

## **Suggestions and tools to flourish and succeed over the next while**

We are all operating in a changed environment at present. This means an overview of how teachers and students had planned to manage work and preparation for state exams.

### **There are a few stages we need to embrace before we can all move forward.**

- We must accept that for the present we will all do our work differently. This **mindset change** is key.
- **Planning. 'First things first'**. Draw up a workable plan/timetable for your school days at home. Your teachers will have informed you how they will communicate with you. Plan your work around this. Post this plan on your phone and on the wall where you study.
- **Routine** may sound boring, but it is your best ally for greatest satisfaction, productivity and success.

### **School work**

- You are used to working within the school day timescale. Keep to that routine as much as possible. This will also help greatly when schools resume.
- Give yourself enough time to complete the work set by your teachers – rushing through work is not helpful to the learning process. 40-50 mins blocks per subject every day followed by 10 min break. *Think marathons rather than sprints when it comes to managing your motivation and energy levels.*
- Vary your work approach. Teachers use video, reading, written work during class-time. Make use of the wide variety of teaching, websites (studyclix...) learning styles over the next few weeks.

### **Study**

(For exam years especially 6<sup>th</sup> years!)The next two weeks is an opportunity for you to consolidate the knowledge that you have accumulated over the last two years.

- Separate schoolwork from study as you do in the normal course of the week. Using the Pomodoro method work in 25 min chunks followed by 5 min break (10 min break after 60 mins study)
- This is a fantastic opportunity to practice key exam preparation skills: Timing yourself as you simulate exam conditions

- Look at your mock papers again, note how you can improve your answers and rewrite exam questions
- Organise your revision notes!

### **Useful general guidelines**

- Keep hydrated, eat and sleep well. (You're not on holidays so no late-night social media or Netflix... viewing)
- Do get plenty of fresh air and exercise.
- Be mindful of the reason's schools have closed – social distancing to reduce spread of Covid-19. Think of novel and enjoyable ways to enjoy your down-time with family as face to face interactions with friends are discouraged.
- Mind your mind! Fretting about what may happen is unhelpful. Stay positive, good humoured and engaged with others especially family.
- It is important not to panic and worry about things beyond your control, oral exams, project submission dates and so on will be reviewed by the State Exam Commission and information will be provided to you as soon as made available.
- Every exam student in the country is in the same situation so you are not at a disadvantage to anyone else.
- Finally avoid overwhelm and procrastination – put your work plan together and start acting on it **today!**

**I CANNOT CONTROL**  
(So, I can LET GO of these things.)

**I CAN CONTROL**  
(So, I will focus on these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

PREDICTING WHAT WILL HAPPEN

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

OTHER PEOPLE'S MOTIVES

HOW OTHERS REACT

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