It's never too early to enrol at the Geelong College

With unprecedented growth in the Geelong, Bellarine and Surf Coast regions, places at schools such as the Geelong College are becoming increasingly difficult to find.

"Even though school, or for some families, secondary school might seem a long way off, the time to enrol your child is now so that you are able to secure a place at a school of your choice," says principal Dr Peter Miller.

"We have waitlists at almost all year levels for 2023 and 2024. It is a privilege for us to serve the Geelong community, and to see such high demand for our school instills a sense of pride, but it does bring with it disappointment for some as there are a finite number of positions available."

The Geelong College now recommends enrolling at least five years before your preferred year of entry, so at birth or soon after for early learning and foundation, or year 1 for year 7 entry. It understands that for families moving to the area, or for boarding families, this may not be possible, so the school intends to assist with places where possible.

Enrollment applications are processed in date order approximately two years prior to the entry year, with current siblings and the children of Old Collegians receiving priority.

The college's award-winning junior school, which opened in 2020, has allowed an increased intake numbers from early learning to year 3. If you are considering a Geelong College education for your child, the school encourages you to consider enrolling in the junior school where, for 2023 and beyond, there are limited places available.

Visit the school for an open day to experience The Geelong College difference.

The Geelong College is located at 20 Talbot Street, Newtown. For more information, phone (03) 5226 3111 or visit www.tgc.vic.edu.au.

The Geelong College now recommends enrolling at least five years before your preferred year of entry. (Pictures: Supplied)

Help your teenager fight feelings of stress during VCE

As many secondary students would be well aware, VCE is 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 upcoming SACs and start thinking about the looming 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.

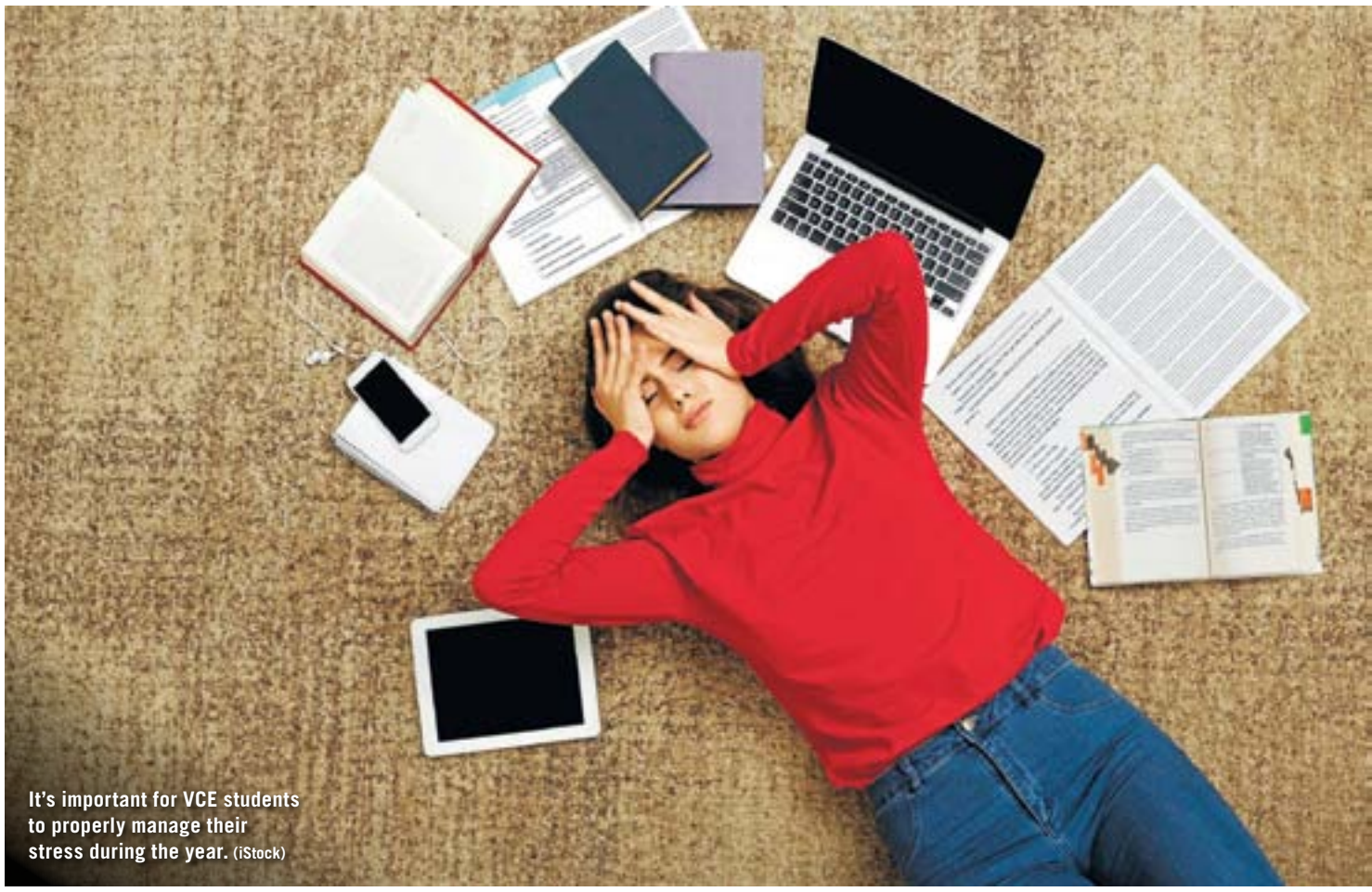
Here are some ways to combat feelings of stress during your VCE studies:

Positive self-talk: using negative language with yourself is neither beneficial nor deserved. Make an effort to recognise how much work you're putting in and allow yourself to see how well you're doing. You have worked hard to get this far, and you need to maintain your health and wellbeing throughout the year. Try to think of five things that you're proud of yourself for doing either in or outside of your school life and reiterate that you're capable of what you want to achieve. Visualise yourself doing well in your studies and receiving positive news when you receive results or feedback.

Use some tangible grounding tools: have a cup of tea, play with your pet or scribble in an adult colouring book. It's okay to forget about study for a while. In fact, it's beneficial to spend some time after you study to allow the information to consolidate in your brain, so pick up a book or make yourself a snack and keep your mind occupied for a moment.

Move your body: get the blood flowing! Whether you put on your favorite dance playlist and boogie around your room for a while, do some yoga or go for a stroll with a friend, getting active will refresh not only your body but your mind as well. It will also assist in creating and releasing endorphins to improve your mood and relieve feelings of stress.

It's likely that you've heard it plenty of times, but VCE is 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 this year!



It's important for VCE students to properly manage their stress during the year. (iStock)