Year 11 and 12
Parent Evening 2013
About the VCE
Glossary of Terms

**ATAR:** (formerly ENTER, and not AVATAR) refers to the Australian Tertiary Admissions Rank;

It’s used by Universities to select students for courses;

The ATAR is calculated on the scaled scores for:
- English or English Lit or ESL and
- the next 3 best scores and
- 10% of the 5th score and
- 10% of the 6th score (if applicable)
Glossary of Terms

**GAT:** General Achievement Test

**Satisfactory Completion:** The school decision that a student passed outcomes for a VCE unit. Students receive an **S** or **N**
Glossary of Terms

**SACs:** School assessed coursework; school based assessment that is reported as a grade for VCE units 3 and 4.

**SATs:** school assessed tasks which are set by the VCAA and assessed by teachers. eg a piece of artwork or a media production.

**Study Score:** a score from zero to 50 which shows how a student has performed in a VCE study, relative to all students enrolled in that same study in a result year.
Glossary of Terms

Units 1 and 2: subjects mainly studied at Year 11 in semesters one and two.

Units 3 and 4: subjects mainly studies at Year 12 in semesters one and two, but may also be studied in Year 11.
Assessment of VCE Studies

Year 11 studies (Units 1 & 2)  
(All internally Assessed)

• Victorian Curriculum and Assessment Authority (VCAA) S or N

• Mt Scopus College  Graded (A+, A, B+, …)
Assessment of VCE Studies

- Year 12 studies (Units 3 & 4)
  - Internal and External Assessment

- External Exams (VCAA)
  - and

- Internal SACs (School Assessed Coursework)
  - or SATs (School Assessed Task work)
Assessment of Unit 3/4 Studies

**Internal:**
SACs and SATs
School Assessed Coursework or Taskwork
(Statistically Moderated)
Count between 34% - 50%

**External:**
Exams
Oral, performance, written
October/November.
Count between 50% - 66%

Study Score
SACs: School Assessed Coursework

• Internal Assessments

• Used to rank all students in a particular study

• SACs are held mostly in regular classes. Some are held at a common time, e.g. Further Maths, Maths Methods, English.

• All SAC results are statistically moderated against external exam results – can go up or down
What if a student misses a SAC?

• Contact the College (9834 0284) before 9 am on the day of the SAC; leave a message with Mrs Katz

• Provide a medical certificate

• Complete an ‘Absence from SAC’ form and determine the earliest time to complete the SAC

• Alternative arrangements will be made in advance for students going on March of the Living
Attendance

90% attendance is required for students to gain an ’S’ in any unit of study.
Special Provisions

- **Special Exam/SAC Arrangements** such as extra writing time or rest breaks; applications close at the end of February.

- **Emergency Special Examination arrangements** – for students experiencing sudden onset of illness etc around the time of examinations.

- **Special Provisions** (school based assessment): for students who are adversely affected by illness or personal circumstances

- **Derived examinations score**: for students who are ill or affected by other personal circumstances at the time of an examination

- **SEAS**: Special Entry Access Scheme
Special Provisions

• the parent/student must make the application to the College; the College is not responsible for initiating this process

• Up to date supporting evidence must be supplied in support of an application

• No guarantees that an application will be accepted by the VCAA.
Important Dates

- **February 15**  Last day to lodge requests to inspect scripts from Nov 2012 exams
- **March 1**  Last day to apply for Special Exam Arrangements
- **March 4**  Last day to swap Unit 1/2 or 3/4
- **March 21**  Year 12 Parent Teacher interviews
- **April 22**  Last day to withdraw from a Unit 3/4
- **June 12**  The GAT
- **Oct 7–Nov 3**  Performance and Language Orals
- **October 16**  Hebrew 3/4 Exam
- **Oct 30–Nov 22**  Unit 3/4 written exam period
Want to know more?

