

Tips for Year 12 exam success

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THE dream of university life is the light at the end of the tunnel for many Year 12 students facing gruelling exam schedules.

These three exceptional school graduates are happy to confirm the slog is worth it.

Jonathon Williams, Meg Barnett, and Carrie Moyes have all revelled in their first year studies at Adelaide University after achieving top tertiary admission ranks of 99.95 last year.

Ms Barnett, 18, of Lower Mitcham, is considering a career in obstetrics after her first year studying medicine, though she says she changes her mind almost weekly as she learns about different fields. "I love it. It's full on, but it's really good," she says.

"It's a lot of stress going through Year 12 but it's definitely worth it in the end."

Ms Barnett, who was an International Baccalaureate student at Walford, said it was important for Year 12s not to harp on any exams they think have not gone well. "If you are not super happy about it don't dwell on it, just focus on the next one," she said.

Former Sacred Heart College SACE student Jonathon, 19, of Marino, scored three merits for perfect scores last year. Now doing a double degree in civil and structural engineering and finance, he said it was important Year 12s stay confident and not second guess their knowledge.

"Knowing you have big holidays to chill out afterwards made it easier ...," he said.

Law and arts student Carrie, 17, a former Walford classmate of Meg's, says she concentrated on weaker subjects in the study period for Year 12 exams.

Both the SACE and IB exam timetables get into full swing in the coming week.

HOW THEY GOT THROUGH YEAR 12 EXAMS

Meg Barnett

1. "Take it in small blocks of study. I'd go for 45 minutes, then 15 minutes to go for a jog, get a cup of tea or talk to my parents."

2. "Keep a cool head. Don't focus so much on the ATAR (tertiary admission score) but the process of getting there."

3. "Keep up other activities so you have something to focus on other than study."

4. "In a study group you can teach each other. That's one of the best ways of learning, if you can explain it to someone else."

5. "Another important thing is still getting sleep and not having late nights."

Jonathon Williams

1. "Write summaries for all your topics from notes through the year."

2. "Make sure you are not studying 24 hours a day. I used to study all day and knock off after dinner."

3. "I'd do practice exams as I would real exams, with lollies and nuts and water. It's good for three-hour exams, you can have a break and a nibble when you get stuck on a question."

4. "Be confident going into it. They are not going to try and trick you."

5. "Make sure you get enough sleep."

Carrie Moyes

1. "I did try and concentrate on my weaker subjects. I wrote some pretty copious notes on those subjects and it did pay off."

2. "Have a list and cross things off."

3. "I'd spend two good hours studying, get this amount done, then have a half-hour break."

4. "I tried to eat healthily, but I had some guilty pleasures like chocolate."

5. "Talking to your friends keeps you sane. It makes you feel not so cut off."

