



Senior Weekly

'News Flash'

Term 3, Week 5

The focus this week is to work smarter (not harder) and more effectively manage your tasks. You can set yourself up for success by confirming deadlines, recognising and overcoming distractions, streamlining your tasks into manageable chunks, and grabbing moments of inspiration. You can rethink how you approach tasks - consider completing "focus" tasks in the morning, completing "creative" tasks in the afternoon, completing "foggy" tasks later in the day when your brain does not require heavy lifting, and completing "fast" tasks that can be done in less than five minutes during breaks and short gaps in the day. Read this [article](#) to help you improve your productivity.

Important tasks to do this week include:

Attend this week's events:

- ✓ online Year 12 Tertiary Admissions Conservations evening - this Monday (09 August) at 6:00 PM from this Blackboard course
- ✓ online senior social session (for Year 11 and 12 students) - this Thursday (12 August) at lunchtime
- ✓ Year 12 students to complete survey (emailed Wednesday 05 May) regarding preference of venue for external exams in October 2021 (check your junk folder) - email Kirsti Ellerton (HOD Senior Curriculum Teaching Learning) Email: kelle4@eq.edu.au if any queries
- ✓ Complete the online QCAA Academic Integrity course (access course via your QCAA Student Portal) to help you understand the correct way to approach assessment - email Kirsti Ellerton (HOD Senior Curriculum Teaching Learning) Email: kelle4@eq.edu.au if any queries
- ✓ Regularly check your timetable, [daily notices](#), announcements and Semester 1 results and contact your year level Dean if you require a pathway review or if you have any queries or require any help: Caroline Rasmussen (Year 11 Dean) Email: Year11Dean@brisbanesde.eq.edu.au or Di Bennett/Steph Deeley (Year 12 Dean) Email: Year12Dean@brisbanesde.eq.edu.au

BrisbaneSDE Senior Team

Notices - Year 11

- ✓ Week 5 - Thursday (12 August) lunchtime: online senior social session THIS WEEK
- ✓ Week 5 - Thursday (19 August) lunchtime: online senior social session NEXT WEEK

Notices - Year 12

- ✓ Week 5 - Monday (09 August) - Year 12 Tertiary Admissions Conservations evening commencing at 6:00 PM from this Blackboard course THIS WEEK.
- ✓ Week 5 - Thursday (12 August) lunchtime: online senior social session THIS WEEK
- ✓ Week 5 - Thursday (19 August) lunchtime: online senior social session NEXT WEEK

Mercy's Health Tip of the Week

Exam stress & studying: While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion. It's never too late to make some positive changes to improve your study habits and stress cycles. 5 steps to study success: (i) 20 minute study rule: No one can study for 6 hours straight and be effective. Break up your time into 20 minute chunks for the most effective use of your brain. (ii) Say it out loud: The best way to really remember and learn is to talk about what you're learning out loud without using any notes. (iii) Breaks = good, constant distraction = bad: Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. (Research shows that it can take up to 20 minutes to refocus on your work once you've been distracted. (iv) Sleep is your friend: If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late. (v) Plan a reward for when you're done! Check out [Reach Out](#) for more tips. . If you require some health support or tips, contact Mercy (Nurse with [School-based Youth Health Service](#)) Email: <mailto:Sbyhn.BrisbaneSchoolDE@health.qld.gov.au>

Note: Mercy is available on Tuesdays, Wednesdays and Fridays (odd)

Notices - General

- ✓ Year 12 exam slaying workshops will run in Period 4 on Wednesdays Week 4 and Week 7 this term - email Emma Di Bernardo (Student Wellbeing Coordinator) Email: <mailto:studentwellbeing@brisbanesde.eq.edu.au> if any queries
- ✓ BrisbaneSDE's Got Talent (BGT) 2021 is under way - submissions close Monday of Term 3 (Monday 26 July) - email Caroline Rasmussen (BrisbaneSDE's Got Talent Supervising Teacher) Email: crasm40@eq.edu.au if any queries or you wish to join the BGT team
- ✓ Student Clubs starting this term - check Blackboard announcements regularly for more information on student clubs - contact Caroline Rasmussen (Year 11 Dean) Email: crasm40@eq.edu.au if any queries regarding student clubs
- ✓ External VET course opportunities are still available - contact Elena Simmons (External VET Coordinator) Email: esimm10@eq.edu.au if any external VET queries or if check out the [External Vocational Education and Training Programs Blackboard course](#)
- ✓ Careers and pathways opportunities and information is regularly posted in Careers & pathways information section of this Blackboard course
- ✓ Reach out to your year level Guidance Officer if you require career or guidance support: Wally Vanek (Year 11 Guidance Officer) Email: wvane1@eq.edu.au or Nicole Collins (Year 12 Guidance Officer) Email: ncoll1@eq.edu.au

"Big Changes come from hundreds of tiny steps and they all matter." "Even baby steps can take you a long way over time. Don't stand still."

Anon.