



**CHURCHLANDS**  
**SENIOR HIGH SCHOOL**

Transitioning  
into Senior  
School



## Purpose

- How to deal with anxiety and stress related to exam pressures
- Study Resources (specifically the effective use of SEQTA Learn & Engage)
- Transitioning into Year 11 and 12

# Guest speakers



**CHURCHLANDS**  
SENIOR HIGH SCHOOL

- Mel Hutflesz – Senior Secondary Psychologist
- Clare Slodecki – Careers advisor
- Hannah Porteous Current Year 11 – ATAR student
- Varist Patel Current Year 12 – Year 11 ATAR student, Year 12 VET Student
- Georgia Ongarezos Post School - Year 11 and 12 Blended course
- Izzy Urry Post School – Year 11 and 12 VET Student (VET DUX)

# Middle Secondary Psychologist



Mrs Mel Hutflesz

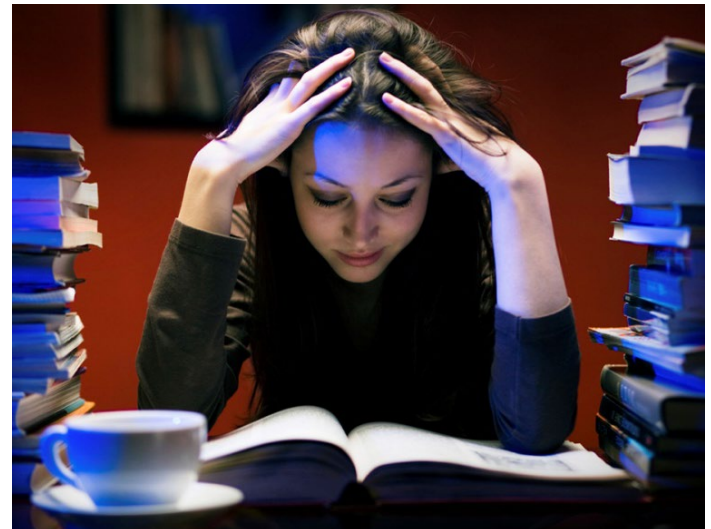


# HOW TO COPE WITH STRESS

# Understand more about Stress

---

- Discuss their understanding of stress
- Are they able to recognise own signs and symptoms of increasing stress?
- Importance of having body / mind awareness in order to monitor oneself





# STAYING HEALTHY

## Healthy Eating

- Feed the Brain.....Breakfast!!!
- Vitamins
- Stay hydrated
- No alcohol / cigarettes
- Limit caffeine drinks



# STAYING HEALTHY

## Exercise

- Time Out / Clear the Brain
- Releases Endorphins
- Increases Energy Levels
- Helps Regulate Sleeping Patterns





# Staying Healthy – Importance of Sleep!

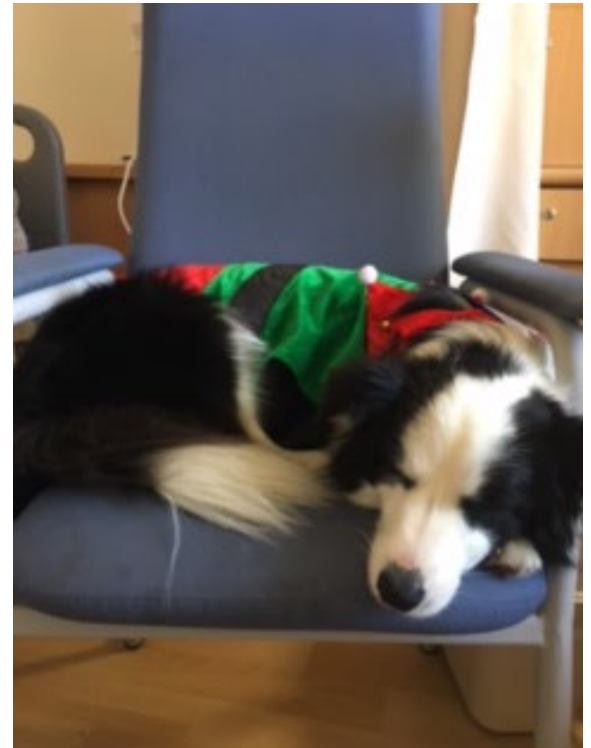


- Poor sleep can make you sick
- Poor sleep can make you 'dumb'
- Poor sleep can make you grumpy and negative
- Poor sleep can make you put on weight
- Poor sleep can make you depressed

