

For some students, the pressure of performing well in their end of year VCE exams can, understandably, make Year 12 the most stressful year of all. During this time, your support network will be vital in maintaining the motivation to see it out to the end of the year.

Friends - You will likely be going through many of the same stresses as your friends. Use them to relax and recharge when you get overwhelmed, but also coordinate study or revision sessions to motivate each other to achieve your best. You should ultimately be enjoying yourself throughout the year, so make sure you value the time you have at school with your friends, teachers and cohort.

Classmates - Make sure you're also working with the people in your subject classes; share notes, ask questions, test each other, revise together. Your peers are one of the best learning and revision tools available to you, and success as a class will benefit all of you in the long run. Alternatively, if you're an inherently competitive person or perhaps are lacking motivation, use your peers as a reminder of your goals and the work you need to put in to achieve them.

Teachers - Your teachers are there to help you and will do exactly that – if you communicate your needs. Asking for help or feedback is the best way to learn, and actually acknowledges gaps in your knowledge that you need to work on! The more effort you put in with your teachers, the more you will receive in return. Start submitting practise essays, questions or exams, ask for extra resources and let your teachers know if you are struggling or having a tough time. They want you to achieve your personal best.

Outside of school - Make sure to maintain your hobbies and interests outside of school! These extracurricular activities provide you with an important outlet for any school stress and let you interact with people outside the school setting! It also encourages you to use your time after school or on weekends wisely. Rather than potentially procrastinating for 4 hours, you might be able to get work done in just 1 hour if you know that you have something on at a certain time.

My advice - My biggest study and general Year 12 advice is to find what works for you. Everybody has different lifestyles and aspirations, so no one's "routine" is going to look the same.

I used to feel pressured to make a neat study timetable and adhere to strict hours of study and homework, but found that this was unrealistic for me and I could never follow a routine. Success doesn't have to come from an aesthetic or pretty or regimented routine. If you are able to find the time and motivation to put effort into what you need to do to improve, then you will find success.

General tips from my peers too -

- Make sure you enjoy yourself; before you know it, the year will be over
- Set goals for yourself, be aspirational yet reasonable with what you strive towards
- Get involved throughout the year, use your voice and be active within the school community
- Use your teachers as much as possible! Bombard them with work for feedback