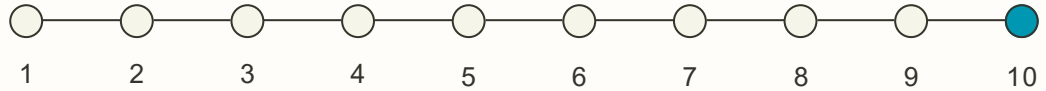


Navigating Wellbeing from HSC to University

HOW READY ARE YOU TO SMASH YOUR HSC?



WHAT SHOULD A TO DO LOOK LIKE?

S	M	A	R	T
Specific	Measurable	Achievable	Relevant	Time-bound
Be specific about what you want to achieve Ask yourself questions about your goals following the five W's - Who, What, When, Where, and Why	Make sure that you can measure your success You'll be able to track your progress by answering questions like how will you know when your goal is complete?	Ensure your goal is realistic and achievable - don't set yourself a goal that's too easy or too difficult to complete Look at your current situation and make sure you have what you need to achieve	Set yourself a goal that's relevant to you Is your goal worthwhile to you? Are you the right person to achieve it? Is your goal applicable to your current situation, or is it unrealistic?	Assign a start and end date to your goal to encourage yourself to reach it with a deadline Think about what you can do today, tomorrow, months from now to achieve your goal

STUDY METHODS

- Firstly, you should have a clear plan for what you want to target in your study session. Refer to the 'SMART' goals strategy.
- Ensure you are in a quiet, clean space and you are grounded enough to start study. Starting your study session with high levels of anxiety will not establish a productive session.
- Utilise your syllabus! Always have it with you as you study, this will allow you to make connections between the content and the expected learning outcomes.
- If you are doing an assessment, focus on the highest criteria and follow it, use lower criteria to understand what you should't do.
- Find which method works best for you; are you a visual learner or a written learner?
- Utilise the POMODORO technique. Breaks are critical for productive study and managing cognitive load.

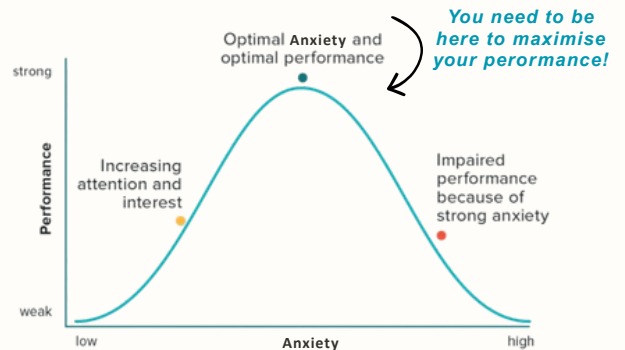


HADITH ON TAWAKKUL: TRUST IN ALLAH, BUT TIE YOUR CAMEL

A man said, "O Messenger of Allah, should I tie my camel and trust in Allah, or should I leave her untied and trust in Allah?" The Prophet, peace and blessings be upon him, said, "Tie her and trust in Allah."

Your future has been written, but you are responsible for striving towards your goals. Place your trust in Allah, take the means available to you, and leave the outcome to Him.

YERKES-DODSON LAW BELL CURVE



HOW CAN YOU TAKE CARE OF YOUR WELLBEING DURING THIS PERIOD?



It all starts with your mentality!

- You need to be proactive, not reactive. Got a mark you're not happy with? See it as an opportunity for improvement and as a valuable learning experience.
- Some of my psychology input here; Cognitive Behavioural Therapy (CBT) is a critical concept we use in psychology, it teaches you how to look within your nafs to identify and challenge unhelpful thoughts and behaviours.
- By understanding the connection between your thoughts, feelings, and actions, you can replace negative patterns with adaptive ones to better manage stress and anxiety.
- Challenge the 'thinking traps', you need to recognise automatic negative thoughts (ANTs) and challenge them with objective reality.
- E.g. "If I get less than my goal in my business trial, It will ruin my rank and my chances of getting into my field!- this is called catastrophising and it is a common thinking trap. There will always be a solution, trust in Allah SWT.

- Take care of yourself! Dedicate time to do something fun and to momentarily take your mind off your studies. Don't doomscroll, if you do, then do it in MODERATION.
- Don't let your competitiveness become harmful. Be proud of your achievements and don't envy others.
- Maintain social interactions, have (PRODUCTIVE) study sessions with friends and spend time with your family. You still need to have a social presence.
- Despite the stress, enjoy your final year, trust me, you will miss it.

BATTLING FIRST-YEAR SYDNROME

- It is very normal to feel lost in your first year, you will adapt to university with time.
- When you first start uni, a helpful way to stay connected with the Muslim community is to join your universities Muslim Students Associations.
- Most uni's have a Musallah for you to pray in, once you eventually find it, going there will become second nature.
- Not all of your peers, of course, will be Muslim. It is key that you represent Islam in the best manner possible and are respectful towards other cultures. Good representation is Dawah.
- Stay grounded in your faith and Imaan. You WILL meet people who's personal values do not align with yours and that is fine! but you need to always remember your purpose as a Muslim. This means being firm in your morals.
- Maintain boundaries with the opposite gender, it is normal to have to interact, especially when you're doing group learning, but maintain your Hayaa.
- Be VERY open to learning new things. Your first year is full of change, there's no time for intertia!
- Familiarise yourself with what is expected of your before you start. As a new psychology student, I was unaware that I had to use APA 7 referencing not just in my reference list, but it has specific rules throughout the entire assessment! Even how you space your paragraphs is part of APA 7 and you can get marked down if you don't follow it.
- Ask your tutors for assistance! Your first year is not the time for cramming, you WILL need specific advice.
- Alongside your studies, dedicate time to new hobbies and experiences you want to try. Having fun and maintaining social relations is key to taking care of your wellbeing.
- All in all, welcome the process. University is an opportunity that not many people have so enjoy it and take it seriously!