



Careers Newsletter

28 October 2020

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 Ms Janes please call 9414 4377 or email djanes@stpiusx.nsw.edu.au

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>

[UON | InspirationED Term 4 HSC Kickstart Seminars](#)

26 October 2020, 7:30 pm - 10 November 2020, 8:30 pm

Online

In an effort to support Year 11 students who are transitioning to new Year 12 students this term, the University of Newcastle has partnered with InspirationED to deliver a series of free HSC Kickstart Seminars.

These webinars will provide students with an opportunity to connect with experienced teachers and HSC exam markers to cover a range of curriculum areas. Students will gain advice on how to prepare effectively in their respective subjects and will be provided with an overview of the skills and strategies proven for success.

Find out more: <https://www.newcastle.edu.au/study/hsc-subject-support-sessions>

[ADF Indigenous Careers Virtual Information Session](#)

27 October 2020, 7:00 pm - 8:00 pm

Online

Join us for a virtual info session to learn about Indigenous opportunities in the Navy, Army and Air Force.

Join the thousands of Defence members who enjoy financial security, rewarding work and personal development in jobs that proudly represent their communities.

Find out more: <https://www.defencejobs.gov.au/events/events-detail/lnph2xq>

[ADF Defence Careers Virtual Information Session](#)

28 October 2020, 6:00 pm - 7:00 pm

Online

Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force.

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Tune in for a virtual information session to speak with current serving members and ask your questions – is a career in the Australian Defence Force for you?

Find out more: <https://www.defencejobs.gov.au/events/events-detail/looagtx>

Tertiary Study Options in the ADF Virtual Information Session

29 October 2020, 2:00 pm - 4:00 pm

Online

Join us for a virtual info session to learn about tertiary study opportunities in the Australian Defence Force.

Find out more: <https://www.defencejobs.gov.au/events/events-detail/tqd2w1v>

UON | Bachelor of Criminology Webinar

18 November 2020, 12:00 pm

Online

The University of Newcastle is excited to be launching a dedicated Bachelor of Criminology program which is now accepting preferences for 2021.

If you're interested in finding out more about this program, attend this webinar.

Find out more:

https://uonewcastle.zoom.us/webinar/register/WN_RBDMnSPWQZWnSAYqQUdWvw

endota Wellness College | Year 12 Virtual Info Sessions

23 November 2020, 11:00 am - 11:45 am

26 November 2020, 6:00 pm - 6:45 pm

Online

These virtual info sessions are designed for Year 11 and 12 students looking to commence study in 2021. Learn how you can Restore Wellness with Remedial Massage, care for others with Beauty Therapy or lead a team with Salon Management. Hear about our eWC community and how you can embark on a new journey with full-time, part-time or distance study in January 2021.

Find out more: <https://endotawellnesscollege.edu.au/year12-virtual-info-session/>

Endeavour College | Transitioning from High School to Higher Education Webinar

24 November 2020, 6:00 pm - 7:00 pm

Online

If you're a high school student who is interested in a future in natural health, this webinar is for you. We'll cover everything you need to know about our courses, enrolling, fees as well as student life to equip you with the knowledge to smoothly transition into higher education.

Find out more: <https://www.endeavour.edu.au/events/transitioning-from-high-school-to-higher-education/>

ACAP | Social Work Information Session

25 November 2020, 6:00 pm

Online

You're passionate about making a positive difference in your community. Whether it's working in government, developing social policy, being hands-on in Australian communities or international

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organisations, your passion for helping others will pave the way for any rewarding health and welfare career as a Social Worker.

During the session you'll hear from an ACAP educator and Course Advisers about the various courses you could study, what it's like to be a student, the flexible learning options and pathways available, career outcomes, and more.

Find out more: <https://www.acap.edu.au/study-at-acap/online-events/>

[Endeavour College | What You Need to Know About Enrolling Webinar with Live Q&A](#)

25 November 2020, 6:00 pm - 7:00 pm

Online

Thinking about turning your passion into your purpose with a career in natural health?

Our interactive webinars are a perfect way to find out more about our courses, the enrolment process as well as what it's actually like to study at Endeavour College of Natural Health.

In this webinar, our Director of Sales and Admissions, Katrina Arch, will share with you all you need to know about enrolling and studying at Endeavour College.

