

Careers Corner Term 4, 10th December 2019

Like our School Careers Facebook page for the latest information. Search Facebook for 'Killara High School's Careers Page'. The school is also subscribed to:

JobJump: <https://www.jobjump.com.au/>The password to register is: kh *Students and parents can sign up to Jobjump. **School Careers Website:** <http://www.killarahighcareers.com/>

Open Days & Info Sessions

Aviation Australia | Cabin Crew Career Session

11 December 2019, 6:30 pm - 8:30 pm

Qantas Centre of Service Excellence, Alexandria

Aviation Australia's Cabin Crew Career Information Sessions offer you the chance to learn about our world-class training, see the flight safety training facilities and learn from industry experts on what options are available for you to start your career as a flight attendant.

It is a perfect opportunity to find out more about our Cabin Crew courses, meet past students as well as our inspirational instructors who are aviation experts, having led successful careers in the industry themselves.

Find out more: <https://www.eventbrite.com.au/e/sydney-cabin-crew-career-session-tickets-82740810993>

Macquarie | Pathways Webinar

17 December 2019, 5:00 pm - 6:00 pm, 18 December 2019, 2:00 pm - 3:00 pm

Online. Students come to Macquarie from different places and stages in their lives. If you're concerned that you may not meet the entry requirements for a bachelor degree at Macquarie University, we have several ways to get you on the pathway to your dream degree.

At this webinar, you'll hear from two students who came to Macquarie through pathway programs. They will share their insights and experiences, and explain their seamless transition into their dream degrees. You'll learn about the personalised support available, small class sizes and programs designed to build your skills and knowledge, so you are ready to enter the first or second year of an undergraduate degree.

Listen in to find out about:

- adjustment factors that can boost your selection rank
- our diploma, foundation and intensive programs
- our Next Step Pathway and other entry options

Find out more: <https://www.mq.edu.au/study/events/explore-your-options-week/webinar>

UTS | Options Day

19 December 2019, 1:00 pm - 6:00 pm. University of Technology Sydney, Broadway

Options Day is your chance to come on campus and get your last-minute questions answered before close of UAC preferences. Chat one-on-one with our staff, find out about admission pathways and attend an info session or tour and get a taste of life at UTS.

Find out more: <https://infoweek.uts.edu.au/options-day/>

WEP Student Exchange Online Info Session

8 January 2020, 6:00 pm Online. What is Student Exchange? Who is WEP Australia? Where and when can I go? Imagine making friends from all over the world, learning about yourself and the world around you and seeing sights you could only dream of. Have all your questions and more answered at one of WEP's online information sessions. Find out more: https://zoom.us/webinar/register/WN_yU_xtEgURLSbeDg8og_Ndw

Endeavour College of Natural Health | Open Day

18 January 2020, 10:00 am - 12:30 pm. Endeavour College of Natural Health, Sydney Campus
If you're thinking about studying natural health in 2020, Endeavour College of Natural Health's Open Day is the perfect opportunity to discover more about our degrees, meet our academics and current students and tour the campus. Here's what you can expect from our Open Day:

- Meet our industry expert academics and teaching staff
- Chat with current students about their experience
- Tour the campus and visit our teaching clinic, library, student areas and teaching rooms
- Discover what career options are available to you after graduating
- Find out more about our courses including what you'll learn, assessment types, hands on experience and more
- If you have prior education or work experience, learn about our pathway entry options which could count towards your degree
- Meet with our student enrolment advisors to discuss your study options, which course is right for you, fees and payments, applying and enrolling

Find out more: <https://www.endeavour.edu.au/events/natural-health-open-day-jan-2020/>

Workshops & Courses

TAFE NSW | Barista Short Course

14 December 2019, 9:00 am - 5:00 pm. TAFE NSW, Ryde Campus
This theory and practical workshop starts with the growing and roasting of the beans and leads students through the process of extracting the perfect espresso and making the complete menu of espresso drinks. Designed for novices and those entering the cafe and/or hospitality industry, and those upgrading their skills. Training includes customer service and the correct cleaning and maintenance of the espresso machine. Find out more: <https://www.tafensw.edu.au/course/-/c/c/158-28560V01/TAFE-Plus-Statement-in-Barista>

