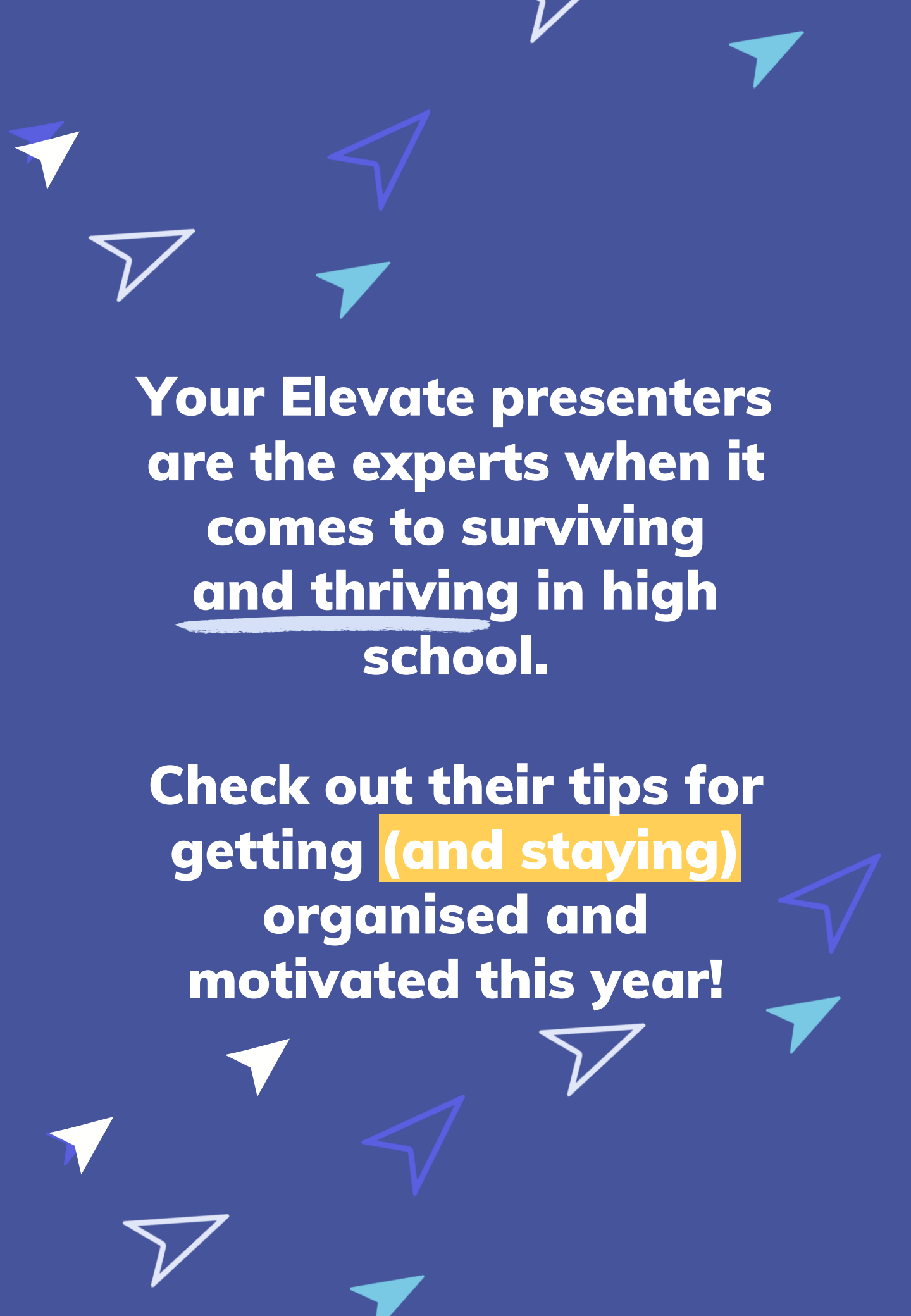


A cluster of five arrows in the top right corner: one white, one light blue outline, one teal, one light blue outline, and one light blue.

**New year,  
new you.**

A cluster of five arrows in the bottom left corner: one white, one light blue outline, one teal, one light blue outline, and one light blue.A cluster of five arrows in the bottom right corner: one white, one light blue outline, one teal, one light blue outline, and one light blue.

