



Charles Sturt
University

Senior School
final exams:
Bring your
A-game

The big picture

Did you know that, on average, Australians can expect to live until the age of 82-ish?

So, you still have a huge amount of living ahead of you. More than 23,725 days, 3,380 weekends and 65 birthdays!

In your lifetime you'll achieve, experience and explore so much.

Completing your final senior school exams is only a small – but important and definitely challenging – part of your exciting journey.

The good news?

You're almost there. The end is in sight. In a few months the study, assessments and classes will be done and dusted.

Finished. Finito. 完. đã kht thúc ख़त्म होना.

You'll soon drop the mic on your last exam.

At Charles Sturt University, we know a few things about study. And we're here to help you stay healthy, happy and focused as you take on exams.

We'd love to welcome you to Charles Sturt as a student – so let's get you prepped to bring your A-game to your final exams!





Did you know?

Yindyamarra winhanganha is a Wiradjuri phrase meaning 'the wisdom of respectfully knowing how to live well in a world worth living in'. It's at the heart of everything we stand for at [Charles Sturt University](#). It's the reason we strive to create a world worth living in.

The pep talk	4
The plan	5
Weekly study planner	6
Get in the zone	7
How's your headspace?	8
Now you can get MESSE!	10
Brain boosting smoothies	11
The subtle art of studying	12
Acing exams	14
Drop the mic	15
Charles Sturt Advantage early offer program	16
Don't just take our word for it	
Where will you make a difference?	18
Ready to apply?	19
The lowdown on UAC preferences	20
Looking for more information?	22
Notes	23

The pep talk

Buckle up, here it comes!

Today is the first day of the rest of your life! Corny?
Absolutely. But you know what we mean.

You can't change the past, redo assessments or choose
different subjects.

But you can take charge of your future. Get organised.
Get healthy. Get motivated.

"Just before trials I had a mix
of feelings. Excitement because
I only had a few months left and
then I was done with school. And
nervousness because I still had
some massive exams coming up.

"There can be a lot of pressure
on you from family and school,
so you need a balance between
life and study.

"Have some time for yourself.
Don't focus all your energy on
studying because you'll burn out.
I'd hang out with friends, listen
to music or check Facebook.
Doing the things that I loved also
helped clear my mind.

"Try to make study fun and have
regular breaks. Mix things up and
don't just sit all the time.

"And remember, stress less.
Not everything comes down to
the results you get in the HSC.
There are plenty of alternate ways
of getting into uni and studying
what you want.

"Good luck!"

Teresa
Bachelor of Environmental Science



The plan

Messy room? Sure.
Muddled mind? No way!

During the exam period we all know your room will look like a cyclone hit it. Papers, notes, textbooks, empty cups, half-eaten food and piles of clothes. It's a given. The parentals will have to deal (at least until December).

But don't make the mistake of also having a muddled mind. Do yourself a favour and make a plan. You can thank us later.

- Don't freak out. Planning's easy. Think of it as your special to-do list for the next few months.
- Be balanced. Remember, life can't be all about the exams. So, as well as your study goals, plan time to exercise, socialise and escape.
- Get real. Set yourself achievable weekly study goals. It'll help you master the workload and not go crazy.
- Get smart. Tackle difficult stuff when you're most fresh – the earlier in the day, the better. Use the evenings for testing yourself or revising notes.
- Wrap it up. Have a start and finish time. For each day of your week know when you will start studying and when you'll knock-off for the night. And stick to it.



Charles Sturt
University

Weekly planner

Get MESSEI!

Five steps for staying healthy and focused

- **Move.** Being active supercharges your body and your brain.
- **Eat properly.** Good fuel means more energy and better concentration. Simple.
- **Sleep.** Late night cramming? Nah. Being relaxed and refreshed? Hell, yeah.
- **Socialise.** Stay connected with your family and friends.
- **Escape.** Give yourself permission to take a break. Watch TV, read a book, play a game – you need some time off.

→ study.csunedu.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							



Get in the zone

Once you've got The Plan, you can get into The Zone – your study zone.

Make the most of your study time by creating your own space that's super conducive to brilliant learning! How? Try these ideas.

