

Ways To Help Your Child During VCE...

- spend time with them
- keep calm
- don't talk too much and listen more
- remind them of what they do well
- use humour - never sarcasm
- set very clear boundaries and have both positive and negative consequences
- only argue over things that matter - let some things go by you
- avoid confrontations or ultimatums
- catch them doing something good
- regularly give them positive feedback
- help them define the problems and options
- do not constantly remind them of past mistakes
- talk while doing something together
- reduce the number of questions or explain why you are asking them.

For further information or support contact:

Your Form Teacher
Your Year Level Manager
Your Mini-School Principal
The College Curriculum Manager
Phone (03) 9438 8500

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St Helena Secondary College
Balancing...
the VCE

Some ways to help
your child during VCE.

Dare to be excellent.



Acronyms:

VCE – Victorian Certificate of Education
VCAA – Victorian Curriculum and Assessment Authority
ENTER – Equivalent National Tertiary Entrance Rank
English component (English/Literature) + 3 best subject study scores + 10%

Resources:

Details about the VCE can be obtained from the VCAA Web Site: www.vcaa.vic.edu.au ;
Or about the ENTER from the VTAC Web Site: www.vtac.edu.au ;
St Helena Secondary College VCE Policy Hand-
book 2008-2009;
Study Designs and Assessment Guides for each of
your studies;

There needs to be
a **balance** between...

**Work,
Play and
Study...**

not NO/ALL social life!

How students can stay focused and motivated in 2009 at school?

Sleep -

research reveals that this is the most important study tool going around. All students need at least 9.25 hours as long-term memory is consolidated during stage 4 sleep and the master molecule of mood (serotonin) is replenished which is why when you don't get enough sleep you wake grumpy.

Eating breakfast -

research from the University of Ulster found that students who had nothing to eat for breakfast performed very poorly on test of memory and concentration when arriving at school. Just eating toast boosted their scores. The biggest boost to cognitive powers was from eating toast and baked beans!

Consistent study patterns -

studying at the same time and the same place each day - the research shows that if students can get in a consistent pattern of study their bodies acclimatize.

Chewing gum helps with concentration -

scientists from the University of Northumbria, in Newcastle upon Tyne have found that chewing gum improves memory by 35% brain performance, because chewing raises the heart beat, which causes more oxygen and nutrients to be pumped into the brain and triggers the production of insulin, which stimulates a part of the brain involved in memory. This is very useful to making the most out of homework and studying for tests.

Use a kitchen timer -

to regulate study time. Study periods should be no more than 50 minute segments and followed by at least a 15 minute break in which students should relax. This study period should be repeated twice

Sipping water -

the brain is 80% water and students who sip water at least every 20 minutes while studying hydrate their brain, improving their ability to focus concentrate and stay motivated when it comes to homework.

Part-time work -

research has found that students who have up to 10 hours of part-time work a week, perform better at school than those without a job.

Exercise -

research has found that students who do 3 lots of aerobic exercise a week perform much better than those who do nothing.

Eat brain food -

during the school year, students should eat fish at least three times a week, along with eggs, yoghurt and blueberries all of which have been shown to improve brain function.