VCE AND YOUR STUDENT – TIPS FOR SUCCESS.

FOR MORE INFORMATION
phone 1300 334 733
or visit our web site at: deakin.edu.au
**GETTING STARTED:** The final years of secondary school can be some of the best years; they can also be quite stressful with extra demands on your student’s time, with more homework, extra curricula activities or even a part-time job. This calendar explores ways that you can help the student in your life develop vital skills to achieve academic success.

**HOW YOU CAN HELP:**
In order to maximise success in Year 12, your student needs to:
- Have excellent time management skills.
- Adopt good study habits.
- Learn to lead a balanced life.

This calendar will also provide links to information to help you navigate post-secondary study options with your student.

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**JANUARY 2013**

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**What is the above code?**
It is a QR or Quick Response Code, which is a two-dimensional barcode that can be read by your smartphone. When scanned, it will take you directly to a website.

**How do you scan it?**
If you have a smartphone like an iPhone, Android or Blackberry, then you can download any free barcode scanner application such as QR scanner.

Once installed, use your phone’s camera to scan the barcode, which will then automatically load the website for you.

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**NOTES**

**FOR MORE INFORMATION**
phone 1300 334 733
or visit our website at: deakin.edu.au/study-at-deakin
TIME MANAGEMENT: Your student’s final years at school can seem more stressful in comparison to their middle school years, as they juggle increased homework commitments and extra-curricular activities. Structuring time effectively is vital to success. There are a number of tools your student can use to help manage their time more effectively, including: keeping a daily time log; making a priority task list or grid; using a weekly or yearly planner to plot key events and assessments.

HOW YOU CAN HELP:
• Encourage your student to draw up a yearly timetable that shows when assignments are due as well as other activities.
• Suggest to your student that they create a list of upcoming tasks so that they can prioritise them in order of importance.

FEBRUARY 2013

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TIME MANAGEMENT
STUDY SKILLS FOR SUCCESS: For a successful year, it’s really important that your student develops good study habits. The time management and organisational skills developed during Year 12 will prove useful throughout their whole life, particularly if they continue with further study.

HOW YOU CAN HELP:

- Encourage your student to set aside a place where they can study, free from distraction.
- Help them establish a routine where they allocate a particular time each day for study and revision.
- Ensure that your student eats well and exercises regularly.
- Encourage your student to do regular revision of topics already covered. Remember: quality versus quantity. They should be specific in the revision that they are doing, such as reviewing a chapter or topic.

STUDY SKILLS

MARCH 2013

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Labour Day

Term 1 ends

Good Friday

FOR MORE INFORMATION

phone 1300 334 733
or visit our web site at: deakin.edu.au/study-at-deakin
HEALTHY EATING, HEALTHY MIND: Good nutrition should be part of your student’s study plan because it will help them study more effectively. The better fuel your student’s brain gets, the better they’ll learn.

HOW YOU CAN HELP:

• Educate your student about making healthy eating choices to better equip their mind and body for learning and study.
• Encourage your student to eat regular meals as this will help keep nutrient and energy levels more stable.
• Fruit and vegetables rank highly among the best foods your student can eat for their brain.

Scan code for more information or go to: deakin.edu.au/current-students/services/health/academic-success

APRIL 2013

EVENTS

Tertiary Information Services
Representatives from each of Victoria’s universities, TAFEs and several independent colleges travel across the state helping Year 12 students to finalise their post-secondary study options.*

Year 10 and Parents event
Become more informed about how to support your student as they plan for their VCE, university and career and the processes involved in applying for university.

*Please check the Deakin website to confirm event locations and to register
HOW YOU CAN HELP:

• Talk to your student about the courses and careers that interest them.
• Attend information sessions and careers planning events at their school.
• Encourage your student to attend events on campus and to talk with current university students and staff.
• Help with online searches for the most up-to-date information and read course booklets.
• Encourage your student to talk to people who work in the field they’re interested in studying.

CAREER PLANNING: Choosing which course to study is a big decision for your student. Research, discussion and planning are all important factors in making these choices. As a parent or guardian you are in the best position to know your student’s strengths and attributes and can help by providing support and advice.

CAREER PLANNING:

Events

Major Expos
Like the AGE VCE Careers Expo (2-5 May) at Caulfield Racecourse is a great way to gather resources and information for the VCE, tertiary courses, career options, study strategies, the gap year and much more.*

Taster information sessions
Gain an insight into courses and careers in an area of interest. Seminars include Nursing, Medicine and Engineering.

Year 10 event
Become more informed about how to support your student as they plan for their VCE, university and career options.

*Please check the Deakin website to confirm event locations and to register.

Scan code for more information or go to: deakin.edu.au/current-students/services/careers/mycourse/mycareer
STRESS MANAGEMENT: Most people experience some stress during their final years of school. It is normal, but there are ways that you can help your student manage their stress levels if required.

HOW YOU CAN HELP:
- Help your student to break assessments or projects into smaller more manageable tasks.
- Work with your student to prioritise tasks based on importance and urgency.
- Encourage your student to develop activities or strategies to help them relax.
- Encourage your student to get sufficient sleep; young people of this age need 9-10 hours per night.

JUNE 2013

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EVENTS
Reinvent your Career Expo
1-2 June at Melbourne Exhibition and Convention Centre. Resources and information for the VCE, tertiary courses, career options, and study strategies will be available.

FOR MORE INFORMATION
phone 1300 334 733
or visit our website at: deakin.edu.au/study-at-deakin

STRESS MANAGEMENT

GETTING STARTED

NOTES
HOW YOU CAN HELP:

• Assist your student to identify the areas of study they enjoy and excel in at school, as well as other interests.
• Encourage them to gain work experience in their field of interest to learn about a particular job.
• For most careers, there are a range of pathways to attain a certain job. Encourage your student to investigate these too.
• Talk to your student about whether they plan to study straight after leaving school, or whether they would like to take a year off (usually referred to as a ‘gap year’) to work or travel. Either way, they should still apply for 2014 admission; they can always defer their offer until the following year.