Let the sunshine in – and air, too

Aka, have plenty of natural light and good ventilation. Make sure you also have a proper night light on your desk.

Kick out the distractions

Boot the Xbox, PlayStation, TV and phone from your study spot. You can't get 'in the zone' if your phone is pinging, you're checking social media, watching TikTok videos or catching up on Fortnite. You know we're right.

Make room

Use baskets on bookshelves to hide your stationery, clear out your childhood knick-knacks, trophies and stuffed animals to make way for your folders, textbooks and notes. Store stuff under the bed, put pin boards or posters up on the walls or on your door, and colour up the place with a rainbow of sticky notes (but ask first, just in case).

Need it? Get it!

Once you're in the zone and blitzing your study goals you don't want to stop to look for more paper, a highlighter, a calculator or a pen. At the end of each week check your supplies and if you need something, get it. Now.

Take over the world (but start with the kitchen or lounge)

You know you've got to ask your parents, but try putting some of your key information up around the house. You'll be surprised how much will sink in when you walk past formulas in the hallway, look at acronyms posted on the bathroom mirror, or keep seeing that tricky-to-remember-info stuck to the fridge door.

Get out and about

And here's a top tip – if you're a really smart operator you'll use a few different study zones. Your brain will stay engaged and your study will be more effective. Study outside, at the library, at a friend's house. Anywhere you have the right conditions. Just remember to stay disciplined and not be distracted by your new location.

Speaking of your own space – how's your headspace ATM?

Headspace is a one-stop-shop for young people who need help with a range of issues, including mental health, physical health and study support – and they know Year 12 can be really stressful.

So here's the headspace lowdown on stress and how to dial down your levels.

Normal and natural

Straight up, know it's normal. Being daunted by the pile of work you'll wade through during Year 12 is natural and very common. So, it's totally okay to feel that and express yourself. Everybody gets stressed. Yep, even the most successful peeps who always look like they've got-it-all-together will have times when they're stressed to the eyeballs.

Two types of stress

But there are two kinds of stress – good stress and not-so-helpful stress.

Good stress helps you to feel more alert, increases concentration and gives you an energy boost when you need it. All super useful when studying or doing assessments.