**elevate**<sup>▲</sup>  
education



**Your Elevate presenters  
are the experts when it  
comes to surviving  
and thriving in high  
school.**

**Check out their tips for  
getting (and staying)  
organised and  
motivated this year!**

## **Buy yourself a set of new pens.**

**Doesn't matter how many you have lying around the house – invest in your favourite ones. Find the most comfortable/easy to write with/flow-off-the-page pen and STOCK UP for the year ahead!! I recommend gel-based pens to stop hand cramps from having to push down for too long.**


## **Colour coordinate your folders!!!!**

**Going to Officeworks and buying a different colour folder for each subject is extremely helpful. It seems irrelevant, but keeping your subjects separate and organised saves you from scrambling through your bag for which notes belong to what subject.**

**Buy a calendar, set it up somewhere and write down monthly rewards for achieving certain goals.**

**Maybe January is a beach day with mates for doing all your homework in time. It could be something as big as buying a fancy watch for yourself for getting good grades in November or as small as buying a packet of skittles for forcing yourself to keep studying through July! Monthly Motivation is a huge winner!!!**

**Keana  
Team WA**



I spend an afternoon at the start of each year imagining what I want my year to look like.


I visualise how I'm going to grow, and the person I want to be by the end. Being a more knowledgeable, intelligent and well-rounded person always makes it onto my list.

So, when I sit down to study, it's so much easier as I know the person I'm working towards and how learning will help me get there.

From there, I just remind myself that learning is really cool and it's like doing a workout on your brain, and **then the magic happens!**

Jack  
Team SA





I used to forget about assessments all the time, then ended up stressing and cramming when I'd realise *there's a test tomorrow!* I solved this by writing down all my assessment dates for all my subjects, then writing down the tasks I needed done by the day of the exam (e.g practice papers, revision) so my work was spaced out, which meant *no cramming or surprise tests!*

**Jess**  
**Team NSW**



My favourite tip for getting motivated is having a  
**good morning routine.**

Cold shower, affirmations, deep breathing, goals for the day, stretching...

**Seve**  
**Team VIC**

Look at everything you do this year all steps towards your goals for the year and your life. So, every time a test/set of questions for homework/presentation/new topic comes by, instead of looking at it as just another task, try to look at it as a **small percentage of your larger goal** of achieving a good ATAR/getting into a certain industry/developing a deep understanding of something that interests you.

**Connor**  
**Team WA**



A decorative graphic at the top of the page features a dark blue curved shape on the left containing a white paper airplane. To its right, a white paper airplane and a blue paper airplane are shown in flight against a light blue background. A teal paper airplane is also visible on the right side.

## Love what you learn!

Figure out what lights that fire in your belly for the subjects you are studying. Learn what drives you the most. Does the thought of geometry sound square? What if instead you were discovering the mathematical laws that underlie the universe! Find the people, ideas, and goals that make you excited.

Be unapologetically passionate.

Michael  
Team VIC

**James**  
**Team VIC**

**My study tip is to get organised!! The start of the year is the perfect time to lay the foundations for success, while motivation is high, and the slate is clean! Oh, and buy some nice pens, it's actually worth it!**

I promised myself that by the end of every Sunday my notes from the previous week were ready to go to be memorised for trials at the end of the year. I think that dividing Year 12 into small intensive assessment/exam blocks creates stressful and overwhelming periods. Instead, this ensured I maintained a constant workload from Week 1.

Jack  
Team NSW

I found it so much easier to stay motivated at school once I built goals that I actually cared about. For along time my goals were just what I thought was expected of me, or similar to what my friends were aiming for. Once I started setting goals I actually cared about and wanted to achieve I became way more motivated.

Maggie  
Team VIC



**Try scheduling your entire day – breaks and study – before you start working.**

Schedule the specific tasks you are doing, and what you are going to do during your breaks. At tricky times of the year, this means you might sit at your desk for half as many hours, but because you have time limits on everything you need to work super fast and get the same amount done. AND you can plan really fun activities for your breaks. **Best of both worlds!**

Caity

Team WA

Frazer

Team WA

**I have always found it really helpful to put together an assessment timetable!**

Once I get all my course outlines with the assessment details (topics, weighting, word count for essays and due dates) I'll draw up a full semester/term timetable and then put in the assessments. It's a great way to visualise the busy periods of the term and to plan the best way to deal with the various assignments!


