

ST PIUS X COLLEGE

CHATSWOOD



Careers Newsletter

Disclaimer – all information is printed in good faith

It is the responsibility of the student to confirm all details with the appropriate institution.

To contact Mr Madani please email <u>imadani@stpiusx.nsw.edu.au</u> or call 9414 4388.

JobJump - Parents and students please watch YouTube video and sign up

Sign up to JobJump for information about tertiary study options, ATAR's and apprenticeship and TAFE information. Create a resume, sign up for news alerts.

To register go to https://www.jobjump.com.au/

Search school – St Pius X Chatswood

Register with an email address (use a private address, not spx)

Password – pius (lower case)

Parent information: https://www.youtube.com/watch?v=fZoyckJwvVg&feature=youtu.be

ACU | Year 12 Revision Webinars

August 21 to September 7, 2023

Worried about your Year 12 exams? You're not alone. We know this can be a stressful time, which is why we've teamed up with InspirED to help you do your very best and get ready for what's to come.

Join us for a series of free online webinars run by experienced Year 12 exam markers and assessors. They'll guide you through how to respond to possible exam questions, help you get your head around the class content to deepen your understanding, and offer plenty of tips and strategies along the way.

Find out more

WSU | Discover Western: Applying for University & Receiving an Early Offer

August 22, 2023

Hear from Western staff and current students about our HSC True Reward Early Offer program, how to accept your early offer and change preferences, other alternate entry programs and more.

Find out more

CAA | Webinar: What's Changing for VET in Schools?

August 23, 2023

Find out about upcoming changes and what it means for your school and students. Find out more

University of Sydney | Philosophical Science Webinar

August 23, 2023

What is the purpose of science and the work of scientists? Should we be worried about the implications of science beyond the lab or classroom? Join this session with Dr Annie Handmer from the School of History and Philosophy of Science at the University of Sydney to learn how she interrogates the ethical, social, economic, historical and greater philosophical parameters of science in the real world. Find out what a day in her life looks like and how you can embark on a career in science policymaking, ethical monitoring and even space law in world of booming scientific innovation.

Find out more





<u>University of Sydney | Life in the Field: From Science History to Space Policy</u>

August 23, 2023

What is the purpose of science and the work of scientists? Should we be worried about the implications of science beyond the lab or classroom?

Join this session with Dr Annie Handmer from the School of History and Philosophy of Science at the University of Sydney to learn how she interrogates the ethical, social, economic, historical and greater philosophical parameters of science in the real world. Find out what a day in her life looks like and how you can embark on a career in science policymaking, ethical monitoring and even space law in world of booming scientific innovation. Find out more

NIE | Post-UCAT Advice & Medical Interviews Preparation Webinar

August 23, 2023

This webinar is an excellent opportunity for students, parents, and teachers to find out about the post-UCAT steps medical school applicants are required to take.

The session is packed with invaluable information during which we will be covering the following topics:

- Your UCAT Scores and what they mean
- Applying to universities that do not require UCAT (JCU and Bond)
- Medical Interviews for undergraduate medicine and dentistry courses
- Interview structures and assessment criteria by universities
- Take a look at a few sample questions
- Medical interview preparation advice
- Q and A

Find out more

TAFE NSW | Virtual Open Day 2023

August 24, 2023

Discover all that TAFE NSW has to offer while connecting with experts who can help you make decisions around your future studies. Join us for webinars, browse the exhibition hall and view our on-demand content to learn more about studying with TAFE NSW.

Find out more

iscd | Virtual Info Session

August 24, 2023

Our interior design information sessions are a great way to explore the foundations of design and discover if a career in interior design is for you.

Join from anywhere, ask questions in real-time.

What to expect at this free 60 min info session:

- Explore the basics of interior design and the many roles and pathways you can take.
- Discover the difference between interior design and interior decoration.
- Find your own personal style by exploring different interior design styles.
- Learn the 7 design principles that govern interior design.
- Explore colour and its role within interior design.





- Learn all about our courses and how you can become a qualified interior designer in just 2 years via our virtual classroom.
- Meet a current ISCD student and hear first-hand about their experience.

Find out more

UTS | Open Day 2023

August 26, 2023

We're excited to announce that registrations for UTS Open Day are now open! Join us oncampus to explore your course and career options available at UTS.

With 100+ info sessions, campus tours, 1-1 chats and workshops on offer, Open Day is the place to get your questions answered.

Find out more

AIM | Open Day 2023, Sydney

August 26, 2023

Join us for Open Day at our Sydney Campus, and experience everything AIM has to offer! Explore our campus, get course advice, experience live performances, meet our teachers and students, and take part in activities that will give you a taste of student life here at AIM. Whether you're ready to study now, or in five years' time, Open Day is open to all and a fantastic opportunity to discover how the Australian Institute of Music can help turn your passion for music into a career.

Find out more

Notre Dame | Sydney Open Day 2023

August 26, 2023

Chat to our academics, alumni and current students about your study options and university life. Register now for our 2023 Open Day and explore everything that Notre Dame has to offer!

Find out more

AIE | Online Campus Day

August 26, 2023

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

Find out more

National Science Quiz 2023

August 27, 2023

The National Science Quiz is a fast-paced and fun live quiz show held in Melbourne for National Science Week. In the audience and around the country, thousands join in to play along with the quiz and compete for cash prizes, trophies and the honour of calling





themselves National Science Quiz Champions!

Join host Charlie Pickering and special guest team captains Nate Byrne – ABC News Breakfast (ABC TV) and Simon Pampena – Catalyst (ABC TV) / Outrageous Acts of Science (Discovery Channel) for a celebration of science. Watch as our two teams battle it out to be this year's National Science Quiz 2023 champions. The winning team will leave victorious and the losing team will be slimed live-on-stage!