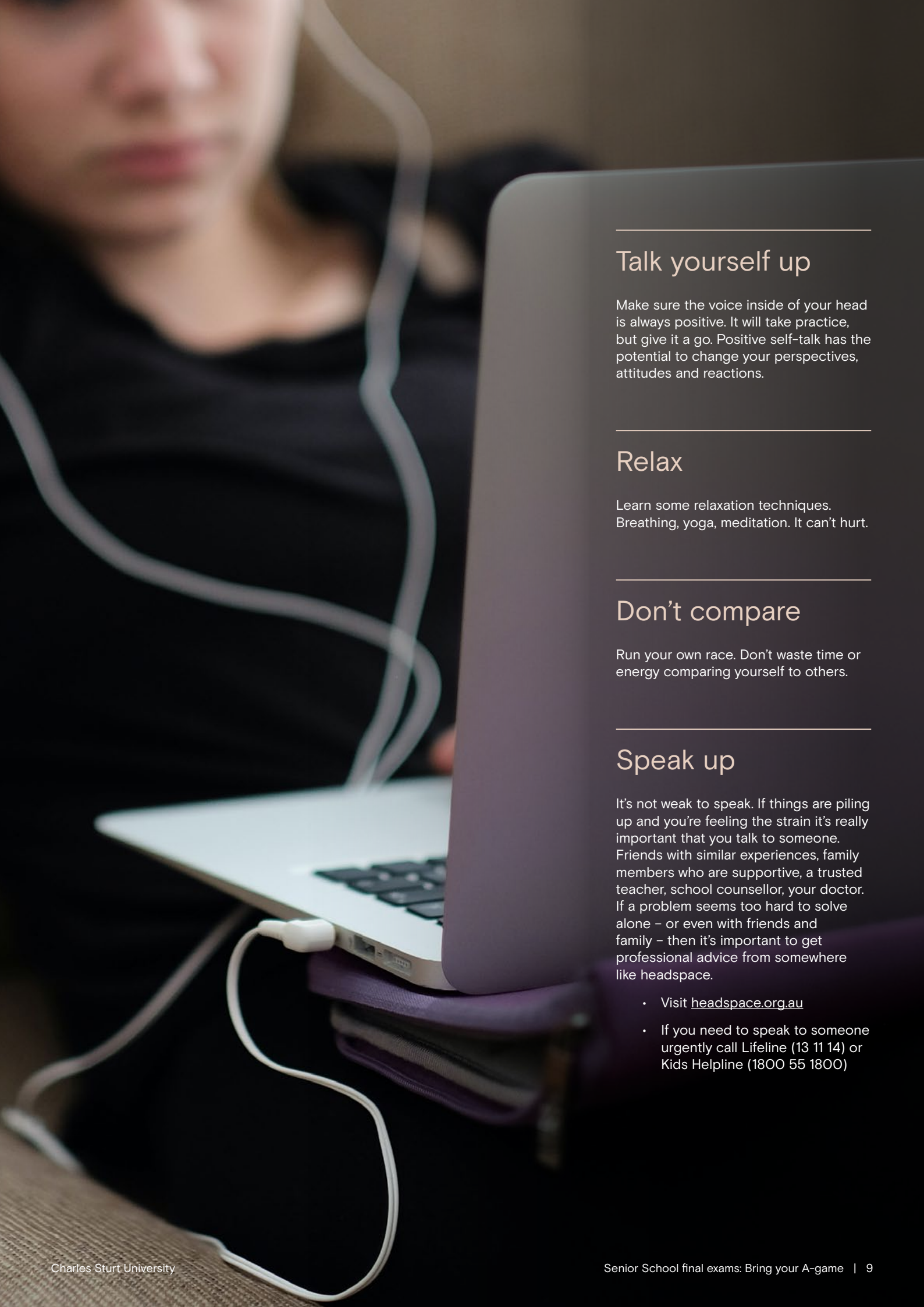
But if you find you can't concentrate, feel too overwhelmed to take in new information, or your performance at school is impacted – that may be a sign the not-so-helpful stress is in play.

Signs of stress

Signs of stress include increased sweating, dilated pupils, quick shallow breathing, and feeling unwell in the stomach. Remember, a degree of these experiences is normal and okay, but if you're worried, talk with parents and carers, teachers or a health professional.

Get MESSE

If you're MESSE (moving, eating properly, socialising, sleeping and escaping) you're giving yourself the best chance to keep the lid on your stress levels. And on the next page you'll find some other helpful ideas to keep you in tip-top physical and mental shape.



Talk yourself up

Make sure the voice inside of your head is always positive. It will take practice, but give it a go. Positive self-talk has the potential to change your perspectives, attitudes and reactions.

Relax

Learn some relaxation techniques. Breathing, yoga, meditation. It can't hurt.

Don't compare

Run your own race. Don't waste time or energy comparing yourself to others.

Speak up

It's not weak to speak. If things are piling up and you're feeling the strain it's really important that you talk to someone. Friends with similar experiences, family members who are supportive, a trusted teacher, school counsellor, your doctor. If a problem seems too hard to solve alone – or even with friends and family – then it's important to get professional advice from somewhere like headspace.

- Visit headspace.org.au
- If you need to speak to someone urgently call Lifeline (13 11 14) or Kids Helpline (1800 55 1800)

Now you can get MESSE!

By now you're the boss of acronyms, so one more won't hurt. Remember this little gem and your exam experience won't end up being MESSE (get it?).

Move

Being active supercharges your body and your brain, and every little bit helps. It's definitely not a waste of your valuable time. Get up from your desk and walk around the house or the block. Play sport, ride a bike, take a yoga class, walk the dog, dance like nobody's watching. Whatever floats your boat.

Eat properly

Your mum is right, you absolutely have to eat properly. Think of yourself as a souped-up, high-performance car. Without the right fuel you aren't going anywhere. And while we're on the topic – drink lots and lots of water. That's important, too.

