



Charles Sturt  
University

The HSC:  
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, 3380 weekends and 65 birthdays!

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

Completing the HSC 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 kết thúc खत्म होना.

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

At Charles Sturt University we know about study and can help you be healthy, happy and focused, because that's when you do your best. Be your best.

And we'd love to welcome you to Charles Sturt as a student – so let's discover how to bring your A-game to the HSC.





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# The pep talk

Buckle up, here comes the pep talk.

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.

You *can* take charge of your future. Get organised. Get healthy. Get motivated.

Let's start now.

## ***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 plan

## Messy room? Sure. Muddled mind? No way!

During the HSC we all know your room will look like a cyclone hit it. Papers, notes, textbooks, empty cups, half-eaten food and piles and piles of clothes. It's a given. The parents 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.

Now, don't freak out – planning is easy. Think of it as your special to-do list for the next few months.

- Remember, life can't be all about the HSC. So, as well as your study goals, plan time to exercise, socialise and escape. As Mr Miyagi said: "Whole life have a balance. Everything be better."
- Big and bright is best. Make your plan like a smiley face for your eyes – happy and colourful.
- Whip up a few copies. One for the family to put on the fridge, a huge one for your study area and a smaller version to carry with your study stuff.
- Be realistic. Set yourself achievable weekly study goals. It'll help you master the workload and not go crazy.
- Be time 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.
- Be clever. Know where to focus your study effort. What marks in what subjects will boost your chance of a better HSC result?
- 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.



# 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

Get ready, we're about to say what you don't want to hear. Boot the Xbox, PlayStation, TV and phone from your study spot. You can't get 'in the zone' if your phone is constantly pinging, you're checking social media, watching cat videos on YouTube or catching up on Fortnite. You know we're right.

## Make room

Not everyone will have a study space the size of a boardroom, but you can make the most of the room you have. 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. Use as much space as you can. 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.

If you're super lucky you might be able to claim the spare room, home office or study as your own – just for a few months. That way you have a designated study zone and a designated sleep/chill out zone. Nice.

## 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. You don't need to be sitting at your desk to learn. Keep it fresh and mix it up – 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.

Straight up, know it's normal. Being daunted by the pile of work you'll wade through during Years 11 and 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 look like they *got-it-all-together* will have times when they're stressed to the eyeballs.

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 that the not-so-helpful stress is in play.

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 are worried, talk with parents/carers, teachers or a health professional.

If you are MESSE (moving, eating properly, socialising, sleeping and escaping) you're giving yourself the best chance to keep the lid on your stress levels. But here are 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](https://www.headspace.org.au)
- If you need to speak to someone urgently call Lifeline (13 11 14) or Kids Helpline (1800 55 1800)

### *Did you know?*

*You're more than just a number at Charles Sturt. Small class sizes mean you get the attention you need – and you'll have a one-on-one connection with your lecturers and tutors. It's just one of the things that sets us apart from other unis.*



# 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.

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## 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.

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## 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.

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## Google classrooms

If your teacher sets up a Google classroom, jump in. Homework questions, discussion points, interactive feedback, other people's viewpoint, hints on answering questions if you're stuck. That's gold!

## Blogs

Write a study blog with your friends. Everyone covers a different area so you spread out the workload.

## Podcasts

Check out what's available. You can pick up great study tips, relaxation techniques or ideas on how to stay healthy.

## 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 parents 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.

## Drawings

Effective study can also be creative. Try depicting your study ideas in drawings - then hang them somewhere to trigger your memory.

## 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.*

# Get the goss and get ahead

Want the goss on how to get ahead in the next few months? Let's take a tip from those in the know. Here's what some teachers, career advisers and past students suggest.

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## Ask your teachers

Your teachers want you to do your best and they are there to help you. Ask them for study tips, exam tips and any other tips that their years of experience have taught them. If you don't ask you'll never know!

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## Hand in drafts

Ask your teachers nicely if they are willing to accept drafts. If they give you the green light – make the most of the offer and submit lots and lots of drafts. Always incorporate any feedback into your next draft. If you don't get what your teacher's feedback means make sure you email or speak with them for clarification.

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## Past papers

It's simple. The more you do, the better you'll get. Not just at understanding the topic, but at knowing how to answer a variety of question styles.

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## Revision notes

Do them in whatever form you like. On paper. On your iPad. On sticky notes. Just do them.

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## Study periods

We know you'd rather ease off and have a nice little 40-minute mind vacay. But don't. Take five minutes to set a goal at the beginning of each study period. The more you do during the day, the less you have to do at night when your brain is tired.

