PRINCIPAL’S REPORT

Education does matter. It is a ‘powerful weapon we can use to change the world’ (Nelson Mandela). As educators, our aim is to provide our students with every opportunity to pursue their dreams in the classroom and through high expectations, to fully extend their potential.

In addition to classroom instruction, there are other areas of education that give students the opportunity to participate in broader activities which are aimed at promoting teamwork in sport, leadership development, camps and excursions. In the past two weeks I was fortunate enough to attend two events: the Year 12 Retreat, which focused on supporting students through the challenges of Year 12, and the Senior School Boys Volley team at the Interschool Competition. I am proud of our students and how they represented themselves in all activities. Further in this newsletter you will read and view articles that highlight the tremendous work and activities our students have participated in recently.

The College Council Election process was completed with the number of nominations matching the number of vacancies, thus no election was required. I wish to congratulate the following parents and DET staff and look forward to working with them.

Parent Representatives
Ms Kim Tracy Scott (new member)
Mr Clayton Olver (new member)
Mr Steven Demosthenous (re-elected)

DET Representatives
Mr Tony Katsianos (re-elected)
Mr Paul Stewart (re-elected)

I would like to express my thanks to the abovementioned parents and staff for nominating to be part of our College Council – a body which plays an important role in our Community’s governance.

Helen Koziaris
College Principal
Working together to make a difference

**S.O.C** (Student Opinion Committee - Principal’s Advisory Group) is an essential part of the school community, providing an avenue for students to have a voice within the school. Frequent meetings are held discussing issues raised by the student body, including our school’s role in community projects. These meetings are organised through minutes of previous meetings, agendas and goals that are set out and accomplished.

The issue of the canteen line has been a challenging one. Thank you to Eujeane Lee and Bianca Bossini of Year 9 who discussed this concern with the Principal team. Soon we will have designated and permanent fixtures for students lining up in an orderly manner to purchase their lunches.

This week S.O.C prepared for what we hope will be an annual event between the student body and the Oakleigh Police in a thrilling basketball game.

S.O.C is about becoming involved and making a difference to our school and the global community. We ask students to speak to their Year level representatives if they have any ideas or issues they wish us to discuss with the Principal Team.

During the course of the year, S.O.C. will be contributing towards the development of our school. We will turn our attention towards the school’s sustainability. We will also conduct discussions on how to improve and maintain the condition and wellbeing of our school. Our main ambitions are to improve the atmosphere of areas such as the canteen and get our school involved in many more interesting activities while providing great experiences at the same time. We will also represent our school in many different special events.

Watch the space!

Prathik Balachandar
S.O.C. Secretary

Brennan Waters
S.O.C. President
It is extremely pleasing to report to the school community that our students have experienced an excellent start to the school year.

**Interim Reports and Parent/Teacher/Student Conferences**

Parents have received an email and an SMS last week regarding Parent/Teacher/Student Conference Bookings, advising that Interim Reports are available on Compass. These reports are a snapshot of how students are progressing in each of their subjects. Parents are asked to access their child’s report and make Conference Bookings with the relevant teachers via Compass to discuss the progress of their child. The Conferences are being held on Tuesday, 22nd March between 4.00pm and 7.00pm. It is expected that all students attend scheduled appointments with their parents. The conference is an opportunity to set learning goals and for parents to receive feedback on how to further improve their child’s learning.

Parents can access Interim Reports on Compass under the heading “View Academic Reports” which can be found on the left hand side of your child’s home page.

Please contact the General Office on 95792322 if you have difficulties accessing your child’s report.

**Congratulations to our sporting students**

This newsletter highlights the many successful sporting events, both group and individual, that we have had at the College over the term. I would like to congratulate not just our successful students, but all students who put their hand up to represent the College.

Despite the less-than-ideal weather, the SOC House Swimming Carnival was a great success. The students participated enthusiastically in their events and displayed wonderful sportsmanship and great understanding of the College’s core values throughout the day. You have all done us proud.

