

GET READY FOR YEAR 11 AND 12

1 Encourage your child to speak to the school careers adviser early – different pathways exist, VCE isn't the only option.

6 Help your child develop good study habits – including regular breaks.

2 Arrange textbooks before school starts so your child can get familiar with the topics.

7 A balanced diet and ample rest are important.

3 Have a calendar with key school dates at home.

8 Ensure your child knows that support is available – the school's health and wellbeing team, Kids Helpline, LifeLine, Headspace and Beyond Blue.

4 Talk about how school is going and any concerns your child may have – let them know you're there to help while respecting their space.

9 If your child is anxious about study or exams, try to stay calm and listen to their concerns.

5 Encourage your child to participate in out of school activities, such as sport and music.

10 Encourage your child to visit open days for universities and TAFEs. They don't have to be in Year 12 to attend.

For more information head to www.education.vic.gov.au/parents/going-to-school