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# And the winner is...

You! Remember that.

Make a list. Check it twice. Tick things off. How good?

Crossing something off a list once you've completed it is a mini rush and a great way to keep track of your successes – big or small.

Celebrating accomplishments *throughout* your HSC journey is important – don't wait until you've finished your last exam!

Your very own reward program for along the way is great for boosting morale, keeping your motivation levels humming along and helping you stay on track to complete what seems like a mountain of work.

It doesn't have to be a huge production. It can be simple (star chart on the fridge) or elaborate (spreadsheet linked to specific goals). Up to you.

But it's important to recognise your effort each week – not just see how you go in the end game.

## ***Did you know?***

*The future is here. All you need to know about studying with Charles Sturt University can be found in one place. Explore our website and have all your questions answered.*



# Acing exams

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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.

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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 parents, just in case.

Have a quick review of your notes.

Sleep.

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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.

## The day

Be early.

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

## The exam

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.

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### ***Did you know?***

*Charles Sturt University has the highest graduate employment rate in Australia\*  
More Charles Sturt University grads 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 2018

# 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.

When you study with Charles Sturt University, you become part of something bigger. Something bigger than yourself. Bigger than study. You become part of a community. You become family. You're one of us.

And we've got your back – whether you choose to study on campus or online.

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## 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.

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## 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.

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## 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.

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## Careers advice

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

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## 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.

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## 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.

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# Want an advantage?

We know you've got so much to offer!  
Why not discover your advantage with  
our new early entry program and show  
the world what you're made of...

At Charles Sturt University we're changing the way you can apply to study with us. It's called the [Charles Sturt Advantage](#), and it can get you where you want to go – just by being yourself.

When you apply through the Charles Sturt Advantage we'll take into consideration your empathy, resilience and commitment to making this world a world worth living in. We're looking for those special soft skills – things that might not always be reflected in your academic results – but they're skills that will help you excel in the working world.

When you gain early entry to uni with the Charles Sturt Advantage you'll be part of an exclusive program that will support you to develop your soft skills, prepare you for university and connect you with a community of like-minded explorers!

Want to get the advantage? You can apply from July 2019 and start studying an undergraduate degree with us from Session 1, 2020.

[Register now](#) to get all the details straight to your inbox. You'll be the first to know when applications open – and well on your way to gaining early entry to Charles Sturt University based on the qualities unique to you.

## *Did you know?*

*Our uni is named after Captain Charles Sturt, the explorer. He traversed the country, discovering so much about our land and people along the way. He had that something special – a curious mind, an entrepreneurial spirit, and he wasn't afraid of hard work. He saw what some people might call mistakes as challenges and he didn't give up when the going got tough – this was his advantage.*

# Where will you make a difference?

## Our study areas

Agricultural and Wine Sciences

Allied Health and Pharmacy

Animal and Veterinary Sciences

Business

Communication and Creative Industries

Engineering

Environmental Science and Outdoor Recreation

Exercise and Sports Sciences

Humanities, Social Work and Human Services

Information and Library Studies

Information Technology, Computing and Mathematics

Medical Science and Dentistry

Medicine

*In 2021, Charles Sturt and Western Sydney University  
will proudly partner to deliver a joint program in medicine.*

Nursing, Midwifery and Indigenous Health

Policing, Law, Security, Customs and Emergency Management

Psychology

Science

Teaching and Education

Theology and Islamic Studies

→ [csu.edu.au/courses](https://csu.edu.au/courses)

Charles Sturt University courses may be subject to change. Course information is correct at the time of publishing.  
For up-to-date information, please visit [csu.edu.au/courses](https://csu.edu.au/courses)

# Get in touch

We're always up for a chat. If you'd like to talk about courses, fees, accommodation and flexible study options, all you need to do is reach out to our friendly team.

Call: 1800 275 278

Online: [Contact us](#)

[Book a campus tour](#)

[Charles Sturt University](#)



[insight.csu.edu.au](http://insight.csu.edu.au)



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[twitter.com/CharlesSturtUni](https://twitter.com/CharlesSturtUni)



[youtube.com/CharlesSturtUni](https://youtube.com/CharlesSturtUni)

## Open Day

Come on campus and discover what life at Charles Sturt University is really like.

**Bathurst** Sunday 4 August

**Wagga Wagga** Sunday 11 August

**Albury-Wodonga** Sunday 18 August

**Port Macquarie** Sunday 25 August

**Dubbo** Friday 30 August

**Orange** Friday 6 September

→ [csu.edu.au/openday](http://csu.edu.au/openday)