TIPS FOR SUCCESS AT THE SCHOOL CERTIFICATE

1. Remember  
   *Life rewards effort, not excuses*  
   *After effort comes success*

2. **The School Certificate is best played when all the players**
   - Know why they are playing the game and what the game gives to them in the long term
   - Train and prepare over a realistic period of time
   - Get as much practice as possible at playing the game and knowing the rules and techniques to win the game
   - Learn tips and techniques to be a success in the game from their coaches and other players
   - Develop a healthy self-discipline and determination to achieve personal best

3. **Use a diary to keep yourself organised and a planner on your fridge or bedroom wall**

4. **Organisation is a skill that can be learned and developed.** You make a choice to be organised or not!

5. **Make a balanced life your focus.** Successful students keep up with daily homework and assessment tasks. They do revision and seek help, they play sport, socialize and have other interests. As the year moves closer to the School Certificate the amount of time spent on each activity changes but only for a short time while they give their best effort to their studies. Leading a balanced life is all about eating sensibly, getting plenty of sleep, drinking lots of water and sleeping.

6. **Get plenty of sleep.** Teenagers need 8 ½ to 9 ½ hours sleep every night. Don’t be fooled into thinking that having late nights and sleeping all weekend helps you to cope! 17 hours of sustained wakefulness lowers your performance to the same level as having a blood alcohol level of 0.05%. Feeling tired can start to feel normal for you if you neglect yourself and don’t get enough sleep......

7. **Manage your internet use.** You might fool yourself into believing that surfing the net is your form of relaxation. Regular use of the internet is recognised as one of the greatest timewasters for all people of all ages. Limit yourself to a sensible time on the net and keep to it.

8. **Learn to relax.** First you will have to find what helps you to feel relaxed. Often a change of activity is a great way to relax. Sport, hobbies or simply going for walk are all simple ways to relax and let your mind have some quiet time. A quiet mind is better tuned to learn and remember!

9. **Support each other** and don’t make too many demands on each other to be involved in endless social activities which can and do last for days on end.

10. **Appreciate who you are and know that you are worth the effort.** Use your skills and abilities to achieve personal best for your future.

11. **Understand that you have a whole team of supporters** who will help you when you need it.

12. **Remember the Homework Centre in the Library on Wednesday afternoon.** It is there because we care!

   *Education IS the key to the future you want and deserve!*