

May 2020

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*“I am not a product of my circumstances. I am a product of my decisions.”*

*Steven Covey*

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## It is often taught that “whatever you focus on gets bigger” So, focus on opportunities!

This is nothing more than a simple decision that is not always easy, but one that will bring you positive results.

Let’s look at where to start with focusing on opportunities.

- Lose the Doom and Gloom
- Practice Critical Thinking
- Be Creative and/or Innovative
- Take Action

### Lose the Doom and Gloom

When there is a significant life change or challenge, your mind can often start thinking the worse-case scenario! This can breed unnecessary fear and block an open-mind. If we learn to regulate our perspective (how we see things) and practice positive self-talk, it will not only make us feel better and in control, but help us see opportunities we may have missed.



Practice Critical Thinking

Critical thinking is NOT about criticizing (finding fault). **The key to Critical Thinking is the ability to distinguish between facts and opinion.** It is about asking questions and evaluating information. It is not always easy and takes practice! The chart below can help you get started. It is beneficial to know the facts to identify an opportunity, but even more so to have that opportunity work for you.

<b>Who</b>	<ul style="list-style-type: none"> <li>... benefits from this?</li> <li>... is this harmful to?</li> <li>... makes decisions about this?</li> <li>... is most directly affected?</li> </ul>	<ul style="list-style-type: none"> <li>... have you also heard discuss this?</li> <li>... would be the best person to consult?</li> <li>... will be the key people in this?</li> <li>... deserves recognition for this?</li> </ul>
<b>What</b>	<ul style="list-style-type: none"> <li>... are the strengths/weaknesses?</li> <li>... is another perspective?</li> <li>... is another alternative?</li> <li>... would be a counter-argument?</li> </ul>	<ul style="list-style-type: none"> <li>... is the best/worst case scenario?</li> <li>... is most/least important?</li> <li>... can we do to make a positive change?</li> <li>... is getting in the way of our action?</li> </ul>
<b>Where</b>	<ul style="list-style-type: none"> <li>... would we see this in the real world?</li> <li>... are there similar concepts/situations?</li> <li>... is there the most need for this?</li> <li>... in the world would this be a problem?</li> </ul>	<ul style="list-style-type: none"> <li>... can we get more information?</li> <li>... do we go for help with this?</li> <li>... will this idea take us?</li> <li>... are the areas for improvement?</li> </ul>
<b>When</b>	<ul style="list-style-type: none"> <li>... is this acceptable/unacceptable?</li> <li>... would this benefit our society?</li> <li>... would this cause a problem?</li> <li>... is the best time to take action?</li> </ul>	<ul style="list-style-type: none"> <li>... will we know we've succeeded?</li> <li>... has this played a part in our history?</li> <li>... can we expect this to change?</li> <li>... should we ask for help with this?</li> </ul>
<b>Why</b>	<ul style="list-style-type: none"> <li>... is this a problem/challenge?</li> <li>... is it relevant to me/others?</li> <li>... is this the best/worst scenario?</li> <li>... are people influenced by this?</li> </ul>	<ul style="list-style-type: none"> <li>... should people know about this?</li> <li>... has it been this way for so long?</li> <li>... have we allowed this to happen?</li> <li>... is there a need for this today?</li> </ul>
<b>How</b>	<ul style="list-style-type: none"> <li>... is this similar to _____?</li> <li>... does this disrupt things?</li> <li>... do we know the truth about this?</li> <li>... will we approach this safely?</li> </ul>	<ul style="list-style-type: none"> <li>... does this benefit us/others?</li> <li>... does this harm us/others?</li> <li>... do we see this in the future?</li> <li>... can we change this for our good?</li> </ul>

[globaldigitalcitizen.org](http://globaldigitalcitizen.org)

### Be Creative and/or Innovative

Innovation is often about “Improving Things” or “Finding Solutions” and often involves creative thinking and/or creativity. This is what enables “Progress” both for individuals and the world around us.