**CAD Walkathon**

Our second annual Walkathon will be held on Tuesday March 22nd beginning at 8:45am. Students will walk the same course as last year, with staff members supervising at many checkpoints along the way to ensure everyone’s safety. The day will conclude with a sausage sizzle. Students will be dismissed at 1:30pm to allow teachers time to prepare for the Parent/Teacher/Student Conferences later in the afternoon.

All students have received pink Sponsorship Forms and should actively seek sponsors. This year we are supporting several charities both local and international. It is important that students do their best to raise funds and should return the form to the College on the morning of the Walkathon. Students will earn 1 point for their House for every dollar raised.
Bicycle Helmets and Scooters
It is imperative that parents support the school rules regarding bicycle helmets. All students who ride a bicycle to school MUST wear a helmet. Parents will be contacted immediately if a student is riding a bicycle without a helmet.

Students riding scooters to school must also bring a padlock so they can be secured safely in the bicycle shed.

Refurbishment of Science Wing
The refurbishment of the Science Wing is scheduled to commence during first term school holidays and should be completed by the commencement of Term 2. We are looking forward to all our students working in this state of the art learning area.

School Uniform
The College uniform requirements are clearly set out in the student planner. I ask you to ensure that your child leaves home meeting these requirements; and in particular they are wearing the College blazer when leaving home. I would also remind parents that black leather laced school shoes are part of the College’s uniform requirements.

Attendance
Your child’s attendance at school is compulsory. It is a requirement that all absences have a note of explanation from parents or guardians on the first day back at school.

Contact Details
It is essential that parents pass on any changes of family details to the College as soon as possible. There have been a number of occasions recently where contact details have altered and parents have not been able to be contacted. This would be a particular concern in cases of emergency. Please ensure the College has correct phone contact details, addresses, medical information and living circumstances.
Year 12 Retreat – Phillip Island
The Year 12 Phillip Island Retreat has now come and gone and was a successful and enjoyable event for all. Previously, only about one in three of our students had been to Phillip Island and while enjoying the environment, students participated in a range of learning and recreational activities. I congratulate all students on the comradery and manner in which they applied themselves to the activities.

It was also wonderful to have a number of past students attend and assist. In particular, I thank 2015 students Cassandra Goff and Miguel Malapitan for attending the whole Retreat. Please see Cassandra’s excellent day by day summary below. The “Past Students Panel”, where former students answered questions from current students about Year 12 and the VCE, was a particular highlight. Former college captain Scott Murray chaired the panel with his usual aplomb.

On behalf of all I would like to thank Cassandra Goff and Miguel Malapitan for attending and assisting with the entire Retreat, as well as Scott Murray, Mukul Relan, Chris Goutzos, Ashlea Laurenson and Amit Luhar for attending on the last day.

I am sure that in years to come, the 2016 Year 12 students will look back on their Phillip Island Retreat with fond memories.

Cassandra Goff’s Day by Day Summary

Year 12 Retreat 2016

29 February 2016 — Day 1
Today the Year 12 cohort of South Oakleigh College ventures to Phillip Island to participate in the annual retreat. The retreat aims to encourage and support students doing VCE so that they achieve the best results possible.

Some former students of the College, myself and Miguel Malapitan, joined the students to offer advice about how to tackle Year 12.

The first talk is by John Roodenburg. He explains that the only person who can ultimately influence the outcome of this year is the students themselves. They are the ones sitting the exams; they are the ones in control. If they utilize the available resources (teachers, practice exams, seminars etc.) they can make the most of this final year. ‘It is up to YOU the student’, he says, ‘to cross the line with the right mindset.’

Later in the evening the students are spoken to by Teddy, a representative from Elevate Education. Teddy discusses creative ways to learn, including mastering important study skills that are crucial for successful outcomes.

