

STUDENT EDGE PRESENTS

Back To School



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How To Recover From An Extended Break



By Louie Zhu



We've all had that feeling; that feeling of not wanting a break to end, no matter how small or big.

We've already developed habits to maximise our lazing about and minimising our work. But now that it's 'back to school' time, it's also 'back to the grind of having to get up early' time. For some of us, it can be jarring having to go straight from leisure to work, and there's usually a couple of days (or weeks) of lag time before you adjust. Here are a couple of tips to help with the transition.

Gradually re-introduce work.

Our natural inclination is to keep doing what we've been doing, especially if what we've been doing has been relaxing all day.

Although it's important to start as soon as you can to keep up with school, taking on everything at once can be overwhelming and stressful. Instead, introduce work slowly every day until you start to feel comfortable again. Maybe begin with a half hour on your first day back and build from there.

Also, keep in mind that the first few days of school probably won't be that intense, so it's the perfect time to gradually re-introduce study to your life.

Re-establish a routine.

Following on from this, it's important to prepare for school ahead of time as well. Once you're back into the swing of things, structure your work so that you know how much time is required for

each subject.

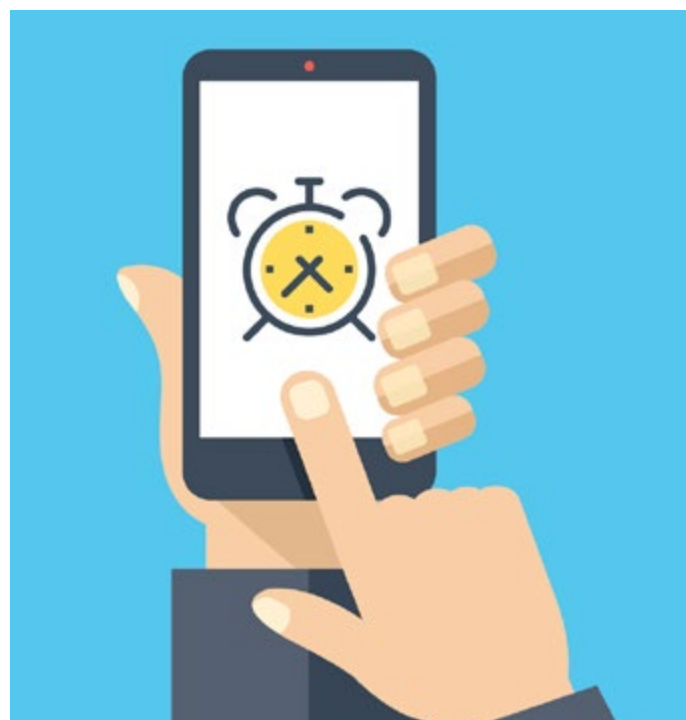
Keep a regular schedule of what you should be doing, when. For example, set specific times for Maths, English and Science (accounting for breaks in-between). You can make this flexible, especially if you have more work for a particular subject in a particular day or week; in general though, stick to your schedule.

Implement good habits on holiday.

There is a temptation on holidays to completely abandon all the good habits you've built up during the school term, mainly because you're on, well, holidays. Even though you really want to make the most of your holidays, you shouldn't completely abandon your routine. It can make the transition back to school much harder.

No one's expecting you to do any hardcore work during the break; simply stick to general guidelines like waking up or getting to bed at the same time you would if you had school on. This can help prevent massive grogginess later. Of course, if you must wake up at an ungodly hour because your school is far away, by all means, wake up at a more reasonable time during holidays (but try not to deviate too much—an hour is pretty easy to correct for, but maybe not two or three).

Sure, go out there and enjoy your holidays. Just think of these steps a few days before the holidays end and your body and mind will end up thanking you over the next ten weeks. 🧠



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Five Hacks To Help You Save Time In The Morning (Because Sleep Is Love, Sleep Is Life)



By Anne Tong



You've probably all heard this statistic: Everyone should get at least eight hours of sleep a night. Uhh, kind of hard when you have mountains of homework, exams and assignments to study for, right?