This webinar will cover:

- Entry requirements
- How to apply
- Pathway options
- Timetabling
- Career outcomes
- Selecting the right course for you
- Q&A

Find out more: <https://www.endeavour.edu.au/events/what-you-need-know-about-enrolling-and-studying-with-endeavour-college-of-natural1health5/>

[ACAP | Counselling Information Session](#)

25 November 2020, 7:00 pm

Online

You care about people and want to help create more positive change in this world. Studying counselling at ACAP gives you deep insight into how we think and act and why, and ways to help others develop better self-awareness for a more positive path in life. You'll graduate with the practical skills and strategies to successfully explore a career in contemporary counselling, including how to support individuals, couples, families or groups, considering the cultural and social-political context in which they live and how this may affect them.

During the session you'll hear from an ACAP educator and Course Advisers about the various courses you could study, what it's like to be a student, the flexible learning options and pathways available, career outcomes, and more.

Find out more: <https://www.acap.edu.au/study-at-acap/online-events/>

[ACAP | Criminology Information Session](#)

26 November 2020, 6:00 pm

Online

You want to do your part in keeping our society safe, which includes understanding the minds of offenders. Our criminology courses give you deep insight into why we behave the way we do, and

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the effect our justice system has on our future actions. Understand our criminal justice system and its relationship to our community. Get inside the minds of criminals to understand reasons behind criminal behaviour and how criminal law and social control fits into our justice system.

During the session you'll hear from an ACAP educator and Course Advisers about the various courses you could study, what it's like to be a student, the flexible learning options and pathways available, career outcomes, and more.

Find out more: <https://www.acap.edu.au/study-at-acap/online-events/>

[ACAP | Psychology Information Session](#)

26 November 2020, 7:00 pm

Online

You're intrigued by the human mind, and how our immediate environment affects our thinking and actions. Our psychology courses give you deep insight into why we think and act the way we do, with an understanding of the connection between an individual, society and culture.

During the session you'll hear from an ACAP educator and Course Advisers about the various courses you could study, what it's like to be a student, the flexible learning options and pathways available, career outcomes, and more.

Find out more: <https://www.acap.edu.au/study-at-acap/online-events/>

[SAE | Virtual Info Night](#)

10 December 2020, 6:00 pm - 8:00 pm

Online

If you're considering studying creative media (Animation, Audio, Creative Industries, Design, Film or Games or Web & Mobile) join us online at Virtual Info Night and hear from our industry-experienced lecturers, learn how you can pursue your passion in this dynamic and expanding industry.

Get exclusive behind the scenes tours, check out course presentations, view student work and ask all the questions you have about studying at SAE by speaking with our friendly SAE crew team live during the event.

Find out more: <https://sae.edu.au/news-and-events/events/sae-virtual-info-night-december-10-2020/?date=2020-12-10&id=1735>

[CSU | ATAR Advice Day](#)

18 December 2020, 3:00 pm - 19 December 2020, 2:00 pm

Online

CSU's ATAR Advice Day is an online opportunity for students to access short information sessions and speak to advisers about all things ATAR, pathways, scholarships, courses, accommodation and next steps.

Find out more: <https://study.csu.edu.au/life/events>

[Whitehouse Institute of Design | Foundation Portfolio Workshop](#)

31 October 2020, 9:00 am - 11:00 am

Online

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This online workshop is for aspiring designers and recommended as a starting point for those wishing to develop their illustration skills and create a portfolio.

In this 2-hour workshop, you will gain an understanding of how to illustrate with Marker and Paper, experiment with different multi-media materials and learn techniques for presenting your creative ideas.

Find out more: <https://www.eventbrite.com.au/e/foundation-portfolio-workshop-tickets-125840509351>

[AFTRS | Intro to Screenwriting](#)

3 November 2020, 7:00 pm - 19 November 2020, 8:30 pm

Online

Get a detailed introduction to the craft of screenwriting in this 100% online course with award winning writer/director Jonathan Ogilvie. You will learn hands-on methods for building the foundations of character, story and structure used by professional screenwriters, illustrated with key moments from a wide range of films.

This is an introductory course. No previous experience required, just a passion for storytelling. It is open to students aged 16 years and over.

Classes are delivered over Zoom, with six weeknight evening sessions over three weeks.

Find out more: <https://www.aftrs.edu.au/short-course/intro-to-screenwriting>

[The Animation Masterclass: Virtual Workshop](#)

13 November 2020, 9:45 am - 12:30 pm

Online

A must for aspiring animators and creatives, Newcastle Libraries presents 'The Animation Masterclass', a free event for High Schools. Students get the opportunity to create their own stop motion animation and have the chance to win a Wacom Pro tablet (valued at \$550) for their school.

