TESS HEALY RECEIVED A PERFECT PRODUCT DESIGN AND TECHNOLOGY SCORE IN 2014.

My name is... Tess Healy
I went to... Genazzano FCJ College
In VCE PE, I received a score of... 50
The thing I liked best about doing this subject was... It was really hands on and fast paced. There was something new and exciting to learn every class.

This year (2015) I am doing... The Associate Degree in Fashion Design and Technology at RMIT Brunswick.

The best advice I can give VCE students about this exam is... do as many practise exams as possible! I did 10 for this subject.

Time management is key for this exam, so make a time plan and stick to it no matter what, otherwise you won't finish. Be what, otherwise you won't finish. Be brutal and move on to the next section if you have to.

Use the reading time wisely, and organise what product you will design in your head before writing starts. This is a really time consuming chunk of the exam, so do this in advance to ensure you're totally prepared and waste no time on the exam itself.

The best advice I got from my teacher about this exam was... Stick to the prescribed content when studying the theory. If it's not from the textbook, then it's not worth your time; if it's from the Internet, or another unreliable source, it may be wrong.

In the month before this VCE exam, I... studied the material I needed to know for the exam, by creating notes and palm cards. I also maintained my social life and saw my friends often, having a day off every now and then.

In the week before this VCE exam I... made a thorough schedule to stick to, working off the 1 hour of study, 10 minutes of break regime. I did a practise exam a day, had them revised by my teacher, and anything I got wrong, I hammered into my brain to ensure I got it right on the next one.

On exam day, I prepared myself by... having a bacon and egg muffin, and a fruit salad for breakfast. I didn't look at any notes prior to the exam, in fear I might make myself more nervous. Instead I repeated in my head that I knew what I was doing, I was prepared, and to have faith in myself.

After the exam, I... sadly for me, I was escorted to another exam immediately afterwards. However after that, I treated myself to lunch, and had a big nap; I didn't do anymore study that day.

The best exam advice I received from my parents, siblings or friends was... my brother told me “remember that this exam isn't the be-all and end-all. VCE is important, but health is more important, so don’t become so stressed that you make yourself sick” (which I had a tendency to do!).

I didn't work a part-time job during year 12 because... I didn't want to commit to something that I couldn't keep up with. I chose to quit my part time job in order to keep my levels of stress as low as possible.

For more tips like this and for advice about looking after yourself during VCE exams, please visit www.education.vic.gov.au/school/students/pages/vce.aspx