# **How to survive at the TGM**

School, especially a higher technical school, can be very hard. Everybody faces stress at some point in the school year.

# How can you make your school life better?

* **Avoid trouble** by obeying school’s rules, avoid gossip by trying to ignore or not to start rumours about people that are not true. Be kind to your classmates and of course to your teachers, this is highly regarded and shows maturity. As a result, your classmates will be kind to you and you will most certainly not get bullied.
* **Time management** is an important factor to keep an overview of your progress and not lose track of your goals. You might have a busy timetable and school is a full-time job. You must be prepared for the pressure of exam periods, which are usually one week before or one week after the break. The new system, where you get 4 chances to mend a negative grade on a test, needs good time-management as well.
* **Make friends** that you can trust, so you can help each other school wise. Making friends will also decrease the probability of getting bullied, because you will not be alone, and your friends can protect you and you can protect them.



* **Pay attention and take notes** in class. Make the best out of your time at school, use it to work diligently. Always try to improve your work at school and aim for the best possible grade at exams.
* Try to think of **special opportunities** you get when you attend a higher technical school. You get the opportunity to get some work experience by doing an **internship in a technical field**. This gives you the opportunity to get in touch with companies (build a network) and develop confidence. Also, you will earn good money and acquire real-life experience that you do not get at school. In addition, it also makes a good impression on your CV. In your future life, employees will not need to train you for some tasks they will give you because you already have experience.

# How can you build resilience?



Resilience is, when faced with a stressful situation, how well a person can adapt to the events in their life and resist pressure.

**Developing resilience** is a personal journey. People do not all react the same to traumatic and stressful life events. An approach to building resilience that works for one person might not work for another.

According to the American Psychological Association, these are the 5 most common ways to build resilience:

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|  | **What does this mean school wise?** |
| **Make connections by** accepting help and support from those who care about you. | Try to get along with everyone. Help someone and you will get the help back when you need it. |
| **Accept that change is a part of living.** | You might get a negative grade on a test, but always try to look forward, so that will not happen again. |
| **Nurture a positive view of yourself.** Develop confidence in your ability to solve problems and trust your instincts. | Trust your abilities and do not get scared of a problem that seems unsolvable. Build on positive experiences by actively remembering them. |
| **Take care of yourself.** Pay attention to your own needs and feelings. | Always make sure that your basic needs are taken care of. Eat regularly, drink a lot of water and make sure to keep clean and healthy. |
| **Move toward your goals.** Develop realistic goals, do something regularly that enables you to move toward your goals. | Try to manage your time well and work on your tasks. Do not let anyone stop you! |

Think of all the advantages higher technical schools have: All of them are public, that is free, they are highly regarded, you get a high school diploma entitling you to go to university and an associate’s degree “Ing.” you can apply for after three years of working in a technical field. One major problem of higher technics school is that on average only one in ten students is a girl. However, we are hopeful that more girls will be motivated to take advantage of a technical education in the future.

# Sources

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