For the first time in 2023, secondary schools can enter teams and compete for a \$1,000 cash prize and the prestige of 12 months bragging rights as Australia's champion science school. Find out more

SCCE | Exchange Webinar

August 29, 2023

Preparing for your exchange program is an important part of the process and is vital to continued program success. At these online meetings, an experienced high school exchange advisor will share an overview of high school exchange programs with Southern Cross Cultural Exchange.

You'll learn more about living with a host family and how studying overseas can help you develop confidence and independence... and gain a lifetime of memories.

Find out more

University of Newcastle | How to Stress Less During the HSC

August 29, 2023

There's no getting around it, HSC year is tough. Whether you're feeling stressed-out, or chill and trying to stay that way, our experts and students are here for you.

Join our expert speakers to learn helpful strategies for managing your stress levels during the HSC (and beyond).

Find out more

<u>University of Sydney | Business Pathways and Scholarships Workshop</u>

August 30, 2023

Learn about the Business School scholarships on offer, and how to make your application stand out by joining this online workshop with the Business School team.

Hear tips from successful scholarship recipients and the staff who assess those applications, as well as their unique Sydney student journeys since joining the University of Sydney Business School.

Find out more

Geoscience Australia | Online professional learning: Earthquakes

August 30, 2023

Did you know that Geoscience Australia has years of earthquake data freely available online?

This teacher professional learning session will explore how you can access real earthquake data in the classroom. Our dedicated education team will walk you through a global 3D earthquake model and provide you with some ready-to-use classroom activities where students can collect and analyse data.

We will also cover earthquake patterns and their implications for understanding the





development of plate tectonic understanding.

Find out more

Monash | Moving Away From Home Webinar

August 30, 2023

This webinar will focus on all the things you need to know about moving to Melbourne including support services and accommodation (on-campus and off-campus) opportunities. You'll also hear from current Monash students who've moved to Melbourne from both international and domestic/regional areas.

Find out more

<u>University of Sydney | Money Matters</u>

August 31, 2023

Money matters – especially when you are studying. In this webinar, you'll learn about the costs associated with Uni, how to budget, and the financial support available to help you throughout your studies. Learn tips and tricks from our students so you can manage your money, balance a job while studying, and be successful at university.

We'll cover:

- Fees what you pay, how and when,
- Financial support at uni scholarships, bursaries, and HECS-HELP
- Cost of living accommodation, food, bills, other expenses,
- How to do a budget, track it and manage your money,
- Getting a part-time job, and balancing work, studies, and your social life.

Find out more

The Hotel School | Industry Insights, Sydney

September 2, 2023

Join us for an exclusive behind the scenes look at life working in a luxurious 5-Star Hotel. Experience InterContinental Sydney through the eyes of a hospitality professional. Find out what it is like to work in this dynamic environment by immersing yourself in the behind-the-scenes operations of a luxury hotel.

You are invited to this unique, fully interactive experience where you will meet professionals of key hotel departments and have an opportunity to understand their roles. This event is perfect for those wanting a better understanding of the complexities and depth of hospitality careers.

Find out more

NAS | Open Day 2023

September 2, 2023

The National Art School is Australia's leading fine art school, with an unrivalled studio-based teaching model that has delivered a rich tradition of artistic practice and generations of world-renowned alumni for the past 100 years. Leading into the 21st Century, NAS provides a progressive and holistic art education, and invites you to join us on Open Day to share our creative community.

Everyone is welcome at Open Day, from those considering art as a career to anyone simply curious about what happens behind the school's historic sandstone walls.

There will still be plenty of opportunity to see what life is like for students at NAS, with demonstrations in the studios, the chance to drop in on classes, and to enjoy shows in our exhibition spaces.





NIE | Casper Test Preparation Webinar

September 2, 2023

NIE will be conducting a 4-hour interactive and informative webinar designed to provide students with the guidance and support they need to prepare for the Casper Test.

During the workshop we will discuss the expectations of the test, how Curtin might use the results and unpack the questions and outline possible criteria for assessment. We will also work on "on camera" techniques to be able to showcase your true self while answering the questions. Finally, we will look at the timing of the applicant responses and how to get the most out of the time that you must answer each question.

Find out more

YES (Young Entrepreneur Summit) Primary, Sydney

September 7, 2023

Run by young people, for young people, YES (Young Entrepreneur Summit) is a one-day, interactive summit designed to inspire and empower a generation of brave, creative and entrepreneurial young leaders.

YES is a super high energy, action-packed, one day event that features keynote presentations, panel discussions and interactive group workshops on a whole range of 'adulting skills' such as public speaking, financial literacy, ideation and collaboration + team work.

This event is designed for students in Grade 3 to Grade 6.

Find out more

<u>Clusters PD – The Clusters for English teachers</u>

September 7, 2023

Join Lucy from Study Work Grow to learn how to use the Career Clusters in your English classroom.

This Professional Learning session will give you the skills you need to feel confident talking about a range of jobs in English, communication, and related fields. We'll also cover some tips for having positive career conversations, and identify where you might already be having career conversations without realising it.

This session is designed for English teachers and the career educators who support them. Find out more

Sydney Careers & Employment Expo 2023

September 8 to September 9, 2023

Sydney's New Careers & Employment Event will open on September 8 & 9, 2023, at the Hordern Pavilion, Moore Park. The Expo will showcase over 100 organisations and employers with career opportunities for all ages. Entry is free.

The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new training options.

Find out more





YES (Young Entrepreneur Summit) Secondary, Sydney

September 8, 2023

Run by young people, for young people, YES (Young Entrepreneur Summit) is a one-day, interactive summit designed to inspire and empower a generation of brave, creative and entrepreneurial young leaders.