Be inspired and learn the tricks of the trade from University of Newcastle's Lecturer and animation expert, Jack McGrath as you learn the value of time and space in animation. Gain tips and tricks from University student, Daniel Cooper who has used his knowledge gained to work on animations for Wolf Mother and The Living End. Use the latest software to create incredible animations right from your iPhone or iPad and use your new skills developed to help you experiment and make your own animations from home.

- Registration closes 30th October, 2020
- A virtual package will be sent to you by Monday 2nd November

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- Student animation submissions by COB 13th November 2020

Teachers must register on behalf of students.

Find out more: <https://www.newcastle.edu.au/events/future-students/the-animation-masterclass-virtual-workshop>

[AFTRS | Intro to Directing](#)

30 November 2020, 6:30 pm - 23 December 2020, 8:30 pm

Online

'What does a director do?' This introductory course delivered completely online will focus on the responsibilities and workflow of the film and television director, from pre-production through to post-production. Taught by highly experienced Industry practitioners you'll get an insight into this key role, and what makes a great director.

This is an introductory course. No previous experience required, but some understanding of filmmaking terminology and procedures would be assumed. It is open to students aged 16 years and over.

Classes are delivered over Zoom, with six weeknight evening sessions over three weeks.

Find out more: <https://www.afters.edu.au/short-course/intro-to-directing>

[NIDA The YouTube Scholarship](#)

Value: \$44,000 AUD

Open/Closing Dates: October 1, 2020 – October 30, 2020

[Find out more](#)

[CQUniCares Launch Scholarship](#)

Value: \$2,000 AUD

Open/Closing Dates: October 1, 2020 – January 8, 2021

[Find out more](#)

[UOW George Alexander Foundation Scholarship](#)

Value: \$8,000 AUD per year

Open/Closing Dates: October 16, 2020 – December 11, 2020

[Find out more](#)

[UOW Tibra Foundation Scholarship](#)

Value: \$7,000 AUD

Open/Closing Dates: August 17, 2020 – December 11, 2020

[Find out more](#)

[UON LGBTQIA+ Shaping Futures Scholarship](#)

Value: \$4,000 AUD

Open/Closing Dates: September 7, 2020 – March 3, 2021

[Find out more](#)

[UON Dr Beryl Collier Aboriginal Scholarship](#)

Value: \$15,000 AUD

Open/Closing Dates: September 7, 2020 – March 3, 2021

[Find out more](#)

[UNSW Sports Scholarships](#)

Value: Up to \$10,000 AUD

Open/Closing Dates: July 1, 2020 – November 30, 2020

[Find out more](#)

[UNSW Indigenous General Merit Undergraduate Scholarship](#)

Value: Up to \$30,000 AUD per year

Open/Closing Dates: August 11, 2020 – December 16, 2020

[Find out more](#)

[Macquarie Vinva Scholar Award](#)

Value: \$10,000 AUD per year

Open/Closing Dates: August 14, 2020 – January 8, 2021

[Find out more](#)

[Macquarie University Dunmore Lang College Regional and Rural Scholarship](#)

Value: Full accommodation costs

Open/Closing Dates: August 14, 2020 – January 8, 2021

[Find out more](#)

[Macquarie ISSP Commonwealth Education Costs Scholarship](#)

Value: \$2,755 AUD per year

Open/Closing Dates: October 5, 2020 – February 19, 2021

[Find out more](#)

[ACU Law – Aboriginal and Torres Strait Islander Equity Scholarship](#)

Value: \$5,000 AUD

Open/Closing Dates: August 28, 2020 – February 28, 2021

[Find out more](#)

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[ACU Equity Scholarships](#)

Value: \$2,000 AUD

Open/Closing Dates: September 14, 2020 – January 12, 2021

[Find out more](#)

[Anthology Magazine Short Story Competition](#)

Writers of short fiction are invited to enter the Anthology Magazine Short Story Competition.

Established to recognise and encourage creative writing and provide a platform for publication, it is open to original and previously unpublished short stories in the English language by a writer of any nationality, living anywhere in the world.

Stories submitted must be on the theme of 'Memories' and not exceed the maximum of 1,500 words. Writers can submit as many entries as they wish.

Winners will receive a €500 cash prize and the chance to see their work published in a future issue of Anthology. The winner will also receive a one year subscription to Anthology Magazine.

Entries are open until Saturday 31 July 2021.

Find out more: <https://anthology-magazine.com/awards/short-story/>

[The Life of an Outback Ringer](#)

Have you ever wondered what life might be like in the middle of the outback?

