

Helia's Guide to Smashing VCE Exams!

Hi! Thank you so much for all your support. I hope these tips not only help you smash our upcoming exams but also help incorporate studying into your daily lifestyles ☺ Below you'll see my biggest overall tips, alongside subject specific breakdowns for all of you who asked! Be sure to take breaks and take care of yourself ☺

Lifestyle tips

Waking up early: Set yourself up for success! It's okay to sleep in one or two days in the week but consistently waking up early will for sure increase your productivity and allow you to get more done in your day. I personally usually wake up at least before 9am during the holidays and try to be studying by 10-10:30am.

Breakfast: Have a breakfast you enjoy starting off your day and energise yourself! I love fresh fruit and always try incorporating it.

Staying on task: Put your phone on do not disturb and watch pomodoro study videos. Try to stay on task for the entirety of the time. They help SO much. I personally love the harry potter ones. See below for some links:

<https://www.youtube.com/watch?v=bq4LPGDs4MY&t=18s>

Walks: I try to go on a half hour walk, not possible everyday but I try to get out as much as I can.

Habits: create habits that you enjoy, it will lift your mood, I know it doesn't seem like it but it will genuinely make a difference. My favourite habits are:

- ◇ Reading books
- ◇ Lighting Candles
- ◇ Cleaning
- ◇ Walks
- ◇ Podcasts
- ◇ Cooking
- ◇ Seeing my boyfriend

Now for actual study tips!

Content heavy subjects overall tips:

- Mind maps for revision based off the notes you have compiled through out the year (I'll go into detail for every subject)
- Go through old sacs and do questions you got incorrect
- To do lists: write down everything you want to get done in a day! It helps
- LITERALLY MAKE MIND MAPS FOR EVERY SUBJECT BEFORE YOU START EXAM REVISION
- Get feedback from teachers and redo incorrect answers, learn how to improve

English

- Reread your texts over the holidays, now that you know what themes you will most likely be talking about, it will allow you to look over the text with fresh eyes and find new quotes. Read previous exam prompts and compile a list of key themes, don't think of too many, this will limit you in full understanding.

e.g: common themes within the Penelopiad include gender, ambition, relationships, power, storytelling, fate

- Make a quote bank if you don't have one already, make it succinct, avoid one word quotes and analyse them as you find them, don't analyse them for the first time in an essay, this will consolidate what the quote really means

e.g: an excerpt of my quote bank for old/new world

Styx River (2) pg99 "never daring to step across and break the surface of the sunken world – whose waters were only a tributary of a wider, deeper river"	The opportunities provided in a new world, more hidden struggles when assimilated?
Styx River (3) pg133 "a name was borrowed / a name of silence, darkness and dread/ put up beside a road to Kemspey"	Old world influencing new world, negative connotations creating a tone of despondency and reinforcing the meaning of styx - abomination, abhorrent
Styx River (3) pg133 "farmers ignore it as they ride past"	Ignorance, people do not acknowledge the barriers immigrants face, are blind to the old world
"the mysterious lure of its name like strange music or a flower's scent"	The appeal of the new world in comparison to the old world – suggesting that it should be ignored and has hidden sacrifices/struggles. Struggles are never fully escaped by leaving the old world.

- Do not use a quote in an essay without elaborating it and DO NOT use one word quotes, examiners hate this

E.g: Quote and Analysis with strong metalanguage

"swept down the cliff and settled in the lower foliage: among casuarinas, the honeysuckle candles"

The author uses this as an allegory to the freedom migrants can experience once conforming to the new world, the use of casuarinas and honeysuckles, which are endemic to Australia, reinforces the importance of the landscape on the migrant and delineates an Australian voice throughout the compendium.