Sleep

We get it. There are only so many hours in the day and you have soooooooo much study to cram in. But, if your eyes are hanging out of your head and you're only catching one z instead of zzzzzzzzzzzzzzzzzzzzzzzzzzzzzzzz, you won't be at your best. And all the hours you stayed up late to cram will be a Big Fat Waste of Time.

Set yourself a reasonable bedtime (and, *no*, anything past midnight is *not* reasonable). Make sure you include some down time before you hit the sack. You can't go from desk to pillow and expect your mind to immediately switch off.

Socialise

This is the bit you can show your parentals when they ask why you're not studying. Always burying your head in books, notes and syllabus dot points may seem like the right thing to do, but it's not. Make time to stay connected with your family and friends. Have dinner together, have a laugh, go for a walk, talk about how you're doin'. It all adds up to a mental break – and who doesn't love a break?

Escape

The exam period is zapping lots of your time and heaps of your energy. We know every minute is valuable learning time. But, trust us when we tell you that having something else to focus on and look forward to is also super important. It's a little escape that you can use as reward for good behaviour. Give yourself permission to watch the Netflix series everyone is talking about, read a book, or load the latest game. Your mind will thank you.

Brain-boosting smoothies

Nothing beats a smoothie for a quick, nutritious and yummy snack or pick-me-up.

And best of all they are easy to whip up! You really don't need a recipe, just combine what you like – a little fruit, vegies, nuts, peanut butter, yoghurt and your choice of milk or juice in a blender (with a little ice if you prefer).

Use what's in the fridge, pantry and fruit bowl: banana, apple, blueberries, strawberries, blackberries, mango, carrot, kale, spinach, beetroot, avocado, honey, nuts, chia seeds. As long as it's natural it will be great fuel for your brain.

The subtle art of studying

The days of write, read, repeat are gone. Learning just by writing notes and then reading them to yourself will eventually put you to sleep.

We know good, detailed notes are essential – but your brain needs to be energised for all the acronyms, formulas and analysis to sink into your head.

Play to your strengths

You've been doing this study gig for a while now – and may think you've got it down to a fine art. Absolutely use the techniques that work for you. Just make sure you fine tune them so they are super efficient and effective.

Why not mix it up?

But don't be afraid to branch out and use a study method you haven't tried. New ways of doing things help keep the study process fresh and your mind engaged. And that helps you understand what you're learning – not just memorising information. Big difference. Huge.

Did you know?

Charles Sturt University has the highest graduate employment rate in Australia* More Charles Sturt University undergrads get jobs faster than grads from any other uni. Employers know Charles Sturt grads are skilled, confident and ready to get to work.

*QILT Graduate Outcomes Survey 2021

Audio recordings

Make your own and listen before bed, on the bus, doing chores, while walking, running or exercising. Sharing them among your friends is another way to spread the workload, keep things fresh and cover more study areas than you could alone.

Mind maps

These create links in your brain and help you visualise important info.

Study groups or a study buddy

Working together can be way more productive than working on your own. The trick is to choose people who are focused and want to succeed as much as you do. That way you'll know they'll stay on task and not be tempted to chuck it in and cruise for memes when the going gets tough – or just plain boring.

Teaching others

You have to know what you're talking about to effectively teach others. Try it. While dinner's being cooked speak to the parentals and educate them on a particular study point. You'll soon realise a few things: what you do know, what you don't know, and what you thought you knew but really couldn't explain.

Colourful reminders

Get creative and colourful. What's a house without posters, lists or sticky notes? On your bedroom ceiling and on the back of your door, on the toilet walls, on the fridge. The more times you see information the more familiar it will become.

Did you know?

The best way to learn is to learn by doing. Hands-on learning is at the core of what you'll do at [Charles Sturt University](#). From day one, you'll put theory into practice in our world-class facilities and/or on industry placements.

Acing exams

We've said it before but it's worth repeating – make sure you stay active, eat healthy food and get a proper amount of regular sleep. No amount of knowledge will help you ace an exam if you're sleep deprived or there's no fuel in your tank.

The week before

Review your study notes and brush up on areas of weakness.

Plan your study for the next week – just remember to include downtime in there somewhere.