# STAYING HEALTHY

## Good Sleep Hygiene

- Regular Bed Times / average of 8/9 hours
- Avoid physical activity and caffeine late at night
- Avoid alcohol, cigarettes
- Allow time to wind down before bed
- This means no screens for 30-60mins prior to bed!
- Quiet, cool and dark room
- No mobiles or computers in bedroom if willpower is an issue!



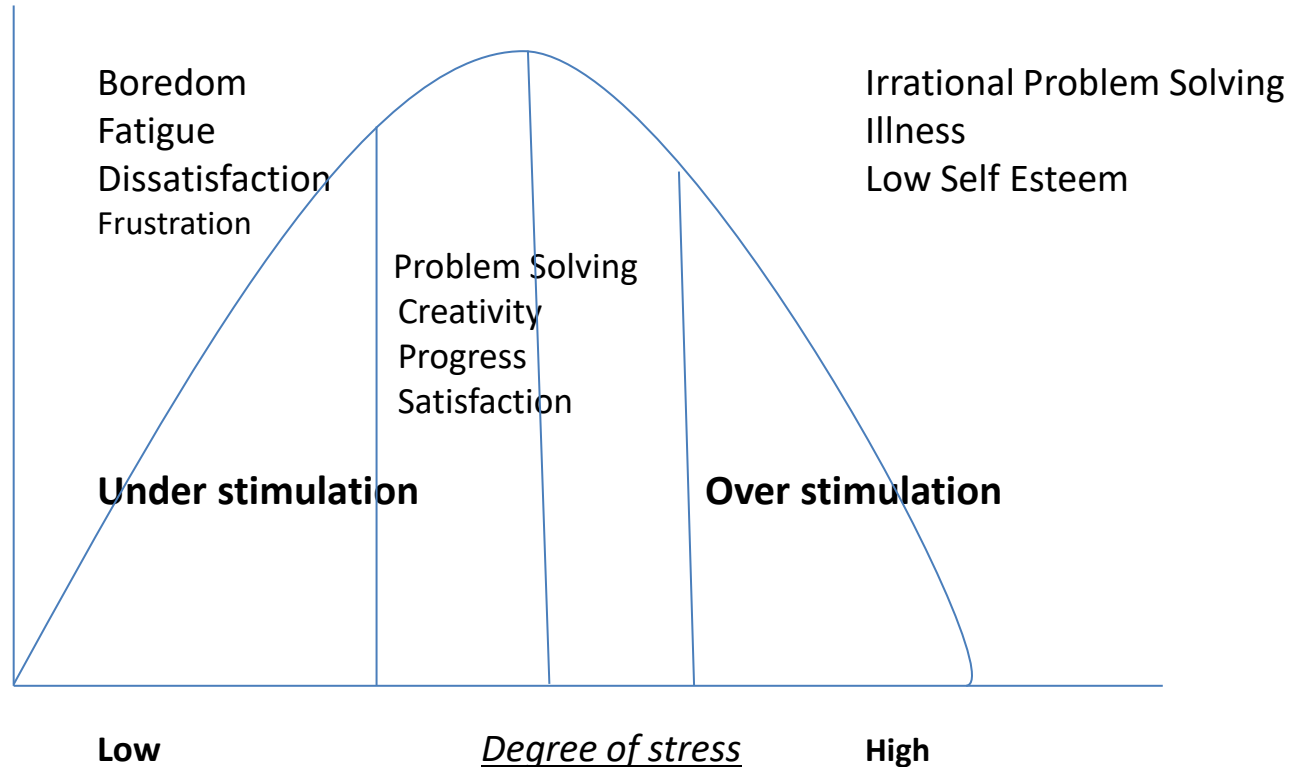
# SOME STRESS IS GOOD!