The day is a great learning experience as well as the first step to a successful final year.
1 March 2016 — Day 2

The day starts at 8am with breakfast as the students begin to settle into camp routines. The morning talk is about efficient time management (an essential skill for all year twelve students), given by Mr Ian Denver. He reiterates how to properly manage and organise schoolwork, SAC dates, etc.

Soon after, we venture to the beach to cool off and play team building exercises. These include games such as throwing eggs at each other to encourage trust and support within the student group, as the majority of our time this year will be spent together.

Later on, we hear from other teachers who have introduced an app called ‘one giant line’. The purpose of this app is to help students who may feel anxious or uneasy and assist them to calm down when everything gets a bit much— this can happen during VCE.

In comparison to last year’s retreat, the activities and tasks were more hands on. This allowed students to get active and have fun, all the while gaining useful skills for the year ahead.

This year’s retreat, in an unfamiliar environment, gives students the opportunity to step away from the distractions of the real world and gain focus, not only for themselves as individuals, but as a team: the class of 2016.
2 March 2016 — Day 3 (final day)

We are now in the home stretch when Ms Cullinan (South Oakleigh College Careers Coordinator) arrives to advise students on life and opportunities after school. She encourages us to consider pathways to university and to apply for courses that are of interest.

Shortly after, several students who had previously graduated, including Scott Murray with an ATAR of 98.6, run a Q&A.

‘The class of 2016 had the opportunity to question past students about many issues—handling Year 12, admission to university, and providing hints as to what they would now do differently. The students engaged in a panel discussion with some of the College’s past students, questioning them about their best advice for Year 12, their mistakes and regrets and what could lie ahead in their future. There was a very recognizable positive and motivated feeling amongst the students in the room as their three day retreat came to an end. No doubt, they had bonded as a Year 12 group over their time away.’ - Scott Murray.

The camp was a great experience and helped to both motivate and support the entire year level. Overall, it was an engaging and fun experience and a great way to help students ‘cross the line.’

Cassandra Goff
2015 Student
Camp Marysville
This year our Year 7 cohort visited Camp Marysville for three days that were packed with fun and adventure. There was a real sense of community as there were no bunk rooms (or even bunk beds) at Camp Marysville. Instead, student cabins (all with ensuites) were arranged in small ‘villages’ around a central teacher’s lodge. Community values were extended to the dining room where meals were mostly served to tables ‘family style’.

Camp Marysville, as part of the Outdoor Education Group, has a strong commitment to sustainability – in fact it underpins everything they do. We worked towards a ‘no waste’ system through reducing product packaging, composting and minimising food miles. Students were involved in food preparation, baking and tending to the herbs, vegetables and indigenous plants in the extensive kitchen garden. We had We Grow It, Cook It classes which included education around the key principles of Reduce, Reuse and Recycle.

Students tried a range of activities, from specially constructed cycle tracks, group drumming and team challenges through to the amazing 18m high climbing and abseiling tower. All activities were designed with the aim of encouraging the development of community within each group and forging new skills.
Thank you to the following teachers who volunteered to come along:
Ms Dimakakos, Ms Asyo, Ms Close, Mr Columbus, Ms McNamara, Mr Platenkamp and Mr Dyson.

**Year 7 Camp Marysville Trip - By Sam Pigden**
This year the Year 7’s went to camp Marysville. The bus trip was over two hours long and seemed to go forever but it was worth it for all the fun we had at the camp. The cabins were really big and were used to house citizens who lost their homes in the 2009 Marysville fires (Black Saturday). There were six activities which were canoeing, hiking, cycling, building, rock climbing and initiatives. My favourite activity was rock climbing because you didn’t just climb you could be a re-layer. To be a re-layer you had to pull the rope just enough so that you don’t pull the person up but you don’t let them fall.
YEAR 7 BBQ
The first weeks of transition for our Year 7 students into secondary life has gone smoothly. Students are starting to navigate their way around the College with confidence and are settling into their new routines.