Start talking yourself up and be positive. Fake it till you make it.

Relax. Yep, easier said than done. But seriously, try to take things easy. Cramming is not going to help.

The night before

Get organised. Equipment, clothes, a watch. Make sure it's all ready to go. Pack your bag. And confirm the time of the exam. Then tell your parentals, just in case.

Have a quick review of your notes.

Sleep.

The day

Eat something, even if you're hella nervous. Fruit, toast or cereal. You can't get through a two or three hour exam with a rumbling tummy.

Be early.

The exam

Use your reading time wisely – develop your plan of attack. Then read the question and underline all the important words, it will help you form the best answer.

Take a watch, sit it on your desk and use it to keep you on track for each question.

Not sure about a question? Leave it and come back – but try not to leave any question unanswered. You never know, you just might score a mark for what you put down.



Drop the mic

When you drop the mic on your last exam, it will be the end of a major part of your life. Say sayōnara to the school years and nǐ hǎo to your next big adventure!

Once you've celebrated the end game in style you'll be set to take charge of your own destiny – decide how you'll make a difference and help create a world worth living in.

We can't wait to see the difference you make to the world, and we're ready to help.

Study support

Our support team is dedicated to helping you succeed. We're available seven days a week, in person, online or over the phone – and it's free. We'll help you when it suits, including in the evenings and on the weekends.

Financial support

We have a financial support team that can help with budgeting, planning and applying for loans. We also have programs to help you find a part-time job if you want one.

Scholarships

Did you know we offer more than \$3 million in scholarships at Charles Sturt University? Scholarships and grants take the pressure off and can make your uni experience that much easier. Extra cash in the kitty means you don't have to stress about paying for things like course fees, accommodation, textbooks and attending work placements.

Careers advice

From researching your career options and finding job opportunities, to help working on your résumé, application letters and interview techniques – our Careers and Skills Hub will help you land your dream job.

Disability support

If you're a student with a disability, our Disability Service will provide advice, support and adjustments, if needed. That way you can participate 100 per cent in your studies.

Student wellbeing

Healthy students are happy students. We have a great range of services and information available to keep you in top physical, mental and emotional shape.



Charles Sturt Advantage

Get an early offer to study with us in 2023

The Charles Sturt Advantage early offer program is back in 2023 – and it's your time to shine!

You can get into uni based on study you've already done and skills you already have. Applications are open and you have two rounds left to apply to get the advantage.

If successful, you'll get:

- an offer to study with us – before you sit your final exams
- access to exclusive events
- dedicated support via our Facebook group
- monthly email newsletter with handy tips and info
- to connect with other students – before you set foot on campus.

Round 1	Applications closed	Receive an offer by Early May
Round 2	Apply by 24 June	Receive an offer by Late July
Round 3	Apply by 24 June	Receive an offer by Late September

How it works

We'll look at your Year 11 results and your soft skills – things like empathy, resilience, and the motivation to create a world worth living in.

To get the Advantage, you'll apply online and answer three simple questions to show us you have what it takes to make an impact in your community.

Some of our most competitive courses may have limits on the number of offers made via the Charles Sturt Advantage early offer program. So apply as early as you can.

Apply now to get the Advantage!

