TIMBOON P12: YEAR 12 ‘STUDY CAMP’ 2016

On Thursday and Friday 4\(^{th}\) - 5th Feb year 12 students were given information and ideas they could take on board to help them have a productive and successful final year of secondary schooling.

*Deakin University Waurn Ponds: Residential Accommodation*

At Deakin University Waurn Ponds, we looked at some of the residential accommodation available, and were given an idea about life ‘on res’, as well as some tips for applying. Most universities have residences and similar processes, students are advised to investigate the each university.


*Study skills work shop*

Dr Steven Grivas, an Academic Skills Adviser from Deakin University, presented us with tips and strategies for studying in year 12. A couple of key messages: “your study skills are still developing”, “you need to identify what works best for you”, “careful and detailed planning gives you the best chance for success (and is an important tool to help overcome procrastination)”, “the importance of regular (and early) revision”, “become an independent learner”, “consider having a study buddy”.

The following links provide additional information

http://www.deakin.edu.au/students/study-support/peer-learning/year-11-and-12-study-skills

http://www.deakin.edu.au/students/study-support/academic-resources
Higher education opportunities: RMIT: studying in the city

At RMIT city campus, the Student Recruitment team provided an overview of the range of courses and different qualifications offered.

They also reminded us of the different pathways to careers through higher education -

*The direct pathway*: Year 12 – Uni – Bachelor Degree - Career.

*An alternate pathway*: Year 12 – TAFE associate degree / diploma – University second year Degree Course / Career.

Most universities offer similar opportunities and experiences, with overseas campuses, partnerships with other uni’s overseas, with a range of study options that are credited towards your degrees. There are also work practical placements that are associated with many degrees to provide work ready graduates.

The City Campus Challenge provided us with an opportunity to explore the campus and compare it to the brief glimpse we had of the Waurn Ponds campus – certainly a different ‘feel’.

https://www.rmit.edu.au/

It’s all about focus workshop: Derek Rowe

Derek Rowe from Derek Consulting, has worked in education for 30 years and is skilled at helping people understand and work with their individual personality characteristics, to get along with others as well as themselves. We were given the challenge of identifying our typical ‘behaviour style’ and then reflect on our strengths. He provided specific strategies for us to implement when working with others and studying. Other ‘helpful stuff’ he introduced were

- some questions to ask ourselves when stressed, which can help us deal more effectively with stress,
The need to understand our energy levels during the day and develop studying / homework timetables that best suit us.

**Effective sleep for learning and wellbeing workshop: Fiona Tabart**

Fiona Tabart, the Sleep Unit Manager at Epworth Sleep Centre helped us understand our sleep patterns. She directly linked the amount and type of sleep to how effective our memories are and how well we deal with stress and emotions. Some key messages:

- 16 – 18 year olds need 8 hours continuous sleep
- The first few hours of sleep are spent in deep sleep, when memory consolidation takes place, so we learn and can remember what we have learned
- The last few hours of sleep have REM sleep (when we dream) – when we have enough REM sleep, we are able to deal with our emotions and stresses, as well as being more effective as problem solving.
- Staying up late and cramming doesn’t work – the information is lost very quickly.
- Learn / revise two hours before bed, then sleep. This strategy retains information for much longer and is a more effective study message
- Don’t eat just before bed – your metabolism kicks in, your body temperature doesn’t drop, so your sleep pattern is affected.
- AVOID SCREENS before bed (in bed) – we need the hormone melatonin to be produced to enable us to sleep – this happens when its dark – daylight and the blue wavelength light produced by modern screens (smart phones, tablets, flat screens) inhibits the production of melatonin.