

## DUX 2022 Georgia Wood Speech



Good morning, Sr Mary, Mr Di Camillo, staff and fellow Academy students. I hope you've all enjoyed a well-deserved break and are looking forward to what 2023 has in store.

So, I'm sure you've heard the stories of VCE, in particular year 12, being the culmination of all your schooling. It's made out to be this scary year packed with purely stress, pressure, and hours of burying your head in the books trying to find the gradient of  $2x+y$ . While at times you may feel pretty overwhelmed with the workload, I wanted to take the opportunity today to remind you that all this comes and goes in waves. This applies not only to those beginning year 11 and 12, but for years 7 through to 10 too. You'll have "good days", "bad days", "I've got this days", "I've had enough" days, and that's all part of the experience. High school is a wave of highs and lows and, as last year's College Captain always told me, you've got to ride those unpredictable waves, knowing that you'll get to the shore eventually. At the end of the day, if you know you gave that science test everything you've got, that's all anyone can ask of you. To the year 11s and 12s, I want you to remember that you are doing VCE for you and not for anyone else. Whatever ATAR or study scores appear on that VTAC website in December, you should be so proud of all the hard work you've put in and acknowledge the fact you made it to the end of high school in one piece, which is an achievement in itself!

Something I've discovered over the years is that mindset is everything. This could include being open-minded to a new method of studying, giving that English essay you've been dreading 100% and being willing to put in the extra work to understand a certain concept that doesn't come easily to you. Seriously, I can't tell you how long it took me to understand how an electrolytic cell worked! Your teachers are always there to provide extra assistance and being proactive to ask for help will get you a long way. The term self-care gets thrown around all the time, with many people finding the idea cheesy or just not worth the effort. However, I cannot stress enough how important it is to look after your wellbeing and take breaks in between your study sessions. Trust me, your academics will thank you for it! This looks different for everyone, but for me, I found that making that extra effort to go on a run or organise brunch with friends helped me refill my cup and allowed me to be more productive in studying.

Before I wrap this speech up, I wanted to mention one of my favourite characters, Dory. At points throughout high school, you may experience setbacks, and as cliché as it sounds, struggle to see the light at the end of the tunnel. You may feel discouraged, overwhelmed, or disappointed with a certain grade. But as Dory shows when faced with the impossible task of finding Nemo, remembering to "just keep swimming" encourages us to take even the smallest of steps forward. It gives us hope that in the end, we can overcome whatever challenges, big or small, we face, step by step. Goodluck to all of you this year, in particular the current year 12s. I know you're probably stressed out of your brains, but trust me, keep believing in yourself and before you know it, you're gonna make it to the end of this year with yet another achievement in the bag. "Just keep swimming" and I hope you all have an amazing 2023. Thank you.