



Surviving YEAR 12

NAVIGATING THE YEAR AHEAD

- Year 12 can be a time of uncertainty, stress, and high expectations for both students and families.
- The focus is to support young people to stay healthy, confident, and capable — leading to stronger engagement, resilience, and learning.
- Every family's Year 12 journey is different - finding the right balance, along with clear and consistent support, can make a meaningful difference.

STRESS VS DISTRESS

Knowing the difference helps you know when to step in.



Stress

- ✓ Can support effort/performance
- ✓ Temporary and manageable
- ✓ Improves with rest and recovery
- ✓ Student remains generally engaged and functioning

Distress

- ⚠ May still appear 'functional' on the surface
- ⚠ Ongoing stress and overwhelm
- ⚠ Changes in sleep, mood, or energy
- ⚠ Interferes with learning
- ⚠ Avoidance, withdrawal or shutdown

WHEN TO BE CONCERNED AND HOW TO HELP



SIGNS TO WATCH FOR

Look for patterns over weeks, not one-off bad days

- Ongoing low mood or irritability
- Changes in sleep/appetite/energy
- Loss of focus or motivation
- Withdrawing from others
- Frequent physical complaints

WHAT HELPS

Small, calm steps make a big difference.

- Check in calmly
- Listen first
- Validate their feelings
- Encourage balance
- Seek advice early

SUPPORTING MOTIVATION THROUGH COMMUNICATION

- Encourage effort, not perfection
- Avoid comparisons
- Listen without judgement
- Validate feelings
- Offer support before solutions
- Keep conversations calm and regular

TRY ASKING:

"How's the workload feeling this week?"

INSTEAD OF:

"Have you done your study?"

SIMPLE WAYS TO HELP YOUR CHILD THRIVE IN YEAR 12

*YOU DON'T NEED TO FOCUS ON ALL OF THESE —
EVEN ONE OR TWO CAN MAKE A MEANINGFUL
DIFFERENCE.*

- ✓ Support regular sleep, nutritious food, and physical activity
- ✓ Encourage a healthy balance between study, rest, and social time
- ✓ Encourage connection with friends and enjoyable activities
- ✓ Use simple weekly planning when balance starts to feel difficult

SCHOOL BASED SUPPORT

Wellbeing Team

Available to listen, provide guidance, and support next steps if concerns arise.

NSC Wellbeing Website

Student, parent, and carer resources



EXTERNAL BASED SUPPORT

External Support Options

- Local GP (Mental Health Care Plan)
- Local Psychologist / Counsellor
- Headspace (12–25 years)
- Kids Helpline

A full list of these external supports is available under the Resources tab on the school website.