## Stress Curve

Performance +  
Wellbeing

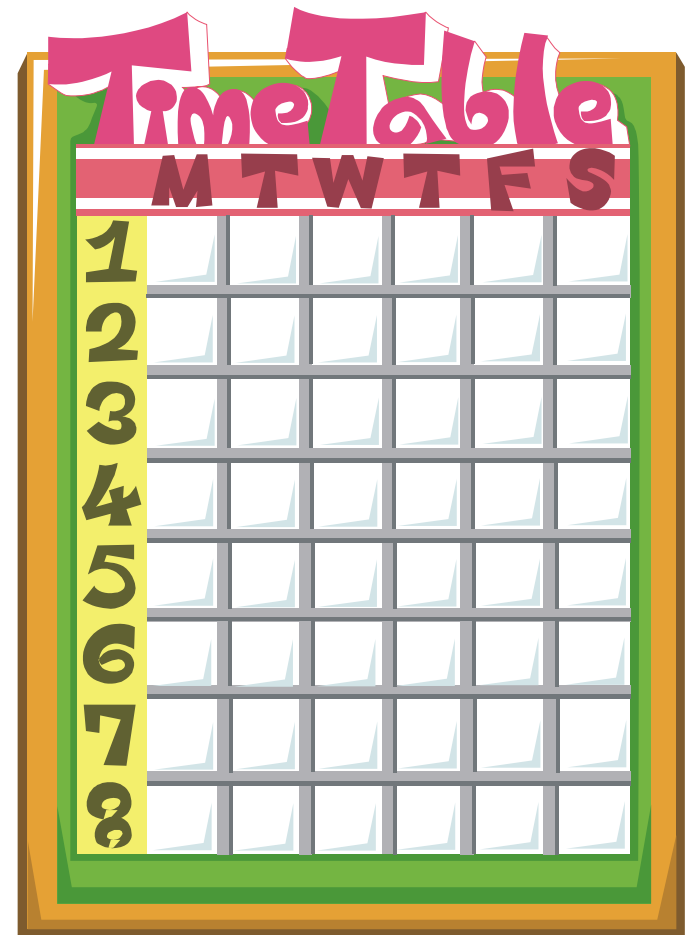
High

Low



# PREVENTATIVE STRATEGIES

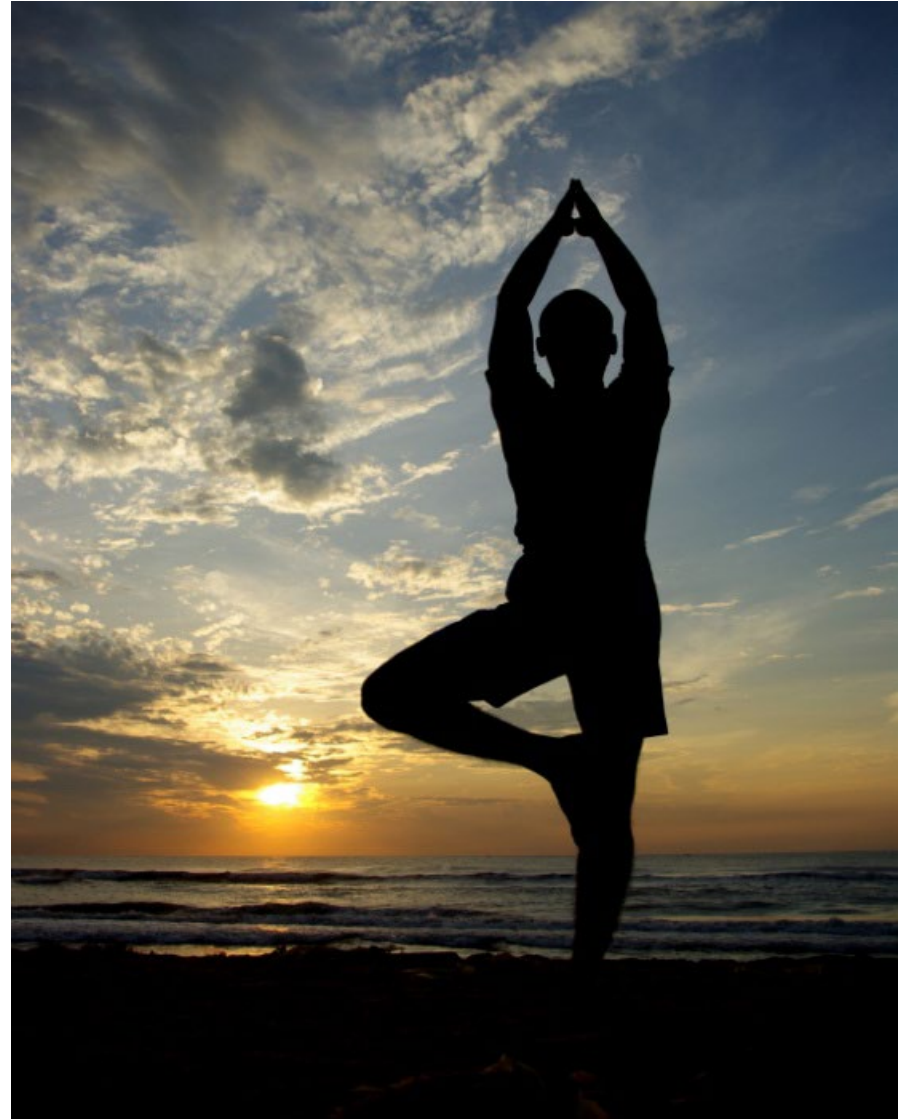
- Effective Time Management – Study Timetable
- Set Goals and Prioritise
- Effective Study Skills
- Eliminate Distorted Thinking
- Use Positive Self Talk
- Communication
- BALANCE!!!!!! No one can study 24hours a day 7 days a week!!!!!!!!!!!!!!