YES is a super high energy, action-packed, one day event that features keynote presentations, panel discussions and interactive group workshops on a whole range of 'adulting skills' such as public speaking, financial literacy, ideation and collaboration + team work.

This event is designed for secondary school students (Grade 7 to 12) and young adults (17 to 21 years).

Find out more

Macquarie | [EX]plore Science Extension Conference

September 11, 2023

Year 12 Science Extension students, Year 10 and 11 Students and teachers, join us to celebrate the research of Year 12 students undertaking HSC Science Extension in a research conference setting. Meet like-minded school students, undergraduates and PhD researchers to share your passion for science.

The full-day conference will include talks and posters presented by Year 12 Science Extension students, opportunities to network and meet undergraduate and PhD researchers, and lab tours throughout the Faculty of Science to get a taste for how your research journey can continue at university.

Find out more

RBA Economic Update Webinar for High School Students

September 13, 2023

Aimed at students in Years 11-12, this webinar will feature an RBA economist sharing insights on monetary policy and current economic conditions. It's a great opportunity for students to get the latest information about what's happening in the Australian economy and pose questions to an RBA economist. Students and educators should register directly to attend this online event.

Find out more

Sydney Actors School and Sydney Film School | Open Day 2023

September 16, 2023

Come along from 10am-3pm for an action-packed day, and really get a feel for what we're about here at Sydney Actors School and Sydney Film School.

We'll be running masterclasses in our classrooms, and all are invited to attend! Want to learn how to set up a good quality self tape quickly and easily? Maybe you'd like to get some screenwriting tips. Or even participate in an Impro workshop! The masterclasses will cover all of these things, and more! You'll definitely get a taste of daily life at SAS and SFS. Our current students will be around the building, and participating too, and will only be too happy to chat to you about their experiences. The classes will also be run by our world-class tutors. Our students' work will also be playing in our Screening Room, so you can see for yourself the





wonderful talent we have coming through the schools. In the Soundstage we will also have a film shoot set up – maybe you can go and slate a shot! Or press record on the camera! Find out more

UN Youth | Aotearoa Leadership Tour 2023

September 18 to October 2, 2023

The Aotearoa Leadership Tour brings together 16 young Australians in Years 10 – 12 to explore indigenous rights, culture and reconciliation from 18th September to 2nd October. It's a once-in-a-lifetime opportunity to explore Australia's relationship with its first peoples through an intercultural tour of New Zealand.

The tour focuses on the rich history and tradition of the Maori people, and the methods used to preserve this culture. You'll spend two weeks travelling through Wellington, Auckland, Waitangi, Rotorua and Sydney to meet and work with local communities, grassroots organisations, government representatives and NGOs at the forefront of the fight for indigenous rights.

All young people in Years 10-12 are welcome, and we strongly encourage those from diverse and minority backgrounds to apply.

Find out more

AIE | Industry Experience Days

September 20 to October 4, 2023

AlE's Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools. The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

Event dates:

• Melbourne: September 20th

• Sydney, Canberra and Adelaide: October 4th

Find out more

Scholarship application pitfalls to avoid

When it comes to pursuing higher education and achieving your dreams, scholarships can be a game-changer. These financial awards can make your study goals even more attainable. But the journey to securing scholarships is not without its challenges. One thing to keep in mind is avoiding common mistakes that can hinder your chances of success. Let's delve into some of these scholarship application pitfalls and learn how to steer clear of them.

Procrastinating on deadlines

Missing deadlines is perhaps one of the most common mistakes students make when applying for scholarships. Scholarship committees have strict schedules, and failing to submit your application on time can instantly disqualify you. To avoid this, create a calendar with





application deadlines well in advance. Set reminders and allocate enough time to complete each application thoroughly.

Neglecting proofreading

A well-written application reflects your commitment and attention to detail. Typos, grammatical errors, and unclear language can detract from your message and leave a negative impression. Before submitting any application, proofread it carefully. Consider asking a friend, teacher, or family member to review your application as well, as a fresh pair of eyes can catch mistakes you might have missed.

Ignoring eligibility requirements

Scholarship applications often come with specific eligibility criteria. Ignoring or misinterpreting these requirements can lead to disappointment. Before applying, thoroughly read the eligibility guidelines and ensure you meet all the criteria. If you don't, it's best to focus your efforts on scholarships that align with your qualifications.

Using generic essays

Scholarship essay prompts are unique, and using a one-size-fits-all approach can hurt your chances. Tailor each essay to address the specific question or topic provided. Personalise your response by sharing relevant experiences, achievements, and goals that demonstrate why you're an ideal candidate for that particular scholarship.

Forgetting required documents

Some scholarships require additional documents, such as transcripts, recommendation letters, or a portfolio. Forgetting to include these materials can mean your application will be considered incomplete. Create a checklist for each scholarship application, ensuring you've gathered and attached all the necessary documents before submission.

Overlooking small awards

While aiming for large scholarships is enticing, don't dismiss smaller awards. These can add up and contribute to your overall financial support. Applying for a mix of scholarships, big and small, increases your chances of success.

By being aware of these common scholarship application mistakes and taking proactive steps to avoid them, you're positioning yourself for success. Approach each application with care, attention to detail, and a strong belief in your own abilities. Your hard work and perseverance will pay off, leading you one step closer to achieving your educational dreams.

You can find more scholarship tips and search our database <u>here</u>.

Defence Geospatial Intelligence Trainee Program

The Defence Geospatial Intelligence Trainee Program is a competency based civilian training program. Participants undergo workplace training while completing a Certificate IV in Spatial Information Services.

Trainees complement their study with relevant and practical employment in a unique environment. They do full-time paid work while completing their qualification. Employment is guaranteed on successful completion of the program.

