



INTRODUCTION

Welcome to the fourth module for the 2017 Fifty50 First Year Mentoring Program! In the final session for this semester, we're focusing on how to best prepare for the examination period. Though we recognise that everyone learns differently, and that there is no fool-proof formula to approaching revision, we have put together a few facts, tips and resources for the weeks ahead.

Maintaining your mental wellbeing has enormous benefits on all aspects of life. It is important to look after yourself especially during the exam period. Multiple studies have shown that improving your mental health also improves physical health, productivity and performance. As you progress through your university career and beyond, maintaining your wellbeing should always be a priority. With the stresses that come during this period of your life, it is sometimes easy to lose sight of this.

When dealing with mental health issues, it is important to realise that you are not alone.

The tasks in this module are designed to help you to start thinking about your own mental wellbeing, to help you to identify problems early, and where to go if you need help. If doing any of the activities in this module raises any concerns, there are resources at the end of this document.

Exam Preparation Tips

- Keep a **to-do list**, and **prioritise** the tasks that you deem more important
- Break tasks into smaller, more **manageable chunks**, working on one part at a time. Multi-tasking is simply ineffective.
- **Start revision early**, even if it is only for 10 minutes at a time, and take **regular breaks**.
- **Identify where you need the most help**. If you are struggling with a concept, identify your issue and seek help – whether that be from your notes or seeing your tutor.
- Create a detailed, **realistic revision schedule** that includes times, location and activities to be done. This lowers the risk of getting discouraged and/or not meeting your goals.

- Fifty50

DISCUSSION TOPICS

- Relaxation methods
- Controlling assessment anxiety
- Common university stresses
- Long term mental health practices
- Where to go if you need help
- Signs to look out for if someone you know looks like they are struggling with a mental health issue
- Study tips and how to best prepare for exams
- Reflect on your current study habits – both good and bad!

THINGS TO DO

Get to know your mental health.

We are fortunate enough to live in a time where there are a huge variety of places where you can go to for support and guidance. For your first task, we invite you to sign up for The Desk, a website aimed at equipping Australian tertiary students with strategies and skills for success and wellbeing during their studies. A short quiz will help get you started by recommending modules specifically tailored to you, such as dealing with stress, anxiety or procrastination.

<https://www.thedesk.org.au/login?login>

Reflect

Take the time to think about what questions about your mental health, if any were prompted by completing 'The Desk' quiz. If you feel comfortable, you can even write a short reflection piece. You may like to think about whether or not you view your own mental health differently now. Discuss the modules that The Desk recommended and any tips or useful information you learnt from completing them with your mentor. After you've done this, complete the activity on the following page with your mentor.

Personal Development & Goals

We recognise that stresses come with being a university student. Not many take the time to think about their personal development. Try to take a moment to reflect on this past semester, with these questions in mind:

- How has, generally speaking, this semester at uni changed you? How has participating in Fifty50 changed your perspective?
- Are you on track to reach the goals that you created at the beginning of this semester? If not, why? Think about the things you would do differently next time, and create a strategy to still achieve the best that you can.

THINGS TO DO: Discuss these questions with your mentor

What makes you stressed/anxious?	How do you avoid getting stressed/anxious?
How do you deal with stress/anxiety?	What makes you happy, calm, content, or relaxed?

FURTHER RESOURCES

If completing this module has raised any feelings of anxiety, stress or depression, please talk to a trusted friend or family member, or make an appointment with a medical professional such as your GP, a counsellor or a psychologist.

Helpful Hotlines:

Lifeline on 13 11 14

Kids Helpline on 1800 551 800

MensLine Australia on 1300 789 978

Suicide Call Back Service on 1300 659 467

Beyond Blue on 1300 22 46 36

Headspace on 1800 650 890

For more resources, visit:

<http://www.anu.edu.au/students/health-wellbeing/counselling/community-services>

UPCOMING EVENTS



Achieving More than Fifty50

When: Week 10, Thursday 12th October, 1pm

Where: Forestry Building, Room 103

Want help and insider tips from later-year students so you can ace your exams? Come to Fifty50's Week 10 study event and get a head start on finals! <https://goo.gl/forms/v9lQ0lXHGGQnN7FhX2>