The ABC's brand new series 'Outback Ringers' follows the day-to-day lives of bull catchers living in remote places in the Northern Territory. Get a glimpse into this unique career in the 10 part series.

You can watch the first episode on iView now: <https://iview.abc.net.au/show/outback-ringer>

[Indigenous Health Heroes](#)

Have you ever wondered where a career in health could take you?

Check out Health Heroes, a resource packed with information and videos about Indigenous people currently working in health. From doctors and nurses, to occupational therapists, social workers and students, you can hear all about what life is like as a health worker.

Watch videos and more here: <http://healthheroes.health.gov.au>

Work in Agriculture

Are you looking for rewarding work that will take you around Australia?

Agri Labour Australia are looking for workers to register their interest in a variety of roles to help with upcoming harvests around the country.

You could work with grain, cotton, mangoes, tomatoes, or blueberries. They need people in all sorts of roles, including drivers, maintenance workers, pickers, and more.

If you're hard working, fit, and looking for a challenge, there could be an ideal job waiting for you.

Find out more here: <https://www.agrilabour.com.au/upcomingharvests/>

In-demand roles for 19 October 2020

This week, as COVID restrictions continue to ease across the country, there was strong growth in jobs in Hospitality & Tourism.

If you'd like to find out more about a jobs in this area, check out our Job Spotlights on becoming a [bartender](#), [sommelier](#), [cleaner](#), [food technologist](#), or [dive instructor](#), and the [tourism industry](#), [hair and beauty](#), and the [food industry](#).

Here are the roles with the strongest growth by location:

NSW – [.NET Developer](#) (904 jobs)

VIC – [Customer Service Representative](#) (5,280 jobs)

QLD – [Food Technologist](#) (47 jobs)

ACT – [Cardiologist](#) (Nation-wide) (186 jobs)

WA – [Cardiologist](#) (Nation-wide) (186 jobs)

SA – [Cardiologist](#) (Nation-wide) (186 jobs)

TAS – [Cardiologist](#) (Nation-wide) (186 jobs)

NT – [Cardiologist](#) (Nation-wide) (186 jobs)

Source: [Seek Australia](#)

Further Learning

[Apprenticeships and Traineeships Guide 2020](#)

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We've just released the 2020 Apprenticeships and Traineeships Guide. Packed full of all the information you need to choose a path and find a position, it's the easiest way to get your head around your options for the future.

Whether you're in your final year of school, or if you still have a few years to go, learn about the steps you need to cover to find and secure a position. Learn about the salary and qualifications you'll need, and understand your rights and responsibilities.

With 18 pages of relevant and up-to-date information, it's worth getting your hands on a copy.

The Guide is free for Study Work Grow Premium Members, and included as part of your membership.

To get your copy, just [go here and login](#).

[Insights from the Beauty Industry](#)

The Beauty Industry is an exciting, rapidly growing space which could offer a range of roles that'll keep you on your feet and allow you to help people feel amazing. You'll see people at their best and become a trusted advisor to your clients.

Beauty is a booming industry that's already generated US\$5,687m in 2020 and employs over 120,700 workers industry wide in Australia, it's also projected to grow annually over 3.5% (Source: [Statista](#)). In particular, strong growth for Beauty Therapists is expected to continue, with employment levels in Australia projected to reach around 50,700 by 2024 ([AISC](#)).

The industry is now regulated, and you'll need a qualification or training to be able to perform:

- Massage
- Facials and facial peels
- Make-up services
- Nail care
- Hair removal (including laser hair removal)
- Cosmetic tattooing and piercing
- Micro-dermabrasion
- Spa therapies.

Interested in finding out more? Check out an interview we had with Molly from endota Wellness College.

SWG: Thanks for having a chat with us today, can you tell us what a career in the beauty industry typically looks like?

Molly: Working in the beauty industry is an extremely rewarding career requiring problem solving skills. Clients will come to you for help and advice, allowing you to witness changes within a client, whether that's physically or emotionally. As a therapist, you have the opportunity to make positive

changes and impacts on the clients you treat, while getting to meet interesting people in a job challenges you.

SWG: What skills do you need in order thrive as a Beauty Therapist?

Molly: People who are willing to learn and grow, while connecting with others to help them feel their best will thrive in the Beauty industry. Having a sense of compassion and wanting to learn will allow you to become a confident and caring practitioner.

