



SOLUTION
PSYCHOLOGY

DIGITAL STUDENT STUDY PACK

A digital resource pack for VCE students to assist with
exam preparation!



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WELCOME!

This digital study pack was created by Rachel Calalesina and Natalie Mizzi, two provisional psychologists at Solution Psychology, under the supervision of Melissa Juzva, clinic director and board approved supervisor. It has been designed as a resource to assist students who are preparing to sit exams. You will find a range of activities, tips and strategies to:

Help you prepare for different types of exam formats

Organise and plan your time effectively

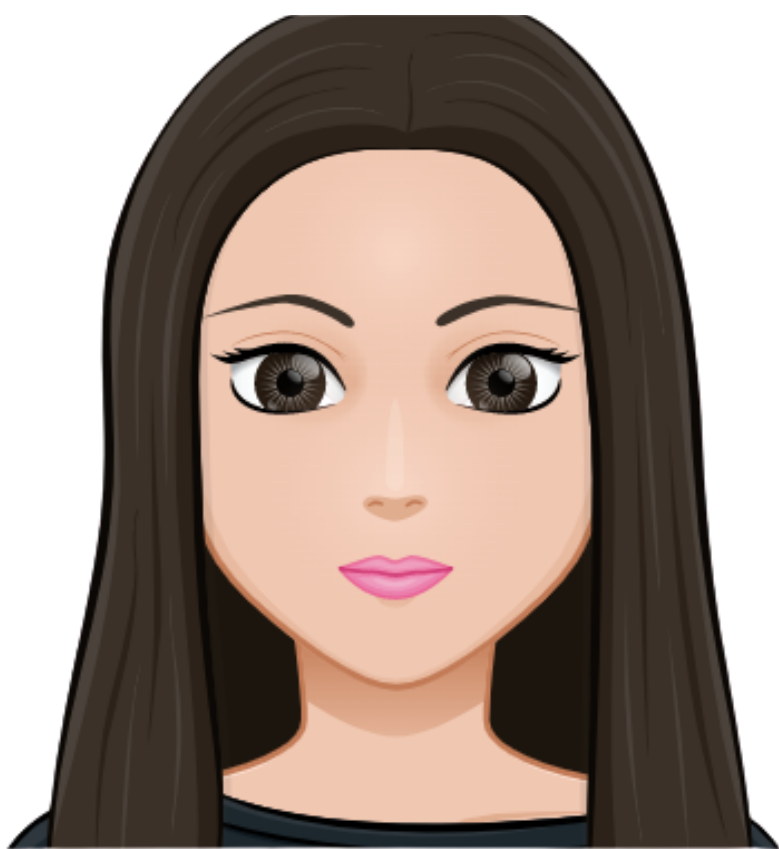
Prepare yourself the night before and the morning of an exam

Take care of yourself mentally and physically as you prepare for your exams

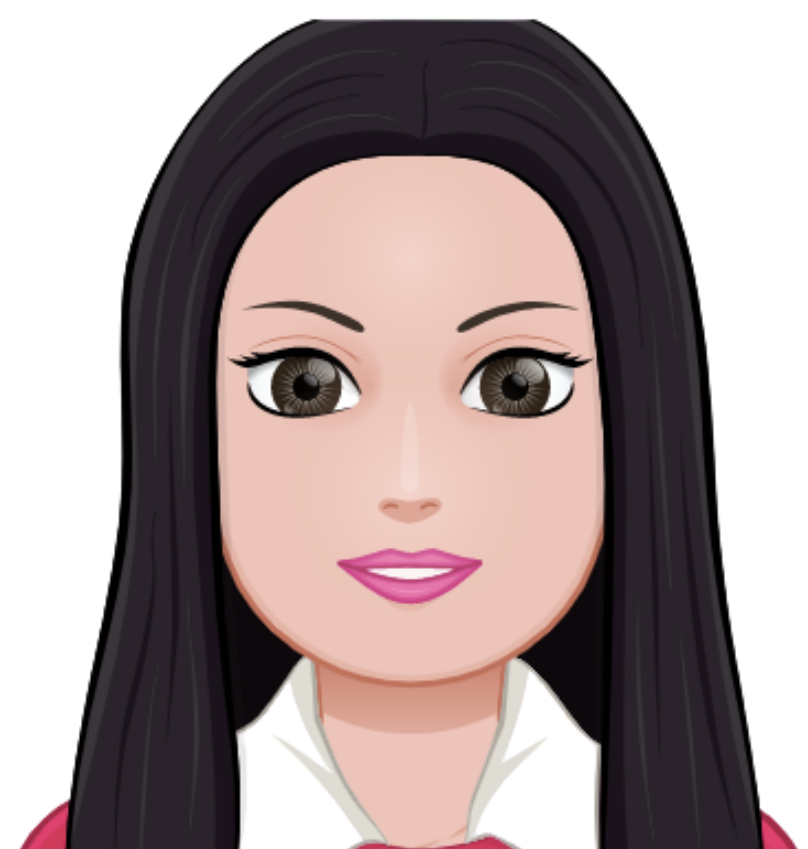
Know what to do and who to reach out to when you receive your ATAR score

