



General News, page 9 - 529.00 cm²
Capital City Daily - circulation 150,583 (MTWTFS-)

ID 325823040

Copyright Agency licensed copy
(www.copyright.com.au)

PAGE 1 of 2

Exam crunch time arrives

Numbers are up for Year 12s

**TIM WILLIAMS
DIANNE MATTSSON**

MATHEMATICAL Applications again tops the list of the most popular Year 12 examination subjects, as more than 13,100 South Australian students gear up for the biggest written tests of their lives starting tomorrow.

Students of Japanese and German beginners' courses will be the first to put pen to paper, followed on Friday by Indonesian beginners and the state's only Latin student, Henry Millar from St Ignatius College.

While some subjects do not require written exams, the top five of those that do remains unchanged from last year.

They are Mathematical Applications (4219 students), Biology (3294), Mathematical Studies (2799), Physical Education (2422) and Chemistry (2304), according to provisional SACE figures.

Rounding out the top 10 are Psychology, Physics, English Studies, Modern History and Mathematical Methods.

SACE Board of SA chief

executive Dr Neil McGoran urged students to access past exam papers for preparation from the SACE website, which also has study tips and links to counselling services.

"While this time of year can

be both nerve-racking and exhilarating, for students a significant amount of the hard work has been completed with 70 per cent of Stage 2 subjects being school assessed," he said.

"It is important to remain focused and positive.

"Importantly, during this crucial external assessment period, students need to pay close attention to their health and tap into their networks, such as family, friends and teachers, to help support and guide them."

Nutrition experts say Omega 3 fats should be an integral part of a balanced study diet. Professor Alexandra McManus from Curtin University said there was a strong correlation between diet and brain function. Eating oily fish such as salmon has often been associated with better memory and more balanced emotions, she said.

Immanuel College student

Rachel McDonald, 18, who will undertake her Japanese exam on Thursday, says eating fish, nuts and berries - plus caffeine - helped her "focus better".

About 13,100 students will sit at least one Stage 2 exam. Results will be released on Thursday, December 18.

SITTING EXAMS: HOW HAVE YOU BEEN PREPARING? GO TO ADVERTISER.COM.AU TO SHARE YOUR STUDY TIPS



General News, page 9 - 529.00 cm²
Capital City Daily - circulation 150,583 (MTWTFS-)

ID 325823040

Copyright Agency licensed copy
(www.copyright.com.au)

PAGE 2 of 2



HEALTHY DIET: Immanuel College Year 12 students Rachel McDonald and Chris Sampson try out some recommended foods yesterday.
Picture: DEAN MARTIN