

# A STRONG FINISH TO YEAR 12



## Set clear goals

Review and redefine, if necessary, academic and personal objectives for the remainder of the year. Whether it's obtaining a specific ATAR score, securing a place at a desired university or pursuing alternative pathways, having clear goals will provide direction and motivation.



## Visualise success

Picture the end goal – finishing the final exam, receiving the acceptance letter, travel next year, etc – to help maintain focus and motivation.



## Stay organised

Review and redesign a study schedule that sets up good time management structures. Prioritise subjects that need greater focus and allocate specific time slots for revision, assignments, exercise and downtime.



## Review past work

Take advantage of previous assessments and exams and build in time to practice on past papers. Use this to identify areas of confidence and areas that need additional focus.



## Seek support

Reach out to those who can help – teachers, parents, mentors and friends – for support and guidance. They can offer valuable insights, study resources and emotional encouragement.



## Prioritise wellbeing

Build wellbeing practices into daily and weekly routines such as mindfulness, enough sleep (minimum 8 hours), a healthy diet, exercise, hobbies and time to connect with others.