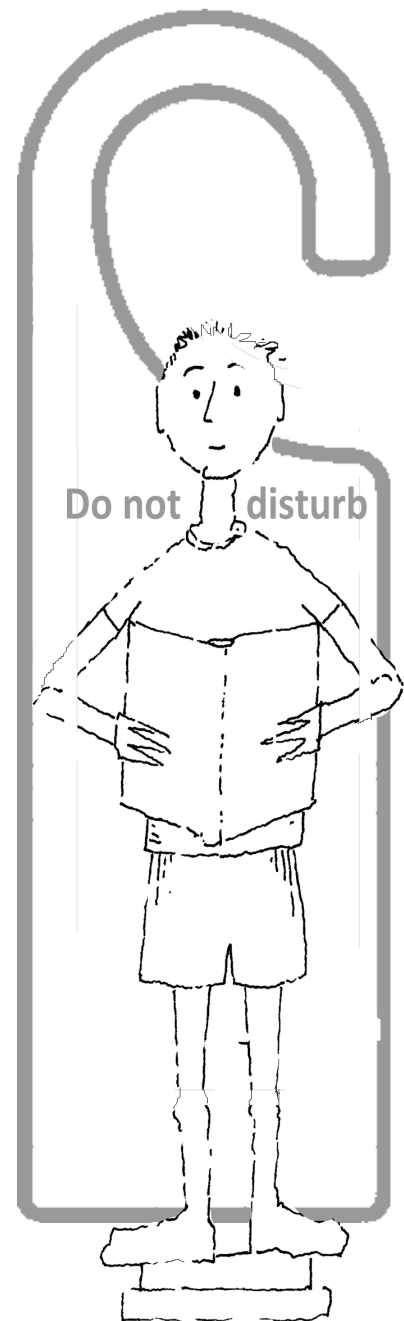


## Parents' Year 12 Survival Guide

The following advice on how parents can survive Year 12 comes from the Redlands Year 12 students in recent years.

- "Trust us with studies"
- "Do not nag"
- "Allow us to have priority over other siblings"
- "Don't stress more than the child"
- "Let us work together to devise a good work/social balance"
- "Be supportive and caring"
- "Take a break when you need it"
- "Give children their space"
- "Offer constructive criticism"
- "Have a calendar showing assessments, exams, excursions and good times"
- "Do not apply pressure close to crucial periods"
- "Trust in what I think, I know best about my work and what to do, how much, when; it's on my shoulders"
- "The TCE is not that important and no matter what happens, it is not the end of the world"
- "Pressuring me into succeeding is not going to work"
- "Support me no matter what"
- "Be proud of me"
- "Give me enough relaxation time"
- "Don't make me feel that if I don't do well I will basically have an unhappy life"
- "Stress free environment"
- "Food"
- "Be there for us when you need us – give us all the support we need"
- "Let me keep up hobbies"
- "Support my football and drive me to games and trainings"
- "Let me achieve my personal best by supporting me with work and life in general"
- "Back off and listen"
- "Positive reinforcement"
- "Don't ask too many questions"
- "Don't keep coming into my room when I am working and ask questions"
- "Tell siblings to stay away from me"
- "Weekends are partly for relaxing"



Be supportive  
student swatting

"Realise that I cannot come to every family meal"  
 "If you scream at me it will make me do exactly the opposite of what you want"  
 "Be interested"  
 "Smile"  
 "I know it is important, I don't need to be reminded all the time"  
 "Show love 'n' stuff"  
 "Let me have my chill out time"  
 "We're already stressed out – don't add to it"  
 "Monitor my progress and make sure I do my work"  
 "Reward me for good work/progress"  
 "Be considerate of the stress I am under and be appropriate in the actions taken towards punishment"  
 "Realise that I am not an idiot and I know I need to study"  
 "Help with the work when I ask you"  
 "If I am studying don't try to start pointless conversations"  
 "Stop acting like you know/understand everything"  
 "The angrier you get the angrier we get"  
 "I promise I'll get it done"  
 "Get excited about good marks"  
 "Don't moan about keeping my room clean"  
 "Put up with my moods"  
 "Don't ask me how my day was, after 17 years I think we've established the answer will always be the same"  
 "Ask questions, don't make demands"  
 "Be in the country for assessments"  
 "Realise that when we get home we are exhausted"  
 "Stop comparing our lives to yours"  
 "Support is not the same as pressure"  
 "Help me when I want to get things e.g. library"  
 "Identify the fact that it's not only you who wants me to do well – it's my results, and it's my life and I know what works for me and what I need. So respect the fact that I try my hardest and support me when I need it"  
 "Buy chocolate"  
 "Remember it's our future, our TCE, NOT YOOOOOOOURS"  
 "Lots of positive thoughts throughout the year"  
 "Have a greater understanding of what the TCE is about"  
 "Negotiate"  
 "Keep positive. Tell us what we will do well, not focusing on things we have yet to do"  
 "Provide a quiet study area"

**Source:** *Kindly reproduced with permission from Dr Peter Lennox, Principal, Redlands.*