The first activity in this resource pack is identifying your character strengths. After learning about character strengths, we encourage you to keep yours in mind throughout your preparation and exam period.

We hope you find this pack useful!



Rachel



Natalie

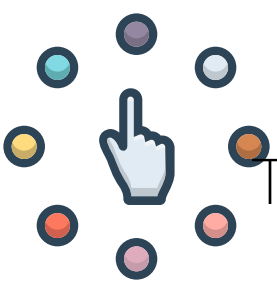


HOW TO USE THIS RESOURCE

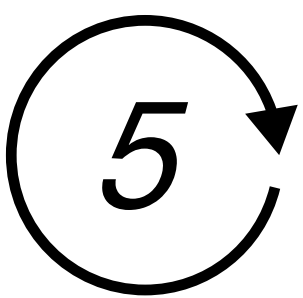
You will notice symbols have been used throughout the resource. Each symbol provides you with information about the activity, tip or strategy.



This symbol indicates that the activity, tip or strategy is most useful for RECALL practice



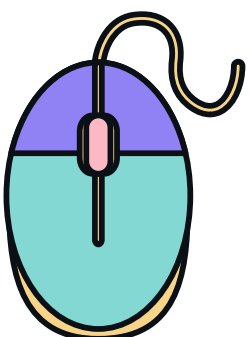
This symbol indicates that the activity, tip or strategy is most useful for RECOGNITION practice



This symbol indicates the recommended amount of time to spend on the activity



This symbol indicates that the activity can be completed on paper/hard copy



This symbol indicates that the activity be completed in digital format



KEY TERMS

RECALL

Information is recalled or retrieved from stored knowledge. For example, when answering a short or long worded answer, you are required to use your recall memory

RECOGNITION

The ability to identify familiar or correct information when it is among other information. For example, when answering multiple choice questions, you are required to recognise the correct answers amongst three incorrect answers

USEFUL RESOURCES

REACH OUT

<https://au.reachout.com/>



VCAA

<https://www.vcaa.vic.edu.au/>





CHARACTER STRENGTHS

This school year has been far from regular and many of you may be feeling some added stress from remote learning. It can be easy to get caught up in studying for SACS, exams and assignments. What we learn and the skills we develop whilst at school are invaluable. However, during challenging times, it can be helpful to think about who we are beyond an exam or ATAR score. We all have a set of character strengths which we develop through our individual life experiences. Everyone's set of strengths is different and that's what makes us unique. Take a moment to read through this list of character strengths and circle those which apply to you.

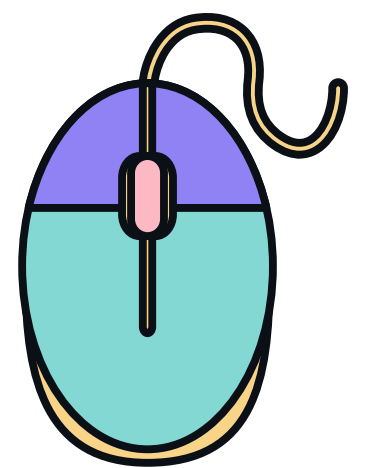
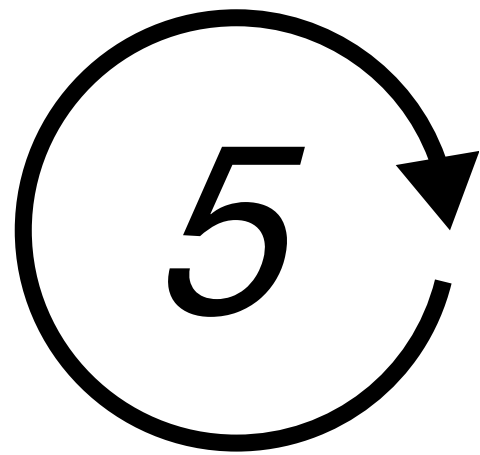
You may even be surprised at how many strengths you have. The next time you're feeling overwhelmed, stressed or anxious, remember your strengths and think about how you can use these each day to support yourself and your learning.

