On behalf of the entire

Good News Lutheran College,

we wish to extend our best wishes to the Year 12 students of Wyndham for their upcoming exams.

You are in our thoughts and prayers.

Thank you to all our students, parents and teachers for your resilience and dedication over the past few months

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GOOD NEWS LUTHERAN COLLEGE

Make sure you take care of your wellbeing first - exams are not the end of the world! (iStock)

Break it up to be better

By Elle Cecil

As VCE students would be well aware, exams are a time of stress, uncertainty and hard work. It is important to balance this stress with relief, uncertainty with predictability and hard work with relaxation.

Studies show that small, regular breaks between study sessions can improve mood and productivity. As you approach your exam period, remember that it is not maintainable to be constantly anxious. You should have time to destress and think about something other than exams and study for a while.

Talk to a friend or family member if you're feelings are overwhelming, and remember that school is there to teach you, not for you to pull your hair out stressing over. It's likely that you've heard it plenty of times, but VCE exams are not the be-all and end-all of life. Despite the outcome you receive on ATAR day, there are always a variety of ways for you to get into your desired career. Life will go on after high school and it is there to be lived, so make sure you make the most of it. Best of luck to all VCE students!

Tarneit Senior College

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