Luckily, where there's a will, there's a hack. Here are just a few for all the time-poor folk out there.

Wear your uniform to bed.

Okay, kind of embarrassing, but this is something I thought was completely genius. In hindsight, it probably (definitely) wasn't the most hygienic or practical of solutions, because your uniform is bound to get crinkly. Hey, give me points for originality.

A better hack—and one your mum would probably appreciate more—is having your uniform ironed, hung up and ready to slip into.

Pack your bag before you sleep.

No matter how tired you are, try to get your bag packed before you hit the sack. Throw all your textbooks and stationery in there, along with essentials like your keys and wallet.

I found it helpful to keep my bag, school shoes and socks in a designated corner of the room. That way, if I was ever running late, I knew that everything I needed was where it should be. There's nothing worse than missing your bus or train because you're trying to find your calculator or transport card.

Making organised piles is effective, yet understated. They help you declutter your room and make it less stressful in the mornings. Oh, also make sure you have a designated umbrella place too.

Make your lunch (and breakfast) in advance.

If you're bringing delicious leftovers, shovel it all into a container before you sleep. Bringing snacks or fruit? Pile them up together in the fridge. (Yep, again with the piles.)

Planning breakfast the night before saves time and ensures you get some food in you before you leave. One of my favourite hacks (particularly in summer) is putting pre-cut fruit into zip-lock bags and leaving them in the freezer overnight. In the morning, I'll dump them into a blender with some milk or water and voilà: a fuss-free breakfast smoothie! The best part is you can leave the blender running while you gather the last few bits and pieces, and you won't have to worry about anything burning.

Oh, you can also just leave bread in your toaster the night before so all you have to do the next morning is push down the lever. Yep, laziness can sometimes be inspired.

Brush your teeth in the shower.

This is honestly such a guilty pleasure because you're killing two birds with one stone. Showers are just awesome to begin with, so why not extend that awesomeness and do as much as you can in there?

Sometimes I find myself zoning out in the shower, entering a vortex of random thoughts. Now I can do all of that and brush my teeth at the same time. Magical.

Dry shampoo and deodorant are your absolute best friends.

Sometimes there's no time to shower; other times, you might not be bothered. (Seriously, we're only human.) It can be incredibly time-consuming, and when you couple it with washing and drying your hair, even more so.

A simple solution is getting yourself an emergency kit of dry shampoo and deodorant. These two items are precious gifts to mankind. Do yourself a favour and stock your bathroom with these lifesavers. 

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A 2009 study by the Oman Medical Journal drew a simple conclusion: student failure isn't one dimensional. In fact, a lack of academic success can rarely be attributed to a simple lack of comprehension. More commonly, it's caused by things such as poor time management, failure to complete homework, stress and chronic procrastination. These same problems plague students when it comes time to face exams and assignments critical to determining your **ATAR result**. Students are always told to just focus on the specific topics and question types but they are never given the comprehensive skill set needed to find true success at school. One company is changing this by attacking Australia's most infamous University entry requirement, the **ATAR**, in an all new way.

BAND6, known for their comprehensive library of free **ATAR resources**, recently released an eight-module course that treats the root causes of under performance at school. While it features test-specific content, it focuses more on boosting productivity, improving time management and defeating procrastination along with improving many other crucial skills. Judging by the student testimonials on their home page their approach is already helping hundreds of students Australia wide to reach their full **ATAR potential**.

In addition to providing all these core skills, the course also offers another benefit: **99+ ATAR student mentors**! All materials were developed in conjunction with **99+ ATAR high-achievers** and you get to have them as your virtual mentors to respond to any and all your questions. If you have a question, one of these **ATAR experts** can help answer it. Each module gives you a chance to access notes from **99+ ATAR high achievers** and to learn what exact tricks they used to score over 99. By helping students develop these core skills, **BAND6** has weakened the influence of one of the other main causes of academic failure: low self-confidence.

