

Study Tip #8

Sit in complete silence watching the clock tick over for a total of 60 seconds. Focus only on the time for one complete minute. You may be amazed by how long one minute can seem. This will help you to realize when you focus on your task you can achieve an incredible amount in even a short time.

August 2011

Goals For The Month

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

1 2 3 4 5 6 7

University / Tafe Open Day Month:
Fill in all the dates and details here.

For more info goto:
www.vcehelp.com.au

National Healthy
Bones Week

8 9 10 11 12 13 14

International
Youth Day

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 31

100 Trillion cells
3 Billion Heartbeats
600 Million Breaths
30,000 Days to Live...
One Lifetime
Make it Count!



www.vcehelp.com.au



VCEhelp.com.au

VCE resources for VCE students, parents and teachers.

**“It is better to take responsibility for your life as it is, instead of blaming others,
or circumstances for your predicament.” Dan Millman**