



SASTRI COLLEGE

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AEQUAM SERVARE MENTEM

Dear Class of 2020,

As your education journey continues, the Sastri College Family would like to show our support during this challenging time. Matric is a time in your life that will have a huge impact on your future.

We are all aware of the crisis we are currently facing. However, the coronavirus pandemic has brought several challenges forward; one of them being the loss of so much valuable teaching and learning time, due to the National State of Restriction.

This is a year like no other. How can you not rage against the unfairness of it?. How can you not be confused about what the future holds? How can you not be afraid of a future the world is struggling to imagine? How do you dare to dream when everything within you is asking "what is the use of trying"?. BUT You are daring to dream, you are daring to put on your boots and march into the unknown, because somewhere within you there is a seed that is waiting to burst into life.

Grieve the loss of your dream of how this year was supposed to be. Pay tribute to your dream. Create a memory box or make a scrapbook of what you expected from this year as a senior student; your farewell; your valedictory service; fun, laughter, high jinks...

Honour your feelings. You will have many, they will come and go at the speed of light. Some may linger longer than you want. It may feel like no one truly understands what you are experiencing and you will feel lonely. However, a caring adult or counsellor may be able to help you make sense of your feelings. It is good to share our feelings, if you do not feel able to talk about how you are feeling just yet, keep a journal of what you are feeling, what you are thinking, what you are hearing and what you are experiencing. This will help you remember the how you made history by choosing to keep on dreaming and striving in the face of this Global pandemic. If you don't like to write, make a piece of art, write a piece of music or a rap, create a music compilation, or collect memes and tik-toks that capture how you are feeling and what you are experiencing. This could be the basis of your best-seller later.

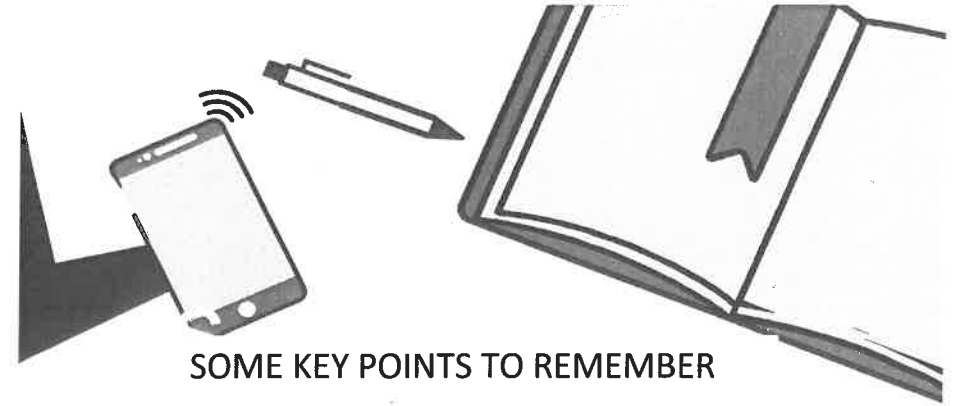
It is often hard to imagine a future when we are experiencing such intense emotions. Making a digital vision board or one using pictures or personal codes to plot your future can work as an internal compass to guide your decisions and keep you motivated. It can serve to anchor you in an experience beyond the current uncertainty and confusion. In this Survival Guide Booklet, you will find resources and tips to help you through matric.

We request that you take time and read through this booklet as you might find something that will be helpful in your journey of completing your schooling.

Lastly, "It always seems impossible until it's done." – Nelson Mandela

Be Safe

The Staff of Sastri College



SOME KEY POINTS TO REMEMBER

1

If you're stuck on something, or something just doesn't seem to make sense, you can always ask for help. Talk to your teachers and friends about the things you don't understand.

2

At least once a week you should look over the work you've studied in class. Thinking things over can help you to understand the concepts and help you remember when you need it the most.

