

Surviving school



TIPS FOR YOUNG PEOPLE

School can be one of the most exciting and interesting times of your life, but it can also bring some of the most daunting and stressful experiences too.

It's normal to experience ups and downs at school, but no matter how you feel about school, it is important. With all the work we have to do, the sports we have to play, the friends we need to see, the teachers we need to talk to, not to mention the homework we have to do after school, it's easy to fall behind and start to worry.

It's important to know that at some point in our schooling life almost everyone goes through a stage like this. Your parents and grandparents went through it, your friends are probably going through it, your teachers have been through it and perhaps one day your own kids will go through it.

It's also good to recognise that everyone deals with issues in their own way, and that there isn't one correct way to go about things. That's why we've put together some information about not only surviving school, but coming out of it on top of the world.

Tips for managing some of the things that can make school hard

1. School work and teachers

It's always important to remember that your teachers are there to help you out and answer any and all the questions that you have. Most teachers have been teaching for many years, and have lots of good strategies to help you to manage your work.

Do you have a favourite teacher? Or perhaps one who you're less excited about? It's normal to have different relationships with different teachers and to get along with some better than others.

All your teachers are there to support and guide you though, so it's important to try and maintain good relationships with each one of them. You should always feel comfortable to ask a teacher for help, even if it's about an issue that's not to do with school. As well as teaching you all the important stuff, they are also there to look out for your wellbeing.

Although it might be hard at times, you need to respect your teachers. In turn, this is likely to result in a better learning experience for you. Having friendly and productive relationships with all your teachers is a good goal to have during your schooling life.

2. Homework

- When you get home from school, have a healthy snack before you start your homework.
- Try to set a regular time to do your homework that fits in with you and your family. Find out when you will be having dinner and anything else that might be happening, such as music or sport, and work around these events.
- Create a comfortable homework spot. Find a quiet place where you feel relaxed and can focus and work for a long time without being interrupted. Think about dropping in at the library after school to get some homework done before going home if it's too distracting or busy at home.
- Try stay away from things that can easily distract you, like your phone or the internet.
- If you have tried to do your homework but don't understand what you need to do, ask someone in your family that might be able to help such as your mum, dad, brother or sister or grandparents.
- Make a plan to tackle the harder or more important work first, and then finish up with the easier stuff.
- Don't forget to have a short study break if you need, so you can stay refreshed and focused on your tasks. Even 15 minutes can help you get the best out of your next study session.

Teachers are there to help you if you feel worried about homework or find it difficult to finish. Remember to always ask for help when you need it, regardless of what you are doing or how old you are.

When it comes to school the ability to ask for help is the most valuable thing any student can have, and it will get results!

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3. Studying

- Before you start: make sure you understand the task ahead of you.
- Get enough sleep: 8-10 hours a night will improve your memory and help you to feel happy.
- Eat breakfast: Studies show that this improves concentration.
- Where possible, study in the same place and same time every day.
- Take a break: Study for 45 minutes and then take a 15 minute break.
- Exercise: It promotes good emotional health.
- Drink lots of water: It will hydrate your body and help you concentrate.



4. Friends

Your friends are a great source of support and fun during your time at school. Young people often experience the same sorts of issues and problems growing up, so it's good to remember your friends might be experiencing the same stuff as you.

It's important to support your friends when you can and ask them for help you when you need it. It's great to spend time with your friends after school and on weekends, but it's also good to balance your time to make sure you can finish all your school work as needed.

5. Sports

Not everyone loves playing sports and some people only like one sport in particular. Not everyone is good at every sport, although some people are really good at lots of sports.

The important thing to remember is that it's effort that counts, so trying your best is all anyone ever does and can ask of you. As much as we'd all like to succeed at everything we do, and win every game we play, in the end the outcome doesn't matter and it's whether you're having fun that matters.

Professional AFL stars try their best on the field and are amazing at playing football. Most of them probably aren't very good at badminton though, but they'd likely still give it a try. As much as sport sometimes feels like a lot of effort, it's a great way to rejuvenate your body and your mind.

6. Family

Families come in all shapes and sizes and they can be really helpful when it comes to helping with homework.

While a lot about school has changed over the years, some of the studies you're doing now are the same as what your parents did when they were at school.

Older brothers and sisters may also remember similar work that you're doing, while grandparents have so much life experience that could be helpful.

Need more help?

Remember that you don't have to deal with things on your own.

If any of the information we've talked about here has concerned you, or you'd like to chat to someone about what's going on for you, help is available.

You can start by talking to a trusted adult such as a parent, carer, family member, teacher or school counsellor and telling them how you're feeling.

If you feel unsafe at any time, call 000 (triple zero). For 24/7 support, call Lifeline on 13 11 14.

To make an appointment to chat to one of our counsellors, visit www.rav.org.au/counselling

To find other organisations that can help, visit www.rav.org.au/resources/youth-services

About us

Relationships Australia Victoria has over 70 years' experience providing family and relationship support services across Melbourne and Victoria.

We are committed to providing safe, inclusive and accessible services for all people.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.