Benefits of doing the Trainee Program are:

- paid employment while undertaking academic study
- practical, high-quality, full-time work to support academic study





- employment as a Trainee Australian Public Service (APS) (Technical) level 3 while participating in the program
- opportunities for career progression within Defence.

Trainees are given the opportunity to work on exciting, real world projects using leading edge technology. They work in a range of job disciplines, including cartography, photogrammetry, data acquisition, data management and web mapping services.

Find out more about the program here.

7 tips to protect yourself from workplace bullying

We tend to associate 'bullies' with the school yard. But unfortunately bullying can follow us long past the time we leave the school gates.

Workplace bullying is a huge issue in Australia. Even if you've escaped bullying at school, you could still find yourself the target of bullies as an adult, so you need to know why they do it (hint: it's not about you) and how you can protect yourself.

Why do people bully?

It's not really about the victim. Generally, bullies are using ineffective coping techniques to tackle issues in their own lives, like a lack of confidence or a feeling that they've lost control. People become bullies because:

- They want to have control over others
- They want to improve their social status
- They don't feel very good about themselves, and want others to feel as bad as they
 do
- They are angry or frustrated about something and take it out on you
- They have been bullied themselves in another setting, and bullying gives them back their feeling of power

(For more on why people bully, check out this resource from Kids Helpline.)

See, none of these reasons include anything about the victim.

Which means there's **nothing you've done wrong**, and there's **nothing wrong with you**.

People who bully others are actually <u>more likely to have lifelong issues with anxiety and depression</u> than those who have never bullied (see <u>this article</u> for more info).

The same reasons for bullying apply to bullies at school and in the workplace. The difference is that in a workplace the bully is often also the boss. So, how can we protect ourselves from becoming a victim of workplace bullying?

Seven tips to protect yourself from bullying

Tip 1 – Keep a diary

Record when, where, who was there, and what happened. Include every interaction, and also record how it made you feel. If you're ever in a position where you need to prove what happened you'll be armed with the facts.

Tip 2 – Maintain your professionalism

Remember that you're there to work, not hang out. Sure, make friends and have a good time, but maintaining some of the professional lines in your workplace can help you more easily identify inappropriate behaviour.

Tip 3 – Don't separate yourself from your old friends





Even if your workplace becomes your favourite place to hang out (and with some offices now boasting cafés, bars, chill out zones, and weekly drinks sessions, it's possible you'll enjoy work more than home), try to keep some friends who don't work in the same place as you, and put energy into those relationships.

Tip 4 – Do what you can to separate yourself from the person

If you can, change your shifts so they don't overlap, or see if you can work in a different department. It's not always a long term solution, but separating yourself can help you deal with the immediate problem while you look for a long-term solution.

Tip 5 – If you feel safe and confident enough you can stand up to the bully

State clearly that you're not going to tolerate their behaviour, and that you're aware that you can take action to get them to stop. Try to ensure you have witnesses, or put it in writing so you have documented evidence.

Tip 6 - Report it

The best thing you can do if you're experiencing any form of bullying is tell someone. Your employer not only has an obligation to keep you safe at work, chances are they're also probably a good person who doesn't want any of their workers to be hurt or upset. You could go to your manager, someone in human resources, or even a union representative.

Tip 7 – What about if your boss or manager is the problem?

All of the above tips can help, but if your boss or manager is causing the issue you may need to go 'over their head' to get the problem to stop. Organisations are becoming more proactive at stomping out bullying at every level, so chances are someone more senior than your boss or manager will want to help.

If all else fails you can try your legal options. Contact your local <u>Legal Aid clinic</u>, explain what's happening, and they should be able to point you in the right direction. This <u>resource</u> from the Fair Work Ombudsman goes over your rights and options to stop bullying in the workplace.

What you can do to help stop bullying

- Bullying. No Way! Have put together some <u>resources</u> for parents to help you learn how to respond if your child is being bullied.
- The <u>School Toilet Project</u> recognises that school toilets are 'the one place we know upset students naturally gravitate to', and aims to make them safe, nurturing places.
- ReachOut have some advice about what to do if you <u>witness someone else being</u> bullied.
- The National Centre Against Bullying has some tips for you if you want to <u>help a friend</u> who is being bullied.

How to find help if you are being (or have been) bullied at school

- Go to your teachers. They're trained to help you and support you, and they can be instrumental in stopping the bullying.
- Tell your parents. If they don't know what's happening it's hard for them to help you, and trust me, they want to help you.





- Call Kids Helpline on 1800 55 1800. They'll talk you through everything and help you
 work out some next steps. Their <u>website</u> is packed with articles and resources to help
 you as well.
- headspace are another fantastic resource you can <u>call them or chat with them</u> online.
- ReachOut have lots of fantastic <u>online resources</u> to help you understand bullying a find a way to move beyond it.
- Want to know where you stand? Youth Law Australia can help you learn about your legal rights when it comes to bullying and cyberbullying.

Friday 18 August is <u>National Day of Action against Bullying and Violence</u>. NDA encourages whole-school communities to work together to implement evidence-informed positive and proactive solutions to prevent and address bullying.

5 work experience ideas for high school students that love writing

If you're a great communicator, think you could be the next <u>Suzanne Collins</u>, or even have a fanfiction or two under your belt, you might be considering a future career as a writer. Though a this career typically doesn't have any strict entry requirements, work experience is still a great way to build your skills and get a taste of the industry. Here are some work experience ideas you might like to try if you love writing.

Get in touch with your local newspaper

Consider reaching out to your local newspaper and inquire about opportunities for work experience or even internships. You could assist with writing articles, conducting interviews, and covering local events. This hands-on experience will give you a taste of journalism and let you flex your writing skills.

Become a content creator

Explore opportunities with businesses or organisations that write blogs. They often need creative writers to produce engaging and informative content. This could include researching, writing, and editing articles on topics that align with the organisation's interests. It's a great chance to improve your writing skills and gain exposure in the online world.