Sandra Katz: VCE co-ordinator

skatz@scopus.vic.edu.au

Ph: 9834 0284

BE STRONG AND OF GOOD COURAGE
CAREERS
### ATAR SCORES FOR CLASS OF 2012

**120 STUDENTS COMPLETED VCE**

<table>
<thead>
<tr>
<th>ATAR</th>
<th>No. of Scopus Students</th>
<th>% of Scopus Students</th>
<th>National %</th>
</tr>
</thead>
<tbody>
<tr>
<td>99 and above</td>
<td>15</td>
<td>12.61</td>
<td>1</td>
</tr>
<tr>
<td>98 and above</td>
<td>20</td>
<td>16.81</td>
<td>2</td>
</tr>
<tr>
<td>97 and above</td>
<td>26</td>
<td>21.85</td>
<td>3</td>
</tr>
<tr>
<td>96 and above</td>
<td>31</td>
<td>26.05</td>
<td>4</td>
</tr>
<tr>
<td>95 and above</td>
<td>36</td>
<td>30.25</td>
<td>5</td>
</tr>
<tr>
<td>90 and above</td>
<td>55</td>
<td>46.22</td>
<td>10</td>
</tr>
<tr>
<td>80 and above</td>
<td>84</td>
<td>70.59</td>
<td>20</td>
</tr>
<tr>
<td>70 and above</td>
<td>102</td>
<td>85.71</td>
<td>30</td>
</tr>
<tr>
<td>60 and above</td>
<td>110</td>
<td>92.44</td>
<td>40</td>
</tr>
<tr>
<td>Less than 60</td>
<td>10</td>
<td>100</td>
<td>100</td>
</tr>
</tbody>
</table>
FIRST ROUND OFFERS BY PREFERENCE

Number of students with VTAC preferences:  116
Number students with a 1st round offer:    115

% of students

Preference Number

1  2  3  4 or lower
45 26 10 19

Mount Scopus Memorial College
OFFERS BY INSTITUTION TYPE

INSTITUTION TYPE (% OF STUDENTS)

- UNI: 92%
- TAFE: 8%

Mount Scopus Memorial College
OFFERS BY INSTITUTION

- MONASH: 43%
- DEAKIN: 23%
- MELBOURNE: 13%
- RMIT: 8%
- SWINBURNE: 7%
- ACU: 3%
- WILLIAM ANGLISS: 2%
- VIC UNI: 1%
- LATROBE: 0%
OFFERS BY COURSE TYPE

34 students were offered a place in a double degree.

<table>
<thead>
<tr>
<th>Field</th>
<th>Number of offers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Business</td>
<td>36</td>
</tr>
<tr>
<td>Arts</td>
<td>27</td>
</tr>
<tr>
<td>Science</td>
<td>16</td>
</tr>
<tr>
<td>Health</td>
<td>15</td>
</tr>
<tr>
<td>Law</td>
<td>15</td>
</tr>
<tr>
<td>Art &amp; Design</td>
<td>7</td>
</tr>
<tr>
<td>Engineering</td>
<td>7</td>
</tr>
<tr>
<td>Biomedical Science</td>
<td>4</td>
</tr>
<tr>
<td>Performing Arts</td>
<td>4</td>
</tr>
<tr>
<td>Building &amp; Environment</td>
<td>3</td>
</tr>
<tr>
<td>Communication</td>
<td>3</td>
</tr>
<tr>
<td>Architecture</td>
<td>2</td>
</tr>
<tr>
<td>Education</td>
<td>2</td>
</tr>
<tr>
<td>Hospitality</td>
<td>2</td>
</tr>
<tr>
<td>Exercise Science</td>
<td>2</td>
</tr>
<tr>
<td>IT</td>
<td>1</td>
</tr>
</tbody>
</table>
# Offers in Health Courses

<table>
<thead>
<tr>
<th>Field</th>
<th>Number of offers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine</td>
<td>3</td>
</tr>
<tr>
<td>Psychology</td>
<td>3</td>
</tr>
<tr>
<td>General Health</td>
<td>2</td>
</tr>
<tr>
<td>Nursing</td>
<td>2</td>
</tr>
<tr>
<td>Paramedicine</td>
<td>2</td>
</tr>
<tr>
<td>Nutrition</td>
<td>1</td>
</tr>
<tr>
<td>Occupational Therapy</td>
<td>1</td>
</tr>
<tr>
<td>Oral Health</td>
<td>1</td>
</tr>
<tr>
<td>Speech Therapy</td>
<td>1</td>
</tr>
</tbody>
</table>
CAREERS