3

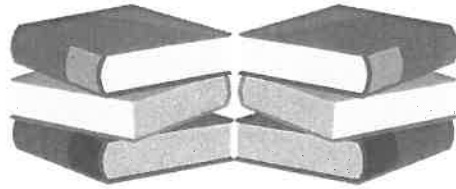
It helps to set some plans in motion so you can make the most of your study time. Stick with your study plan; don't change it while busy with exams.

Try studying in 45 min periods, studies show that the average person can concentrate hard for 45 minutes and then take 5 minute breaks between, where you stand up and walk to get the blood flowing so that your brain can rest and get ready for the next session.

Identify your peak times: Make sure you figure out which time of the day you are most effective and productive so that studying will be easier. Once you know these times, schedule your most challenging studies for that period, while topics and subjects that are much easier for you can be scheduled during your off-peak hours.

4

Good studying starts before and in the classroom. Arrive knowing what you don't know, so you can ask relevant questions. Your number one job is to be actively present in class and to be a part of the discussions. This means being focused, asking questions and taking effective notes in class.



5

Walk around the house/go for a walk outside. This will help you to concentrate and stay healthy.

6

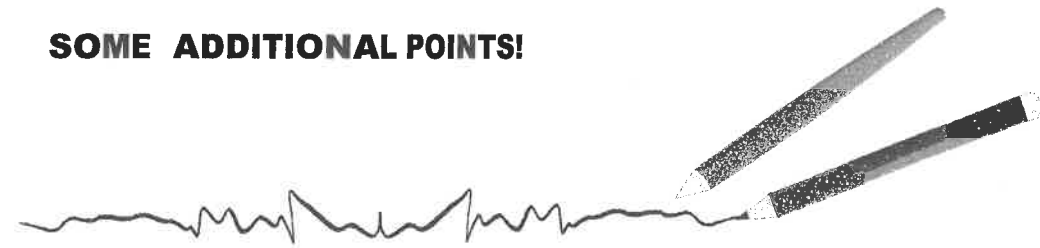
- Make summaries of the notes that your teachers give you.
- When making notes use different colours, it will help you remember your work. Important notes should be written in red. Try not to write in black because it is the same colour as the text in your textbook and on your worksheets.
- Make your notes look attractive and colourful, so that it makes you want to study.
- Make mind maps about the topic you are learning to see how much you know already.
- Make acronyms of lists you need to learn, by using the main ideas of the list as key word and form an acronym with its first letter and repeat it over and over until you can say it without looking at the paper.
- Try reading your notes aloud (explaining it to yourself), it helps to hear the work you need to study.

7

This way you will know what sections you need to focus on more before the exam. Make sure you have the memos as well.

Here is a link to access NSC past exam papers and memorandums:
[https://www.education.gov.za/Curriculum/NationalSeniorCertificate\(NSC\)Examinations/NSCPastExaminationpapers.aspx](https://www.education.gov.za/Curriculum/NationalSeniorCertificate(NSC)Examinations/NSCPastExaminationpapers.aspx)

SOME ADDITIONAL POINTS!



Try explaining the work to yourself as if explaining it to someone else, this will also help you understand the work better.



Try reading your notes aloud, and recording it, it helps to hear the work you need to study.



Focus on your own studies rather than listening to what others comment on the work.



To study effectively, you need to change your perspective. Look beyond the tests and the exams, and towards your future.



COMMIT TO YOUR WELL BEING: One of the most stressful experiences in your education career is studying for your matric exams! For that to happen, you need to ensure your physical and emotional health is taken care of and prioritize yourself first. It's important to eat healthily, get enough sleep, be physically active and feel connected to the people who support your success in life.



Your parents or guardians also play a huge role in helping to pass your matric, they are indeed your support system and need to make sure you live a healthy balanced lifestyle.

"One day or day one. It's your choice" - unknown

Breathe, Breathe, Breathe. When we become anxious we forget to breathe deep healing breaths. Connect your breathing to your hands, you use those every day.