Volunteer as a social media assistant

In the digital age, social media plays a huge role in marketing and communication. Offer your writing skills to local businesses or non-profits that need assistance with managing their social media platforms. You'll learn how to craft concise and engaging posts, and you might even get to experiment with different writing styles to suit various platforms.

Ask your local library or bookstore

For students who love books and writing, work experience, volunteering, or even part-time work at a library or bookstore can be a dream come true. You could help organise events, write book reviews, or assist in curating displays. This experience will immerse you in the literary world and provide insights into the process of book publishing, promotion, and community engagement.

Try your hand at marketing

Marketing agencies are always in need of creative minds to develop content that captures





audiences' attention. Look for opportunities for work experience with a marketing agency where you can learn how to create engaging copy for advertisements, social media campaigns, and website content. This experience will give you a taste of the intersection between writing and marketing.

As you explore these ideas, keep in mind that your passion for writing can lead you down various paths. Each opportunity you take will help you refine your skills, learn new techniques, and gain a better understanding of where your interests align within the writing landscape. You can find out more about work experience and search for opportunities here.

Storyfest National Novella Writing Competition

The Storyfest National Novella Writing Competition is open to all Australian high school students. It is a wonderful opportunity for serious student writers, encouraging them in their literary growth – and there are also some fantastic prizes on offer.

All state winners will be awarded:

- Cash prizes
- Flights and accommodation to the Gold Coast
- Tickets to attend Somerset Storyfest (25-27 March 2024)
- Exclusive access to meet with Australia's elite authors and publishers

Entries close Friday 1 December.

Find out more and enter here.

MiNDFOOD Short Story Competition

Due to popular demand, our short story competition has been renewed for 2023! Each month, MiNDFOOD will publish one reader's short story, with the best story published over the course of a year going on to win \$1000. We are looking for unpublished stories from budding non-professional writers who may need a nudge to showcase their talent. Each month, the staff of MiNDFOOD will choose the best story to publish and, at the end of the year, will choose the award for Best Short Story.

Entries need to be 2000 words in length and previously unpublished.

Find out more and enter <u>here</u>.

2023 ACMF National Songwriting Competition

The 2023 ACMF National Songwriting Competition is now open.

Every year, students from schools across Australia are invited to put pen to paper and enter their original song in the competition.

Entry is free for students from Years K-12.

Winners receive prize-money which can be allocated towards musical equipment or tuition.

Entries for the competition close on 30 September.

Find out more and enter here.

Western Sydney University The Blueprint Business Idea Competition

The Blueprint Business Idea Competition is a Western Sydney University initiative to engage with high school students from Sydney and Greater Western Sydney Region.

Western Sydney University is encouraging Year 10 High School students to pursue new business ideas that solves a customer problem. The competition empowers students through business education and provides a first-hand experience in entrepreneurship.

The competition is open to teams consisting of 2-5 Year 10 students.





1st Team Prize is a \$3000 JB Hi-Fi Gift Card.

Entries close Friday 13 October.

Find out more <u>here</u>.

Helping to stop cyberbullying

This Friday 18 August is the <u>National Day of Action Against Bullying and Violence</u>. The theme for this year is 'growing connections', highlighting the impact fostering a positive community can have on preventing bullying and violence of all kinds, and encouraging help-seeking behaviour.

One form of bullying that has grown particularly troubling over the last decade or so is cyberbullying. In this blog we're going to take a look at what cyberbullying is, the impact it can have, what to do if you're being cyberbullied, and ways you can support your friends.

Understanding cyberbullying

Cyberbullying is when someone uses digital communication tools, like social media, texts, ingame messages, or emails, to deliberately hurt, threaten, or embarrass another person. It's a lot like 'traditional' bullying, but it happens online. Cyberbullying can include spreading rumours, making hurtful comments, sharing private images or conversations publicly, or even creating fake profiles to target someone.

The impact on people

Cyberbullying can have serious effects on its victims. It can lead to feelings of anxiety, depression, and even isolation. Since it's online, it's harder to escape from, and the hurtful content can spread quickly, making the victim feel trapped. It's important to remember that the impact isn't just virtual – it can and does affect a person's emotional wellbeing in real life.

What to do if you've been cyberbullied

If you've been cyberbullied, the first thing to always remember is that **it's not your fault**. Here's what you can do:

- Stay calm: Don't respond to the bullies it might make the situation worse.
- **Document everything:** Take screenshots or save messages as evidence in case you need to involve authorities or school officials.
- **Block and report:** Use the platform's tools to block the bully and report their behaviour. This can help prevent further contact.
- **Seek support:** Talk to a trusted adult a parent, teacher, or school counsellor. They can offer guidance and support.

If reporting through the platform doesn't help you, and the cyberbullying is serious enough, eSafety can ask them to remove the harmful content. Learn more about this <u>here</u>.

Supporting a friend

If your friend is going through cyberbullying, here's a few ways you can help:

- **Listen:** Be there to listen to their feelings. Sometimes, just knowing someone cares can make a big difference.
- **Encourage action:** Help them report and block the bullies. Sometimes, they might be afraid to do it alone.





- **Provide comfort:** Offer reassurance and remind them that the bully's words don't define their worth.
- **Involve adults:** If the situation is serious, encourage your friend to involve a trusted adult who can take appropriate steps.

Preventing cyberbullying

The best way to stop cyberbullying is to prevent it from happening at all. There are lots of ways you can encourage positive online behaviour:

- **Think before you type:** Remind yourself that your words have an impact. Pause before posting hurtful comments. If it's not something you'd say to someone's face, don't post it online.
- **Spread positivity:** Use social media to spread kindness and support others. Your actions can set a positive example.
- **Educate others:** Share information about cyberbullying with friends and classmates. Awareness can help create a safer online environment.

