

South Oakleigh Motivational Speech About VCE and Studying
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INTRODUCTION:

Good afternoon VCE's, my name is Stavroula, I am a previous student of South Oakleigh. I graduated in 2008. I completed VCE with an above average ATAR score and found myself at Deakin University studying Bachelor of Arts, majoring in Public Relations.

At 26, I am currently a Human Resources Manager for an international, multi-million dollar, cooperate service which some of you may know as CareerOne. My position is the management and over-siting of 15 Human Resources Officers and Advisers. Further to this, I am also responsible for the well-being and development of 250 staff members of the office.

I inspire, hold development meetings and motivate staff members every day, I am responsible in impacting and creating a positive environment to those around me for a successful outcome for the company and how to achieve our own individual goals.

I am here today to share my experiences and also some useful tips that may help you to get you through VCE peacefully and successfully.

In my VCE years I chose subjects such as English, General Maths, Literature, Health and Human Development and the Greek Language. Having a heavy workload and maxing out in my selection of subjects my motivation wasn't at its highest level, in fact, it caused severe anxiety and stress. I felt overwhelmed with the assessments, reading revision notes, home study and homework tasks. Sometimes I found it difficult to have the motivation I needed to soldier on.

Poor motivation is one of the key reasons VCE students struggle in their classrooms and home studies. This lack of motivation is then carried into say a SAC or exam which in turn more often then not, results in a poor result. So how can you stay motivated to do better, to achieve more, to get the highest result? Here are some nifty tips that I have found useful in my experience:

1. Set Goals, have a vision and make them visible

Everyone has short-term and long-term goals. If we didn't, we would be directionless. Take a pilot for example, he or she always follows or has a planned route set into play, from beginning, middle to end. If a pilot flies a plane with no route or direction he is merely drifting into nowhere, floating around in circles, confused, anxious and frustrated. This is why it is imperative to have direction, to have your goals set out in front of you so that you know exactly where it is you want to take yourself.

I would write down all my goals and aspirations on a piece of paper and then re-write them over and over again. Placing them inside my locker, on the front of my folders, my fridge and on my ceiling, so that I would wake up every morning knowing my why, my parents thought I was nuts or VCE was making me go mental. The more that your mind is exposed to these goals on a visual level it will retain them in your subconscious thoughts giving you clarity and direction.

2. Remove Distractions and Negativity

There are always distractions, laptops, relationships, friendships, food, TV and one of the most common of them all being the internet. Whether it be Facebook, Instagram, Pinterest or any other apps on our phones, they cause a major dint in time management. Overcoming these distractions can be difficult as they are accessible and in our pockets at all times. I found giving my phone to my parents as soon as I was about to start studying was the best option, this way I knew it wasn't a temptation whilst studying.

There are also the PK's we must be aware of. Who are these PK's you may be asking yourselves? We used to call them the Passion Killers. These can be various sorts of people, distant or non-immediate family members, friends, acquaintances and sometimes strangers who feel the need to impose negative vibes and energy on your choices and goals.

They are usually the people who say the words "can't", "won't" and "don't". You will see these words and you will hear them. Always remember they do not come from you, they come from others who are not you. Have a good relationship when hearing the words "cant", "wont" and "don't" and use them as ammunition to push to the end.

Prove to them and prove to yourself that you can and you will. There is a famous quote by Confucius he said, "He who says he can and he who says he cant is usually right", meaning the belief is in ourselves, it is entirely up to us individually if we want to succeed, or if we want to give up and end all roads to success. It is in our hands.

3. The importance of Time Management and Organization

Time management was the most vital in my survival of VCE. This meant using my "free periods" to complete homework or revising and summarizing topics learnt in class, giving me extra time to study at home and also find the time to self develop myself. It also meant writing my goals for the day and completing them to the best of my ability.

Looking back now, I have realized how important time management and organization really is in and how it affects your way of life whether it be at work, home or even our relationships with others. I have always worked off a checklist and will tick off as I complete

each task. I also found a great source of organization was using my school diary, using the days and dates as deadlines.

Another suggestion to better your time management could be forming a white board time table, which you can buy from a local Officeworks, where it allows you to set time frames each night you are at home to effectively time manage your subjects and evenly spread revision across the board.