1. Spread your fingers wide

2. With your other hand, put one finger against the bottom of your thumb.

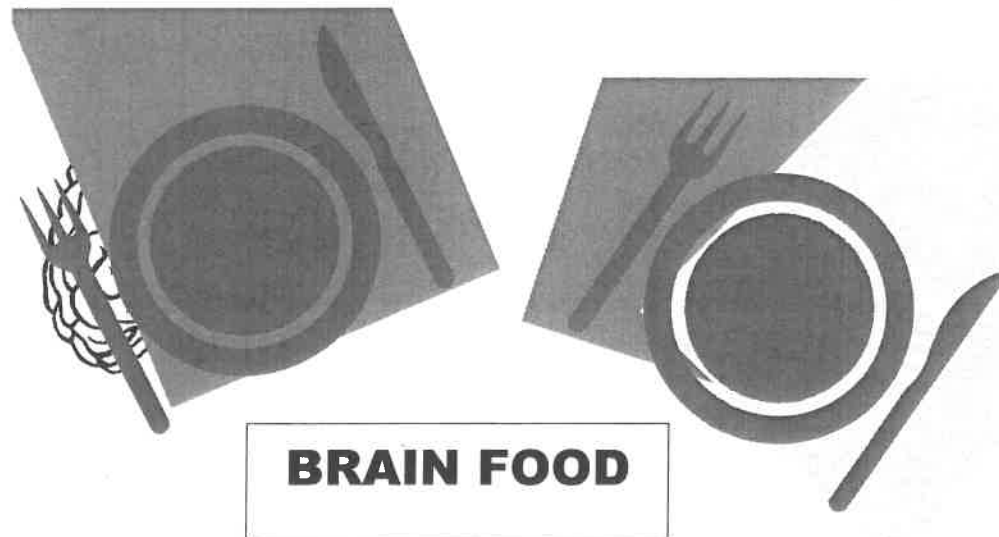
3. Trace your thumb. Breathe in as your finger rises, breathe out when it falls.

4. Keep tracing your fingers until you get to your pinky- remember to breathe in and out!

5. How are you feeling? If you need to, start again.



Remember to laugh (out loud or silently) and if you cannot muster the energy to laugh then smile. Use your smile as a meditation to help you focus and manage your anxiety.



1

EGGS

They are a great way to start the day, and are more likely to leave you feeling full. Just one egg contains vital nutrients: 6g of protein, vitamin B12 (which helps convert glucose into energy) and less than 100 calories - depending on how you cook it.



2

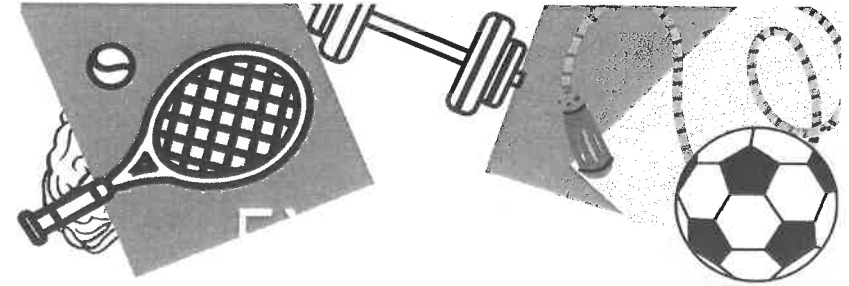
MEAT/PROTEIN RICH SOURCES

Meat or protein rich vegetables such as chickpeas, spinach, broccoli and brussel sprouts, will help to keep your immune system strong and keep your energy going for longer.

3

PEANUT BUTTER

It contains healthy fats and lots of protein per serving. This means that as a brain food, just a little can keep you full for a long time.



ENGAGING IN PHYSICAL ACTIVITIES ENHANCES YOUR ABILITY TO CONCENTRATE, MAINTAIN FOCUS AND IS AN EXCELLENT WAY TO RELIEVE STRESS AND ANXIETY.

HERE ARE A FEW HOME WORKOUTS JUST TO GET YOU STARTED

4

FRESH FRUIT



If you need a sugar boost, the natural sugars in fresh fruit are going to be much more useful than a chocolate bar or two.