Tertiary Experience

Mech Sessions

Work Experience

Information

Individual Counselling

Guest Speakers
WHERE TO FIND INFORMATION

- Careers Newsletters
- Career Resource Centre
- Open days: August- September
- VICTER 2014 or 2015
- VTAC CourseSearch
- Careers page on MyScopus
- MyFuture
The IB Learner Profile at Scopus

Click here for Staff Conference Days program.
CAREERS PAGE

Video

One of the BEST Motivational Videos I've ever seen...

Links
- ATAR Calculator
- UMAT - ACER
- VCAA
- MyFuture Videos
- MyFuture Occupation Search
- MyFuture Bullseye Subject Charts
- Job Guide
- VTAC
- VTAC
- Uni Options Pathway Planner

Add new link
Browse Alphabetical

You are here: Home > The Facts > Work and Employment > Occupation Video Search > Browse Alphabetical

Search by
Keyword, Industry Subdivision

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

22 matches for your search on: A

1. Aboriginal Education Officer
   Time: 2:26 mins Size: 7.93 MB
2. Accountant
   Time: 1:59 mins Size: 13.9 MB
3. Aeronautical Engineer
   Time: 3:41 mins Size: 27.1 MB
4. Aerospace Systems Engineer
5. Air Traffic Controller
6. Airline Customer Service Agent
   Time: 3:01 mins Size: 6.23 MB
7. Animal Handler
   Time: 2:48 mins Size: 15.6 MB
8. Animator
   Time: 2:44 mins Size: 17.6 MB
9. Animator
   Time: 3:09 mins Size: 7.58 MB
10. Apprentice cook
    Time: 1:10 mins Size: 2.71 MB
11. Apprentice High Voltage Electrician
12. Apprentice Shipwright
13. Aquaculture Farmer
    Time: 3:21 mins Size: 8.69 MB
14. Architect
### Occupation search

You are here: Home > The Facts > Work and Employment > Occupation search

---

#### Search by

- Alphabetical, Industry Subdivision

#### Search by

<table>
<thead>
<tr>
<th>Keyword:</th>
<th></th>
</tr>
</thead>
</table>

---

#### Refine Search

To refine your search, in addition to entering keywords above, select options from the refine search criteria listed below.

**HINT**: Hold down the control key (CTRL) to select multiple search criteria elements within one list.

**HINT**: A search without keywords can be completed by using the Refine Search criteria below. To obtain results using the Refine Search criteria only, simply select an option of interest to you and press the Search button.

<table>
<thead>
<tr>
<th>Industry Subdivision:</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Accommodation</td>
</tr>
<tr>
<td></td>
<td>Administrative Services</td>
</tr>
<tr>
<td></td>
<td>Adult, Community and Other Education</td>
</tr>
<tr>
<td></td>
<td>Agriculture</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Learning Area:</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Art</td>
</tr>
<tr>
<td></td>
<td>Biology</td>
</tr>
<tr>
<td></td>
<td>Chemistry</td>
</tr>
<tr>
<td></td>
<td>Computing Studies</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Work interest:</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Analytic or Scientific</td>
</tr>
<tr>
<td></td>
<td>Creative or Artistic</td>
</tr>
<tr>
<td></td>
<td>Helping or Advising</td>
</tr>
<tr>
<td></td>
<td>Nature or Recreation</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skill Level:</th>
<th>All</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Para Professional Jobs</td>
</tr>
<tr>
<td></td>
<td>Professional Jobs</td>
</tr>
<tr>
<td></td>
<td>Semi-skilled Jobs</td>
</tr>
<tr>
<td></td>
<td>Skilled Non-trade Jobs</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exclude these Work Demands:</th>
<th>None</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Driving</td>
</tr>
<tr>
<td></td>
<td>火花 or related environment</td>
</tr>
</tbody>
</table>

---
Occupations Search - Results By Keyword

You are here: Home > The Facts > Work and Employment > Occupation search > Occupations Search - Results By Keyword

85 matches for your search on.