As part of our orientation program South Oakleigh College invited parents and guardians to the annual Year 7 BBQ. Dinner was provided along with the opportunity to meet and get to know the Year 7 teachers. The music department showcased the range of musical programs we have on offer and Peer Support Leaders and College Captains were on hand to mingle with the guests.
SOUTH OAKLEIGH SECONDARY COLLEGE INTERNATIONAL STUDENTS ATTEND A PRESTIGIOUS WELCOME EVENT AT GOVERNMENT HOUSE


Her Excellency the Honourable Linda Dessau AM, Governor of Victoria and Ms Judith Graley, MP who is the Parliamentary Secretary to the Deputy Premier, hosted over 500 International students at Victoria’s most prestigious residence Government House. Year 11 International Students Jimmy Zeng, Derrick Cen, Victor Wang and Geoff Jiang from China represented South Oakleigh Secondary College at the event where they met the Governor of Victoria Ms Linda Dessau and Ms Essie Ma who received the Victorian International Student Award for 2016. This event also gave our students the opportunity to meet senior representatives of Consulates and Embassies and stakeholders across the education sector, including some from Victoria’s top universities.

The Governor of Victoria voiced her appreciation for the unique and valuable contribution that International school students make to Victoria’s broader cultural fabric and community.

‘All International students bring with them a great wealth of new ideas to our classrooms and our community and I can assure you that Victoria values each and every contribution’ - Stated the Governor of Victoria Ms Linda Dessau.

South Oakleigh College provides academic and welfare support for all our international students so that they can learn and achieve their ambitions. We are privileged to have access to the knowledge, history and culture these students bring to our College.

On behalf of Ms Koziaris, I would like to thank all the students who attended for their excellent behaviour on the day. We were extremely proud of you.
Skyline Education Foundation

One of the proudest moments in my life was being selected for the Skyline Education Foundation Bursary Program. For those who don't know, the program provides intensive support for VCE students from disadvantaged backgrounds. It does more than provide financial support; it also provides a network system to use later in life after graduation from High School.

Through the program I have been offered a range of opportunities: I have been involved in the annual Workshop Camps as well as holiday workshops with CEAV (Career Education Association of Victoria) representatives who help us with our VCE journey. More recently, I was a speaker at the ICJ (International Commission of Jurists Victoria) community opening of the legal year on behalf of the Skyline Foundation. I gave a speech alongside fellow Skyline recipient and former captain of South Oakleigh College, Mukul Relan, on the importance of immunisation in our society. It was an experience I will never forget. I am forever grateful to both the Foundation and Mr Lex Lasry for giving me the opportunity to speak.

One of the most important things I’ve gained from the Foundation is the friends I have made in the classes of 2015, 2016 and the new inductees of 2017. On the 9th of March I was privileged to be invited to the Graduation Ceremony for the class of 2015, held at Trinity College at the University of Melbourne. It was inspiring to hear the stories of many of the graduating class and their new directions. All recipients were accepted into a university. The night was one of celebration as the class of 2015 attended their final Skyline event as students. They will be missed by all.

However it is only because of the many generous board members and supporters who, through their generosity, enable us to continue at Skyline. I take this opportunity to thank all board members including Lex Lasry and Kwong Lee Dow, as well as publishers Pearson and Oxford, who both provide students with textbooks every year. I would also like to thank our Program Manager Olwyn Gray, who organises almost everything for the students and most importantly, the Chairperson Dr. Peter Hollingworth, who is responsible for keeping the organisation alive and thriving for many years.

Finally, I encourage all those who believe they are eligible to apply for this scholarship, to do so. It is truly a life changing experience. I have gained an incredible amount of knowledge and met amazing people along the way.