Remember, **you're not alone**. Cyberbullying is a serious issue, but together, we can stand up against it and make the internet a more positive space for everyone. If you or someone you know is struggling with cyberbullying, don't hesitate to seek help and support.

For young people: you can read a bit more about cyberbullying and ways you can protect yourself and others <u>here</u>.

For teachers: Bullying. No Way! has put together some great teaching resources for primary and secondary students on preventing bullying. You can check them out <u>here</u>.

For parents: the eSafety Commissioner has a guide for parents and carers on cyberbullying and how you can help your children. Take a look <u>here</u>.

Applying to university – the basics

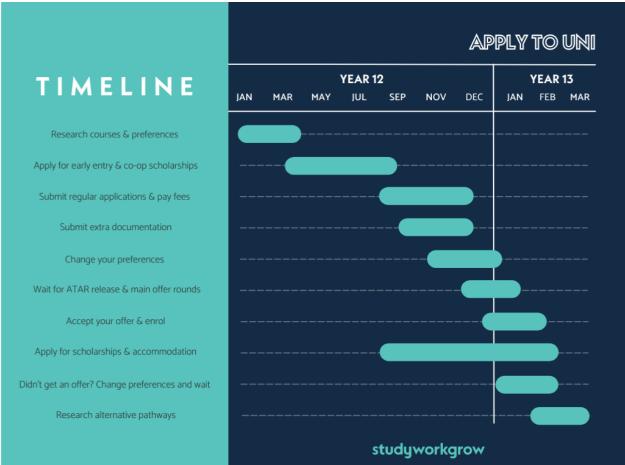
University applications are now open in all states and territories of Australia – and if you're in Year 12 and thinking of applying for 2024, we're here to help!

In this blog we'll go over some of the basics you need to know about applying to university, plus list some key dates.

First, take a look at this handy timeline to get an overview of the university application process.







How do I apply?

If you're currently in Year 12, you'll most likely need to apply through a Tertiary Admissions Centre (TAC). The benefit of TACs is that you submit just one application for multiple universities and courses, saving you time and effort.

Here's a link to the TAC for each state and territory:

- NSW & ACT <u>UAC</u>
- VIC VTAC
- QLD QTAC
- SA & NT SATAC
- WA TISC

What about Tasmania? Well, seeing as the <u>University of Tasmania</u> is the only uni in Tassie, they take applications directly.

Which TAC do I apply to?

Simple – apply to the TAC that's in the same state or territory as the university you want to go to.

So, if you're thinking of heading to UNSW in Sydney – even if you live in Melbourne, Alice Springs, or Broome – you'll need to apply through UAC.

When can I apply?

Now! UAC and TISC both started taking applications in early April this year, while the rest of





the TACs opened applications in early August.

For UTAS, you can apply through their <u>School's Recommendation Program</u> for early entry until 6 October. Regular course applications are also open now (check individual course pages for closing dates) and you can apply right up until courses start in 2024 – but be aware that courses with limited numbers will close earlier, around 30 September.

You don't need to have your ATAR or results to apply – your TAC will automatically receive this information once it's released in December.

How do I apply?

Each TAC has its own set of instructions for applying. For more detailed information, take a look at their website, or check out our <u>Apply to Uni Guide</u>.

When do applications close?

TACs have several application and offer rounds throughout the year – this means that if you apply by a certain date, you'll receive an offer by a certain date. Even though applications are usually open until late January/early February 2024, it's wise to apply for your course ASAP, as some have limited places and you won't want to miss out.

The following table has both the main offer round application closing dates for Year 12 students (which is usually the first round after ATARs have been released), as well as the final dates to apply for courses in 2024:

TAC	Main Offer Round Application Closing Date	Final Closing Date for 2024 Courses
UAC	9 November 2023	2 February 2024
VTAC	1 December 2023	16 January 2024
QTAC	7 December 2023	8 March 2024
SATAC	1 December 2023	N/A*
TISC	18 December 2023	14 January 2024
UTAS	N/A	23 February 2024

^{*}You can still apply for courses at any time through SATAC after 1 December but are not guaranteed equal consideration for selection.

What if I miss the Main Offer Round application deadline?

Don't sweat – you can still apply for courses at *any time* between now and the final closing date for 2024.

There are a couple of cons to this: you might have to pay a higher application fee, and you might miss out on a course if all places are offered in the first round. So don't leave your application right up until the last minute.

Help! I have applied but changed my mind about the course I want to do

No worries – all the TACs have a system in place known as *change of preference*. This means you're free to go back into your application and change the order of the courses on your application, or even add new courses.

Note that there is generally a cut-off date for changing your preferences based on when you'd like to receive an offer:

TAC	Main Offer Round CoP Closing	Final CoP Closing Date for
	Date	2024 Courses





UAC	15 December 2023	29 February 2024
VTAC	13 December 2023	14 February 2024
QTAC	18 December 2023	ASAP*
SATAC	3 January 2024	N/A**
TISC	18 December 2023	14 January 2024
UTAS	N/A***	N/A***

^{*}You can change your preferences at any time up until the offer deadline, but it's advised that you do so ASAP. With QTAC, you can change your preferences as many times as you like, but after the first three times you'll have to pay a fee.

When can I expect to receive an offer?

As we said above, offers are generally rolled out on an ongoing basis depending on when you applied. Check the key dates section on your TAC's website if you want to see specific offer round dates.

Based on the above application dates, here's when you'll most likely hear back:

TAC	Main Offers Released	Final Offers for 2023 Courses
UAC	21 December 2023	7 March 2024
VTAC	21 December 2023	20 February 2024
QTAC	21 December 2023	15 March 2024
SATAC	11 January 2024	14 March 2024
TISC	22 December 2023	19 January 2024
UTAS	Mid December	29 February 2024

Yay, I got an offer – but what's next?