# REACTIVE STRATEGIES

---

- Exercise
- Breathing Exercises
- Relaxation Techniques –  
Progressive Muscle Relaxation,  
Mindfulness
- Be Aware of Thinking Patterns
- Taking a Break from current  
Activity



# Resources

- ReachOut.com Parents
- YouthBeyondBlue.com
- Headspace.org.au
- Blackdoginstitute.org.au

## **Great Apps that are Free!**

- The Smiling Mind
- ReachOut Breathe
- ReachOut Worry Time



# LASTLY.....

- Keep Communication Channels Open



**BALANCE, Balance, Balance!!!!**



# HEAD OF YEAR 10



Mr Rob Cross

# CREATING SUCCESS HABITS

BECOME  
**THE BEST**  
VERSION OF  
*Yourself*

- Identifying what habits are sustainable and what will take you forward.
- Day to day habits could include study routine, organisational tool (diary) and exercise.



**CHURCHLANDS**  
SENIOR HIGH SCHOOL

# **10 THINGS THAT REQUIRE** **ZERO TALENT**

1. Being On Time
2. Making An Effort
3. Being High Energy
4. Having A Positive Attitude
5. Being Passionate
6. Using Good Body Language
7. Being Coachable
8. Doing A Little Extra
9. Being Prepared
10. Having A Strong Work Ethic

# **HOMEWORK AND STUDY TIME - AS A GUIDE PER WEEK...**

- YEAR 7                      5                      HOURS
- YEAR 8                      5-8                      HOURS
- YEAR 9                      8-10                      HOURS
- YEAR 10                      8-12                      HOURS
  
- YEAR 11&12 ATAR 3-4 HOURS PER WEEK PER COURSE
- YEAR 11&12 GENERAL OR CERTIFICATE 1-2 HOURS PER WEEK PER NON-PRACTICAL COURSE



# STUDY SKILLS CHECKLIST



CHURCHLANDS  
SENIOR HIGH SCHOOL

## STUDY ENVIRONMENT CHECKLIST

### DESK

☐

- ❖ A regular place to work.
- ❖ For your use only.
- ❖ Free from distractions.

### CHAIR

☐

- ❖ Comfortable but not too comfortable.

### LIGHTING

☐

- ❖ Positioned to alleviate eyestrains from shadows.
- ❖ Tiredness can be a great excuse to stop.