Cambodia Easter Raffle

During the last week of term there will be an Easter raffle. Money raised will help fund the Cambodia project that we will be working on during the mid-year holidays. The project is at a rural school which is in need of water pumps for functioning toilets as well other essential school supplies. Raffle tickets will be sold by the Cambodia team during lunchtime over the next few weeks. Tickets are $2 each or 3 for $5. The winning ticket will be drawn at lunchtime on Wednesday 23rd March.
Medea is an ancient Greek tragedy written by Euripides, based on the myth of Jason and Medea. The plot centres on the actions of Medea, a barbarian and the wife of Jason; she finds her position in the Greek world threatened as Jason leaves her for a Greek princess of Corinth. Medea takes vengeance on Jason by killing Jason's new wife as well as their own children, after which she escapes to Athens to start a new life.

Ms Pelitidis’ English class was fortunate to have Kathey Zinelis give a wonderful lecture on ancient Greek Theatre. She began with the idea that theatre was an avenue for all members of the city to enjoy during the three days of festivals and competitions. We saw images of Delphi, Epidaurus and many other ancient amphitheatres.

Year 9 English
This year our Film Text Study for Semester 1 is Napoleon Dynamite. Napoleon Dynamite is an adolescent boy who lacks social skills and is usually awkward. The film traces the events of his life during the final year of high school and he ends up a more likeable character than when we first encounter him.

A group of Year 9 students decided to use the characters in the film as the basis for their dress-up theme to raise funds for the RSPCA...Elizabeth, Nick, Amy, Bernie, Bianca, Janna, Naomi and Karla. What a quirky group!
THE ANZAC EXPERIENCE
On Thursday, February 18th, a group of SOC students (comprising all of Year 9 and 10) ventured into the Melbourne CBD for a Humanities excursion. Held at the Melbourne Convention Centre, a touring Commonwealth funded display entitled The ANZAC Experience was assembled. The following are some student responses to the display.

“I found it really intriguing.”

“It highlighted the significance of WW1 and why we need to remember all those who took part.”

“It provided lots of pictorial and other primary sources of WW1 information.”

“It was a privilege to be able to see first-hand what it might have been like to be at the fighting front.”

“This was a really impressive display.”

“A moving experience!”

“The background music and the recorded commentary (headsets) really rounded out the experience.”

“Very educational.”

“This was a very emotional experience. Very realistic representations. It put me into the mood of how a soldier might be feeling when faced with such an agonising scene.”
Greek Independence Day March to the Shrine

For the commemoration of Greek Independence Day 1821, thirty five of our students studying Greek at South Oakleigh College attended the Greek march to the Shrine of Remembrance on Sunday 6th March 2016.

Independence Day Commemoration for the Greek people marks the struggle for freedom for over four centuries of Ottoman occupation since the Fall of Constantinople in 1453. The day has dual importance as it also celebrates the Annunciation of the Virgin Mary.

Our students and staff represented our College with respect and pride. Our students marched in synch to the rhythms of our drummers and we were the talk of the whole event.

I would like to thank: Tony Katsianos, Arnie Ioannidis, Dimitra Maniatis, Vicky Billias and Kathey Zinelis for their help and support on the day.
March Bracelets for Greek classes

Last week students studying Greek language and culture in Years 7 and 8 participated in the making of the 1st March Bracelet.

The March Bracelet celebrates the coming of Spring and is worn for good luck and protection from the sun’s rays. It is an age old tradition practised till this day in Greece. The White colour represents purity and the Red represents life. The bracelet is usually removed at Easter. Our students enjoyed the activity immensely.
Japanese University Students’ visit to South Oakleigh College

A group of students from various universities in Japan visited our school recently to spend morning lessons with us. They are visiting Australia to study English at Monash University. On arrival they were given a tour of our school and were impressed with the variety of courses that the school offers. They especially enjoyed their experience in the Hairdressing room!

At recess they enjoyed iconic Australian food such as lamingtons and Anzac biscuits. South Oakleigh students had the opportunity to talk to them about life in Japan, including asking them such things as “Why do Japanese people eat poisonous fish?”

The university students also attended Japanese class where they participated in various games and activities in both English and Japanese.

