Servite College

Year 12

I Am
Supporting your Year 12 student through Wellbeing to Enhance Learning
The Research

Mission Australia Youth Survey 2019 – For the third year in a row young Australians named mental health as the most important issue in Australia followed by stress, school and body image.

Research shows Year 12 can increase rates of depression, anxiety and other mental health issues.

Fear of failure and apparent lack of prospects were identified as stressors by young people.

Managing school, work, family and social commitments can be difficult and lead to feelings of being overwhelmed and struggling to cope.
To prepare for success, students need to prepare their brains

- Sleep
- Study
- Repetition
- Motivation and Stamina
- Feed and water your brain
- Exercise
- Some stress is ok
Stress

Event

Harmful
Distress

Helpful
Eustress
Bonus Tips

• No screen time within 1 hour of going to bed
• Cook at least 1 meal per week
• Chores
• White noise
• Consistent wake time
• Cold/Ice to wake up/manage moods
• Yoga/Pilates/Breathing
• Tabata
• Board games (Rumy-O & Monopoly Deal)
Supporting Your Year 12

• Provide balance
• Routine
• Connection
Do’s

Don’ts
Do's

- Guide, support and encourage
- Take your teenager’s efforts seriously
- Create an effective work space
- Rake a whole family approach to support
- Remind your teenager of his or her goals
• Give your teenager positive feedback whenever possible
• Encourage your teenager to take study breaks when necessary
• Help your teenager put, and keep, the year in perspective
• Keep an eye on his or her emotional health – look for changes in sleeping or eating habits, and see your GP if you are worried
• Let your teenager know that you’re there when they need you
Don’ts

• Nag
• Overload your teenager
• Tell your teenager to “work harder”
Resources

Dr Jill Bolte-Taylor
Dr Brene Brown
Prof Norman Doige
Prof John Medina
Dr Bruce Perry
Dr Daniel Lane

Dr Martin Seligman
Dr Daniel Goleman
Dr John Kabaat Zinn
Kelly McGonigal
Jane McGonigal
Dr Michael Carr-Gregg
Success

What people think it looks like…
Success

What it actually looks like…