05 Navigating Year 12

2021 has been a hectic, chaotic year, and one that has definitely brought up negative feelings of loneliness and anxiety, as well as an uncertainty for the future. Being in year 12, the pressure and feelings of anxiety already exist in large quantities, with assessments being every other week, and it all building up to final exams. The added load of stress that COVID brings to my final year of school does not help.

I often found myself caught up in the COVID chaos, whether it was the un organisation of online classes, watching COVID numbers rise and fall, or sitting in our final class for the day, only to find out that tomorrow, we would be back behind our cameras. So, to find peace in this chaos was vital for me, especially if I wanted to succeed in my final schooling year.

I started by first looking at the few positives that being stuck inside brought. For starters, it actually gave me more time to work on what I had to, as classes often ran shorter, and the commute to and from school was completely eliminated. I looked at the time I had gained during online classes and decided to not just use it to study more, but also to allow greater time for myself.

I would try to go do some sort of exercise every day, as when we were not in lockdown I felt that I didn't have enough time to take an hour or two to go outside and exercise. I also maintained strong connections with friends, through texting and facetime, and some of these friends were camp people who I hadn't had the chance to catch up with due to the craziness of year 12. In some cases, I felt that I could connect more with people outside of school when we were shut away in our homes.

Despite the many negatives in lockdown, I knew that, just like with everything in life, it was more important to look at the positives that it provided me with.

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