TAFE NSW | Introduction to Creative Writing Short Course

This course engages with the contemporary forms and topics that shape creative writing today, including the influence of the online medium. This course will enable learners to learn and apply creative writing skills, identify interesting stories, and present these using relevant writing techniques and forms. You can study this course online at any time, or at one of TAFE NSW's campuses across the state. Find out more here: <https://www.tafensw.edu.au/course/-/c/c/357-N6009V02/TAFE-Statement-in-Introduction-to-Creative-Writing>

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Sophie Campbell and Elif Macpherson (Careers Advisers)

Scholarships

The Promotion Products Bi-Annual Scholarship

Value: \$3,000. Open/Closing Dates: September 1, 2019 – January 15, 2020

Promotion Products are offering a bi-annual scholarship to an eligible student currently studying at an Australian University or Further Education College, to assist them with the cost of living and the expenses of being a full-time or part-time student. To be considered for this scholarship Promotion Products invite students to submit an application that includes a small essay describing:

- Educational establishment attending or going to attend
- Dates of your Study
- A brief outline of the special circumstances you feel that makes you a candidate for the scholarship

Once the application deadline has passed, the essays will be reviewed and judged based on the following criteria:

- Your actual need for financial assistance
- The impact your qualification is going to make upon others
- You displaying an eagerness to assist others and effect positive change [Find out more](#)

CQUniCares GWI Scholarship

Value: Up to \$5,000. Open/Closing Dates: November 15, 2019 – January 10, 2020

CQUniCares GWI Scholarship assist students with expenses associated with studying at university. Those expenses can include non-deferrable costs such as textbooks, uniforms, computer equipment and internet access, specialised equipment, childcare, income supplement, travel and accommodation costs associated with compulsory residential schools and unpaid work placements. To be eligible to receive the CQUniCares GWI Scholarship an applicant needs to meet the following criteria:

- Enrolled or intending to enrol at CQUniversity in Term 1, 2020
- Be a first-year student
- Be enrolled in any Bachelor course
- Be enrolled with a minimum term study load of 12 credit points or more
- Be able to demonstrate low personal/family income or financial need
- Be an Australian citizen, permanent resident, holder of a Humanitarian Visa or New Zealand citizen with a permanent home address in Australia
- Be enrolled at Census date of Term 1, 2020
- Not be in receipt of another CQUniversity Scholarship of similar or higher value

Preference will be given to applicants who:

- Are the first in their immediate family to attend University;
- Speak English as Second Language;
- Are of Aboriginal and/or Torres Strait Islander descent;
- Have a formally diagnosed disability, medical or mental health condition;
- Reside and study in a remote or regional location.

The intent is to award, each year, one scholarship to a Queensland based student, and one scholarship to a student outside of Queensland. [Find out more](#)

CQUniCares Student Success Scholarship

Value: Up to \$5,000. Open/Closing Dates: November 15, 2019 – January 10, 2020

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The scholarships will provide recognition and financial assistance to higher education students who are under financial pressure. To be eligible to receive a CQUniCares Student Success Scholarship, successful applicants must:

- Be enrolled or intending to enrol at CQUniversity in Term 1, 2020
- Be enrolled in any higher education diploma, undergraduate or postgraduate course in Term 1, 2020
- Be enrolled with a term study load of at least 12 credit points or more
-
- Be able to demonstrate low personal/family income or under financial pressure
- Be enrolled at CQUniversity at the time of Census date Term 1, 2020
- Be an Australian or New Zealand Citizen, holder of an Australian Permanent Visa with a permanent home address in Australia
- Not be receiving another CQUniversity Scholarship of similar or higher value

Preference will be given to:

- Students studying from regional, remote or very remote locations
- Students with a medical condition/disability
- Students with significant carer responsibilities
- Students not living in close proximity to a CQUniversity campus
- Students enrolled in courses with high educational expenses
- Academic progress will be taken into consideration for applications who are existing CQUniversity students

[Find out more](#)

CSU Valerie Cox Memorial Scholarship – Commencing

Value: \$20,000. Open/Closing Dates: November 1, 2019 – February 5, 2020

The Valerie Cox Memorial Scholarships were established in memory of the late Valerie Cox who passed away in 2003 after a short illness. Miss Cox a retired nurse had a passion for learning and decided to leave a legacy to the University to create scholarships which would assist women and in particular Koori women studying in the field of science at CSU.

