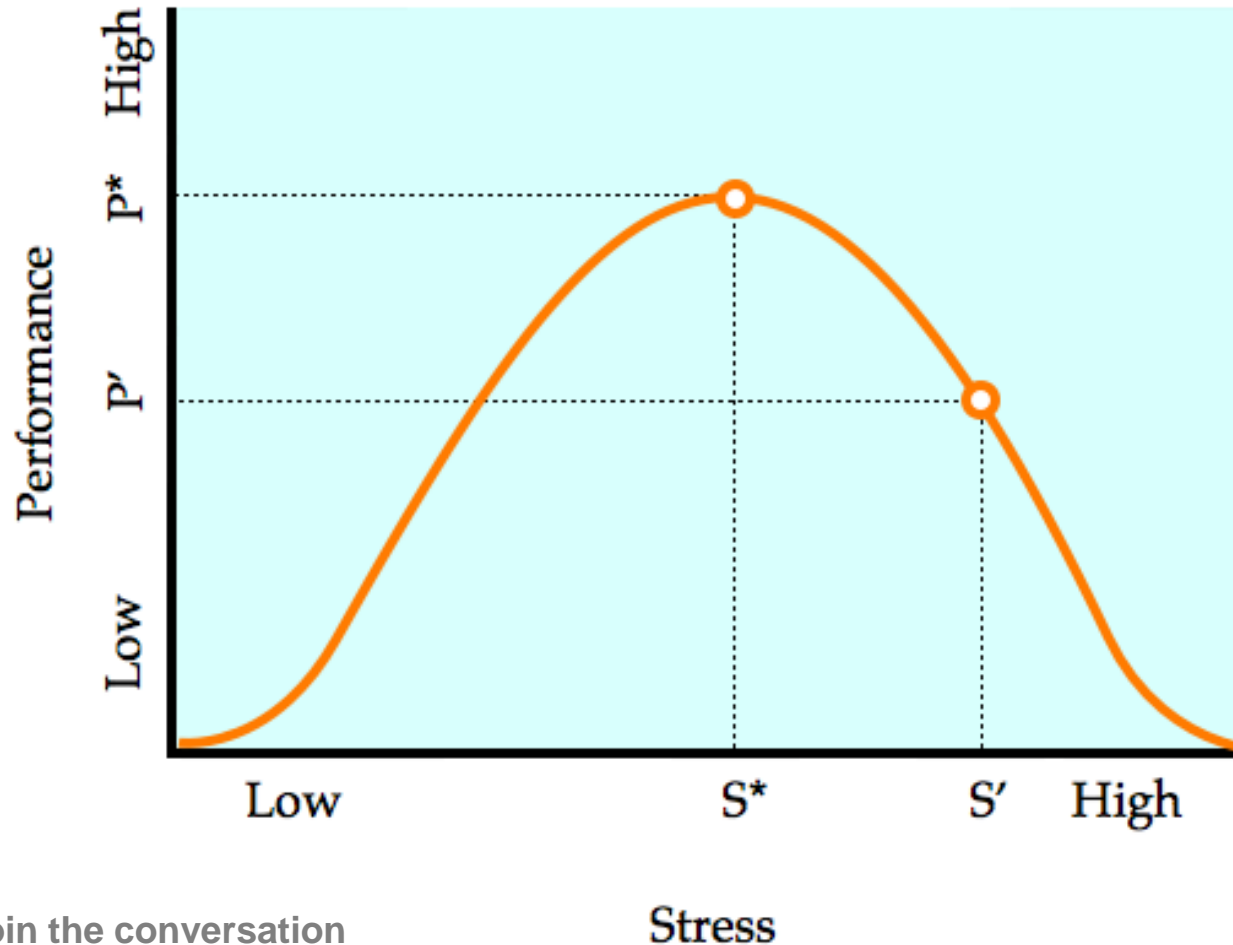
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Agenda

- ▶ What is stress and how to identify when students aren't coping
- ▶ Five ways you can support students
 1. Whole school approach
 2. Encouraging a positive culture
 3. Planning
 4. Practical tips
 5. The importance of a healthy lifestyle
- ▶ Resources available
- ▶ 10 minute Q&A at the end - You can submit questions throughout
- ▶ Slides and recording will be available

Understanding stress

The Stress Curve



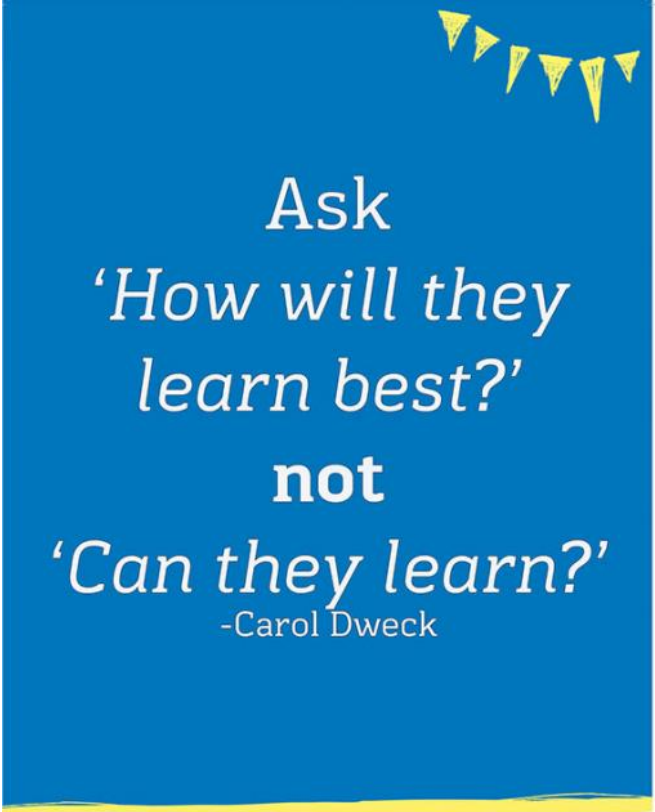
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**What can we do to
support our students?**



Five ways you can support students

1. Whole school approach
2. Encouraging a positive culture
3. Planning
4. Practical tips
5. The importance of a healthy lifestyle



Ask
*'How will they
learn best?'*
not
'Can they learn?'
-Carol Dweck

REACH
OUT.COM

ReachOut.com is Australia's leading online mental health and wellbeing service for young people. It's got tools, information, stories and forums that you can access anonymously, where and when you need them.