Remind yourself that you are.....

Thoughtful	Just	Confident	Brave
Supportive	Hopeful	Spiritual	Strong
Resilient	Leader	Helpful	Caring
Inclusive	Considerate	Forgiving	Creative
Loving	Honest	Thoughtful	Curious
Mindful	Connected	Unique	Humorous
Controlled	Grateful	Generous	Kind
Determined	Nurturing	Adaptable	Gentle
Sensitive	Thankful	Reflective	Fair



BRAIN DUMP



When we have a lot to study for or are feeling overwhelmed, it can be easy to focus on the things we do not know about a topic, subject or concept. Let's change that and instead focus on what we DO know. We can do this using this brain dump activity.

1. Pick a topic, subject or concept that you are going to be examined or assessed on. For example, if you do psychology you could write sleep or research methods.
2. Set a 5 minute timer.
3. Write down everything you remember and know about this topic, subject or concept. Rely only on your memory and don't refer to your notes or workbook.
4. You can present your brain dump how ever you like. It may look like a list, a brainstorm, a mind map, random notes across the page. It can even include pictures and symbols if you enjoy visuals.
5. Once the timer is up, take a look at what you DO know.
6. Use what is on your page and what isn't on your page to guide your studying. Perhaps you may focus on the gaps in your knowledge that didn't make it on your brain dump.
7. Repeat this exercise again after having spent some time building on your knowledge. Compare your brain dumps to see where you have built knowledge and were to focus your study on.

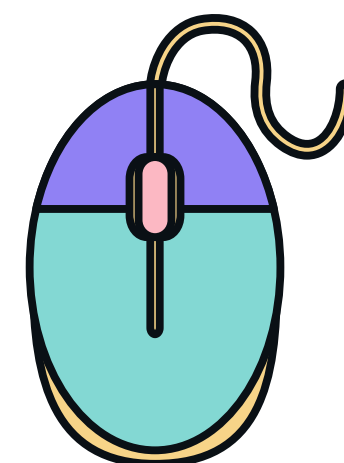
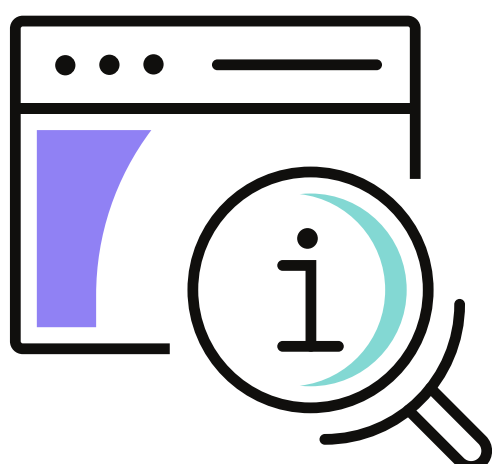
Use the template on the next page, grab a scrap piece of paper or open a new Word Doc.

Topic: _____





SUMMARY BOOK



An effective strategy you can use to help you study involves creating a summary book of the key learning objectives for each subject. In your summary book you would outline the Key Knowledge criteria from the VCAA Unity 3 and 4 Study designs for each topic. This will highlight what you will be expected to know for the exam and help you summarise and learn key information for each of the learning objectives. When you have a completed summary book, you can refer to it when studying for that subject.