Must be studying in:

- 1st Year
- Any course in the Faculty of Science
- Wagga Wagga campus

Conditions:

- Applicant to be from the Riverina Region (supporting documentation to be provided)
- Preference will be given to Female and/or Indigenous students (please provide evidence of Aboriginality)

[Find out more](#)

CSU Walter and Eliza Hall Trust Opportunity Disability Scholarship

Value: \$10,000. Open/Closing Dates: November 1, 2019 – February 5, 2020

The Walter and Eliza Hall Trust have, in line with her wishes, established a disability program to assist students living with a physical disability.

Must be studying in:

- Any Year
- Any undergraduate course offered full time on campus

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- Any campus

Conditions:

- Applicant must be an Australian permanent resident studying a minimum of 3 subjects per semester.
- Available to students with a physical disability only, demonstrated through formal diagnosis and ideally be eligibility for a Disability Support Benefit (examples of such conditions may include but are not limited to: visual or hearing impairment, quadriplegic, paraplegic, Multiple Sclerosis, Cystic Fibrosis, respiratory or heart disorders). Supporting documentation must be supplied with application.
- Genuine financial hardship (completion of the hardship section of the online application form is compulsory).
- Aboriginal and Torres Strait Islander students with a physical disability are encouraged to apply.
- Studying as a Commonwealth Supported student (HECS funded).

Find out more

CSU Chris Gordon Memorial Scholarship

Value: \$3,000. Open/Closing Dates: November 1, 2019 – February 5, 2020

During his time at CSU, Chris Gordon established the Education/Psychology double degrees. The Chris Gordon Memorial Scholarship was instigated by his family after his passing in 2003 to ensure his contribution to the intellectual life of Charles Sturt University is remembered.

Available to students:

- In their 1st / 2nd Year
- Studying on Dubbo Campus
- Studying the Bachelor of Education (Early Childhood & Primary) Find out more

Competitions

2020 Australian Geographic Nature Photographer of the Year Competition

The Australian Geographic Nature Photographer of the Year competition celebrates the natural heritage of the Australia, New Zealand, Antarctica and New Guinea bioregions each year.

Photographers from around the world are invited to submit their nature and wildlife photographs from the bioregion of Australia, New Zealand, Antarctica and the New Guinea.

The stunning beauty of our natural world is placed on display, with professional, emerging and junior photographers alike showing impeccable timing, patience, artistry and technique to capture superb moments in time.

Entries are open until Friday 24 January.

Find out more and enter here: <https://naturephotographeroftheyear.com.au>

Your Shot DJ Competition

Combining all suburbs of Sydney, Melbourne, Brisbane and Perth, Your Shot will give 150 new contestants and wild cards from each state the opportunity to get their shot. You don't need any DJ experience to be a part of Your Shot.

Contestants receive a three-hour training session each week for 6 weeks. With your newfound DJ skills, you'll perform your first ever DJ set in front of sold-out crowds and be judged by the industry's best.

You could be in the chance to win and perform at one of the world's biggest dance music festivals. You must be 18 years of age to enter. Find out more here: <https://www.yourshot.com.au/>

Further Learning

Electrical Apprenticeship with MIGAS and Origin

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Are you tech savvy and fascinated by all things electrical? Did you complete electrical projects during school or at TAFE and found yourself drawn to tinkering with electronics and want the chance to work on and understand bigger projects on an industrial or commercial scale? If you have an investigative mind, are a maths whiz and an eye for detail, an Electrical Apprenticeship could be the one for you. Undertaking this four-year apprenticeship will give you the opportunity to become a qualified Electrical Tradesmen and earn your Certificate III in Electrotechnology – Electrician. This position is located in Uranquinty and you will be hosted with a leading Australian energy provider. Find out more and apply here: <https://www.migas.com.au/jobs/view/electrical-apprenticeship-5254>

Apprentice Sign Writer

Comcut Group are seeking a 1st Year Apprentice Sign Writer to join their team in Windsor.

Comcut specialise in all aspects of sign writing from digital printing, vinyl application, building signage, and vehicles to general sign manufacturing. Your work will be interesting and varied.