Zoe  
Team QLD

I have always **scheduled off an hour every Sunday** to plan my week ahead, check I've completed work from the week and re-do to-do lists. Life is crazy, and sometimes we don't have the motivation to check in daily, but I figure checking in once a week is better than nothing at all!

Sanne  
Team SA

I find it super helpful to have multiple study spaces and to change up my environment every few hours - especially if I have a long day of study ahead of me! Going to a **uni or a public library** where it's quite and other people are studying helps me to focus. Then after I break for lunch, I can switch to a new spot, and it's **like I've hit a reset button**. When I go back home, I feel like I have a clear end to the study day, or there's the option for another fresh study location at the dining table or my desk.

y



**Set aside time once a week to complete **practice questions** from the very, very start of the year!**



**Natasha  
Team VIC**



**Alex  
Team VIC**

**Form a **study group** with a couple of friends for each subject. I found that we could split up work to save time and also teach each other concepts to improve our understanding!**

**I imagine I have 12 apples I can split between different categories.**

**I use study, sport, social, and self as my boxes - but choose your own! I regularly check in to see how I am distributing my apples. It may change weekly as assignments pop up or things change. Use the system to check that your time is being spent where you want and need it to be. Have you been slacking off on your work? Why is that, and where has your energy (or apples) gone instead?**

**Charlotte  
Team WA**

**If there is one thing I regret from Year 11 and 12 is not really understanding burn out and how it can creep up on you. My number one tip for is to watch out for burn out and put a stop to it very early by making sure you don't stop doing the things you love (and need!) to stay healthy physically, mentally, emotionally or spiritually. In fact, if you're someone who is already study obsessed then find things to do and do them with others.**

**Hayfa  
Team NSW**

Hasti  
Team NSW


**Taking care of your physical health is one of the best ways to keep yourself sharp and motivated.** It's one of the things that is completely in your hands. Have a good brekkie in the mornings – proteins, fats, carbs. Drink water. Eat foods high in omega 3 (crucial for brain health), amino acids, antioxidants, B12 (crucial for nervous system function) and foods that boost serotonin! Having a solid breakfast in the mornings gave me routine, and resources for my brain to use during the day when I had to focus, concentrate, or boost my memory. The saying stands for a reason – healthy mind, healthy body!

Megan  
Team NSW


If you find yourself at your desk nodding off **do 10 star jumps**. It will wake you up and get some more oxygen to your brain!

Aidan  
Team QLD

**It's incredible just how much spending time NOT studying can actually help you study.** I loved sport and when I got injured and couldn't play my sport, I found it much more difficult to study as I was permanently grumpy. Make sure you do something you enjoy every day. High school isn't all study, it can be fun too!



My number one study tip to start off the year is to **buy coloured sticky tabs** which you use to mark pages in your notes/workbook where you have questions for your teacher or content that you do not understand. This makes it is really easy to find and go over problem areas with your teacher and also prevents you from forgetting to go over content that you didn't understand.



Set up a **distinct area for study** and make sure it is separate from where you relax (different part of the room or a different room altogether). This makes it much easy to get into the zone and makes chill time more guilt free.

**Miranda**  
**Team NSW**

**Cinzia**  
Team VIC

Hold yourself accountable by booking things in with your friends! Whether it's a **study session or a study break to exercise**, being responsible to someone else will compel you to do the work you need to do beforehand.

**Presh**  
Team NSW

This one is ridiculous but worked really well for me! *Record yourself saying your notes and listen to them when you're going to sleep. I can guarantee it will stick in your head!*

**Imi**  
Team VIC

**Don't be afraid to be unconventional from day 1!**  
**Whip out those highlighters, draw a million flow charts/mind maps and find ways to make study more engaging, rather than just staring blankly at your textbook.**  
**\* Dot point your answers to practice questions (1 mark = 1 dot point) to check you know the content well. You'll fly through, feeling confident applying content from the start of the year!**

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