- Write heaps of practice essays, and plans, limit intros and conclusions, for instance practice writing body para's only for every theme and prompt, this is more efficient
- Have a wide vocabulary of words you can use for topic sentences instead of just "Ziegler shows that" or "Ziegler highlights that"
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E.g: Here are some of my favourite alternatives

- ◇ Contemplative, pensive, reflective, ruminative, evaluative, cognitive, anthology, collection, compilation
- ◇ Introspective compendium
- ◇ Assimilation, conformity, acclimatization, adaption
- ◇ Continuum, spectrum
- ◇ Connotated poem
- ◇ Postulates, propose, poses
- ◇ Elucidate, explicate, expounds, affirms, challenges, critiques, endorses
- ◇ Autobiographical
- Make mind maps with key themes and prompts that relate to it with planned points and quotes you can use
- Timed practice essays
- Use publishing dates and underline titles
- Have a metalanguage bank, this shows high understanding and students usually score really low in this so it will set you apart and examiners love it, see below for examples

Symbolism	Symbolism is the idea that things represent other things
Stanza	A group of the lines of a poem usually linked by a rhyming pattern or an aspect of the subject being explored. It is the equivalent of a paragraph in prose.
Onomatopoeia	A word that sounds like the thing it names. For example : the tap drips, clocks tick, snakes hiss.
Alliteration	The repetition of a consonant sound in words . close or near each other. E.g. Philip flies. Note it is the sound of the letters not the spelling.
Metaphor	Where one thing is said to be another, for example, 'That boy is a dog!'
Simile	Comparing one thing or object with another using like or as, for example the moon is like a balloon.

Exposition	Exposition is a literary device that is meant to relay background information about a main character, setting, event or other element of the narrative
Stream-of-consciousness	stream of consciousness is a narrative mode or method that attempts “to depict the multitudinous thoughts and feelings which pass through the mind” of a narrator.
Alternating narrative view	Alternating Narration is when the perspective of the narration switches from one POV to another.
First person view	In first-person narration, the narrator is a person in the story, telling the story from their own point of view.
Linear narrative Nonlinear narrative	That means we see the events of the story unfolding in the order in which they occurred A non-linear narrative is a narrative technique in which the storyline is told out of chronological order.
Parallelism	Add emphasis and build up climaxes “we shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the streets”
Possessive pronouns	a pronoun indicating possession, for example <i>mine, yours, hers, theirs</i>

Foreshadowing	Foreshadowing is a literary device in which a writer gives an advance hint of what is to come later in the story.
Context	Historical Context: describes the relevance to the story of the moods, attitudes and conditions that existed during the time period in which the novel took place. The social context of a text is the way in which the features of the society it is set in

	impact on its meaning. There are two aspects to social context: the kind of society in which the characters live, and the one in which the author's text was produced.
Characterisation	Characterization or characterisation is the representation of persons in narrative and dramatic works.
Imagery	Part of the figurative language in a literary work, whereby the author uses vivid images to describe a phenomenon
Motif	In narrative, a motif is a distinctive repeating feature or idea; often, it helps develop other narrative aspects such as theme or mood. A narrative motif can be created through the use of imagery, structural components, language, and other elements throughout literature.
Allegory	As a literary device, an allegory is a narrative in which a character, place, or event is used to deliver a broader message about real-world issues and occurrences.
Catharsis	Catharsis is the purification and purgation of emotions—particularly pity and fear—through art or any extreme change in emotion that results in renewal and restoration.
Quatrain	A quatrain is a type of stanza, or a complete poem, consisting of four lines
tercet	A tercet is composed of three lines of poetry, forming a stanza or a complete poem

Health and Human Development

- HHD is an extremely easy subject to ace in the exams! It's very predictable, the content is easy and memorable

- Make mind maps for your key concepts that you use throughout both units: dimensions of h/w, health status, burden of disease, sustainability etc
- Master your key definitions
- HHD questions are very precise and harsh on marking! So do an abundance of practice questions, the more detailed the better
- Questions usually tell you exactly what you need, so read very carefully

e.g: If a question says “impact on health status” ALWAYS link it to a health status indicator, so for example “Underconsumption of vegetables can increase mortality rates of spina bifida...” same goes when a question asks to link to health and wellbeing, always use data in questions starting with “using data”.

- memorise SDG’s word for word
- don’t double dip in questions: if a 4 mark question is asking you how education can improve health and wellbeing, don’t say “health literacy” as an example twice, use a different one such as sense of belonging, income, stress etc..

