



Morning Comment

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We'd like to begin by saying congratulations to everyone here – we have made it through another year at school. Yay! At the start of the year, the three of us shared how we have navigated NCEA, and now that we are going into study leave, we wanted to recap a bit.

Gemma: Firstly, make a bit of a plan for the next few weeks. Start by figuring out when your exams are – if you haven't looked yet, as I'm sure you all know, there's a timetable included in Mr Bevin's very helpful stack of paper. Make sure you check both the date and the time – I've definitely shown up at the wrong time before and had to sit round for an extra five hours. Would not recommend.

Then plan your study around when your exams are. Start by studying for your first exams and then you can study for your later exams afterwards. Studying early means you won't need to cram quite so much the night before – never underestimate the value of a good sleep before an exam.

Daniel: I am going to keep this short, at this point of the year, after many years of schooling, you're all battle-hardened seasoned veterans of the exam season, so I will only give a few short pieces of advice. If you are going to do anything, anything at all, make sure that you are focused. Focus is like a limited resource, so don't waste it on trivial tasks and actively engage with everything you're doing. Not only this, but make sure that whatever you are doing is challenging



– if you are not making mistakes then there is no point to what you are doing; if you are not making mistakes you are not learning. Lastly, be bored, be bored; this is my greatest advice going into exams. Boredom is something that most of us actively avoid, consciously or not. But boredom gives you the time and clarity to truly be alone in your head and think, and if you can actively think about whatever you want to achieve, that is your best chance for success.

Annika: Finally, we all need to remember to enjoy the next few weeks as much as possible. Study leave and exams are stressful, so taking time to ourselves is so important. Taking breaks between practice papers to give your mind a break will help immensely. Changing study areas by coming into school one day and going to the library the next will stop days becoming repetitive and boring. Meet up with your friends to help each other – however this may not be the most productive.

Make sure to reward yourselves. After a day of study put on a movie and stop thinking for a few hours. If there is something to look forward to after it makes putting in the effort a bit easier. I personally am a big fan of eating a bag of lollies after each exam!

Finding little things to bring yourself through the next few weeks will turn a tough time into something enjoyable. Yes, we should all try and get good grades, but doing this in a happy and healthy way is what is most important.

Stick it through to the end, finish strong and get excited for the end of the year. Whether you are Year 12 hoping for the best results for uni applications, or Year 13 showing up to the two exams you actually need to sit, if you try hard to meet your goals, we are sure you will succeed. At the end of the day, all bad things pass. The next three weeks require some effort but accomplishing it will feel amazing.