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1. A whole school approach

- ▶ Adopt a systematic and comprehensive approach
- ▶ MindMatters mental health framework is built around four key components
 - ▶ C1 Positive school community
 - ▶ C2 Student skills for resilience
 - ▶ C3 Parents and families
 - ▶ C4 Support for students experiencing mental health difficulties

2. Encourage a positive culture

Remind students:

- ▶ they are **more than their final score**
- ▶ there are **different pathways**
- ▶ know what **works for them**
- ▶ you're available as a **sounding board/mentor**
- ▶ they can use **visual inspiration** to refocus
- ▶ it's important to **work as a team** and support classmates for improved results
- ▶ to see mistakes as areas for **improvement**

3. If you fail to plan ...

- ▶ Study timetables
 - ▶ study
 - ▶ part-time work
 - ▶ meals
 - ▶ breaks
 - ▶ exercise
 - ▶ sleep

SEPTEMBER

Sleeping in is okay. Sleep = better quality study. good!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-12 Trigonometry Page 10-25 1-4 Grammar exercises page 5-25 Breakfast with dad. 11-1 Revise subjunctive tense 3-5 Learn Module A essay	9-11 Revise week 10 1-3:30 Read pages 50-150 5pm Netball Dinner w/ mum 9-11 Revise weeks 11-13 & make flash cards. 12-3 pg 10-30 5pm Netball Night off!	9-12 Write module A essay. Go for a walk 2-5 Group study ALL calculus exercises ALL DAY GROUP REHEARSAL	9-midday REHEARSAL 3-6 Practice comprehension on class handout. 9-11 Practice speech out loud! 12-2 Shorten module A essay.	9-10 Exercise ③ pg 11 12-2 Write Module A essay Celebrate Rosie's birthday! 9-11 Practice exam 2012 READ TEXT (1 hour)	Netball match FUN TIMES Take the day off! (1 hour)	ALL DAY GROUP REHEARSAL 9-12 Revise errors from 2 weeks until exam!

Be specific

Maths — (light blue)
 English — (light green)
 French — (light yellow)
 Drama — (orange)

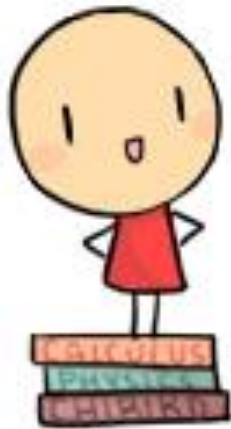
Colour coding is excellent.

This is okay!

- ▶ Stick it up on the fridge or wall

Procrastination

reasons not to procrastinate



- saves you from last-minute scrambles
- you won't have to worry about it later
- feeling of accomplishment
- more efficient use of time

(... but I still do it anyways.)



chibird

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4. Practical study tips

Encourage students to:

- ▶ have a clean, organised area to study in
- ▶ put phones in flight mode or turn them off
- ▶ hand write notes, rather than type them
- ▶ record your notes and play them back
- ▶ stick them around the house.

Provide students with copies of past exams and time their practice. If possible, make time to review and feedback on their work.

5. Maintain a healthy lifestyle

Talk to your students' parents and carers about their children's physical health.

Parents should encourage their children to:

- ▶ eat regular, healthy meals
- ▶ go easy on the substances
- ▶ set aside 30 minutes a day to do some exercise and get some fresh air, even if it's just going for a walk
- ▶ breathe
- ▶ get enough sleep: it's critical.

Resources



Helpful resources

- ▶ MindMatters: mindmatters.edu.au
- ▶ ReachOut Australia: ReachOut.com and Professionals.Reachout.com
- ▶ *Embracing the F Word*: au.professionals.reachout.com/embracing-the-f-word
- ▶ youthbeyondblue: youthbeyondblue.com

Apps:

- ▶ ReachOut Breathe: au.reachout.com/reachout-breathe-app
- ▶ Recharge: au.reachout.com/recharge-sleep-app
- ▶ Smiling Mind: smilingmind.com.au
- ▶ Check In (beyondblue): beyondblue.org.au/about-us/programs/youth-program-youthbeyondblue/the-check-in-app

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To recap

▶ Five ways you can support students

1. Whole school approach
2. Encouraging a positive attitude
3. Planning
4. Practical tips
5. The importance of a healthy lifestyle

▶ Webinar recording and slides

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Emergency help

The following services are there to listen and help you out. They are confidential and available 24/7.

▶ **Lifeline**

13 11 14 lifeline.org.au

▶ **Kids Helpline**

1800 55 1800 kidshelp.com.au

▶ **Suicide Call Back Service**

1300 65 94 67 suicidecallbackservice.org.au

Final words from the panel

- ▶ Know what works for you – and stick to it
- ▶ Encourage balance and help-seeking
- ▶ Remember – there is life after year 12 exams!



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Thank you to our partners