Congratulations! If you've received an offer (and you're happy with it), the next step is to accept the offer.

This is an important step – if you fail to respond to the offer, it will lapse and you'll need to wait for the next offer round.

Here are the dates you need to accept your offer by:

TAC	Main Offer Acceptance Deadline	Final Offer Acceptance Deadline for 2024 Courses
UAC	N/A*	N/A*
VTAC	N/A*	N/A*
QTAC	28 December 2023	19 March 2024
SATAC	N/A**	N/A**
TISC	N/A*	N/A*
UTAS	ASAP***	Until courses start in 2024

^{*}You will receive an offer email directly from the institution detailing the date you'll need to accept your offer by, and further instructions.

^{**}Change of preferences for *all* Semester 1 courses close on 3 January 2023, regardless of offer round.

^{***}You can change your preferences with UTAS at any time up until you receive an offer. Contact UTAS directly to find out more.





**For most courses, SATAC accepts the offer on your behalf. If you wish to change your offer response you can do so on the Offer Status page of your SATAC application.

***When UTAS contacts you with an offer, they will walk you through what happens next.

I got an offer...but not for the course I wanted. Now what?

You will have noticed during your application that you can list several course preferences. In some cases, you may not receive an offer for your first preference, but receive one for your second, and so on.

If you're really insistent on getting an offer for your dream course, you can simply let the offer you've received lapse and wait for the next offer round to see if you receive an offer the next time around. But this can be risky, as there's no guarantee you'll receive *any* offers next time, even if you received one in the last round.

What we recommend is that you **conditionally accept** or 'bank' your offer. This means you can wait for the next offer round, and if you still don't get an offer for the course you really want, you can then go back and accept the first offer you received.

See your TAC's website for more information on offers.

Always remember to let the uni know before the deadline if you **don't** want to accept the offer, or you could end up being enrolled in the course and have to pay some or all of the fees.

What do I do if I don't receive any offers?

If you don't receive an offer for any of your preferences in one round, you can simply wait for the next offer round and see if you get an offer next time. You might like to re-order your preferences or add new courses to your application to boost your chances of receiving an offer.

At this point, we recommend you start looking into alternative pathway options, just in case you don't receive any offers by the final offer round.

Where can I find out more?

If you want more information on applying to university, check out the TAC websites, or contact them directly – they're happy to answer any questions you might have.

Or you can get a copy of our <u>Apply to Uni Guide</u>, packed with tons of info on the application process in each state and territory.

Academic Ranking of World Universities for 2023

ShanghaiRanking has just released the Academic Ranking of World Universities (ARWU) for 2023, listing the top 1000 universities across the globe.

The ARWU is a widely-recognised ranking system that evaluates universities worldwide based on their academic excellence and research prowess. Established in 2003 by Shanghai Jiao Tong University, the ranking aims to provide students, researchers, and institutions with a snapshot of how universities compare globally in terms of their academic achievements.

Why use the ARWU?

If you're searching for a place to study, there are a few reasons why searching the ARWU can be beneficial.

The ARWU ranks universities based on objective criteria such as the number of Nobel Prizes and Fields Medals awarded to faculty and alumni, research publications, and citations. This can give you a sense of a university's success free from any subjective bias.

Higher-ranked universities often enjoy a strong international reputation, so if you're





considering studying or conducting research abroad, a university's ARWU ranking can give you an idea of how it stands on the global stage.

Universities with higher ARWU rankings also tend to have more research funding and collaborations, offering you greater opportunities to engage in cutting-edge research projects.

Keep in mind

While the ARWU can be a helpful resource, it's important to remember that the rankings are just one part of the equation.

The ARWU rankings are heavily weighted towards those interested in research and academia – they don't account for every aspect of university life. Consider your interests, location preferences, available programs, career opportunities, and extracurricular opportunities alongside the rankings.

Rankings can be competitive and change from year to year. Don't solely rely on them; explore other resources like university websites, program details, and student reviews to get a well-rounded perspective.

It's also important to remember that universities' strengths can vary by region. A lower-ranked university in the global ranking might excel in a particular country or continent.

Top 10 global universities for 2023

Here are the top 10 global universities in the ARWU for 2023:

- Harvard University
- Stanford University
- Massachusetts Institute of Technology (MIT)
- University of Cambridge
- University of California, Berkeley
- Princeton University
- University of Oxford
- Columbia University
- California Institute of Technology
- University of Chicago

Top 10 Australian universities for 2023

And here are the top 10 Australian universities in the ARWU for 2023:

- University of Melbourne
- University of Queensland
- University of New South Wales
- <u>University of Sydney</u>
- Monash University
- Australian National University
- University of Western Australia
- University of Adelaide
- Curtin University
- Deakin University

You can see the full list <u>here</u>.





What is it like to work in a radio station?

Radio stations are broadcasting facilities that serve as platforms for transmitting audio content to a wide audience. The primary purpose of a radio station is to entertain, inform, educate, and connect with listeners by delivering a variety of audio content, such as music, news, talk shows, interviews, discussions, advertisements, and more.

While each radio station is different, they do have some things in common:

- 1. Communication is key getting information across in an informative and entertaining manner is important for success in radio, particularly when you're relying on verbal communication alone.
- 2. Most work is done indoors but you might have the opportunity for field reporting and research too.
- 3. They're more common in metro areas but regional and rural areas often have community stations as well.

Entertain and inform audiences

Radio stations play a multifaceted role, catering to the various interests and needs of their audiences while also contributing to cultural enrichment, information dissemination, and community engagement.

