



10 effective exam prep tips for high school students

The end of the school year can feel like a rollercoaster, with exams, assessments, and future planning all happening at once. But don't worry – with some smart preparation, you can tackle it all and maybe even reduce some stress along the way. We've put together ten exam prep tips to help you create a study plan, stay organised, and hopefully boost your grades.

Design your study blueprint

Think of your study schedule as a roadmap to success. Break down your subjects into manageable chunks and plan your study sessions in advance. This approach helps you stay organised and ensures you cover all the necessary topics. Pro tip: Use a digital planner or app to keep track of your schedule on the go.

Set clear goals

Define specific study goals for each subject and study session. Having a clear purpose keeps you focused and motivated. Plus, there's nothing quite like the satisfaction of ticking off completed tasks. Try using the SMART goal-setting technique to make your objectives more effective.

Engage with active learning

Passive reading isn't enough to truly grasp complex concepts. Instead, try summarising key points in your own words, teaching the content to a study buddy, or creating digital flashcards for quick reviews. Websites like Quizlet or Anki can help you create and share flashcards with classmates.

Tackle your weak spots

Identify the subjects or topics you find challenging and allocate more study time to them. While it's important not to neglect your strengths, giving extra attention to problem areas can significantly improve your overall performance. Don't hesitate to reach out to your teachers for additional support.

Master the art of the break

Regular breaks are crucial for maintaining focus and preventing burnout. Try the Pomodoro Technique:

study for 25 minutes, then take a 5-minute break. After four cycles, take a longer 15–30-minute break. This method can help you stay productive without feeling overwhelmed.

Fuel your brain and body

A balanced diet, regular exercise, and adequate sleep are your secret weapons during exam season. Opt for brain-boosting foods like blueberries, nuts, and dark chocolate. Stay hydrated and aim for at least 8 hours of sleep each night. Remember, physical activity can improve your cognitive function, so don't skip your workouts!

Practice makes perfect

Reviewing past exam papers is like a rehearsal for the big day. It helps you familiarise yourself with question formats, manage your time better, and identify any knowledge gaps. Many schools provide access to past papers, or you can find practice exams online for most subjects.

Harness the power of online resources

The internet is a treasure trove of study materials. From educational YouTube channels to interactive learning platforms, there's something for every learning style. Just be mindful of potential distractions – consider using website blockers during study sessions to stay focused.

Form a study squad

Studying with classmates can be both productive and fun. You can discuss complex topics, quiz each other, and share different perspectives on the material. If you can't meet in person, virtual study groups using platforms like Zoom can be just as effective.

Keep calm and study on

Maintaining a positive mindset is crucial during exam season. Practice stress-management techniques like deep breathing, meditation, or even simple stretching exercises. Remember, it's normal to feel some pressure, but don't let it overwhelm you. Apps like Headspace or Calm can guide you through quick relaxation exercises.

Scholarships

Larsen Jewellery Design Scholarship Program

Value: \$3,000 AUD

Open date: February 1, 2024

Closing date: November 30, 2024

Larsen Jewellery recognises the need to support and educate young adults wishing to begin a career in jewellery, design, or visual arts; or who wish to further their studies in a jewellery, design or visual arts related course.

[Find out more](#)

Playford Trust Lincoln College Residential Scholarship

Value: \$8,000 AUD

Open date: September 1, 2024

Closing date: January 17, 2025

The Playford Trust, in partnership with Lincoln College, offers a scholarship for a student enrolling at Lincoln College, a university residential college for students studying in Adelaide. The scholarship will provide financial support to a high-achieving and motivated South Australian student to make the most of their studies, achieve their potential and contribute to South Australia's knowledge, skills, and research base.