Applications are open until Friday 20 December. Find out more and apply

here: <https://www.skillsroad.com.au/apply-for-jobs/jobs-board/apprentice-sign-writer-14193#.Xd35YnduI2w>

Apprentice Hairdresser

Are you an enthusiastic, motivated, stylish person? Vision Hair Team Asquith are currently looking for a 1st year apprentice to join their team. **Applications are open until Thursday 26 December.** Find out more and apply

here: <https://www.skillsroad.com.au/apply-for-jobs/jobs-board/1st-year-apprentice-14233>

TABMA Pre-Apprenticeships

Completing a pre-apprenticeship course can be a real advantage when applying to an employer for an apprenticeship or traineeship. A pre-apprenticeship teaches youth the basic skills of a particular industry, so you bring those skills and knowledge to the workplace when starting an apprenticeship or traineeship.

TABMA regularly conduct a series of pre-apprentice or pre-trainee programs focusing on the following industry subsets:

- Construction
- Timber Building Solutions
- Shopfitting & Cabinetmaking
- Timber Truss & Frame
- Furniture Making
- Furnishing

TABMA's pre-apprentice and pre-trainee programs are run around the country (depending on funding). Find out more and register your interest here: <https://tabmaat.com.au/pre-apprenticeship/>

Work Experience

Work Experience with Sydney Living Museums

Sydney Living Museums' work experience program for Years 10, 11 and 12 students is designed to provide students with an understanding of what it is like to work in a museum environment and as part of a team. Placements will be offered with our Visitor Services Teams. Limited opportunities are also available to work with our Collections and Curatorial staff. [Learn more](#)

Work Experience with Sydney Theatre Company

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Twenty-five Drama students in Years 10 and 11 from across NSW have the opportunity to participate in our immersive, interactive Work Experience Week. Work Experience Week enables students to explore many facets of STC and gain a broad understanding of the workings of a theatre company. Each day focuses on a different STC department, including programming, direction, set and costume design, marketing, sponsorship and philanthropy. Working in groups, students complete activities in the roles of different creatives and STC staff, and present their ideas in informal presentations. Students participate in tours, panel discussions, workshops and activities run by STC staff and creatives. [Learn more](#)

Resources

WSU HSC True Reward Program Closing Soon

Are you looking to get early entry into Western Sydney University?

It's not too late – their HSC True Reward Program is still taking applications.

Hurry, they close on Friday 13 December. Find out more

here: <https://www.westernsydney.edu.au/future/study/application-pathways/hsc-true-reward.html>

7 great ways to recover from exams

Bravo, exams are over, and you survived.

While part of you is probably feeling euphoric, you might also be feeling drained or even a bit down. It's completely normal after a hectic school year and all the pressure of exams.

We've put together some ideas that could help get you back on track.

1. Celebrate

Go ahead, you most definitely deserve it. You could:

- Organise a party with all your friends, it doesn't have to cost you much – take the cricket set, a ball or the slip and slide to a park and just hang out
- Pamper yourself with a really special treat, massage or couch day
- Have a night out with family or friends, go to the movies or your favourite restaurant
- Have a day at the shops indulging in some retail therapy
- Book yourself tickets to go to a music festival or gig
- Take a day trip and spend the day doing what you love – picnic at the beach, hiking, be a tourist for the day, hit the water park

2. Look after yourself

Repay your sleep deficit with some long lie ins and early nights, no doubt you've had late nights up revising and stressing lately.

It's probably been easier to grab lollies and quick (possibly unhealthy) snacks. So you could take time now to do some home cooking, or indulge yourself with nourishing foods from your favourite café.

Spend some time outside, relax and breathe in some fresh air instead of the recycled stuff you might have been taking in at the exam halls and library.

Book a massage or some yoga classes, whatever will help you to unwind and relax any bunched up muscles.

3. Cleanse

4. Channel Marie Kondo and have a huge clear out. Bin (or sell) any books, revision notes and study notes that you've no intention of using ever again.

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De-clutter your room and remove all the reminders of exams gone by. Then box up your study area and put it all away out of sight.

5. Plan a change

Taking a complete break from your norm could put a spring back in your step. So why not plan a holiday, or even a gap year.

If you haven't got the time or the money available just now to do anything big, you could always arrange a camping trip. Some time out in nature and sleeping under the stars – what could be more relaxing than that?

6. Think ahead

Start planning and organising for the next chapter of your life.

If you're in Year 12, then make sure you're as sorted as you can be for uni.

- Find accommodation
- Start accumulating everything you'll need, from pots and pans to bedding
- Find out where you might be able to buy second-hand text-books, it could save some money next year
- Start researching or applying for scholarships or Centrelink payments
- Get your own Medicare card and Centrelink customer reference number organised

If you're going to start work or vocational studies like an apprenticeship, you'll need to make sure you've got a bank account, tax file number and super account ready to go.