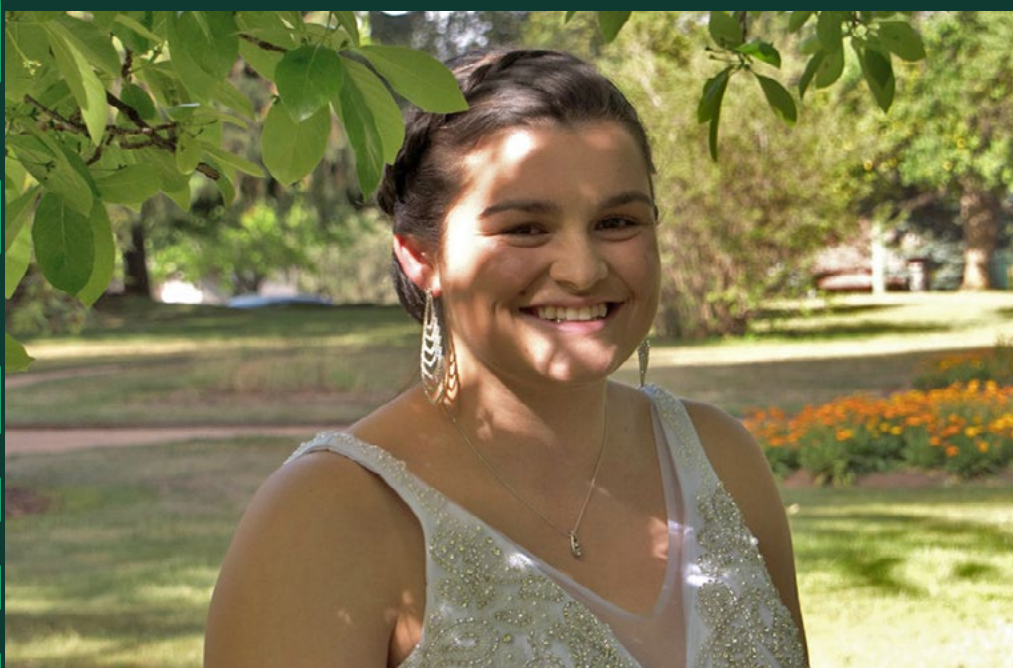
→ csu.edu.au/advantage



"The Charles Sturt Advantage early offer program was extremely simple to navigate. I loved how straightforward the questions were. I applied as I felt I had soft skills that were otherwise overlooked due to my quiet nature and personality. I was also approached by my school careers adviser who strongly suggested that applying for the program would be in my favour."

Georgie Abel
Charles Sturt Advantage student

Don't just take our word for it



“Getting accepted into the program before the HSC even began meant I was able to study and go into exams without stressing. This meant I went in with a clear head, which made a huge difference. I was really relaxed knowing that I had a place at the university I really wanted to get into.”

Emily

“I’m really glad I was able to receive my offer through the Charles Sturt Advantage. It made me feel more confident heading into exams knowing that I had a head start in my preferences at Charles Sturt.”

Maurice





Study areas

Where will you make a difference?

→ engage.csu.edu.au/future



Agriculture and environment

Protect the planet, make agriculture more efficient and create a sustainable future.



Animal and veterinary sciences

Learn how to diagnose, treat and research healthcare issues for animals.



Business, engineering and IT

Innovate in business, tackle big data and cyber security and lead the way with new technologies.



Education and teaching

Connect communities, share information and educate the next generation of changemakers.



Law, policing and community

Take a stand for justice, protect the vulnerable and create safer communities.



Medicine and health

Improve the nation's health, provide exceptional patient care, and fill in-demand roles in Australia's largest and fastest growing workforce sector.



People and culture

Support, empower, share stories and connect communities.

Ready to apply?

Applying direct to Charles Sturt

If you're planning on studying online, apply direct to Charles Sturt. It's super simple and can be done online in 15 minutes.

→ study.csu.edu.au/apply

Applying through UAC or VTAC

If you are coming to uni from high school and planning to study on campus with us, you'll apply through a tertiary admissions centre (UAC).

But what does that actually look like?

1. Pick your top five courses and load them into UAC.
2. Study hard and sit your Year 12 exams.
3. Your results will be used to determine if you've been successful in getting into their top course.
4. If not, UAC will move down your preference list, offering you a place in your next eligible course.
5. The clincher: you'll have the opportunity to change preferences at different points (also known as offer rounds) – so there are plenty of chances for you to land your dream course.

Feel free to reach out to our friendly student adviser team if you need help at any point with the application process.

Important dates

There are many important dates for your child to remember – from the ATAR release date to deadlines for changing their preferences.

Always check the UAC or VTAC websites for these dates.

→ uac.edu.au/key-dates

→ vtac.edu.au/dates

Don't forget...

At Charles Sturt, we believe everyone can make a difference, that's why we'll look at adjusting your selection rank if you:

- live in the regions
- aced relevant school subjects
- have had to deal with setbacks during your school studies.

