Life at the Top – Senior School News

Year 12 Students – Year 11 Students take note!

As we approach the end of Term 2 it brings the Year 12’s closer to their end of year SACE Exams and their Graduation from Secondary School life. However there is much too still be done.

It is often at this time when assessments start to pile up and stress levels rise. It’s a reality of finishing your last year at school – you just have to put in the time and effort to complete work. Every Year 12 student across the country is facing the same issues. Therefore every minute at school needs to be put to use to strive to get the best results possible.

However sadly this message is not getting through to all Year 12 students. They need to use their study line effectively and not to waste one minute. Once that minute is gone, it’s gone!! Further I am aware of too many students who have not heeded the mantra of a maximum of 10 hours of paid work per week.

I am aware of a number of students who are doing little study on the weekend and doing more than the 10 hours of paid work. As I have said to the group previously, short term gain long term pain. The few extra dollars they may pick up now at the expense of doing study will cost them dearly later in the year.

During the next fortnight parents of students who look like falling at the ‘last hurdle’ will be contacted for an interview at school with their son or daughter.

All Year 11 & 12 students should be doing their 10-15 hours home study per week!

FOMO – ‘Fear of Missing Out’.

Last year I read an excellent article about this ‘new condition’ that afflicts many young adults. In a nut shell many of our young adults have become so attached to social media that if there is a disconnect from their sources of social media they can suffer from FOMO.

“FOMO is the conviction that everyone is having a better life experience than they are. Going to parties, getting better jobs, being happier, and being more socially active, more popular...
FOMO is one of the most potent social anxieties of our age. It’s fuelled by our increasing engagement with modern technologies. Social networking sites serve as little more than ever updating bases for comparing our lives with those of our contemporaries – Living in a state of anticipated regret.

How damaging is FOMO? Susan Greenfield, the Scientist and academic who specialises in the physiology of the brain and the impact of 21st century technology no the mind isn’t sure’. The jury is still out, but there are casualties.

(Source, The Times, January 6 2014)

This is just the bare bones of the article – if you would like the full text, please email me mark.pickham@nt.catholic.edu.au