We can't all paint, invent something or do many of the things we see as mainstream creative or innovative, but we can all develop these skills in ways you may not have thought of to enrich our lives and find new opportunities. We just need to practice:

- Being open to new ideas.
- Making mistakes and learning from them.
- Seeing or observing connections between people, ideas, concepts and needs, whether sequential or abstract.
- A growth mindset. A Growth Mindset is a belief that skills and talents can be improved upon by hard work and perseverance. Many people develop the opposite - a fixed mindset. A Fixed Mindset refers to a belief that skills, intelligence, and talents are fixed traits. This often results in resistance to learning or other attempts to improve.



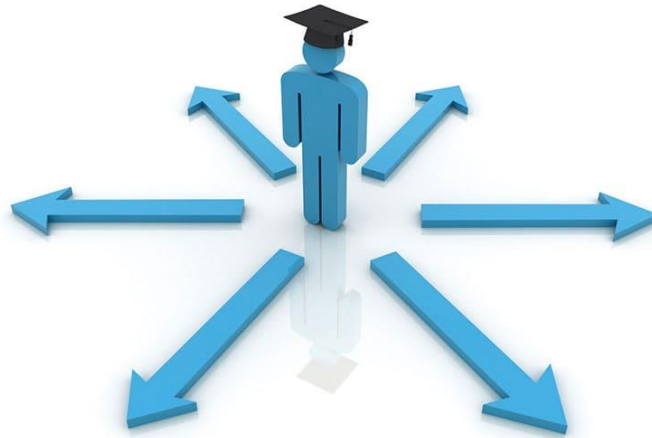
### Take Action

Opportunities are of no benefit if you can't take action. Keep in mind this old saying: "Some people make things happen. Some people watch things happen. And then there are those who wonder, 'What just happened?'" By Carroll Bryant

Which one do you aspire to be?

## University Open Days online

To see which Uni's are providing online Open Days or Tours, visit  
<https://www.chhscareers.com.au>  
Post School Options > University > Uni. Open Days/Virtual Tours



<https://lmip.gov.au/default.aspx?LMIP/Gaininsights/COVIDInformation>

The Labour Market Information Portal is continually being updated with a number of research and analysis insights related to the impacts of COVID-19 on the labour market.

The information includes things like:

- A new Skills Mach factsheet, which shows how hospitality workers have likely developed the skills needed for a range of jobs currently in demand.

### Where to get help and information on:

- A jobs Hub providing an up to date list of some of the businesses and organisations that are currently hiring, how to contact them if you are looking for work, as well as the latest information on jobs by location
- Support for apprentices and trainees
- Information for job seekers, and participants
- Support for Australian businesses to manage cash flow challenges and retain employees.



### **LESS THAN ONE WEEK TO GO for the YEAR 13 CAREERS EXPO!**

From May 18-22, you'll be able to explore exhibits from a host of different universities, TAFE, colleges, employers and gap year providers. You'll also get the opportunity to hear from some amazing career folk who are nailing it in their industry. Through a series of live chats, webinars and online 'booths', the Year13 Expo will help you figure out what it is you're passionate about and what you need to do in order to get there.

### **HOW TO MAKE THE MOST OUT OF THE EXPO**

1. Listen to inspiring influencers
2. Hear from industry experts
3. Get your questions answered in live chats
4. Enquire about courses, jobs and travel programs

### **HOW DO STUDENTS SIGN UP?**

Year13 Expo - Student sign up VIDEO PROCESS <https://vimeo.com/415342857>

For more information and to attend, go to: <https://year13.com.au/expo>

18th May from 12.00pm - 8.00pm on 22 May

Year13 has kindly offered all our students a free Premium MyYear13 Account. Oh, plus they are offering \$5,000, some amazing mentorship and work experience opportunities up for grabs with the Year13 Passport that you can create absolutely free.

## Literacy and Numeracy Skills for Australian Apprenticeships & Traineeships

When starting an apprenticeship or traineeship, you won't be expected to have specific skills and experience in the industry – you learn this on the job and through your training. However, this doesn't mean you don't need any skills at all before starting!