<Previous First 1 2 3 4 5 6 Last of 6 pages Next>

16. **Probation and Parole Officer**
   (e.g. community service, home detention, probation or parole) and make sure that they comply

17. **Art Therapist**
   Art therapists work with a client or a group of clients to help them address emotional and psychological issues through creative activities such as drawing, painting, sculpting and collage. Art therap

18. **Audiologist**
   Audiologists test hearing and assess the nature of hearing disorders. They are responsible for the non-medical management and rehabilitation of hearing loss and associated disorders of communciation.

19. **Project and Program Administrator**
   Project and program administrators plan and administer programs, special projects and support services, including management or staff. Project and program administrators can work for either public or

20. **Career Development Practitioner**
   Career development practitioners help people of all ages to manage learning and work throughout their life. They provide information, advice and assistance on a wide range of matters, such as career p

21. **Cardiac Technologist**
   Cardiac technologists provide technical services for the investigation, diagnosis and treatment of heart disease. As part of the cardiology team, cardiac technologists operate a range of specialist eq

22. **Podiatrist**
   Podiatrists look after the health of people's feet by diagnosing, treating and preventing foot abnormalities, and by educating the public about good foot health. Podiatrists may perform the following

23. **Lawyer**
   Lawyers advise people on their legal rights and obligations, and represent their interests in courts. They also provide legal advice and representation in a wide range of other matters, such as marriage and divorce, t
Duties and Tasks

Accountants analyse, report and give advice on the financial dealings of organisations and individuals, and advise on associated record-keeping and compliance requirements.

Duties and Tasks

Accountants may perform the following tasks:
- assist in the formulation of budgetary and accounting policies
- prepare financial statements for presentation to boards of directors, management, shareholders, and statutory bodies
- conduct financial investigations, undertake audits, prepare reports, and advise on such matters as the purchase and sale of businesses, mergers, financing, suspected fraud, insolvency and taxation

Specialisations

Budget Accountant
Bursar
Finance Manager
Investment Analyst
Liquidator and Receiver
Cost Accountant
Systems Accountant
Taxation Consultant/Taxation Agent
Treasurer
Forensic Accountant
'Do you enjoy or are you good at...?' posters

Biographical Bullseye Posters

The Bullseyes posters can help students to identify occupations that link with subjects they study at school and the level of education and training these occupations require.

Click on the subject title (e.g. Art) for the four education and training levels and the matching occupation titles. You can click on an occupation title to access the corresponding myfuture occupation profile.

Click on the PDF links underneath the subject title for a PDF version of the Bullseye poster. These posters display the occupation titles and their training and education requirements, in the “bullseye” format. They can be printed for display in the classroom or career counseling office.

The posters are produced by the Australian Government Department of Education, Employment and Workplace Relations (DEEWR). Original posters can be ordered from the career services section of the DEEWR website.

The 'Bullseye Lesson Plan' [DOC 15KB] is useful if you are assisting someone else with their career exploration. For teachers, the Bullseye Lesson Plan will help you to introduce your students to the posters and occupation profiles in myfuture.

---

**Biographical Bullseyes Posters**

The Biographical Bullseye posters feature a subject Bullseye and two short biographies of people who have studied that subject. They describe their career interests and the education, training and career pathways they followed to achieve their goals.
"Do you enjoy or are you good at" Posters

Health

Level 1
Usually has a skill level equal to the completion of Year 10, the Senior Secondary Certificate of Education, Certificate I or Certificate II qualification.

- Aged Care Worker
- Clinical Coder
- Counselor
- Personal Care Worker
- Special Care Worker
- Therapy Aide

Level 2
Usually has a skill level equal to a Certificate III or IV or at least three years relevant experience.

- Aboriginal/Torres Strait Islander Health Worker
- Aged Care Worker
- Anaesthetic Technician
- Audiology
- Counselor
- Dental Assistant
- Fitness Instructor
- Occupational Health and Safety Officer
- Operating Theatre Technician
- Optical Dispenser
- Personal Care Worker
- Prosthetic/Orthotic Technician
- Special Care Worker
- Therapy Aide

Level 3
Usually requires a level of skill equal to a Diploma or Advanced Diploma.

