

## Year 12 Exams - Performance When It Matters

### The marathon metaphor

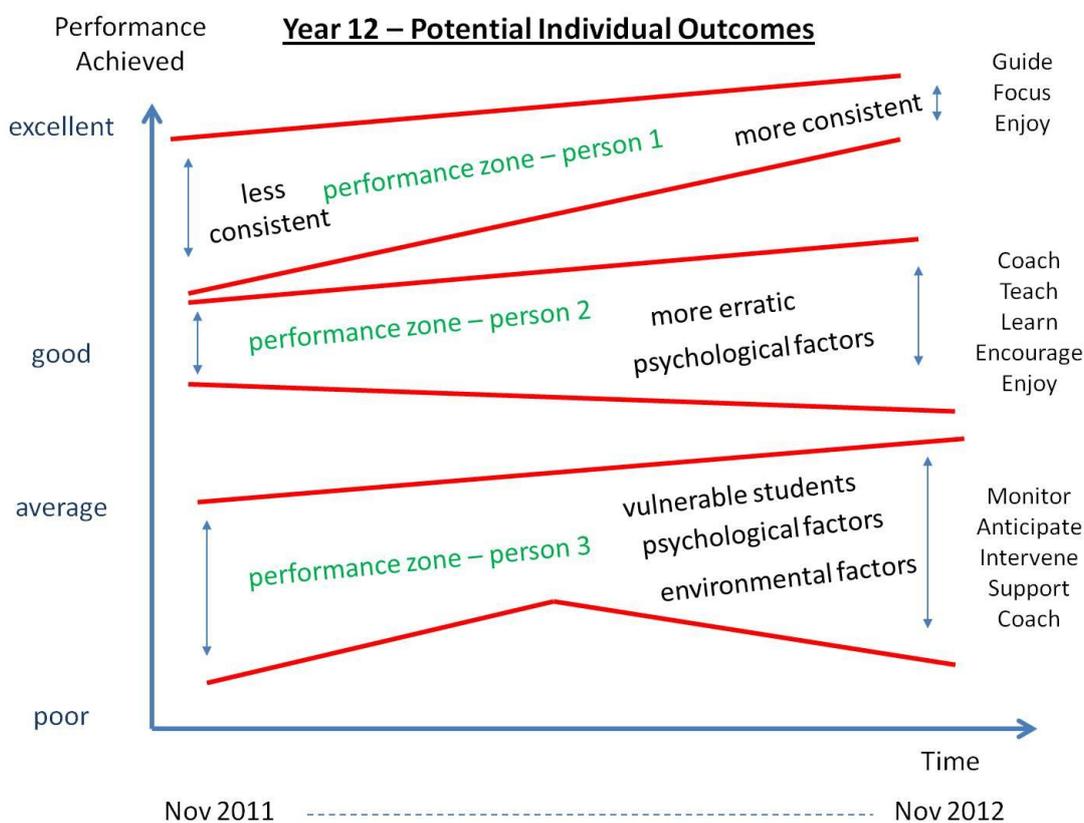
Have progressed this far, over many years, the challenge is to finish as strongly as possible. The negative split scenario; Role of nutrition, before, during; Routine, habits leading up to.

Planning in advance, goal setting. Organising a schedule.

### Converting potential and competence to optimal performance

#### Context Diagram - Potential Performance Outcomes

Dynamic, open to change, flexible, unpredictable for some, scenario



It's all about **Performance** folks! And that is significantly affected by the following factors, among others:

**Anxiety** management – dealing with threats, with planning in advance to allay and mitigate

**Stress** management – evaluations about ability to cope, so anticipate and then be ready

**Goal setting** – planning to succeed, by implementing those steps that translate to success

**Confidence** – believing in your ability to succeed, positive self-talk, imagery. You can do it!

**Attention** – keeping our focus on those things we can control or influence, remaining mindful

**Motivation** – be task focused, not ego focused; it's about personal best, not winning (beating others)

**Decision making** – decide now to give yourself the best opportunity to achieve your personal best

### **Acceptance of negative and positive thoughts and feelings**

You are human, anxiety is normal, especially when you are undertaking important or stressful tasks.

You cannot stop your negative thoughts or feelings, so acceptance of them is the best advice.

But aim to act positively anyway and you will think and feel more positively as a consequence.

### **Less is more**

It is a time to sacrifice, to be less impulsive, less hedonistic. To focus our mind on what is important for our academic performance, to prioritise.

### **Get organised, set goals**

Develop a schedule now that maps out all daily activities till the end of the exam period. Use an Excel spreadsheet or Word tables. Every day, allocate time for (1) study and school attendance; (2) sleep; (3) exercise and/or some recreational activities; (4) social and family activities.

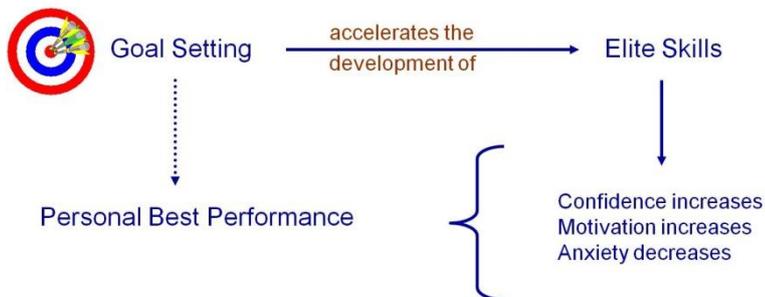
Avoid excessive social activities and extra part-time work (especially in holiday period). Allocate contingency (spare time-slots) time for extra study or remedial efforts.

Ensure you develop and maintain a nutritious and balanced eating plan for this period, minimising caffeine and alcohol intake, and sticking with foods that agree with your constitution.

Implement the schedule and work diligently to stick to it daily.

## Goal Setting: Why Bother?

- ◆ Directs performer's attention and actions (priorities)
- ◆ Mobilises their effort (getting underway)
- ◆ Prolongs effort and increases persistence (good habits)
- ◆ Develops new learning strategies (flexibility)



## Anxiety management

Be mindful. You cannot change the past or predict the future. Focus on being your best now. As you prepare and study for each exam, as you participate in each exam, as you move from one exam to the next.

Focus your attention on what you can control and influence, accept disruptions and the unexpected as stuff that happens.

Remember the serenity prayer. ".... give me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. "

Successful anxiety management is about accepting the things I cannot change (or control), have the mental toughness and courage to change the things I can (via extensive goal setting), and using our insight and the wisdom of our teachers and parents to know which is which.

## Stress management

Stress is a cognitive evaluation usually, until we become distressed, then it becomes physiological and can lead to panic, hysteria etc.

Expect the unexpected, accept that which is beyond your control, plan for likely and probable scenarios, using your extensive goal setting program to provide the strategies to cope each step of the way.

Plan in advance and you will implement a pathway to success.

## Key message

The most important message: DO POSITIVE THINGS REGARDLESS.

This is why GOAL SETTING is so important.

So, no trying.... Plan It, Do It!