Here is an example of the Key Knowledge for 2020 Unit 4 Psychology that would go in your summary book:

Key knowledge - Nature of consciousness

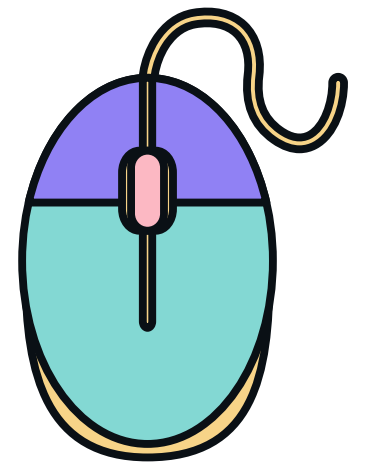
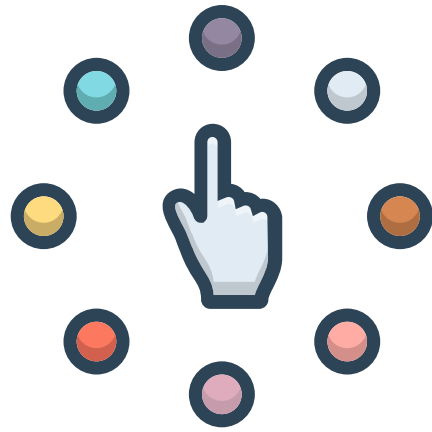
- Consciousness as a psychological construct that varies along a continuum, broadly categorised into normal waking consciousness and altered states of consciousness (naturally occurring and induced).
- The measurement of physiological responses to indicate different states of consciousness, including electroencephalograph (EEG), electromyograph (EMG) electro-oculograph (EOG) and other techniques to investigate consciousness (measurement of speed and accuracy on cognitive tasks, subjective reporting of consciousness, including sleep diaries, and video monitoring).
- Changes in a person's psychological state due to levels of awareness, controlled and automatic processes, content limitations, perceptual and cognitive distortions, emotional awareness, self-control and time orientation.
- Changes in levels of alertness as indicated by brain waves patterns (beta, alpha, theta, delta) due to drug induced altered states of consciousness (stimulants and depressants).
- The effects on consciousness (cognition, concentration and mood) of one night of full sleep deprivation as a comparison with effects of legal blood-alcohol concentrations.

VCAA study guides can be found here:

<https://www.vcaa.vic.edu.au/curriculum/vce/vce-study-designs/Pages/vce-study-designs.aspx>



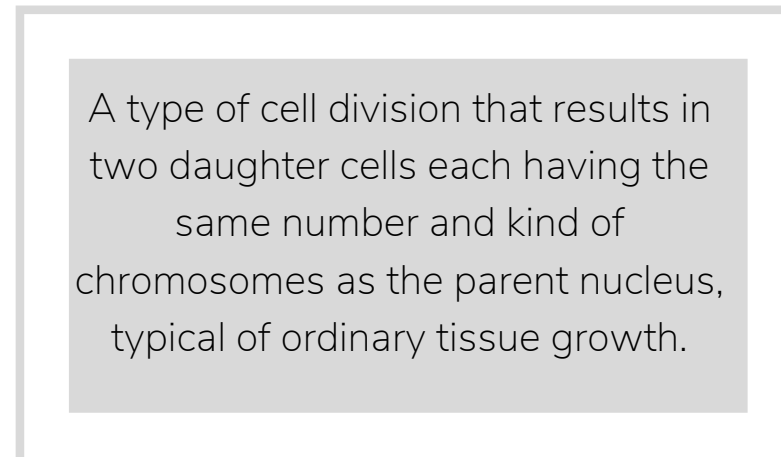
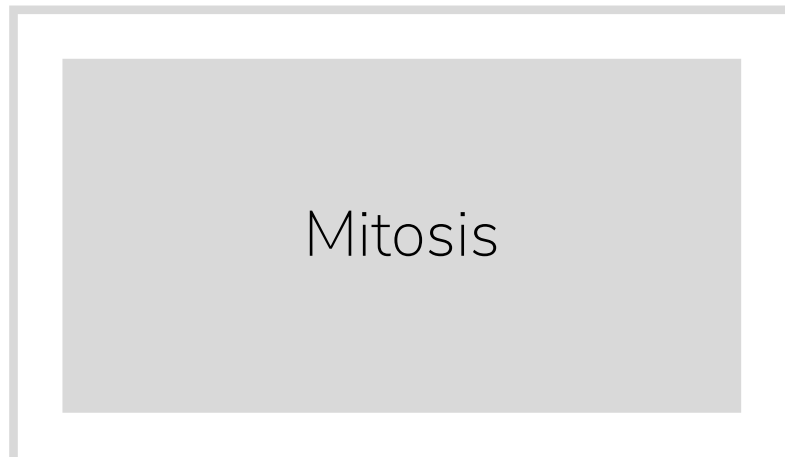
CUE CARDS



Cue cards can be a great way to test ourselves on examinable content. They can be used in several ways and to help you prepare for both recall and retrieval type exams

RECALL

1. Write a word that you are trying to learn the definition for on the front of the card. Write out the definition of the word on the back of the card. You can practice recalling the word after having read the definition. You can also practice recalling the definition after having read the word.