By attacking a standardized test from a new perspective, **BAND6** has provided a generation of Australian students with the tools they need to succeed. Visit www.band6.com.au to learn more and about the methods they use to help students get a leg-up on the competition.

Stressed? Here Are Some Self-Help Strategies For Dealing With Anxiety

 By Student Edge & ReachOut.com

No matter your age, experience or current situation, stress and anxiety can strike at any time.

We don't say that to scare you, but to reassure you: if you're feeling overwhelmed at the moment, rest assured you are far from alone.

Stress is our body's way of preparing to meet a tough situation with focus, stamina, and heightened alertness. But if you feel stressed all the time it can end up making you feel overwhelmed.

Anxiety, on the other hand, is an uncomfortable feeling of worry or fear, and is a normal human response to a lot of situations. Everyone feels some anxiety at different times in life, but if it gets in the way of your life, or causes a lot of distress, then it might be time to take action.

We asked our friends at ReachOut.com for advice on how to deal with stress and anxiety. Below you'll find some self-help strategies and personal stories that'll clarify what they are and how you can manage them best.

'I'm always stressed'

"Stressed out all the time? There are a number of reasons you might be struggling to beat stress. Find out what it looks like when stress is causing a problem for your health. If it's really serious and you can't shake the stress, there might be something more serious going on." [Read more.](#)

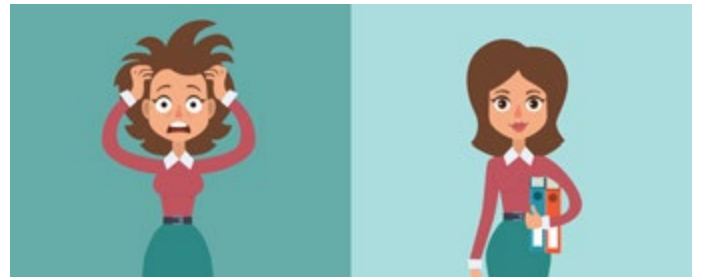


'Stress – a personal story'

Watch as ReachOut.com speaks with a young woman who struggled with the transition from primary school to high school, and again with the transition to university. [Read more.](#)

'All about feeling anxious'

"Worried you have anxiety symptoms? Find out what anxiety is, and the key signs that anxiety is affecting someone. If this looks like you get directions on how to do something about it." [Read more.](#)



'Self-help strategies for anxiety'

"Self-help strategies can be really powerful tools in coping with anxiety and improving your daily life. Find out more about different techniques you can use to manage anxiety, services you can access, and what to do if you are still finding your symptoms hard to control." [Read more.](#)

'A day in the life: Social anxiety disorder'

Listen to this audio story, in which a first year uni student learns to manage the symptoms of his anxiety. [Read more.](#)

'Therapy sessions'

Worried about what therapy might actually be like? Have a listen to this audio story, in which a young man gets professional help for his anxiety. [Read more.](#)

'ReachOut WorryTime App'

"ReachOut WorryTime is a free mobile app that gives you a place to store your worries, and alerts you when it's time to think about them. When a worry no longer matters to you, you can ditch it and move on." [Read more.](#)

If you or anyone you know needs help, support is available right now. Call Lifeline on 131 114 or Kids Helpline on 1800 551 800.

Visit ReachOut.com to get support to help you with everything from everyday issues through to tough times. 

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Five Tips To Help You Transition To University



By Natasha Romas

If you are reading this article it is very likely that 1) you are about to transition into university and 2) you're looking for tips!

Fear not, young Padawans, for I am here to help.

Having started my university journey in 2015 I can safely say all the feelings you are currently experiencing are exactly what everyone else is feeling right now.

I can also tell you that any feelings of doubt or fear will quickly fade as you realise that university is a really awesome place to be.



Get around it!

First mistake you can make going into uni is plunging your head into the books and telling yourself that if you don't get an 'A' on each assignment you will forever fail at life. You can relax (somewhat) and enjoy yourself. It would be a mistake to ignore all the social events, clubs and opportunities that university has to offer. Not only does getting involved allow you to make friends socially, it also allows you to form valuable networks for your working career at the end of your degree.