Do you have your Unique Student Identifier (USI)? You'll need it to secure a Commonwealth supported place at uni.

Find out more

→ usi.gov.au

The lowdown on UAC preferences

Applying through VTAC? Check vtac.edu.au for preference information.

Confused about how UAC preferences works? Here's the essential info.

1. Log into UAC

Want to study on any of our six campuses? Apply through Universities Admission Centre (UAC). If you want to study online with us, you can [apply direct to Charles Sturt](#).

Tip: Apply to UAC before 30 September to get the early bird processing fee – you'll save \$130!

2. It's one application

With one UAC application you can apply to multiple unis – or a number of courses from the same uni.

List up to five courses, in the order you'd most like to study them. Don't worry about ATAR – if you don't get the ATAR for your first preference, your next preference will be considered.

UAC will submit your course preferences to the relevant uni(s) for you!

Tip: Want to be in the running for an early offer? While you're in your UAC application, tick the box to apply for the Schools Recommendation Scheme (SRS). You can also apply separately for our [Charles Sturt Advantage early offer program](#)!

3. Changing your preferences

You can change your preferences up until each offer round's closing date. Your preferences will be considered one at a time in the order you've listed them. If you want to change preferences, just log in to your UAC application before the relevant offer round closing date and make the update.

Tip: Book a [one-to-one consult](#) with a Charles Sturt adviser to find out more about our courses.

4. One round, one offer

You'll receive one offer in each offer round. Most Year 12 applicants will receive their offers in January, after ATARs are released. You'll get an email from UAC with an offer for *your highest preference that you're eligible for*.

Tip: Charles Sturt uses your selection rank (ATAR plus any adjustment factors) to assess your eligibility for our courses. So, if you don't get the published ATAR for a course, you may still be eligible!

5. Want more offers?

If you re-order your preferences after a round, you may end up with more than one offer! Whether you do or don't receive your first preference, you can accept the offer that you've been made and then re-order your preferences before the next round opens. Make sure you remove the course you've accepted and any courses you're no longer interested in. If you're made another offer, you'll have options!

6. Save your spot

If you change preferences after you've accepted an offer, you won't lose your place in the course you were offered and accepted. If you get another offer from Charles Sturt in the next round, you can either accept the new offer and withdraw from the first – or decline it and keep the place you were offered initially.

7. Enrol!

Your Charles Sturt offer will explain how to accept and enrol. It's an easy process – and then you can look forward to starting uni in February! Or you can defer, if you prefer. For most of our courses, you can accept your offer and then defer for up to 24 months if you decide to take a gap year – or two!

8. Don't stress

If you didn't get a Charles Sturt offer, don't stress. Talk to us about your options. Charles Sturt has plenty of [admission pathways](#) that can help you get into your first choice course! Book a one-to-one consult to chat through your options.

"I struggled through Year 12, so I was really nervous about my ATAR. But I had spoken with a Charles Sturt ambassador and realised that there were a lot of pathways into uni. The ATAR is not the be-all and end-all.

"Charles Sturt has so many courses, scholarships and other opportunities to help find the right path for you. If your heart is set on something, I don't think anything should stop you. There's always a way.

"Speaking with someone at Charles Sturt really opens your eyes to the possibilities."

Ben
Charles Sturt Student Ambassador
Bachelor of Paramedicine



Looking for more information?

Here are two quick ways to get more information and help.

Let's chat online

Get a one-to-one virtual consult with a friendly Charles Sturt adviser.

Book a consult to get any questions you may have about uni answered. Discover the courses that will get you onto your career path and learn how easy it is to apply to Charles Sturt University.

→ study.csu.edu.au/consult

Get an insight into Charles Sturt

Our Insight blog will take you behind the scenes and explore all sorts of topics – from study options, to booming careers and new courses.

And there's plenty of tips on how navigating your uni journey – from help to apply, ways you can ease exam stress or help to set yourself up for career success.

You'll also meet some of our past and present students – and learn about their valuable and interesting work.

→ insight.csu.edu.au

Notes

[illegible]



1800 275 278 (free call within Australia)
+61 1800 275 278 (callers outside Australia)



study.csu.edu.au



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