SO overall, mind maps for key concepts and HEAPS of practice questions

Global Politics

- I CANNOT STRESS ENOUGH HOW IMPORTANT CASE STUDIES ARE, YOU CANNOT SCORE HIGHLY WITHOUT A THOROUGH UNDERSTANDING OF CASE STUDIES
- Compile all of them in one place, go through each case study and see how many area’s of study you can link each one to, the more you get out of a case study, the less you have to remember

e.g: I linked South China sea case study to multiple points such as aims of states, national interests etc..

- Heaps of practice question, no use memorising content in this subject it’s mainly application based, really thorough analysis
- Learn key concepts well such as globalisation, cosmopolitanism, pragmatism, idealism etc
- Incorporate quotes and cite who said them, this blows examiners away
- Cite your case studies in intro of essays, see below

e.g: see below, this was a para in a unit 4aos 2 essay I wrote

Facilitated by globalisation, global crises have encompassed a substantial effect in the global arena. Due to the nature in the rise of third-agenda issues, the necessity of responses from various global actors to resolve these issues has only increased. Many responses to the global crises of economic instability and terrorism have shown both effectivity and non-effectivity, including the multilateral responses exemplified by the Multinational Joint Task force (MNJTF) military coalition to combat the effect of militant terrorist group Boko Haram, the United Nations indirect approach to terrorism, Australia’s economic policies following COVID-19 and lastly the International Monetary Fund (IMF) role as an economic stabiliser in a transnational world exemplified through their responses in Greece and Cyprus. **Strong intro**

The utilization of international cooperation has shown to garner some **effectivity** in relation to diminishing the impact of terrorism on civilian populations, although the tensions between states, incoordination of responses and financial limitations has diminished any considerable **effectivity**. The islamist militant group Boko Haram has had a devastating effect on civilian populations under their aim to establish Sharia law in northern Nigeria; the group has left 20,000 dead since the beginning of their insurgency. In response, the MNJTF has established a crucial multilateral response consisting of 5 states in the Lake Chad Basin region. The organisation has had some victories, they rescued 45,000 hostages and reclaimed lost territory. Even though Cameroon's defence minister insists "the enemy is not on the back foot and being held on the back foot", **excellent use of quote** the task force's victories have been short lived, mostly due to the tensions between the states and financial limitations, "MNJTF's effectiveness has suffered from. The four states' reluctance to cede command and funding procurement delays" (NGO International Crisis Group). **Great** The MNJTF struggled to cover its initial budget of US \$700 million and needs legal support. The actions of the group without any long-term solution is continuing to have a devastating impact on civilians; killing at least 80 civilians in December 2020. Thus, multilateral responses have produced no long-term sustainable resolution to terrorism.

Legal Studies

- PRACTICE THOSE 10 MARKERS!!!! They are the bane of my existence but can get you easy marks if you nail them, get feedback from your teacher as these are harshly marked
- Use this as a template for your structure

INTRO: Contention (which extent do you agree), points,

P1: STRENGTHS AND WEAKNESS OF POINT 1 X2

P2: STRENGTHS AND WEAKNESS OF POINT 2 X2

CONCLUSION: linking sentence

P: POINT E: EVIDENCE E:ELABORATE

See exemplar

Both law reform bodies, the Victorian Law Reform Commission (VLRC) and the Royal Commissions are equally as effective in comparison to each other as they show strengths in different scopes and cover different facets of law reform. Both law reform bodies are influential in law reform, delegating successful instances of law reform.

The role of the Royal commissions is to investigate areas of public importance in concern to Australia and make recommendations that include the insight of the community. **The Royal commissions can make recommendations that are relevant and reflective of the community and their views and values.** They can do this by holding consultations and receiving public submissions to garner community insight. This strengthens the effectivity of the royal commissions as it allows potential recommendations to the parliament to account for the views and values of the community of the day so any law reform initiated by the government on the basis of the Royal commissions body is fully 'representative' of the people. **Although, the government has no obligation to support or implement law reform or adopt any recommendations made by royal commissions,** this means that there is no guarantee that commissions undertaken by the law reform body will be introduced into effect. This weakens the effectivity of the body as it produces inconsistent results, sometimes recommendations

may be implemented and sometimes not which can leave areas of significant concern for the Australian community without reform. Thus, the Royal commissions can highly reflect the views and values of the community, strengthening the quality of their law reform, although the undefined possibility of its implementation can hinder this.