Still got school next year – think about what you could do outside school that'll build your skills and experience. Look at study tips that could help you do better without working harder. Create a resume.

7. Grow

Find summer jobs that you'd like to apply for and go for it. See what volunteering opportunities there are near you. Research careers, maybe you'll stumble across something that inspires you, find pathways that you didn't know about, or reaffirm a choice you've already made. Have a look around for short courses, summer holiday programs and workshops happening near you, or just look up fun events in your area where you could meet new people (network) and open yourself up to new experiences and opportunities. Whatever you do, don't forget to add all your new skills and experience to your resume.

8. Go with the flow

Make the most of not having to do anything, sit back and enjoy a bit of breathing room.

Start Your Aviation Career with Flightdeck Consulting

Wanting to kickstart your career as a pilot? Flightdeck Consulting is a team of former pilots and recruiters, offering a variety of resources to help you land your dream job. The services they offer include interview preparation, flight simulation prep, and aptitude testing. With contacts around the world, they can help you find a job with the company of your dreams. Find out more about Flightdeck Consulting here: <https://www.flightdeckconsulting.com/>

Spend a Summer in Oxford

The CBL International Summer in Oxford program offers high school students between the ages of 13 and 19 a unique opportunity to experience life as a student in the prestigious colleges of the University of Oxford (UK). Participants spend part of their summer in an academically renowned city, studying a subject of their choice, and attending workshops focusing on the University preparation and application process. While studying in Oxford, students will be accommodated in one of the constituent colleges of the University of Oxford.

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The program will run in July and August in 2020. Find out more here: <https://summerinoxford.com>

Sail with the Young Endeavour

Aged 16-23 and looking for a new challenge? Join tall ship Young Endeavour for an unforgettable adventure! Test yourself as you learn to navigate, set sails and climb the 30-metre mast. Develop your confidence, teamwork and communication skills and make new friends Young Endeavour undertakes around 20 eleven day voyages each year, mostly along the east and south coasts of Australia. On each voyage we embark 24 young Australians – the Youth Crew – and nine specially trained Royal Australian Navy Staff Crew. Find out more and apply here: <https://youngendeavour.gov.au/>

Job Spotlight

Midwife

What do they do? Midwives are healthcare professionals who specialise in pregnancy, labour, and birth, providing antenatal and postnatal advice. They monitor, care for and support women and their babies, as well as their partners and families.

Midwives may work in hospitals (in wards, delivery suites, clinics operating theatres, or special baby care units), in the homes of expectant and new mums, or community clinics. They are part of a care team and often work with other midwives and nurses, doctors and surgeons, social workers, and health visitors.

If you're great with people, love babies and are looking for a diverse and challenging career that's all about creating connections, forging trust and multitasking, midwifery could be worth considering.

Duties:

- examining and monitoring pregnant women
- assessing care requirements and writing care plans
- undertaking antenatal care in hospitals, homes and GP practices
- referring women and their babies on to doctors or other specialists and services if required
- performing screening tests
- providing information, emotional support and reassurance to women and their partners
- taking patient samples, pulses, temperatures and blood pressures
- caring for and assisting women in labour
- monitoring and administering medication, injections and intravenous infusions during labour
- monitoring the foetus during labour
- advising and supporting parents about the daily care of their newborn babies including breastfeeding
- helping parents to cope with traumatic births, sick babies, miscarriage, termination, stillbirth and neonatal death
- writing records
- tutoring student midwives
- identifying risks in pregnancies, labour and postnatal situations

Skills required:

- excellent people skills, kind, caring, and compassionate
- passionate about helping people
- good communication (provide information, listening and report writing) and observation
- organised and able to multi-task without losing focus
- willing to work long hours and do shift work

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- remain calm and positive in stressful situations
- strong emotional intelligence and mental strength
- enjoy working in a team environment
- committed

Pathways

There are 2 main pathways to becoming a Midwife in Australia:

Complete a 3-year Bachelor of Midwifery like the one offered at JCU or

Complete a Bachelor of Nursing degree (generally 3 years full time) and then a Graduate Diploma or Master of Midwifery (12-18 months). Average salary \$89,389 per year (Source: au.neuvoo.com)

Job growth in this area is predicted to be **very strong**.