Connecting with clients is an extremely important part of being a Beauty Therapist. If you're not already great at talking to people, consultation and care are skills that can be evolved when studying, with work experience and student-spa days.

SWG: Could you please explain some of the duties a Beauty Therapist might carry out on any given day?

Molly: As a Beauty Therapist you are trained in a variety of modalities, from performing relaxation to aromatherapy and hot stone massage. You could also perform traditional and specialised facials, hair removal, tinting treatments and eyelash extensions, as well as hand and foot treatments, such as reflexology and deluxe mani-pedi care.

You'll get to use a variety of devices and technologies, such as advanced facials, hydro-microdermabrasion, led light therapy treatment, chemical peels and laser genesis.

SWG: What are some of the highs and lows of working in the Beauty Industry?

Molly: Every day is different when you're working as a Beauty Therapist, plus there are often new and exciting products and services to learn. It's an industry where there are many options and pathways into specialising in a particular field, so you'll always have the opportunity to learn and expand your skillset. No one is perfect straight away, and beauty can be quite complex, but time and practice can help you learn.

SWG: What are the working conditions like for a Beauty Therapist?

Molly: Once qualified, there are many flexible employment opportunities for in the Beauty, Health & Wellness industry, including part-time work and running your own salon from home. You can choose from a salon or spa environment, and from there, you can always go into further studies such as dermal therapies and work in skin clinics.

SWG: Is it a competitive industry to get into?

Molly: The beauty industry is growing, which means there are lots of job opportunities available. Most employers prefer to hire someone who holds a SHB50115 Diploma of Beauty Therapy, which will make you a more competitive job candidate.

You could find a job whilst studying, gain work experience and start your training, (you will be limited to performing specific treatments and duties based on what you have already completed during your studies).

SWG: What career prospects and opportunities exist for Beauty Therapists?

Molly: Training in Beauty Therapy provides opportunities to work in salons or spas, and you could then choose to specialise in specific modalities.

Students can go on to study Salon Management, with career opportunities such as a spa owner or BDM. They can also go on to study Training and Assessment, with career opportunities including Spa owner, educator/trainer, product manager or beauty college teacher. There is also the opportunity to upgrade their qualification to an international Diploma or study Dermal Therapies. Further study and training could even see you embark upon a career within a skin clinic.

By incorporating training in Remedial Massage you could get the chance to work in a broader range of fields, including private practices, wellness resorts, sporting organisations, as well as salons or spas. Therapists who study Remedial Massage also have the option to on to study Myotherapy, Acupuncture, Nutrition, Chinese Medicine, Physiotherapy or Occupational Therapy.

SWG: At endota Wellness Clinic, what are the study options available?

Molly: We launched in 2018, and we're a Registered Training Organisation (RTO88123) offering industry leading training in Beauty Therapy, Remedial Massage and Salon Management.

eWC's community is guided by the endota values; *Intent, Connect, Truth, & Balance*, while focussing on the mantra "learn mindfully, live authentically." Students are supported with specialist endota masterclasses, morning meditation, on-campus Yoga and 1:1 trainer support while learning from expert industry leaders in Spa-like classrooms.

With campuses in VIC & NSW, eWC have successfully trained over 250 Therapists to date. Over 60% of eWC graduates are working within the endota network, and over 70% remain working in the Beauty & Wellness industry.

SWG: Thank you so much Molly for sharing your time and knowledge with us.

If you're interested in a career as a Beauty Therapist or would love to pursue a career with endota in one of their spas located across Australia, you can find information about all of their courses on the [endota Wellness College](#) website.

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You can also check out our [Job Spotlights page](#) for more careers in the Beauty Industry.

[Applications to NIDA Close Soon](#)

Are you wanting to study acting, costume design, set design, or technical theatre and stage management with NIDA in 2021? Applications to their undergraduate programs have been extended.

You don't need an ATAR to apply, but you will need to attend an interview.

Direct applications now close on Friday 30 October.

Find out more and apply: <http://apply.nida.edu.au/2020>

[Study a Degree with TAFE NSW](#)

Did you know that you can study an undergraduate level qualification through TAFE NSW?

They offer a variety of Bachelor Degrees, including in art, business, IT, education and more.

The best part is you don't need an ATAR to apply – you just need to have finished Year 12.

Find out more about studying a degree with TAFE NSW here: <https://www.tafensw.edu.au/degrees>

[Study the New Bachelor of Criminology at UON](#)

If you have a passion for social justice, the law and psychology, UON's new Bachelor of Criminology could be the perfect course for you.