Seek help if you need it.

Gone are the days where teachers will pester you for homework and ask if 'you understand the question'. You have to push yourself. However! 'Pushing yourself' does not mean there is no one to help you along the way. Your lecturers and tutorial teachers are available to answer questions, so don't be afraid to ask. The other great thing about uni is that most have departments dedicated to helping students with assignments and some will even proof your writing.

Use your rocks!

No, not actual rocks, silly! I mean the people who ground you and people you can rely on for support. It is easy to want to move away from home in pursuit of independence and think you can do it all alone. Everyone deals with change differently and, for some, it can be a little overwhelming at first. Even if you are commuting and still living at home, at uni you no longer have the same familiarity with peers because people at uni are constantly coming and going. If things are getting a little hard—you're stressed out or just not coping—look to the people who can encourage you and put things into perspective. So many times after having a stressful day at uni, I would just ring home to mum to get it off my chest.

Own a diary. Srs.

You think you can go without one? LOL. The single greatest weapon (in a non-literal sense) you can take into university is a diary. Particularly in the first and last few weeks of semester, you will be overwhelmed with important dates, and without the constant nagging of your teachers, mum and dad, and reminders from peers, it is easy for an assignment to creep up on you. If that happens, you may find yourself pulling frantic all-nighters that will certainly drain your energy and hopes for a decent mark. All-nighters work for some, but not many!

Give yourself a break!

First-year is about getting your head in the game and no one expects that you'll immediately know how to play. If your marks aren't great at the start, don't beat yourself up. The standards at uni may or may not be different to what you're used to. Remember why you're at uni and learn from every assignment you do. Persistence in first year is key. 🍀

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With Great Power: How To Handle (And Ask For) Additional Responsibilities In High School



By Anthony Pearce

High school is the beginning of a transition towards something everyone looks forward to: freedom. However, it can be difficult to balance what you want to do with what you should do. The way you approach this newfound responsibility can make or break your high school experience.

Fear not: By the time you're done with high school, you'll look back and wonder how you ever lived without these additional, rewarding responsibilities (except for those thousand-word assignments—you'll know perfectly well how you managed without those.)

Putting aside free time to study.

High school requires a different approach to study. Be wary that teachers are likely to supply you with optional tasks, or 'recommended' material that isn't compulsory, yet highly recommended.

At first, this new arrangement might seem daunting, and yes, it will sometimes mean you'll have to go out of your way to do work when you could be relaxing. However, being given the option – and freedom – to study the way that suits you best is worth the additional effort.

Asking for more homework (it's a thing).

If fewer people are going to be forcing you to get things done, you're going to have to take matters into your own hands. It's not just about deciding when to study, but what to study.

Starting early, asking questions and doing more than is strictly asked of you is the best way to operate. It might sound like a terrible idea to take on an extra set of questions, or practice extra material, but you'll appreciate the head-start in the long run.

The dynamic between you and your teachers will change as well. As the next few years go by, teachers will treat you as more mature (provided, of course, you act that way). You'll be able to ask for more flexibility with the work they give you

and overall be treated like an equal. If approached right, this can make your study far easier and more enjoyable. Just don't push it too far.

Prepare to change as a person.

This is the big one. Everything 'social' changes in high school. What's 'cool' changes, how social groups are divided changes and how you define and express yourself (both in and outside of school) will change.

A lot of people (parents and students alike) underestimate how fast this happens and often try to resist it. This is a bad (and futile) approach. You're being exposed to new people, schedules, information and possibilities. It'd be more concerning if people didn't change dramatically!

The best approach is to avoid taking these changes personally. Interests change and if you lose an old friend when they move to another group, it's often not because of any ill will. They've just changed, and most likely so have you.

Embrace changes and be flexible; try not to dwell on the things you leave behind. You'll be best off if you look to the new opportunities, rather than the old ones which are no longer there.