RECOGNITION

1. Create your own multiple choice questions. Write the question on one side of the card and 4 answer options underneath it (make sure one of them is the correct answer). Write the correct answer on the back of the card and one sentence explaining why it is the correct answer.



Use the hard copy cue card templates on the next page or use online cue card websites such as:

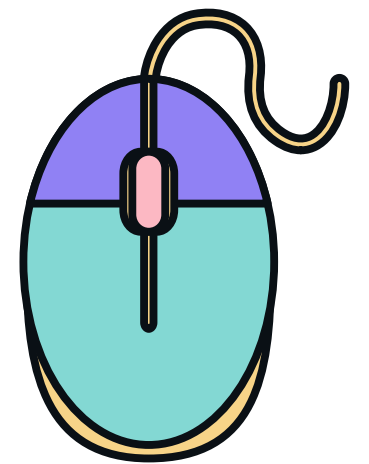
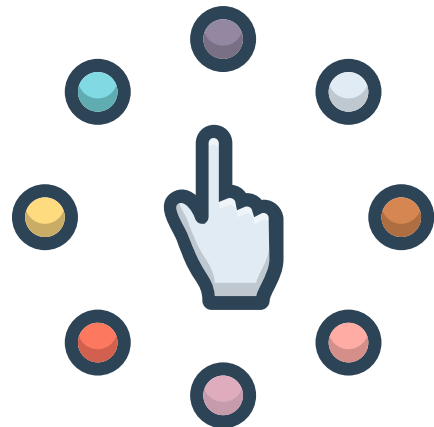
Quizlet <https://quizlet.com/en-gb>

Cram: <https://www.cram.com/>





TOPIC QUIZZES



When you are completing multiple choice questions on an exam, the different answers help prompt your memory for the correct answer. However, when you are completing a short-answer or extended response question on an exam, you are required to recall information that has been stored in your long-term memory.

Unlike a multiple-choice question, short-answer or extended response questions do not prompt your memory as much. Research shows that creating and completing quizzes for each topic is one of the most effective ways to store information in your long-term memory. Therefore, this will make it easier for you to recall relevant information from your long-term memory when completing short-answer or extended response exam questions. Your quiz should be created in a short-answer format, so it is similar to the exam.

Here are some suggestions for creating a subject or topic quiz:

- Refer to your summary book or the Key Knowledge criteria for the topic on the VCAA website and use the criteria to make quizzes.
- Complete a practice exam for your subject and note any questions that were tricky. Use those tricky questions to make a short quiz. You can then study this information again and complete your quiz.
- Make a quiz for important definitions you need to learn for the topic.
- Look at past exam questions and use their format for your quiz questions.
- When completing your quiz try not to look at your notes. If you can't answer the question study the material again and re-attempt the question.



EXAM TIMETABLE

SUBJECT	DATE	TIME	ROOM	MATERIALS

All VCAA exam information can be found here <https://www.vcaa.vic.edu.au/administration/Key-dates/Pages/VCE-exam-timetable.aspx>



SELF-CARE

Self-care involves deliberately engaging in an activity that you enjoy doing to help regulate and take care of yourself. Developing a self-care plan can be a great way to prioritise self-care during your busy exam preparation time. It may sound counter intuitive to stop studying and do an activity that you enjoy, that is un-related to your exams. However, engaging in regular self-care can help to avoid burnout, give you a break from study so that you can re-focus your attention, and act as a reminder that even though your upcoming exams are important, so is your wellbeing and YOU!

Everyone's approach to self-care is different and dependent on what activities you find enjoyable and recharging. Different aspects of self-care include:

- Physical
- Psychological
- Emotional
- Spiritual
- Relationships

You may like to incorporate different self-care activities which target several of these aspects in your self-care plan or only a few. It is up to you! On the next page you will find a self-care plan template. Before filling in your self-care plan you may like to brainstorm a list of activities that you enjoy doing and which make you feel good after you do them. Once you complete it, download it to your phone or print it out and put it somewhere that you can see easily. Engage with you plan often and update it if you feel the need to.