[Find out more](#)

Upcoming Events

TAFESA Information Sessions

To help students make the right study choices for the career they want, TAFE SA holds free course information sessions. Their information sessions are generally held around the application period. Attending an information session allows students to meet with the teaching staff, learn more about a course and where it can lead them, discuss study options, find out about the application process, and ask course-related questions. Many information sessions are held on location, so it's also a great chance to check out TAFE SA's outstanding training facilities. Upcoming sessions:

Tuesday 29 October

- [Certificate IV in Design](#)
- [Diploma of Graphic Design](#)
- [Advanced Diploma of Graphic Design](#)
- [Certificate III Program in Electronic Music Production](#)
- [Certificate IV in Music \(Performance\)](#)
- [Certificate IV in Music \(Sound Production\)](#)
- [Diploma of Music \(Performance\)](#)
- [Diploma of Music \(Sound Production\)](#)
- [Certificate IV in Dance](#)
- [Advanced Diploma of Performing Arts \(Acting\)](#)
- [Bachelor of Creative Arts \(Dance\) - Flinders University](#)
- [Diploma of Photography and Digital Imaging](#)
- [Certificate III in Screen and Media](#)
- [Diploma Program in Film and Television Production](#)
- [Diploma of Screen and Media \(Animation, Gaming and Visual Effects\)](#)
- [Advanced Diploma Program in Film and Television Production](#)
- [Advanced Diploma of Screen and Media \(Content Creation and Design\)](#)
- [Certificate IV in Live Production and Technical Services](#)
- [Diploma of Live Production and Technical Services](#)
- [Certificate IV in Visual Arts](#)
- [Diploma of Visual Arts](#)
- [Bachelor of Creative Arts \(Visual Arts\) - Flinders University](#)
- [Certificate III in Early Childhood Education and Care](#)

Defence Indigenous Pathways Information Session – Online

October 31

Would you like to learn more about careers for Indigenous personnel in the Australian Defence Force? With a wide range of exciting jobs on offer, and tailored programs, make the most of your potential, become a leader, and inspire your community.

Join us for an information session and speak with current serving members about opportunities in the Navy, Army, and Air Force.

[Find out more](#)

AIE Open Day, Adelaide

November 16

Discover the courses designed to get you started in game development, 3D animation, film, and visual effects at the AIE Open Day.

AIE's Open Day is a great opportunity to meet our teachers, staff, and students. The day will cover everything you need to know about the: Registrations close Friday, September 13.

- careers in games and VFX that we train students for.
- studios and industries that we work with.

- courses we offer - from beginners to professional mastery, and.
- the software, skills, and knowledge we teach.

AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career.

[Find out more](#)

Flinders Medical Mystery Investigation Taster Day

November 26

Flinders University is inviting Year 12 students to participate in an exclusive and exciting Medical Mystery Investigation Event. You will get close-up opportunities and hands-on experiences in different areas of Medicine, Public Health, Medical Science, Laboratory Medicine, and Paramedicine, so that you can make the right decision regarding your future studies and career.

Plus:

- Follow a patient journey to discover their diagnosis to treatment.
- Tour the NEW Health and Medical Research Building
- Find out what it's like studying at Flinders
- Speak with current students
- Get your questions answered by lecturers, industry, academics, and researchers

Join a Q&A panel session and learn about: possible pathways, prerequisites, career & job opportunities, business & industry connections, work experience, and much more.

[Find out more](#)

Flinders Business Taster Day

November 26 to November 27

Flinders University is inviting Year 12 students to participate in an exclusive and exciting Business Event. You'll get close-up opportunities and hands-on experiences in different areas of Business, so that you can make the right decision regarding your future studies and career.

Plus:

- Participate in workshops in Accounting and Finance, Business Analytics and AI, Economics, Events Management & Tourism, Management & Leadership, Marketing, and Sports Management.
- Tour the Bedford Park Campus at Flinders University
- Find out what it's like studying at Flinders
- Speak with current students
- Get your questions answered by lecturers, academics, and researchers
- Join a Q&A panel session and learn about: possible pathways, prerequisites, career & job opportunities, business & industry connections, work experience, and much more
- And lunch will be provided!

[Find out more](#)

Flinders Law Taster Day

November 28

Flinders University is inviting Year 12 students to participate in an exclusive Law event: 'Reading your mind – Law and the next frontier'. Experience what it's like to study Law at Flinders University, how we balance traditional legal training with a future-focused curriculum with more support & placements. And most importantly, how you could make a difference to the world.