Once again, South Oakleigh students showed their hospitality to the Japanese students who thoroughly enjoyed their morning at our school.
On March 2\textsuperscript{nd} I travelled down to the Year 12 camp at Phillip Island to speak to the students about Career and Pathway Planning.

The following topics were covered

- Apprenticeship opportunities
- Part time job opportunities
- The process of applying for a place at university
- The importance of submitting a SEAS application
- Applying for scholarships as part of the VTAC process

The College was privileged to have the following providers give up their time to also speak to our Year 12 students.

1. Deakin University - Luke Ridgwell
2. Holmesglen Institute - Alexandra Campbell
3. AGA Apprenticeships Plus - Adrian O’Brien

The feedback from students was that this is a very worthwhile session. It gave them the tools to understand the processes involved in applying for a place at university and to also start planning their future after secondary school.

**Experience La Trobe Day 2016**

Experience La Trobe is designed especially for Years 10, 11 and 12 students to get a taste of what it’s like to be a university student for a day and to get the inside scoop on what happens after secondary school. Students may participate in workshops of their choice, find out about student life and also check out the Melbourne campus, including student accommodation. University students and staff are there to help participants and answer their questions. Experience La Trobe is a free event - with lunch and entertainment provided!

- **Date:** Thursday 31 March 2016
- **Time:** 9.30am – 4.30pm
- **Venue:** Melbourne Campus

To register, visit [Experience La Trobe - Melbourne Campus](#), or email [study@latrobe.edu.au](mailto:study@latrobe.edu.au) for more information.

To find out about the dates and times of Experience La Trobe at its other campuses, visit [Experience La Trobe](#)
Year 11 International Inspiration Day

At the Year 11 International Inspiration Day, we’ll point you towards the right course to fit your passions, talents and ambition.

International inspiration day is a full, fun and interactive day. Students will:

✓ Learn how to choose a course – and a university
✓ Talk to staff and students about what it’s like to study at Monash
✓ Explore a Monash campus
✓ Acquire learning tools that will help them in Year 12 and beyond
✓ Attend inspirational workshops run by faculty experts
✓ Get informed by their peers, young leaders and members of the Monash community

Date: Thursday, 7 April 2016
Time: 9.15am – 2.45pm (light lunch provided)
Location: Exhibition Space H1.16, Building H, Caulfield Campus

For more details and to register, visit: Year 11 Inspiration Day

International students
International Year 11 and 12 students are warmly invited to attend this day and are recommend to join an exclusive EAL workshop. For any international student enquiries, please contact Amy Little on (03) 9903 4763 or at amy.little@monash.edu
SPORT REPORT

SOC House Swimming Carnival
SOC’s inter-house swimming carnival proved a successful event despite some rain throughout the day. The inclement weather didn’t stop Waratah (477 points) storming home to claim a close victory over Banksia (460 points). Grevillea (386 points) came in third followed by Acacia (380 points). House Captains and their deputies led an enthusiastic campaign to get as many students into the pool as possible while themselves leading by example. Across the day there were many fantastic performances which resulted in 37 students attending the district carnival. Well done to all who participated on the day and thank-you to everyone for their support and assistance, ensuring that the day ran smoothly.

District Swimming Carnival
Our students were greeted with bright sunshine as they prepared to represent the school at the District Swimming Carnival at Oakleigh Recreational centre. Indeed, the weather made for a pleasing backdrop as the students prepared to test themselves against district rivals Wellington Secondary College, Brentwood Secondary College, Wheelers Hill Secondary College and the John Monash Science School. With warm up laps complete it was straight into the competition with early events, the butterfly and breaststroke, providing South Oakleigh with some early ribbons. One of the more impressive efforts of the morning was by Dean Saltas, who broke the district record in both butterfly and breaststroke. (Pictured above with Theano-Christina Salta and Efthymia Delichristou). However, equally impressive was the willingness of students to try their very best whilst representing the school. Although some students at times encountered fatigue, none of them gave up and all finished the races they started.

