

8 Handy Tips for the HSC

It's always important to look after your well-being. And going through your final school year during an unusual time in the world, it makes it even more important than ever to look after YOU and be kind to YOURSELF. These tips will support your well-being so that YOU can have a more positive & healthy experience over the coming months. Wishing YOU all the best with school & YOUR future! YOU can do it, one day at a time!

No. 1

Stay motivated with Positive Thinking

Use positive thoughts to help you cope. Examples: "I'm going to take studies one day at a time & try my best" OR "I will be ok whatever happens with the HSC" OR "I can do this!" OR "I believe in myself!"

No. 2

Set Realistic Goals

Set goals daily & weekly, and make every goal realistic. You don't have to cram in all of the exam preparation, space it out and make a calendar for what you want to achieve each day. You will be more effective.

No. 3

Set Daily Routine with Breaks

Create a daily routine, go to bed at the same time, & wake up at the same time each day. Eat meals at same time. Jot due dates on a calendar to help you feel organised & in control.

No. 4

Be Physically Active Daily

It's a scientific fact that exercise brings us good feelings. Examples are: walking to and from school, playing a sport, yoga, dancing or bike riding.

No. 5

Eat Healthy Food

Good nutrition and healthy eating will give you the energy to get through the day & physically feel healthier!

No. 6

Have Good Sleep Routine

Get to sleep at a similar & decent time every night. For senior students, 8-10hrs a night is ideal. Getting good sleep is good for energy for the day, improving your memory, concentration & your mood. You are also less likely to crave unhealthy snacks & can better deal with stress.

No. 7

Manage Stress

Do something calming everyday: physical exercise, drawing or journaling, breathing exercise, listening to calming music or meditation. Try Smiling Mind app. Remember to be kind to yourself & praise yourself for the daily things you do, like finishing a task. Eat & sleep well (Tips 5 and 6). Talk about worries with a friend or an adult (eg. parent, teacher, counsellor) you trust!

No. 8

Time Out for Relaxing Moments

Be kind to yourself, be easy going with where you are at with your school work. As it is an unusual time in the world, family & school should understand whatever pace you go. After School, ensure to have some time out from studying, make time to relax, have some fun, chat & laugh with your friends about something positive.