

# GET READY FOR YEAR 11 AND 12

**1** Encourage your child to speak to the school careers adviser early – different pathways exist, VCE isn't the only option.

**6** Help your child develop good study habits – including regular breaks.

**2** Arrange textbooks before school starts so your child can get familiar with the topics.

**7** A balanced diet and ample rest are important.

**3** Have a calendar with key school dates at home.

**8** Ensure your child knows that support is available – the school's health and wellbeing team, Kids Helpline, LifeLine, Headspace and Beyond Blue.

**4** Talk about how school is going and any concerns your child may have – let them know you're there to help while respecting their space.

**9** If your child is anxious about study or exams, try to stay calm and listen to their concerns.

**5** Encourage your child to participate in out of school activities, such as sport and music.

**10** Encourage your child to visit open days for universities and TAFEs. They don't have to be in Year 12 to attend.

For more information head to [www.education.vic.gov.au/parents/going-to-school](http://www.education.vic.gov.au/parents/going-to-school)