Key tasks

- Host live shows and interviews
- Select and play music
- Write and deliver news updates
- Edit audio content
- Operate broadcasting equipment
- Create promotional content
- Manage social media presence
- Schedule program line-up
- Conduct audience interactions
- Monitor broadcast quality

You can find radio stations in the information media and telecommunications industry

Radio stations are mostly found in the information media and telecommunications industry. Various radio stations cater to diverse tastes and needs, including music (pop, rock, classical, etc), talk shows, and local news.

You can expect varied hours and on-site work

Varied hours | Work on-site | Jobs more common in metro areas | Moderate job growth Many radio stations broadcast 24/7, which means they need people on-hand at all times of the day or night to ensure content goes out smoothly. Your shifts and schedules will vary depending on your exact role.

On-site work is typically more common due to the need for technical equipment, but some roles can be done remotely, particularly in administration and marketing.

Radio stations are found more often in metropolitan areas due to larger audiences, resources, and advertising opportunities. However, regional and rural areas often also have local stations catering to their communities' specific needs and interests.

The Career Clusters you'll find in a radio station

People from all Clusters are needed for a radio station to run successfully, but Linkers are





typically the most common Cluster. In many roles, you might find yourself performing tasks across multiple Clusters.

What do Makers do in a radio station?

Makers in a radio station are primarily responsible for installing, operating, and maintaining the equipment that ensures smooth broadcasting operations. For non-live broadcasts, they might also edit pre-recorded content and ensure it's of a high quality.

- Sound Engineers
- Broadcast Technicians
- Content Editors

The role of a Linker in a radio station

Linkers help to connect a radio station's content to a wider audience. They are the people we hear on the radio presenting programs and talking with audiences. Other Linkers help to promote the station both on-air and through other channels, such as social media, and form partnerships with local businesses and other community organisations.

- Broadcasters/Hosts
- Partnerships Managers
- Social Media Managers

Where you'll find Coordinators in a radio station

Coordinators oversee many of the behind-the-scenes operations of a radio station, including managing programming schedules, screening phone calls, managing budgets, and overseeing other workers in the station.

- Station Managers
- Production Directors
- Accounts Managers

What do Informers do in a radio station?

Informers provide knowledge and information to both other workers in a radio station and to audiences. They might keep listeners up to date with news and events, report on topics and stories of interest, or share their specialist knowledge through commentary and analysis.

- Journalists
- News Reporters
- Special Correspondents

The role of Innovators in a radio station

Innovators are responsible for creating a lot of the content that goes out on the airwaves. They might write scripts and copy for broadcasters to read, come up with new ways of engaging listeners, or create pre-recorded content that can be played to entertain and inform audiences.

- Radio Producers
- Content Creators
- Copywriters

How do Guardians work in a radio station?





Guardians in a radio station screen content to prevent misinformation, offensive material, or content that could negatively impact the station's reputation. They are also responsible for ensuring the station's content meets any regulatory guidelines and industry standards.

- Compliance Officers
- Ethical Standards Officers

How do we expect working in a radio station to change in the future?

The radio industry is undergoing several changes, largely due to technological advancements and shifts in media consumption.

Radio stations are increasingly embracing on-demand content, such as podcasts. This has created lots of new roles in content creation, editing, and distribution, and ensures that radio stations remain relevant in an increasingly digitised world.

Hybrid models that combine traditional radio broadcasts with digital and online platforms are also becoming more common, requiring workers to manage multi-channel content delivery. This also allows radio stations to incorporate visual media into the mix as well.

Advancements in technology have also enabled easier remote collaboration, potentially altering the traditional on-site work model for some roles.

How to become a Surveyor

Surveyors are responsible for taking precise measurements of plots of land and preparing plans for construction or mapping based on these measurements. You could be measuring pieces of land as small as house blocks, all the way up to large stretches of coastline. If you want a job that will keep you on your feet and take you to new places, this could be the perfect career for you.

If you have these skills, you could make a great Surveyor

- Great problem solver
- Can work in teams
- Observant and analytical
- Fit and active
- Excellent communicator
- Critical thinker
- Careful and precise
- Great time management skills

What's involved in working as a Surveyor?

- Measuring distances and angles to accurately define land boundaries
- Working with a variety of technical equipment, including GPS, theodolites, drones, and more
- Compiling and analysing gathered data
- Preparing site plans, reports, and maps
- Presenting data to clients and other professionals
- Liaising with builders, architects, urban planners, and engineers
- Monitoring any environmental problems or concerns

Where do Surveyors work?

As a Surveyor, a majority of your work will be done outdoors, and if you need to meet a deadline you may need to work in all kinds of weather. But you will still do some work indoors





What kind of lifestyle can I expect?

Most Surveyors work full-time, and part-time and casual roles aren't very common. They can work for private companies, such as architects, builders, real estate agencies, or engineers, or for the Government.

Most Surveyors earn an above average salary throughout their career.

Surveyors are needed nearly everywhere imaginable, from the middle of cities to rural locations, so there's always lots of opportunities available.

How to become a Surveyor

To become a Surveyor you will need to complete a relevant university degree, as well as some further training.

Step 1 – Complete high school with a focus on English, Maths and Sciences.

Step 2 – Find work experience in construction, STEM, or environment-related areas and businesses.

Step 3 – Complete a relevant undergraduate degree, such as surveying, engineering, or geospatial science.

Step 4 - Complete any necessary registration, examination, or licensing processes.

Step 5 – With experience, consider applying for further specialist memberships and roles.

Find out more here:

- Geospatial Council of Australia
- Survey and Spatial New Zealand
- Royal Institution of Chartered Surveyors (UK)
- National Society of Professional Surveyors (US)
- Association of Canada Lands Surveyors

Similar Careers to Surveyor

- Architect
- Urban Planner
- Engineer
- Environmental Scientist
- Builder
- Cartographer
- Industrial Designer

Find out more about alternative careers.