Launching for the first time in 2021, their new hands-on degree will set you on the path to a career in law and justice.

You can study the degree at their Newcastle campus. The degree will take 3 years to complete full-time.

Apply for the course through UAC.

Find out more here: <https://www.newcastle.edu.au/degrees/bachelor-of-criminology>

[Scholarships Available at Patrick's College Australia](#)

Patrick's College Australia currently has 6 scholarship places reserved for school leavers looking to study their Diploma of Business Administration in 2021.

If you're thinking of a career as a Personal Assistant, Executive Assistant, Legal Secretary, or Administrative Assistant, this course is the perfect pathway to get you there.

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Interested? Get in contact with Jacob from Patrick's College on 0450 291 797, or email at jacobm@pca.edu.au.

You can see more about the courses on offer at Patrick's College here: <https://www.pca.edu.au>

[Forage Virtual Work Experience Program](#)

Forage (formerly InsideSherpa) offer virtual work experience programs that mimic entry-level work done at their partners. Once enrolled, students are given a hypothetical set of tasks that an employee would expect to complete on a given work day.

Completing programs give students real skills professionals use daily and connects them to the firms themselves.

Their programs are free and open for all. They usually take around 5-6 hours to complete and are completely self-paced.

[Learn more](#)

[Architecture Online Work Experience](#)

Halliday Fraser Munro is a UK-based architecture firm that has launched an Online Work Experience Program for students who are interested in architecture and design and would like to explore what this exciting industry is all about.

The program involves completing two tasks that mimic what a real architecture brief would look like. The tasks are self-paced, and they have also provided resources and tutorials to help.

[Learn more](#)

Resources

[How to find balance in Term 4](#)

Term 4 is here, and 2020 is almost over. So let's inject some balance back into what is traditionally the most bonkers term of the year, and talk about ways to find balance right now.

The way we view the [work-life balance is changing](#), but studies continue to show that having a work-life balance that works for you can have [multiple positive outcomes](#), and can increase how satisfied you are with your life. Finding balance doesn't mean spending the same amount of time at work and outside of work – it means finding a balance of activities that works for you.

Some of us are study or workaholics and will happily spend 60 hours a week on our 'calling', but most of us need other activities, which could be any of the following:

- Spending time with friends and family
- Physical health and exercise activities

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- Mental health related activities and 'downtime'
- Hobbies and interests outside of work
- Caring for others in our family

What's your Number One Priority?

We can often get thrown off balance by competing priorities – in other words, too many things are demanding our attention at the same time. So, if you want to get your life back in balance you need to work out what is the MOST IMPORTANT thing on your radar right now.

- If you have exams and assessments coming up (like most of us in Term 4), then your academics will probably be your obvious *numero uno* choice. Commit to your studies for now, and put everything else into slots number 2 and onwards.
- Are there any end of year projects you need to wrap up? Is that end of year deadline looking a lot scarier this side of September? Great – make your project Top Priority for now and get cracking.
- Have you got everything ready for what's coming in 2021? If your studies and projects are tracking nicely, but you're stressing about next year then focus on forward planning for now – work out where you're living, where you're banking, and how you'll finance life.
- Term 4 can often be killer for our health (physical and mental) so if you're really suffering consider making your health your number one priority before the Summer Holidays.

Recognise what you need to do to start feeling better and put your plan into action.

Once you've decided what your priority is, write it down, stick it on the wall, and remind yourself of it all the time. It'll help you focus on what you need to get done.

Make time for the things you love

Just because you have a Number One Priority now (well done you) doesn't mean you need to spend every waking hour on that one thing. Make an active effort to schedule in time for the other things you do, including your hobbies and structured activities, plus any health and wellbeing activities. If you have caring roles you need to perform make sure to budget time for those roles that doesn't impinge on your priorities, and seek out support from others to share the caring duties if you're struggling.

Start by scheduling time for one thing you absolutely love each week. Even if it's just 30 minutes to chill by yourself, set a time and don't let anything get in the way. Put it in your calendar and tell other people about it, so they know where you've gone and why.

It'll give you something to look forward to, and in no time you'll feel more balanced.

Keep track of everything you need to get done

Got a lot on your plate? Don't try to store everything in your head – make a to-do list and get it out of your brain and onto paper.

If tasks have due dates then add them to the list as well, and add notes as you think of other things that could help you with your tasks. If you're looking at your Term 4 to do list and don't know where you're going to find the time then enlist help NOW – ask a friend or family member if they can help (or take on) any of your tasks, and work out if there's anything that can wait for the Summer Holidays or even later.