After the lunch break most of the races were relays and here, South Oakleigh’s teamwork and school spirit was on display. We persevered against some very strong teams, particularly Brentwood, who ultimately went on to claim the Junior and Overall shields. It was a great day for the students with many commenting on how much fun they had representing the school at the carnival. Thank you to all staff and students who competed and assisted on the day to make this such a successful event. Hopefully, South Oakleigh can build on this year’s result and come back stronger next year.

(Brian Brady, Mitch Powell, Nabid Rahman, Aaron Kenny and Colin Siu).
Table Tennis
On the 22nd of February, a number of boys from the senior school took part in table tennis at interschool sports, held at the Dandenong Table Tennis Centre.

We had two teams competing; the A and B team each consisting of four players. Everybody gave it all they could, which was good to see and we all had an amazing and fun-filled day.

It was great to see our new international students participating for the very first time as members of the Senior Boys Table Tennis Team. In terms of the results, although both teams didn't do as well as they would have liked, they did enjoy themselves which was the main thing.

Our players were determined, and even if they were down in the score line they managed to keep fighting to the end. There were some great shots as well as great rallies played. Overall, students really enjoyed themselves and had a great day of table tennis.

By James Alicastro (Captain/Coach) - Year 11

Volleyball
What a day for all four Senior Volleyball Teams competing in the interschool sports. Both Girls and Boys teams were very popular and we were able to field both an A and B team in both categories. Although we did not win on the day it was a great effort by all, who represented the College with pride.

The girls A Team played in the finals and were just beaten on the day – but the way they played, spoke to each other and the effort they put in gave us confidence in their performance that next year it might be our turn on the victory stage. The boys A team was beaten in a count back for the finals but they, like the Boys and Girls B teams, played admirably, fairly and put in the effort to make the school proud of their achievements.

Even though we did not win on the day all teams had a brilliant time and I wish to finish with a quote, “winning keeps you strong, but losing makes you stronger in life”.

By Karleigh Melville - Year 11
I'm feeling overwhelmed

Feeling overwhelmed? Know you can’t go on like this forever? Find out some of the reasons that people get overwhelmed, and use them as a guide to figure out how you can face the real problem. If you’ve tried it and nothing works, there might be something else going on.

Reasons people often feel overwhelmed

It’s common to feel so overwhelmed sometimes, to the point where you feel like you can’t go on. It can be difficult to work out why you are feeling so hopeless. Identifying the things that are contributing to the feeling will allow you to work out how to deal with it and get a bit of relief. Remember – it’s just a feeling and is likely to pass.

Some of the big reasons people get overwhelmed:

- Someone is always on your back, and you don’t know how to deal with the situation
- There’s a situation that you’re afraid of and you don’t know how to face it
- You’re overcommitted and feel like you’re in over your head – trying to get too much done
- You don’t know what’s happening around you, and it’s getting you down

You’ve got to face it

When everything seems so endless, feeling overwhelmed is normal. Don’t worry – you can face it. You just need to figure out how to tackle problems and cope with things that aren’t going your way.

Figure out the real problem. Not what somebody else did or is doing, but what the real thing that’s overwhelming you is.

Figure out what you can change. Look at the problem realistically. What bits of it can you change? Remember, one of those bits might be the way you’re thinking about it.

Figure out how you will do it. Write down or type out all of the things you can do to make that change happen. Then scrap the unlikely ones, and give yourself a couple of things to try.

If you can’t change it, sometimes you have to accept it – and that’s not easy. Get some information on coping skills and how they help with our fact sheet “What is coping?”.

If nothing is working

If you often feel overwhelmed, and none of these tips make a difference, there might be something more serious preventing you from feeling able to cope. Sometimes people get caught in a habit of negative thinking.

This can feel like...

- You can’t cope with life problems
- Too much is happening, you can’t handle it
- Everyone is pressuring you
- You feel lost
- You’re weighed down by other people

Take action...

- Face the problem – try some new tactics
- Skill up on ways to cope
- Find out about anxiety and depression

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