

SOUTHLAND BOYS' HIGH SCHOOL

GUIDANCE DEPARTMENT



Kia ora, Talofa lava, Kia orāna, Hello

It is that time of the year when our senior students are embarking on a significant part of their education. They have been working towards their NCEA examinations for most of this year. Some of our students will be well prepared while others will be feeling some anxiety and stress. Anxiety and stress, in moderation, can be a good thing, it can make us consider all our options: what we need to do **right now**.

If we become overanxious, stressed, and tired, this will impact our performance. **DON'T** reflect on the “should haves”, I should have put more effort in, I should have worked harder, or I should have listened, this **WILL NOT** help you now. **This is a waste of energy and time**. Instead, use these next few weeks to develop a plan of action.

The best way to look at stress is to imagine it as a twenty-foot-long boa constrictor which can wind itself around and slowly squeeze the life out of you. But if you cut it up into twelve-inch pieces, it cannot harm you.”

Here are some suggestions to help prepare yourself over the next few weeks.

DEVELOP: ROUTINES AND STRUCTURE:

An important strategy in supporting yourself is developing some **outines and structure**.

Make lists, study charts, goals, work and play schedules. This is a good place to start.

MY TO DO LIST:

Start by:

Identifying and jotting down a few key things that are important to you.

- What goals do I want to achieve?
- What can I do to achieve my goals?

Make a Plan:

Look at the dates and times of your examinations.

Plan a study timetable.

How much time to allocate for each subject.

Allow for short breaks.

Find a study buddy.

Looking After Yourself:

Plan for some quality time in between studying (connect with mates).

Make sure you get some exercise time (go for a walk, gym, go to the park)

Get some good sleep and eat healthy.

Make your list VISIBLE.

On your phone, A2 sheet on your wall, wall chart, diary so you see it **every day**.

Winston Churchill said.

"The price of greatness is responsibility."

Now is the time for you to step up and take some responsible action for
your
future direction

Make sure your direction is **manageable** and **workable**
for YOU