Once you've planned your 'must-do' tasks, see if you can spot any time left over – that's the time you need to take for your balance. Got a free Saturday in your calendar? Fill it up with something you

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love right now, so it can't get taken over by other stuff. Can you see a week without too many assignments? That's the week you need to plan your end of year social life.

Want a to-do list app? There are loads, try [Google Keep](#), [Asana](#), [Trello](#), or [Todoist](#).

What are you looking forward to most?

Finding balance can sometimes be as simple as having something to look forward to. It'll keep you going when things get tough and give you a mental escape, even if you can't actually get away from your task list.

[Dr Adam Fraser](#) has found that experiences can be even more powerful and deliver longer lasting positive feelings than purchases, so try to find an upcoming experience to be your thing to look forward to (and avoid daydreaming about new shoes – they'll only give you a short-term fix.)

It's Term 4, so you could be looking forward to exams being over, Christmas celebrations, end of year parties (COVID-safe ones, anyway) or getting away for a break. Just as you did with your Number One Priority, write down the thing you're looking forward to and put it somewhere you'll see it all the time. It'll keep you focused on the good stuff, and remind you that there's more to life than work or study.

Set aside time for your physical and mental health

If you're struggling to find balance (and that's understandable in Term 4), make an effort to at least set aside time for your physical and mental health. Getting sick will slow you down and make everything even harder, so schedule time into your life for your physical and mental health and stick to it.

This could mean going for a quick walk before you sit down to study, or getting up 15 minutes early for a quick workout at home. Check out these [6 home workout ideas from Polar](#), or take a look at [these simple exercises](#) for you to try at home.

If you need to, give yourself a bedtime. Set your phone to switch to 'Do Not Disturb' mode, or even better, turn it off at the same time each night, and make sure you go to be on time. [Being tired can have the same effect as being drunk](#) – you'll have problems concentrating and getting work done – which means if you're staying up late to study you could actually be harming your performance. Even if you can't find lots of time for the things you want to do, and seem to spend most of your life stuck doing the things you have to do, being physically fit and mentally healthy will help you feel good while you work on finding your balance.

Remember, Term 4 (and 2020) will be over soon

As much as I'd like to, I can't promise 2021 will be better. But I can promise that if you work on incorporating these tips into your life, you'll feel more satisfied with your work-life balance than you do today.

Want more wellbeing tips? [Check out this page](#) for some more resources.

[Become a Wildlife Warrior](#)

Do you have a passion for animals, wildlife and conservation? You can help make a difference with Australia Zoo.

The Visionary Wildlife Warrior program gives young people aged 4 – 17 years the opportunity to:

- Grow your knowledge of wildlife species and natural habitats, and discover the many ways to help conserve them

Liberating Education

- Raise funds and awareness to support conservation efforts and earn wild fundraising prizes along the way
- Take part in protecting wild places in their community by completing conservation missions – the little things can make a big difference

The program is free and sign up is online, so you can participate from anywhere in the world.

Find out more and register here: <https://wildlifewarriors.org.au/get-involved/visionary-wildlife-warriors>

Job Spotlight

How to become a Zookeeper

What do Zookeepers do?

Zookeepers care for animals living in captivity and on display to the public for the purposes of conservation and education. They carry out the jobs associated with the animals' daily care, including feeding and training. They're also responsible for keeping enclosures clean and stimulating, supporting breeding programmes and helping to carry out any necessary vet work. Loving animals isn't really enough; if you'd like to be a zookeeper you'll need to be dedicated and devoted to building relationships and caring for animals. If you're practical, able to remain professional and maintain high standards of safety and care for the benefit of all, then a career as a Zookeeper could be worth exploring.

About you:

- Committed to caring for animals around the clock, you'll need to be a great team player and embrace hard work
- You'll need to be physically fit and have lots of stamina
- Creative and great at solving problems
- Able to remain calm in any situation and happy to perform repetitive tasks on a daily basis

The job:

- Check on the animals and observe them, looking out for any abnormal behaviour or signs of illness and injury
- Prepare diets to strict guidelines, clean and disinfect indoor and outdoor enclosures, ensure water and other essentials are supplied
- Feed the animals and consistently carry out any training routines
- Provide enrichment and exercise for the animals in their enclosures and watch to see how the animals respond
- Chat to zoo visitors, perform public talks and displays with the animals
- Write up reports, move the animals between indoor and outdoor enclosures, ensure the animals are secure at all times
- Respond to and help out with any emergency and medical situations