5

WATER



Drink enough water. A healthy amount of water to drink per day is 8 glasses. This will hydrate your body and help to prevent or relieve headaches from long study periods.

6



FISH

Try and eat some fish to get healthy omega 3 oil in and not through pills. It helps with brain function and your ability to remember work.

YOGA 1-TJ(; STRESS RELIEF

1



Easy Pose Seated Twist Cow Face Pose Cobbler Pose

2



Forward Fold Downward Dog

3



1 Leg Down Dog High Lunge Warrior II

4



Triangle Pose Yogi Squat Seated Forward Fold

5



Bridge Pose Shoulder Stand Legs Up Savasana

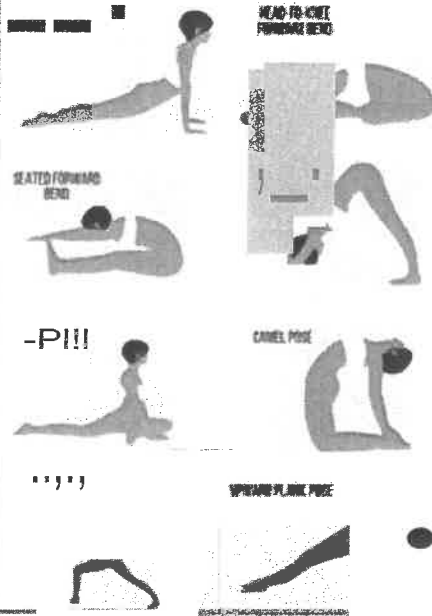
10 Minute MORNING WORKOUT

Full Body Strength

- Squats x25
- Push Ups x 30
- Forward Lunges x 30
- Wall Sit x 45seconds
- Jumping Jacks x 50
- Crunches x 30
- Plank x 45seconds

20 MINUTE YOGA WORKOUT

For flexibility



BEGINNER CARDIO WORKOUT

- 1 Minute March on Spot
- 10 Jumping Jacks
- 10 Squats
- 10 Standing Side Bend
- 10 Lunges
- 10 Jumping Jacks
- 10 Squats
- 60 Sec. Break/Set
- Repeat x3-4 Times

LESSONS FROM PAST MATRICS THAT YOU CAN LEARN FROM.....

Despite all the challenges that came along in my matric year, I always made it my goal to excel in my school work. It is important that you realise that there is a time for everything, and that once all the tough times are over, there will be fun times again. I always set up a roster for myself, so that it is easier for me to know when I'm going to study what, but this also helped me to stay on track, so that the work is not as much when it comes to the day you have to study for that specific subject.

I always made sure I was up to date with all my work and if I didn't understand a topic, I would go for extra classes or ask one of my fellow students to help me. If you prepare thoroughly for your September Exams, the pressure will not feel that much in the end exams. During exam times I often disciplined myself by handing in my phone to my mother during the day, and once I went through all my work, I will go on my phone if necessary. I tried avoiding spending too much time on my phone, since this can become a distraction. Set realistic goals for yourself and work hard to reach them. Last of all, always stay motivated and believe in yourself, never stop giving it your best shot.

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it or work around it." - Michael Jordan

Your Matric year is a roller-coaster of emotions and battles with subjects, but the trick is it just keep trying. Consistency is what makes all the difference. One of the things which I found worked the best for me is that throughout the year I made notes for each subject. I kept them all in a book and every time we finished a new section, I added to them. In this way by the time I needed to study for exams my notes were already done, and I was not still trying to summarize a textbook. If you have not done this before it is never too late to start! Make sure you are taking time for yourself; mental wellness is a large part of your matric year and to remain focused and finish strong you need to have a break. Have some me-time especially during study time. My favourite was a cup of tea outside. I matriculated in 2016 and am now in my final year of teaching, I still use these methods in order to prepare for exams, stay on top of my work and keep my mental health in check. I am wishing you all the best for your upcoming exams and the memories this year has in store for you! Don't forget to laugh every now and again, it makes it all worthwhile!

I had three main aspects that enabled me to achieve the results that I did.