Self-care blog post:

<https://www.solutionpsychology.com.au/brain-chemistry-the-importance-of-self-care/>



SELF-CARE PLAN

HOW WILL I KNOW WHEN I NEED TO ENGAGE IN SELF-CARE?

PHYSICAL

PSYCHOLOGICAL

EMOTIONAL

SPIRITUAL

RELATIONSHIPS

Keep this
somewhere you
can see it

Re-assess your plan
at the end
of the week or
fortnight

Stick you plan
and engage with
it regularly

TAKE CARE OF YOU!



STUDY PLANNER

DAY:

TO DO:

TIME:	ACTIVITY:

SELF-CARE ACTIVITY

CHARACTER STRENGTH

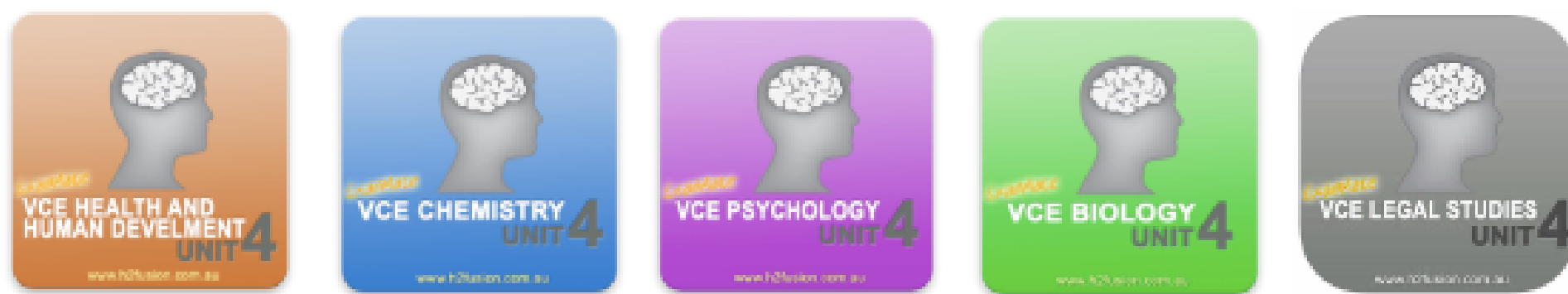


USEFUL STUDY APPS

Here are some useful apps you can use to help you prepare for your exams:

ExamMate VCE apps (\$4.99)

- Different apps for the various VCE subjects
- Uses a range of sensory techniques to help you study subject content in line with VCAA Key Knowledge criteria
- Includes short-answer questions, tables and flow charts



Forest - Stay Focused (\$2.99) or Flora – Focus, To Do, Habit (Free)

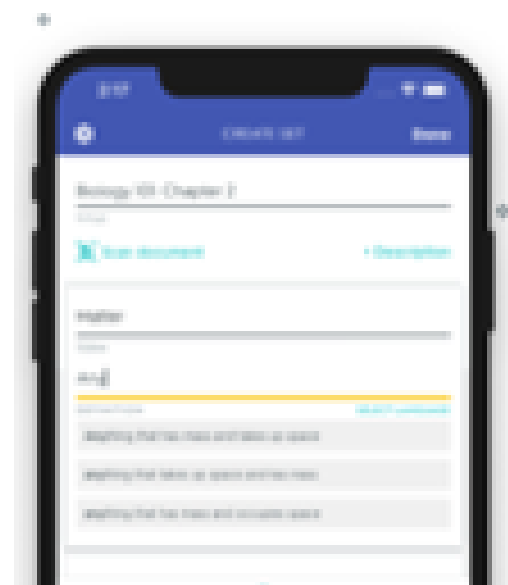
- Whenever you have the app open while you are studying a tree will begin to grow
- If you close the app and check another app, like Facebook, the tree will lose its leaves and wither away
- Every tree helps grow a complete forest
- Verse your friends - You can get notifications each time your friend's tree dies to help each other stay on top of your work