- Aboriginal/Torres Strait Islander Health Worker
- Anaesthetic Technician
- Counselor
- Dental Hygienist
- Dental Prosthetic
- Dental Technician
- Dental Therapist
- Disability Services Instructor
- Diversional Therapist
- Enrolled Nurse
- Fitness Instructor
- Massage Therapist
- Medical Laboratory Technician
- Occupational Health and Safety Officer
- Paramedic

Level 4
Usually requires the completion of a Bachelor Degree or higher qualification.

- Audiologist
- Biomedical Engineer
- Cardiac Technologist
- Chiropractor
- Counselor
- Dental Hygienist
- Dental Technician
- Dental Therapist
- Dentist
- Nuclear Medicine Technologist
- Occupational Health and Safety Officer
- Occupational Therapist
- Optometrist
- Orthoptist
- Osteopath
- Paramedic
- Pharmacist
- Pharmacologist
- Physiotherapist
CAREERS PAGE

Video

One of the BEST Motivational Videos I've ever seen...

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- MyFuture Videos
- MyFuture Occupation Search
- MyFuture Bullseye Subject Charts
- Job Guide
- VTAC
- Uni Options Pathway Planner

Add new link
Scholarships come in all shapes and sizes
Academic achievement, financial hardship, relocation and many more...
Is there one for you? >

Applying through VTAC
VTAC registrations and applications will open on Monday 6 August at 9am.
For information on the application process and how to apply, see Making an application.

Search for Courses
Choose from over 1100 courses at 64 institutions
- Search by keyword
- Refine by institution or campus
- Refine by field of study
- Refine by application method: apply through VTAC or direct to the institution

Important Dates
- Mon 6 Aug, 9:00am: Scholarships open
- Mon 6 Aug, 9:00am: Course applications open
- Mon 6 Aug, 9:00am: SEAS applications open
- Mon 6 Aug, 9:00am: STAT/ALSET applications open
- Fri 28 Sep, 5:00pm: Timely applications close
- Fri 28 Sep, 7:00pm: Late applications open

CourseSearch >

What’s new
Subscribe to our blog to receive regular course updates and other news via RSS or email (use the subscription box on our blog page).

CourseLink
Australian secondary students can use VTAC CourseLink to keep track of courses that interest them. Set up an account or login:
- Victorian Year 11 and 12
- Victorian Year 9 and 10

Careers Professionals
Careers Professionals can access:
- VTAC Careers Professionals' sub-site
- VTAC CourseLink
Select keyword

CourseSearch

Quick Search by VTAC Course Code:

Find:

Refine your search:

Institution: All institutions

Campus: All campuses

Study area: All study areas

Apply: 
- Through VTAC
- Directly to institution
- Both

List Courses >
.....or field of study
.....or Institution
### Search results matching the keyword ‘jour’ on course title, qualification and major

