



Less than
2 Hours



Self
Management



Critical
Thinking



Professional
Ethics



THE TWENTIES

HOW TO TACKLE YOUR LEAST FAVOURITE SUBJECT



WHY WOULD YOU WANT TO WORK ON YOUR LEAST FAVOURITE SUBJECT?

It's natural that you find some of your subjects more fun than others. But you usually need to complete – and pass – every subject, so knowing how to tackle your least favourite can make it bearable and even enjoyable.

WHAT?

Techniques to turn around your mindset and help you work well in a subject you don't usually enjoy.

IT'S OKAY TO...

- > not know what you want to do
- > get knocked into the pit
- > move faster or go slower
- > fail (as long as you tried)

WHAT YOU NEED

- > Pen and paper/a tablet
- > Access to the internet

WHAT TO DO

01

Why don't you like it? Be honest with yourself: what is the reason you don't like this subject? Is it difficult? Are you afraid of failing? Or is it boring to you? Identifying the reason why you don't enjoy a subject will help you find a solution to address this problem directly.

02

Find your hook. If the problem is that you're bored, or can't see the point of a subject, try to find something that interests you about it. For example, if you're learning about medieval history, the politics may not interest you, but what about the battles? Or TV shows and games based on this era? Some subjects may seem pointless, but they all help you learn and grow. Find out what pathways this subject leads you to. For example, you may find statistics difficult but it will help you get into veterinary science. Many subjects lead to a whole range of jobs.

- > Department of Education – School subjects and careers they can lead to:
www.dese.gov.au/school-work-transitions/resources/school-subjects-you-jobs-they-can-lead

03

Reach out. If you find a subject difficult, or you can't engage with it, talk to your teacher or year level coordinator. They may offer you guidance or extra help – including tips on how to stay

WHAT TO DO CONT:

motivated. You lose nothing by letting them know you're not enjoying it and it's admirable if you ask for advice and follow it independently.

- Tutors Field – How I stayed motivated studying a subject I hate:
<https://tutorsfield.com.au/articles/2017/07/21/stayed-motivated-studying-subject-hate-hsc-stories/>

04

Just get started. Often, the hardest part is starting your work on a subject you don't like. Set a five-minute goal. If you make yourself do five minutes, you'll be surprised how easy it is to do five more, then five after that. Once you've started, it isn't as daunting to keep going.

05

Reward yourself. Give yourself incentives. For example, if you have to study for a test, make sure you take short breaks and, after a couple of hours, treat yourself to something you enjoy. This could be catching up with friends, having a slice of cake, or going surfing. Keep your reward in mind to motivate you. No cheating.

06

Be kind to yourself. Don't be hard on yourself if you're not doing as well as you'd like, or you're struggling to stay motivated. We're all good at different things. But it's important to keep trying. There's always an end in sight – and you'll be proud you persevered, passed, and moved on to things you like better.

07

Celebrate your successes. Somehow, the less you love a subject, the more satisfying it is to succeed. If you do knuckle down and master something that you initially found difficult, give yourself an enormous pat on the back. This is a BIG deal and it means you have grown as a person as you learn not only the material but also practised persistence.

?

GOT IT?

- You've found a way to put in your best efforts to your least favourite subject. You might even have discovered you enjoy some parts of it!



TRY THIS

If you feel like you've nailed it but you want to level up, try this:

- Find a tutor or go to a learning support group for your subject.
- Ask your teacher if there are extra reading or activities you can do to practise your subject.
- Use these strategies in other things in your life you don't enjoy, like going to the dentist or doing chores.

SO WHAT?

- Approaching a difficult subject from a different point of view helps your critical thinking skills. You'll learn to apply this to other things like tricky social or work situations.
- Your self-motivation and self-management skills will skyrocket.
- You'll practise sound professional ethics, if you approach each subject with equal respect and diligence.

WHAT ACTION WILL YOU TAKE?

- Write down what you don't like about the subject.
- Talk with your teacher about your thoughts on the subject and ask for advice.
- Follow the advice you are given – it is your responsibility.
- List some rewards that can help you stay motivated when studying.



IF YOU LIKED THIS ONE YOU MIGHT WANT TO TRY...

- > How to Motivate Yourself to Study
- > How to Organise Your Study Schedule
- > How to Reduce Exam Anxiety
- > How to Write Study Goals
- > How to Take Great Study Notes
- > How to Set Up your Work Space