Lifestyle Impact: Medium

- Part Time opportunities: Low (only 31% of Zookeepers work part time – Source: joboutlook.gov.au)

Liberating Education

- Average hours for full-time workers (they average 42 per week)
- Zookeepers salary (average) \$52,000* per year (Source: gov.au) *salaries vary between locations, level of training, and experience
- Future career growth: **Strong** (Source: joboutlook.gov.au)
- As a Zookeeper you'll have to work outside 9-5 hours, including shifts over weekends and holidays, as the animals need to be cared for every single day. It can be physically demanding work, which you'll need to be on site to carry out and in all weather conditions too.

Zookeepers are most in demand in these locations:

There are zoos across Australia, and the majority are located in New South Wales and Queensland. Zookeepers are limited as to where they can work, as you'll have to live near to a zoo and be prepared to compete for a job as they are very highly sought after.

You could consider one of the many alternative careers working with animals as a back-up, there's more about that in our FAQ section.

How to become a Zookeeper in Australia

Most zoos in Australia require that you have completed a minimum of Certificate III in Captive Animals through an RTO and have proven experience with animals.

Step 1 – Take Biology at high school, work on gaining confidence with public speaking and consider completing a [Certificate II in Animal Studies](#) in addition to your other studies.

Step 2 – Get experience working with animals and learn about a wide range of animals in as much detail as possible.

Step 3 – Complete relevant tertiary qualifications e.g.:

[Certificate III in Captive Animals](#)

[Diploma of Animal Technology](#)

A degree in a related field could put you ahead of the competition, prepare you for more senior positions, or give you options in other careers to consider, e.g.:

[Zoology](#)

[Animal Science](#)

[Wildlife and Conservation Biology](#)

[Environmental Management](#)

[Biology](#)

[Ecology and Environmental Biology](#)

Step 4 – Consider specialising or up-skilling, as career progression is an option working in zoos. For example, you could start working as a Volunteer or Trainee, qualify to become a Keeper, move up to after years of experience to a Senior Keeper position. After that, becoming a Supervisor, Curator, or Director are options to pursue.

Find out more here –

<https://www.zooaquarium.org.au/>

<https://wildlifewarriors.org.au/>

Similar Careers to Zookeeper

[Veterinarian](#)

Animal Attendant

Veterinary Assistant

[Dog Groomer](#)

Animal Trainer

Rescue and Rehabilitation Centres

Parks (indigenous rangers)

Reptile breeder

Find out more about [alternative careers](#).

Frequently Asked Questions (FAQ's)

- **How long does it take to become a Zookeeper?**

It takes 1 year to complete the Certificate III in Captive Animals which is the minimum qualification preferred by most Zoos.

- **Do I need to go to university to become a Zookeeper?**

A university degree isn't a requirement to work as a Zookeeper, but it could make finding a job easier and open up other career avenues.

- **What are 3 things I can do right now to work help me become a Zookeeper?**

If you're at high school and you'd like to find out if a career as a Zookeeper is right for you and start learning skills and gaining experience, here's a few things you could try:

1. It's really important to build up as much paid or unpaid experience with animals as possible. Work or volunteer at a vet clinic, wildlife park, RSPCA, animal welfare organisation, dog training, wildlife rescue agency, kennel, animal breeder, pet shops, or animal groomer. Seaworld, Dreamworld and WIRES are examples of other organisations to consider too.
2. Practise your public speaking, most Zookeepers are expected to interact with the public and do presentations
3. Get fit, you'll need to be physically capable of doing the work and it is hands on. In Victoria you have to be on a [Preferred Keepers List](#) to be considered for jobs and it's a requirement that you pass a [physical test](#).

- **Alternatives to becoming a Zookeeper**

Lots of people are interested in becoming a Zookeeper and there are limited positions available. So, if you're really passionate about animals, wildlife, education and conservation, it might be worth looking into similar careers that could be just as rewarding. There are lots to think about including:

- Field Researchers
- Animal Trainers (this could be for pets, the Army, Police, Guide Dogs Association or other assistance animals)
- Animal Adoption Counsellors
- Wildlife Rehabilitation Workers
- Pet Sitting
- Dog walking
- Doggie Daycare
- Animal Handler
- Animal Rescue

Liberating Education

- Wildlife Photographer
- Animal Control
- Animal Breeder
- Marine Biologist
- Conservation Land Managers
- Parks and Wildlife Rangers

Ms Janes

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