WHY GO TO UNI?:

Attending university is a great life choice. It leads to an increase in earning capacity and provides extensive career and self-development opportunities. It is a time to meet many new people and a bachelors degree can help your student secure their dream job.

EVENTS
VTAC
Late July - Victorian Tertiary Admissions Centre (VTAC) applications for 2014 open.*

Parents event
Become more informed about how to support your student as they plan for university, their career options and the processes involved in applying.*
HOW YOU CAN HELP:

• Support your student by taking them to a number of open days to get a feel for different campuses.
• Maximise your day by viewing the teaching and learning facilities for the courses your student is interested in, as well as the general student services available.
• Talk to academic staff and current students about courses (types of assessment, contact hours) and university life.

OPEN DAYS: One of the best ways for your student to get a feel for a campus is to attend university open days. These events are usually held during August and enable students to talk to lecturers, past and current students, tour the campus, check out facilities and get a much better feel for a university.

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AUGUST 2013

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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Open Day - Warrnambool Campus

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Open Day - Geelong Campus

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The Herald Sun Melbourne Career Expo The Herald Sun Melbourne Career Expo The Herald Sun Melbourne Career Expo

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26 27 28 29 30 31

25
Open Day - Melbourne Campus

EVENTS

Open Day
Your student is free to wander the campus, chat with staff and students, and experience a taste of university life at Deakin.*

The Herald Sun Melbourne Career Expo
Held at the Melbourne Exhibition Centre 16-18 August. Resources and information for the VCE, tertiary courses, career options, and study strategies will be available.

*Please check the Deakin website to confirm event locations and to register

FOR MORE INFORMATION
phone 1300 334 733
or visit our web site at: deakin.edu.au/ study-at-deakin
HOW YOU CAN HELP:

• Visit the VTAC website to find out how your student can obtain the latest VTAC Guide.
• Remind your student that they can place up to 12 preferences on their VTAC application for 2014 admission.
• Encourage your student to speak with their school careers adviser to see if they are eligible for SEAS.
• Encourage your student to start their VTAC and SEAS application via the VTAC online system. Applications open towards the end of July each year.

VTAC APPLICATION PROCEDURES: Most applications for undergraduate courses need to be made through the Victorian Tertiary Admissions Centre (VTAC). VTAC is also where your student can apply for special entry access schemes (SEAS) at participating universities which allow students from a diverse range of backgrounds to have greater access to higher education.

SEPTEMBER 2013

EVENTS

Walk and Talk Series
Take a campus tour, find out about Deakin’s range of courses, study options and services, and meet current students.*

Parents event
Become more informed about how to support your student as they plan for university, their career options and the processes involved in applying.

*Please check the Deakin website to confirm event locations and to register

FOR MORE INFORMATION
phone 1300 334 733 or visit our web site at: deakin.edu.au/study-at-deakin
SCHOLARSHIPS: Many students need to be more independent financially when they start university. Students can seek financial assistance, including scholarships, to help with the costs associated with university study. Some students may also qualify for Centrelink support. Many students also choose not to pay their fees (or contribution) up front as most domestic undergraduate places are supported by the government (Commonwealth Supported Places).

HOW YOU CAN HELP:
• Encourage your student to research as many avenues for financial support as possible.
• Investigate scholarships offered as part of the VTAC admissions process and also through individual institutions with your student.
• Work together with your student to create a budget planner for costs associated with going to university.

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OCTOBER 2013

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Term 4 starts

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EVENTS
VTAC
VTAC Special Entry Access Scheme applications close mid October

NOTES

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phone 1300 334 733
or visit our web site at: deakin.edu.au/study-at-deakin
Exam Preparation: For a successful exam period, it's really important that your student develops a good revision timetable and prepares properly. Doing practice exams and papers is a great way to prepare and your student's school should facilitate this. It is also important to know that most people experience some degree of anxiety when faced with exams and a good study routine can help.

How you can help:

- Encourage the student in your life to plan ahead for exams and to develop regular revision blocks for each subject.
- Help your student to make an exam calendar with treats and rewards associated with each milestone.
- Ensure that your student is maintaining a balanced lifestyle of revision, relaxation, sleep, and leisure during this time.

Scan code for more information or go to: deakin.edu.au/current-students/study-support/study-skills/handouts/examindex

November 2013

Monday Tuesday Wednesday Thursday Friday Saturday Sunday
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Events

VTAC
Late VTAC applications close in mid November (late fees apply).

FOR MORE INFORMATION
phone 1300 334 733 or visit our web site at: deakin.edu.au/study-at-deakin

NOTES
**CHANGE OF PREFERENCE (COP):** During COP your student can add or remove courses on their VTAC preference list. The COP period coincides with the release of VCE results and ATARs in mid-December, allowing students to be more realistic about which courses to include on their list of preferences.

**HOW YOU CAN HELP:**

- Your student will have a few days from when they receive their ATAR to change their preference list via VTAC. Use this period to find out more information about their preferred courses such as course structure, career outcomes and campus life.
- Make contact with the institutions via events and help-lines to have all of your questions answered.
- Ensure your student checks the prerequisites for the courses they are interested in before they finalise their preferences.

**DECEMBER 2013**

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**EVENTS**

- **Change of Preference**
  Now that your student has their ATAR visit www.deakin.edu.au/cop and find out how we can support you and your student during this period.*

- **VTAC**
  Very late VTAC applications close in mid December (very late fee applies).

*Please check the Deakin website to confirm event locations and to register