The Royal commissions can substantially cover large areas of law reform due to comprehensive investigation. The royal commissions can investigate an area so comprehensively so that the government can initiate a new law that covers that area. This increases the potential for law reform and makes it possible for more areas to have clear laws and mandates. For example, recommendation 86 of the royal commission of management of police informants was implemented after it was found that there was no existing legislation and resulted in the Victorian government introducing a mandatory requirement for lawyers to report suspected misconduct of other lawyers to deter the misconduct of other lawyers. Although, royal commissions can be notoriously long and expensive. This can drain government resources and prolong new law reform that would impact the community. For example, the royal commission on the management of police informants took two years and used a budget of \$28 million. Therefore, the Royal commissions has a significantly large scope of potential law reform although at the expense of significant resources and time.

The VLRC is able to make significant recommendations for law reform to improve the lives of civilians, although their scope is reduced by jurisdictional limitations. The VLRC's main role lies within monitoring and coordinating law reform in Victoria, investigating, and advising the Victorian government on reforming the law. They can do this in Victoria by investigating and making recommendations which is highly influential on the Victorian parliament. All or some of its recommendations are adopted in approximately 70% of cases. Although, the VLRC can only recommend changes to Victorian law, not commonwealth law. They cannot directly recommend change in this area as the Victorian parliament has no constitutional rights to reform commonwealth laws in exclusive areas. Thus the scope of the VLRC is limited.

Additionally, The VLRC is able to complete their role by increasing their scope of law reform. They can investigate minor concerns without the reference of an attorney general on contingent of significant community support. This allows them to increase community support and increase areas of law reform in important areas that otherwise may have not received attention from the Victorian parliament. Although, the VLRC is limited in resources and therefore can only undertake investigations in minor issues if they do not require a significant deployment of resources. This means that important law reform may not occur due to budget allocations and lack of resources and that their role in law reform can be limited due to quantitative evaluations of the necessity of reform in that area. Ultimately, the VLRC can cover many areas of law reform, although its effectiveness is reduced due to funding procurement issues.

Subsequently, both the VLRC and the Royal Commissions are limited in some respects. Although, the substantial strengths of the respective organisations outweigh a singular more effective body of law reform. Both law reform bodies show advantages and drawbacks in garnering community support, implementation of law reform, scopes of investigation and contributing time and cost factors.

- Key concept posters such as principles of justice
- Memorise strengths and weaknesses, you'll need these for every question nearly
- Learn how to apply stimulus material, use evidence
- Legal questions are unique and require detail, the only way is to do well is to do practice questions, you'll learn what to include for different questions.
- FEED BACK IS CRUCIAL IN THIS SUBJECT!!! Give questions to your teachers and revise them when they send it back, the only way you will improve

PSYCHOLOGY

- Ace those multiple choice questions!!! These are easy marks, the exam will have roughly 50. Know your content well and do heaps of practice ones, exams and sacs usually repeat MC!! Use the process of elimination

For example:

What effect does glutamate have on cortical neurons

- A. Decreases dendritic growth
- B. Increases firing rate of neurons
- C. Decreases firing rate of neurons
- D. Increases dendritic growth

Obviously it can't be A or D because glutamate is a neurotransmitter and cannot initiate structural change (knowing your content will help you ace these questions)

It can't be C because glutamate is not inhibitory

Thus you are left with one answer. B 😊

- PSYCH uses heaps of stimulus questions, they will give you a scenario and ask you to answer questions, usually outline processes etc..
- Read these carefully and make sure to include name and link it to the scenario they give you
- Practice research methods!!! I hate them but easy marks!! Memorise different designs and their strengths and limitations and ethical concerns
- Once again PRACTICE QUESTIONS!!!!