Firstly, throughout the year I made notes - my style of learning would be to rewrite the textbooks, highlight them, and then walk around, reciting and pretending to teach the content to others. When it came down to the final NSC examinations, all my notes were complete, all I needed to do was read over them! The secret to this style of learning was that I had listened in class and participated when given the opportunity!

The second aspect which enabled me to achieve good results is balance. I did not study "too much" and I was in bed by 22:00 every evening. I never pulled all-nighters, I rather maintained a good sleep schedule as sleep is extremely important for brain function and focusing (those three-hour exams are exhausting!)

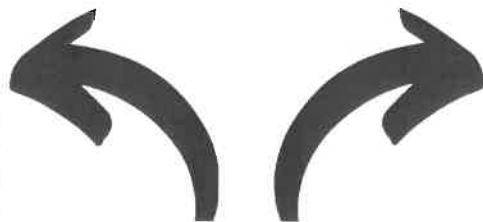
The third and final aspect which was the main reason I achieve the results I did, is that I relaxed. I did not stop hanging out with my friends, I still watched series and movies, I went out for coffee, slept in on weekends and most importantly; I made an effort to exercise as it helps brain functioning and being healthy.

My advice to you is: study hard, but do not forget about taking time for yourself, get enough sleep, stay social, and do you! Try not to stress, take a deep breath because you are stronger and smarter than you think!

I WILL PASS MY FINALS.
 I WILL PASS MY CLASSES.
 I WILL NOT BE DEFEATED.
 I WILL FINISH STRONG.

someday,
 I will make my
 parents proud
 I promise.

"EVERYTHING
 YOU DO
 NOW IS FOR
 YOUR FUTURE"



SOMETIMES STAYING MOTIVATED
 CAN BE EXTREMELY TOUGH.
 NEXT TIME YOU ARE STRUGGLING TO
 FIND MOTIVATION, TAKE A QUICKLO
 OK AT THESE



you can
 do it

DON'T STOP
 UNTIL
 YOU'RE PROUD.

IF YOU GET TIRED,
 LEARN TO REST
 NOT TO QUIT

- Banksy

SCHOOL IS
 TOUGH, BUT SO
 ARE YOU.



NAME: _____

GRADE: _____

MY STUDY TIME TABLE

	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Tools I can use daily: Mind Maps Terminology Summaries Past Papers Power points
 Internet Library Textbooks Study Guides

A dream with a **DATE** becomes a **GOAL**
 A Goal broken into **STEPS** becomes a **PLAN**
 A plan backed by **ACTION** makes your **DREAMS COME TRUE!!**

Thus I pledge to engage fruitfully in structured daily revision to make my academic dreams my own reality

Name _____ Signature _____ Date: _____

TIME	45 MIN	BREAK : 5 MINS	TIME	60 MIN	BREAK : 10 MINS
TIME	1 HR 30 MIN	BREAK : 15 MINS	TIME	2 HR	BREAK : 15 MINS
TIME	1 HR 30 MIN	BREAK : 15 MINS	TIME	2 HR	BREAK : 15 MINS

- **SILENCE THE NEGATIVE VOICE IN YOUR HEAD** - Study hard, do your best, leave the rest to God
- **PUT IN YOUR BEST EFFORT** - You will be rewarded with good results This may be the last window to achieve academic success this year. End your high school career strong!!
- **GET UP EARLY / DO NOT WASTE YOUR TIME** - Keep motivated & less likely to be self-defeated
- **SATURDAY / SUNDAY / HOLIDAYS**- Intensify your studies - These are golden opportunities for revision / clarifying concepts, etc.
- **AVOID JUNK FOOD/ TECHNOLOGY (CELL PHONES/ TV) / ANY DISTRACTORS** - These are sure to weaken your drive and success – avoid overindulgence / uses sparingly as a reward.
- **DRINK WATER & INCLUDE MINI EXERCISE SESSIONS ESPECIALLY ON STUDY BREAKS**
 You are living in your body – you need to look after it too!