<table>
<thead>
<tr>
<th>Course name</th>
<th>Apply</th>
<th>Institution</th>
<th>Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts</td>
<td>VTAC</td>
<td>Deakin University</td>
<td>Geelong, Melbourne, Off-campus, Warrnambool</td>
</tr>
<tr>
<td>Arts</td>
<td>VTAC</td>
<td>La Trobe University</td>
<td>Melbourne</td>
</tr>
<tr>
<td>Arts</td>
<td>VTAC</td>
<td>Monash University</td>
<td>Caulfield, Clayton</td>
</tr>
<tr>
<td>Arts</td>
<td>VTAC</td>
<td>Swinburne University of Technology</td>
<td>Hawthorn</td>
</tr>
<tr>
<td>Arts (Human Behaviour Stream)</td>
<td>VTAC</td>
<td>Monash College</td>
<td>Clayton</td>
</tr>
<tr>
<td>Arts (Psychology Stream)</td>
<td>VTAC</td>
<td>Monash College</td>
<td>Clayton</td>
</tr>
<tr>
<td>Arts (Psychology)</td>
<td>VTAC</td>
<td>Deakin University</td>
<td>Geelong, Melbourne, Off-campus, Warrnambool</td>
</tr>
<tr>
<td>Arts and Social Sciences/Business and Commerce</td>
<td>VTAC</td>
<td>Monash University</td>
<td>Gippsland</td>
</tr>
<tr>
<td>Arts and Social Sciences/Education (Primary)</td>
<td>VTAC</td>
<td>Monash University</td>
<td>Gippsland</td>
</tr>
<tr>
<td>Arts/Accounting</td>
<td>VTAC</td>
<td>Monash University</td>
<td>Caulfield</td>
</tr>
<tr>
<td>Arts/Arts Education</td>
<td>VTAC</td>
<td>La Trobe University</td>
<td>Melbourne</td>
</tr>
<tr>
<td>Arts/Banking and Finance</td>
<td>VTAC</td>
<td>Monash University</td>
<td>Caulfield</td>
</tr>
<tr>
<td>Arts/Business</td>
<td>VTAC</td>
<td>Monash University</td>
<td>Caulfield</td>
</tr>
</tbody>
</table>
Monash Uni, Clayton

28091 (CSP), 28093 (IFP)

- Bachelor of Engineering: FT4 PTA

<table>
<thead>
<tr>
<th></th>
<th>Clearly-in</th>
<th>% below</th>
<th>CY12 offers</th>
<th>Total offers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 2012</td>
<td>90.05</td>
<td>35.00</td>
<td>213</td>
<td>282</td>
</tr>
<tr>
<td>Feb 2012</td>
<td>90.05</td>
<td>35.32</td>
<td>225</td>
<td>296</td>
</tr>
</tbody>
</table>

Apply: Through VTAC

About the course: Builds on foundation sciences to prepare graduates for professional practice in one of five branches of engineering. For mechatronics please refer to the course entry for Mechatronics Engineering. First year includes introductory subjects in engineering and the foundation sciences. The program allows students to keep their options open and select from a range of engineering disciplines. After first year, subject to academic merit and any quotas, students move into their preferred engineering branch. Students pursue one of five branches: chemical, civil, electrical and computer systems, materials or mechanical engineering. Vacation employment: twelve weeks during one or more long vacations between years of study, in approved engineering work.

Major studies: Engineering, Engineering (chemical), Engineering (civil), Engineering (computer systems), Engineering (electrical), Engineering (materials), Engineering (mechanical).

Prerequisites: Units 3 and 4—a study score of at least 30 in English (ESL) or 25 in any other English and a study score of at least 25 in mathematical methods (CAS) and in one of chemistry or physics.

Selection mode: CY12: ATAR and two-stage process with a middle-band of approximately 20%. NONY12: Academic record including GPA (see institutional page) and form. See Extra requirements for specifics.

Middle-band: A study score of at least 25 in specialist mathematics = an aggregate 3 points higher. A study score of at least 25 in both chemistry and physics = an aggregate 2 points higher. Maximum 5 points; SEAS.

Extra requirements:

NONY12

Form: Applicants must complete and submit a [VTAC Personal History online](https://www.vtac.edu.au/personal-history).
CAREERS PAGE

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- MyFuture Videos
- MyFuture Occupation Search
- MyFuture Bullseye Subject Charts
- Job Guide
- VTAC
- Uni Options Pathway Planner

Add new link
Careers and VCE

This page contains information that parents may require in regards to your child’s VCE and career choices.

Information Evenings

Year 10 Parent Information Night, February 2013

Career Newsletters

Career News 1, 2013

Work Experience

Work Experience Letter
Work Experience Planner
Work Experience Arrangement Form
Work Experience Contacts
Work Experience Guidelines for Employers
IMPORTANT DATES 2013

- UMAT REGISTRATION: early April – 7 June 2013
- UMAT: 31 July 2013
- OPEN DAYS: August - September
- VTAC Preferences: 5 August – 30 September
- VCE Results: 16 December 2013
- Change of Preference: 25 November - 23 December
- First round offers: 17 January 2014
CAREERS EVENTS

• UMAT INFORMATION NIGHT
  7.45pm Monday 18 February at GBH

• AGE VCE CAREERS EXPO
  Caulfield Race Course
  Thursday 2 – Sunday 5 May 2013
YEAR 11 WORK EXPERIENCE

• An option for all students in Year 11.
• Work Experience dates Dec 2 – 6 (may have to miss a few hours to attend Bridging sessions).
• Students must find their own placements.
• Must complete formal Work Experience form before end of Term 2.
• Forms and information sent with Career News and can be accessed on Scopus website.
HOW CAN YOU HELP?