### MATERIALS

☐

- ❖ A separate set of everything you need.
- ❖ Stays in the same place.
- ❖ Not to be used by other family members.

### REWARD

☐

- ❖ Take snacks and drinks to study with you.
- ❖ Pleasant experiences become associated with study.
- ❖ Study first then something you like to do.

### DISTRACTIONS

☐

- ❖ Phone, computer, TV distractions.
- ❖ Stay off any form of social media (Instagram, Snapchat etc.)
- ❖ Timetable your study after your interests where possible.

### HABIT


☐


- ❖ Daily review gets you into a habit.
- ❖ Play around with study timetables for awhile until you find a workable one.
- ❖ Be assertive in declining offers from peers, family and yourself.
- ❖ Study becomes easier.


### FAMILY


☐


- ❖ Negotiate a study timetable with your family.
- ❖ Display a copy of your study timetable around your house.





 WELCOME


 ASSESSMENTS >


 COURSES >


 DASHBOARD

 DOCUMENTS

 FOLIOS



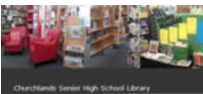


 GOALS >

 NOTICES

Welcome

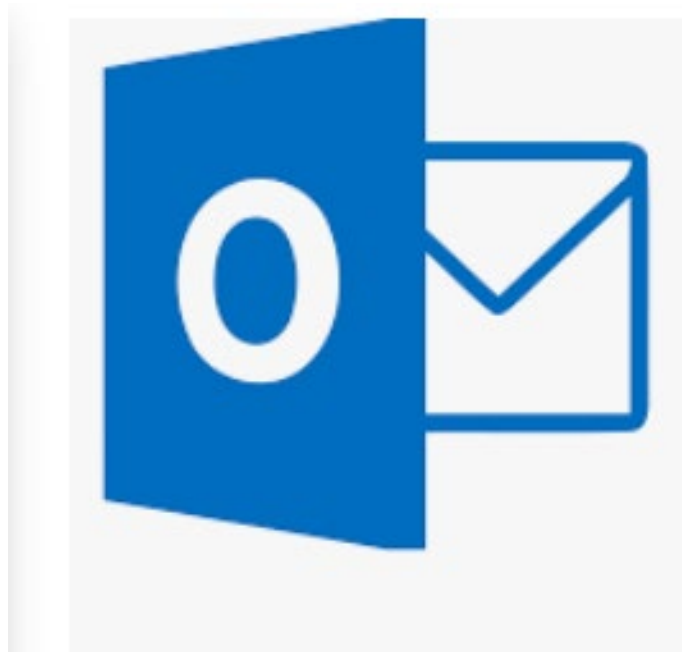
WELCOME TO CHURCHLANDS S.H.S. LINKS GATEWAY

[Staff Only]

<div>OFFICE 365 OneDrive</div> <div></div> <div>OneDrive-Staff</div> <div></div> <div>OneDrive-Student</div>	<div>LIBRARY</div> <div></div> <div>Library</div>	<div>STUDY SKILLS</div> <div>Username= forchurchlandsshsonly</div> <div>Password= 23results</div> <div><a href="#">STUDY SKILLS LINK</a></div>	<div>ELEVATE EDUCATION</div> <div><a href="#">Access the student study resources portal here:</a></div> <div></div>	<div>ENCYCLOPEDIA</div> <div></div> <div>Encyclopedia Br</div>
--	--	--	--	---

SEQTA

# EMAILS



CHECK THEM DAILY!



# Career Development Officer



Mrs Clare Slodecki

# Q&A

- Clare Slodecki – Career Advisor
- Hannah Porteous Current Year 11 – ATAR student
- Varist Patel Current Year 12 – Year 11 ATAR student, Year 12 VET Student
- Georgia Ongarezos Post School - Year 11 and 12 Blended course
- Izzy Urry Post School – Year 11 and 12 VET Student (VET DUX)



**CHURCHLANDS**  
SENIOR HIGH SCHOOL

Questions????



**CHURCHLANDS**  
**SENIOR HIGH SCHOOL**