You're not alone.

The most important thing is that you're not expected to work it all out for yourself. If you're not 100 per cent sure about something, your teachers, a school counsellor, or the folks at ReachOut.com will be able to give you help and advice.

It's likely they remember what it's like to go through those changes too, and they can give you the help you need to ensure you can make the best out of your newfound freedom. 🌐

How To Make New Friends (At School Or In Life)



By Karyn Tee

Some people are winners: confident; magnetic; it's like they're playing life on easy.

The rest of us... well, we spend our time reading articles about how to make new friends, or what to do when we accidentally make eye contact with someone on the bus.

Deep down, science says, we all crave meaningful human interaction, and all too often, we find ourselves in search of something more. Something to freshen up our old, stagnant circles. A fairy-tale meeting, perhaps? A chance encounter with our platonic soul mate.

Thoughts like these are one reason we're here writing articles about friendship instead of actually being out with friends.

If you want to connect with people, you can't sit around waiting. My first tip? **Be proactive.** Be aggressively proactive. If you're new somewhere, you already have an excuse. Interrupt conversations and introduce yourself like you're somebody they should know.

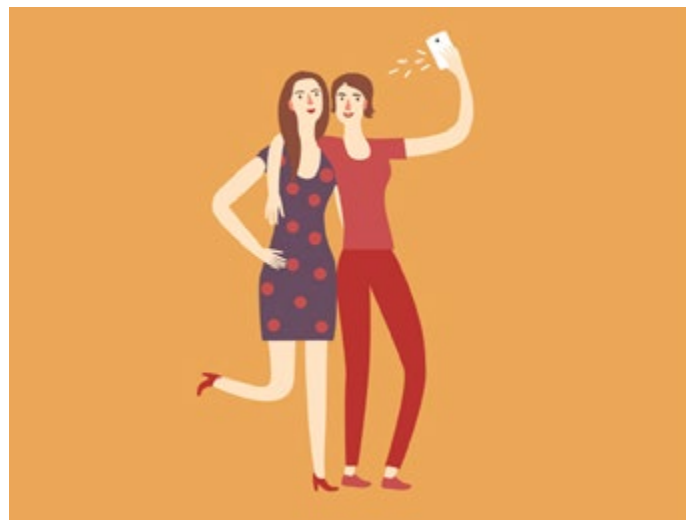


If you don't have somewhere to be new at, **find a place.** Find an online place, if that's where you're more comfortable.

Of course, it's easier said than done. So, it may come to this: If you want new friends, put yourself

in positions where you and the people around you have little choice but to develop a firm rapport.

Sign up for classes that involve teamwork; join a committee; play a sport. Take pictures and promise to send them to your new friend later—voilà, you now have their contact details and an excuse to start a conversation.



Once you have that excuse, you're almost set. The key now is to spin conversation until the two of you are bound tight by the unbreakable thread of best-friendship. It is useful to keep a stash of interests you can draw from to enthuse about if the conversation grows stale, as well as a question bank to proffer so your partner gets a go too. Nothing cements a friendship better than feeling like the other person loves the same things you do.

This is all rather clinical, isn't it? But if you were the sort of person who could easily navigate the ever-changing seas of interpersonal communication, you wouldn't be here. So, don't be ashamed to have a formula to fall back on. The measure of a friendship's success is how it survives the years, not the circumstances under which it was formed.

I will reiterate this: deep down, we all crave meaningful human interaction. There's always room for one more friend, and there will always be people to befriend. Give others reason to care about you—be a classmate; be a fellow hobbyist; be the person who listens when they're in need of an audience—and see if they reciprocate. Often, they will.

We can't all find life easy. But having someone to share our struggles with? Well, that's a victory to cherish. 💡



Student Edge is Australia's largest member-based organisation of high school, TAFE, VET and university students in Australia, with more than 900,000 members nationwide.

By allowing students to form and feel part of a larger collective, Student Edge is able to harness the power of the student community to support each other and give Australia's youth an advantage.

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