Plus:

- Tour the Flinders Campus
- Find out what it's like studying at Flinders
- Speak with current students
- Get your questions answered
- Join a Q&A panel session and learn about: possible pathways, prerequisites, career & job opportunities, business & industry connections, work experience, and much more
- And lunch will be provided!

[Find out more](#)

Flinders Criminology Taster Day

November 29

Flinders University is inviting Year 12 students to participate in an exclusive and exciting Criminology Event. You will get close-up opportunities and hands-on experiences in Criminology, so that you can make the right decision regarding your future studies and career.

Plus:

- Tour the Flinders City Campus
- Find out what it's like studying at Flinders
- Speak with current students
- Get your questions answered by lecturers, academics, and researchers
- Join a Q&A panel session and learn about: possible pathways, prerequisites, career & job opportunities, business & industry connections, work experience, and much more
- And lunch will be provided!

[Find out more](#)

AIE Online Campus Day

November 30

Discover the courses designed to get you started in game development, 3D animation, film, and visual effects at the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering everything you need to know about the:

- careers in games and VFX that we train students for.
- studios and industries that we work with.
- courses we offer - from beginners to professional mastery.
- the software, skills, and knowledge we teach.

[Find out more](#)

ATAR Week at the Uni Hub

The Uni Hub's ATAR Week will be held from December 16-20, inviting Year 12 students to visit any of our five Uni Hub sites (including Port Augusta) for guidance, advice, and resources to help them navigate their next steps. Our experienced centre managers will be available throughout the week to offer support and discuss topics such as university applications, alternative pathways, and personal well-being.

Received your ATAR and need some advice?

Come and speak to the Uni Hub during ATAR Week!

16-20 December 2024

Give us a call or come into one of our centres before our Christmas closure. Visit our website unihubsg.org to find your closest Uni Hub.



University offers and your options explained

For those of you planning on heading off to university, school is nearly over, and the next chapter of your lives is about to begin. Hopefully your exams will go well, your results will be even better than expected, and you'll get an offer for your dream course. But what if that's not the case? We're here to guide you through the university offer process and what to do if things don't go quite to plan.

When can I expect to receive an offer?

The first thing you probably want to know is when you'll receive the news about your university offers. In most cases, you'll need to wait until results are released before you'll know whether your application is successful (unless you've applied for early entry).

Here's when most school leavers can expect to receive their first offers to university:

Location	Offer Date
AUS - SA & NT	10 January 2025

What if I change my mind about the course I applied for?

Once you submit your application, it's not set in stone. Universities will often allow you to change your preferences, allowing you to re-order the existing courses on your list or even add and remove courses. If you've applied through a centralised or tertiary admissions centre (i.e. SATAC), there is usually a set date you need to change your preferences by to ensure you still receive an offer in the upcoming round. Here are relevant change of preference closing dates for school leavers:

Admissions Centre	CopDeadline (Main Offer Round)
UAC	18 December 2024
VTAC	14 December 2024
QTAC	18 December 2024
SATAC	2 January 2025
TISC	17 December 2024
COA	1 March 2025
QUAC	15 January 2025

[Find out more about change of preference](#)

Still confused about change of preference. Lots of universities hold special events leading up to the first round of offers to guide you through the process and answer any questions you might have. You can see upcoming change of preference events on our website here – simply click the “change of preference” filter on the right-hand column.

[What are unconditional and conditional offers?](#)

If you receive an unconditional offer, congratulations! This means your place in your chosen course is secured, and you (usually) don't need to do anything else to accept.

If you receive a conditional offer, this is still great news! This means your place in your chosen course is yours pending any conditions that come with the offer. The most common condition is waiting for your results to be released and seeing if they meet the course requirements. Other common conditions include:

- Needing to submit other documents to complete your application
- Completing a bridging course before your first Semester
- Securing financial aid or support to ensure you can pay your course fees

[What if I don't receive an offer in the main round?](#)

We know it can seem like the end of the world, but you still have time and options on your hands, so don't stress. Admissions centres and universities will release offers over multiple rounds, so even if you miss out the first time, you might receive an offer in a subsequent round. If you're still happy with your course choices, just sit tight and be patient.