So ask yourself every morning, “What are my goals for today? And at the end of the day ask yourself, “Did I do anything I set out to do today?”. What you get out relies solely upon the effort and time you put in and believe me hard work always pays off!

4. Know Yourself and Your Learning Style

*Knowing yourself and what suits your needs to study smart is significant in retaining knowledge and learning effectively. I need to see my topics, notes or any form of revision through **mind mapping**. For example, I am a visual learner, meaning after every chapter or topic that was learnt in class, the same night I would write the topic or theme in the middle of the page, I would then brainstorm sub headings and summarize each one in point form.*

This would assist me when needing to revise, I would have a summarized mind map that I can refer to and know off by heart visually in my mind. I also loved colour pens, which I believe can help retain information effectively by remembering the colour of the answer or a key word in that sentence that may have been used with that colour.

Whatever your style may be, find it, embrace it and use it to your advantage. Our memory is retained by how we learn the information.

Looking back what would I do differently?

Looking back now, the only thing I would do differently would have to be embracing my VCE years here at South Oakleigh. They are the last years of high school and the last impressions left in our minds. Embrace the friendships you've made, the memories, the hardships and the lessons. I feel for me, it was all a blur and passed by very quickly because I was in such a rush and anxious to complete my end of year SACS effectively and successfully that I forgot to breathe. Cherish every moment, you don't get these years back and always take time for yourself every night, you are not a programmed robot that must be in overdrive study mode. Go for that walk, watch that tv show and communicate with friends and family, do not become invisible, you need to balance study, family, life and friends harmoniously to keep sane.

Difficulties I faced?

Difficulties I faced in VCE were levels of anxiety, which lead to over eating and weight gain. I believe one of my worst distractions was food. I loved to eat and VCE does give you a big appetite. I ate my anxiety and my feelings and always turned to food for comfort.

In year 11 I gained 8 kilos and year 12 I gained 15 kilos in total I finished school a heavy weight champion, I then gained further weight in university and decided enough is enough, I applied all these tips that I have touched on today into weight loss tips, I have gone from 120 kilos being a size 22 to 55 kilos a size 8 in a span of 3 years.

Today I live a healthy balanced lifestyle by lean and nutritious foods and dedicating 1 hour a day for a run or a walk. A key factor that contributed to my weight loss journey was change of mindset. I changed “should” to “must”, “I’ll try” to “I will” and came to understanding that setting my goal to lose 60 kilos would start with visualizing the end result. What you believe you can achieve.

Who inspired me?

*My biggest inspiration in school and of course in life is my mum Phyllis, most of you will know her as Mrs. Dimakakos. Her advice was **“I am not here to dictate and tell you what to do, I am here to guide and support you and watch you grow and succeed”**. She was there in my VCE studies, she sat beside me, made me a coffee and went through everything I was confused and frustrated about. She made it seem easy and was so good at explaining thoroughly and clearly in a way where I would feel confident and comfortable to continue. She went through my late nights, anxious mornings and consistent mood swings.*

I truly feel I got through VCE because you were there to push me to my optimum level of success and for that I am grateful, and am standing here today an independent, confident woman. My advice to everyone is find your inspiration, someone who motivates you, pushes you, challenges you and scares you all at the same time. It can be a family member, a friend or even a celebrity. We can always recycle great qualities and pass them on to others so that we then also inspire someone.

CONCLUSION:

In VCE you will learn a lot about yourself, how to push yourself, your limits, your strengths and weaknesses, what distracts you, what you love and what you hate. Explore yourself by reading positive books, by sourcing Youtube motivational speakers and develop yourself to increase your confidence, to do better throughout the year.

There will be bad days, there will be days where you are lost with what your teacher is saying, there will be days where you are exhausted and want to give up but I’m here to tell you, throwing in the towel is not an option. Your teachers are your biggest supporters, if you don’t understand

something be that person who puts their hand up and asks what is on everybody else's mind. Listen to your burning desire and passion that lies within, it will want you to succeed, to pass your exams, to line up a future to success.

So today I'll leave you with a question you need to answer yourself every day of VCE, "Are you studying to fill in 8 hours of time each day? Or are you studying to not have enough time in the day?"

Be passionate, love what you do and be bold, thank you".