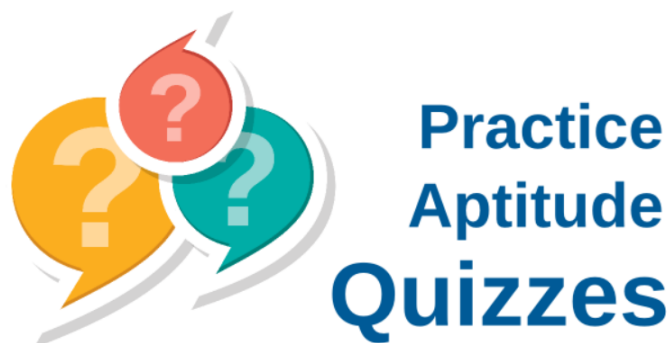
Literacy and numeracy skills are important for everyone, but they are sometimes underrated by people looking at apprenticeships and traineeships. The training for Australian Apprenticeships requires both literacy and numeracy, but in ways that are specific to your job.

For example, someone starting a traineeship in retail will need to be able to deal with money, but in carpentry you will need to understand lengths and angles. Different occupations might require different types of literacy numeracy skills. Across all areas, reading, writing and verbal communication will be important as you learn your job.

The Australian Apprenticeships and Traineeships Information Service have developed short online quizzes to help you self-assess your literacy and numeracy skills. The questions are related to an industry you might be looking to do an apprenticeship or traineeship in. For example, you will get different questions depending on whether you do the Animal Care and Management quiz, compared to the Electrotechnology quiz.

These quizzes will help you understand the types of literacy and numeracy skills you might need when starting an apprenticeship or traineeship in the industry you choose. Once you finish the quiz you will see what questions you got right and wrong, and your score. You will also get information about what your next steps might be. This could include focusing on your literacy and numeracy skills or starting job hunting.

To explore these different tests and quizzes go to: [aapathways.com.au/lnq](http://aapathways.com.au/lnq) or our [School Careers Website](#) > Post School Options > Apprenticeships & Traineeships.



## Environmental Health Officer

The Good universities Guide describes an Environmental health officer as someone who is trained to: assess risk and develop, regulate, enforce and monitor laws and regulations governing public health for both the built and natural environment, in order to promote good human health and environmental practices. Environmental health officers may specialise in the areas of air, food and water quality; disease vector control (mosquito control, for example); waste management; environmental protection; health education; and noise control.

<https://www.gooduniversitiesguide.com.au/careers-guide/environmental-health-officer>

According to Job Outlook <https://joboutlook.gov.au/Occupation?search=Career&code=251311> this profession has Strong future growth.

If you enjoy science, want a career that pays well and wish to contribute to our planet, then this may be worth exploring.



## Careers with STEM

Students going into senior school may not see a strong connection between science and maths and a future career. The Careers with STEM magazines provide that connection for them.

By going to the [Careers with STEM](#) site you can browse the back issues to discover careers in all of the science, technology, engineering and maths disciplines.



## Cadetship Opportunities in Business and Technology Update

Due to the disruption caused in schools by COVID-19 precautions, the deadline for Business Cadetship applications has been extended to **Friday 22 May**.

The prospect of paid professional work after you graduate from high school has never been more appealing!

Business Cadets combine university study with paid work throughout their cadetship. A cadetship is an effective way for a young person to launch their career from the start of university rather than waiting until after they graduate. Cadets are placed at **UBS**, a top-ranking global bank, in Sydney. UBS has been a part of the Program since its inception and continues to place cadets in a range of business areas, including technology.

Applications are made online at [www.professionalcadets.com.au](http://www.professionalcadets.com.au)

The deadline for both your Application Form and School Assessment is the same date: now **Friday 22 May** (Week 4 of Term 2).



Applications open  
—9 March 2020  
Applications close  
—13 May 2020

**A once-in-a-lifetime opportunity is yours with a Business Cadetship**

Applications are open to Year 12 students. Business Cadets combine university study with paid work at **UBS**, a top ranking global bank.

[businesscadetships.com.au](http://businesscadetships.com.au)

**Don't forget to check out the "Calendar of Events" on our School Careers Website**

<https://www.chhscareers.com.au>

**Mrs M Reid**  
Careers Adviser