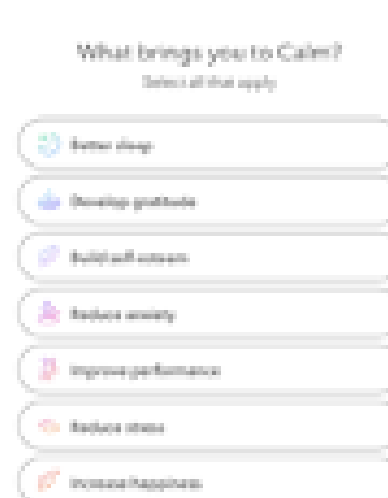
USEFUL STUDY APPS

- Quizlet Flashcards & Learning (Free)
- Create your own quiz or flashcards
- Browse quizzes made from other users – For example search VCE Biology Unit 4.



Calm – Meditation and Sleep (Free)

- A healthy sleep routine is essential throughout your exam period.
- The Calm app customises your experience by asking questions about your current sleep routine and difficulties
- This is suitable for students who have trouble falling asleep and staying asleep





COPING TOP TIPS

<https://www.solutionpsychology.com.au/2459-2/>



ANXIETY AND SLEEP TOP TIPS

<https://www.solutionpsychology.com.au/2366-2/>

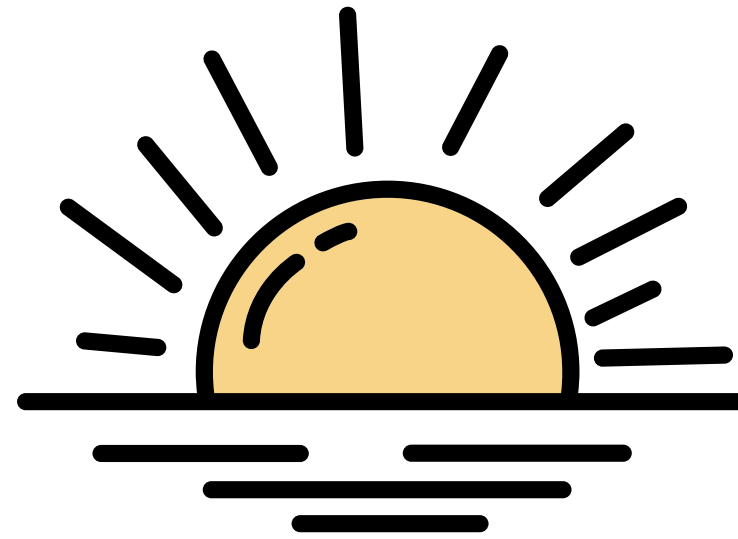




EXAM CHECKLIST



Night before



Morning of

☐

Check the location and start time of your exam

☐

Eat a nutritious breakfast

☐

Lay out your school uniform/clothes

☐

Leave home a little earlier than usual
This is to account for traffic

☐

Read over your notes once.
A light revision is recommended
Don't try to learn something new tonight

☐

Locate your exam room when you get to
school

☐

Pack your bag
(exam materials, lunch, snacks and water bottle)

☐

Avoid people who might stress you out

☐

Set your alarm

☐

Avoid reading or sharing notes

☐

Log off devices
Head to bed at a reasonable time

☐

Take some deep breaths before heading in
Remind yourself that you have got this!



I RECEIVED MY ATAR, NOW WHAT?

Now that you have received your ATAR score, you may be feeling a mix of emotions. Happy, sad, excited, disappointed, hopeful, hopeless, relieved, indifferent, angry, surprised. This is expected when we receive something that we have been working towards and waiting for. Regardless of how you are feeling, there are some things that you can do to help you process and manage your emotions.

You can:

- Contact somebody at your school. A teacher, careers counsellor, wellbeing coordinator or Principal
- Talk to someone. A parent, sibling, friend or family member
- Take time to process your result
- Consider your options now that you have received your score
- Be kind to yourself. Remember that a score does not define who you are
- Remember your character strengths. Who are you beyond a score?
- Seek help if you need to. You can contact a GP, mental health professional or one of the services below



<https://www.beyondblue.org.au/>

1300 22 4636



<https://au.reachout.com/>



<https://www.lifeline.org.au/>

13 11 14



<https://kidshelpline.com.au/>

1800 55 1800

THANK YOU!

We wish you the best of luck with your preparations and exams.

YOU'VE GOT THIS!



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<https://www.solutionpsychology.com.au/>