Discuss:

- Pathways
- Interstate Institutions
- Private Institutions
- UMAT preparation
- Folio Preparation
- Open days: August-September
CONTACT DETAILS

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BE STRONG AND OF GOOD COURAGE

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Making the most of VCE

avoiding the pitfalls of undue stress.
Yerkes-Dodson law to explain the difference between healthy arousal and exhausted over-arousal. Healthy tension is represented by the up slope of the curve where performance tends to improve in proportion to arousal. In this state of mind and body, activity can be balanced by calming relaxation activity, and so homeostasis is maintained. On the down slope, effort continues despite fatigue; arousal increases but performance deteriorates, and if the struggle continues, exhaustion worsens and eventually health breaks down.'
Mental Health and young people?

- The greatest numbers of people with a Mental illness are in the 18-24 year age group.

- 14% of Australian aged 4-17 years have mental health problems.

- Depression is one of the most common mental health problems in young people.

- Adolescents with mental health problems report a high rate of suicidal thoughts and other health-risk behaviour, including smoking and drug use.
Balanced lifestyle

study, nutrition, physical and mental health, leisure and rest.

GOOD NUTRITION: body and brain function better

Breakfast: most important meal of the day

Brain Foods: protein – lean meats & fish
raw nuts (walnuts & almonds)
seeds – sesame, sunflower & pumpkin
eggs
fruit (blueberries)
Wellbeing

- Exercise: walking – yoga – gym – sports
- Creative Pursuits: music/dance/drama/art etc.
- Recreation: scheduled time for regular socialising but not at the cost of studies
- If your child is feeling stressed or not coping, encourage them to talk you share with their friends and talk to the school psychologist.
Sleep

‘Sleep is not only a biological necessity but also a physiologic drive. In today’s fast-paced world, though, sleep is often the first thing to go….. Adolescence is the time of greatest vulnerability from the standpoint of sleep.’

William C. Dement

- Average amount of sleep needed for teens to function effectively is estimated to be 9.25 hours!

- Accumulation of sleep debt - fatigue, drop in motivation, poor memory, concentration difficulties
Goals

“When one does not know what harbour he is making for, no wind is the right wind.” Seneca

- Writing down goals:
  Uni/TAFE/apprenticeship etc.
  personal development/leisure/travel

Are they clearly defined, realistic or commensurate with your abilities?

- Action plan – steps to achieve these goals
- Persistence Stick to it – don’t give up
Motivation

- Is based on your thoughts (attitude) & study behaviour (organisation)

- Intrinsic vs Extrinsic Motivation

Intrinsic – creates positive sustainable motivation

- Reasons for doing VCE

  List 3 reasons as to why & what you want to achieve

- Use positive self-talk – dispute negative thinking - avoid procrastination
Time Management

- Plan ahead to help avoid the pitfalls – pace yourself
- Use time wisely – what takes up the biggest chunk of time?
- Create a home study timetable - **Importance of a scheduled routine** cannot be overstated.

There is no surer way to lose valuable marks and increase your stress levels than to fail this vital planning stage

- Be realistic and build in regular breaks
What can parents do...

- GENTLY guide, support, encourage.... let them know you’re always available
- Don’t nag– nagging is a major student stressor
- Assist them in creating a routine that works taking into consideration activities & mealtimes. Remove distractions
- Give positive feedback and encourage them to believe in themselves
- Work with your child to focus on solutions to issues that arise rather than dwelling on the problems
References

• Exam Stress. No worries. Sue Dorland (2009)


• positivehealth.com

• Flinders University