[What if I don't receive any offers?](#)

If all the offer rounds have passed and you still don't have an offer, it doesn't mean you have to give up. There are lots of alternative pathways you can take to get into your dream course. Here are just a few:

Complete a tertiary preparation course

Take an alternative entry test, such as the STAT

Study a lower qualification, like a Diploma, and use this for entry

Wait a few years and re-apply as an adult with work and life experience

Top tips for university offers

Here are some top tips to keep in mind as offer season approaches.

You usually have some time before you must respond to an offer, so don't panic and think things through before deciding.

You can sometimes accept an offer as a backup, then withdraw from it later if you receive another offer that suits you better.

If you do accept multiple offers, make sure you withdraw from all but one before any key dates.

Admissions centres and universities are more than happy to answer any questions you might have, so don't be afraid to get in touch.

Remember to keep your contact info up to date to ensure you don't miss any important information.

You've got this

The wait between applying and offers can be daunting, but in the meantime, you still have time to study hard and do your best on your exams. Remember, no matter what happens, there are options open to you and people who are more than happy to help.

Human Resources Manager

Human Resources (HR) Managers play a crucial role in organisations by overseeing employee relations, recruitment, training, and ensuring compliance with labour laws. They are the skilled professionals who help maintain a positive work environment and support both employees and management. If you're passionate about working with people, are a great communicator and organiser, and want to help businesses and employees thrive, a career as a human resources manager could be perfect for you.

What skills do I need as a human resources manager?

- Excellent communication and interpersonal skills
- Strong leadership and team management abilities
- Critical thinking and problem-solving skills
- Attention to detail and organisational skills
- Ability to maintain confidentiality and handle sensitive information
- Proficiency with HR software and data analysis tools
- Knowledge of labour laws and regulations
- Adaptability and cultural sensitivity

What does the job involve?

- Developing and implementing HR strategies and policies
- Overseeing recruitment, hiring, and onboarding processes
- Managing employee benefits, compensation, and leave programs
- Conducting performance evaluations and managing employee relations
- Ensuring compliance with relevant laws and company policies
- Providing training and professional development opportunities
- Mediating workplace conflicts and addressing employee concerns
- Maintaining employee records and HR information systems

What industries do human resources managers typically work in?

- Public Administration & Safety
- Professional, Scientific & Technical Services
- Healthcare & Social Assistance

What kind of lifestyle can I expect?

As a human resources manager, your work will typically be done in office settings, though some travel may be required for recruitment events or multi-site organisations. The job often involves regular business hours, but you may need to work extra hours during busy periods or to address urgent employee issues.

You can expect to earn an above-average salary throughout your career. The role also offers opportunities for advancement to senior HR positions or even

executive roles, like Chief Human Resources Officer.

Most HR managers work full-time, with many working more than 40 hours per week. The job can be emotionally demanding when dealing with sensitive employee issues. Work-life balance is generally good, but can vary depending on the organisation and industry.

How to become a human resources manager

The path to becoming a human resources manager typically involves a combination of education, experience, and ongoing professional development. Here are the general steps:

- Earn a bachelor's degree in Human Resources, Business Administration, Psychology, or a related field.
- Gain experience in entry-level HR positions or related roles, working your way up through various HR specialties.
- Develop strong leadership and management skills through experience and training.
- Stay updated on labour laws, HR trends, and best practices through continuous learning and professional development.

Many HR managers also pursue additional education or specialisations throughout their careers to enhance their expertise and advance to higher positions.

What can I do right now to work towards this career?

If you're in high school and you'd like to find out if a career as a human resources manager is right for you, here are a few things you could do right now:

- Focus on subjects like Business Studies, Psychology, and IT at school.
- Develop your leadership skills by participating in school clubs or community organisations.
- Look for internships or part-time jobs that involve working with people or in office environments.
- Practice your communication and problem-solving skills through debating or public speaking activities.

Where can I find more information?

You can read more detailed information about careers in HR management here:

- [Australian HR Institute](#)

