**Weekly Careers News for Victoria**

March 10, 2025

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# Events

## This Week's Events

### Bendigo Defence Careers Information Session

**Organisation:**Australian Defence Force

**Location:**The Bendigo Club - Naismith Room

**Date:**March 11, 2025

Wondering whether a job in the Australian Defence Force (ADF) is the right fit for you?

Come along to an upcoming info session where you'll have the opportunity to ask questions and learn everything you want to know regarding job roles in the Navy, Army and Air Force.

You'll have the chance to speak with current serving members to see if an ADF career is the one for you.

[Find out more and register](https://www.adfcareers.gov.au/events/events-detail/kjfrq7j)

### Melbourne Defence Careers Information Session

**Organisation:**Australian Defence Force

**Location:**Melbourne ADF Careers Centre

**Date:**March 11, 2025

Wondering whether a job in the Australian Defence Force (ADF) is the right fit for you?

Come along to an upcoming info session where you'll have the opportunity to ask questions and learn everything you want to know regarding job roles in the Navy, Army and Air Force.

You'll have the chance to speak with current serving members to see if an ADF career is the one for you.

[Find out more and register](https://www.adfcareers.gov.au/events/events-detail/sh36o33)

### ADFA Careers Virtual Information Session

**Organisation:**Australian Defence Force

**Location:**Online

**Date:**March 12, 2025

At the Australian Defence Force Academy you will receive service training while studying for your UNSW degree, and graduate as an Officer in the Australian Defence Force.

Join us for a virtual info session to find out how the Australian Defence Force Academy can change your life.

[Find out more and register](https://www.adfcareers.gov.au/events/events-detail/3dgjr2f)

### Victoria Police: Inside the Recruitment Process – Online Webinar

**Organisation:**Victoria Police

**Location:**Online

**Date:**March 12, 2025

Victoria Police are hosting an online information session for members of the community who are:

* thinking of stating an application to join Victoria Police
* currently going through the recruitment process and need more information
* currently in the process of completing an application

This session has been created to guide you through the steps of completing a strong application, with helpful tips and tricks that apply to each stage of the recruitment process. Members will be joining us from a range of areas that are involved in the recruitment process.

[Find out more and register](https://www.eventbrite.com.au/e/victoria-police-inside-the-recruitment-process-online-webinar-tickets-1200656418669?aff=oddtdtcreator)

### CGA Trial Class

**Organisation:**Crimson Global Academy

**Location:**Online

**Date:**March 12, 2025

Join a CGA Trial Class to meet one of our expert teachers and get a taste of the CGA classroom experience. This class is catered to students aged 12-16, with parents of course welcome to sit in too!

After a quick lesson, we encourage you to use this opportunity to ask the teacher about:

* The technology and platforms typically used
* Homework and assessments at CGA
* CGA's feedback and reporting processes
* Online versus traditional classrooms
* The online student-teacher relationship
* Support in and out of the classroom
* And whatever else comes to mind!

[Find out more and register](https://zoom.us/meeting/register/jURLcqR4QPuM7ostO_WcGA#/registration)

### VTAC: Update and SEAS Overview

**Organisation:**Australian Centre for Career Education

**Location:**Online

**Date:**March 12, 2025

In partnership with ACCE, VTAC are hosting a webinar next week to recap the recent offer period as well as an provide an overview of application updates for 2025. We will also be covering updates to the equity schemes and scholarships application for 2025.

[Find out more and register](https://ceav.vic.edu.au/shop/vtac-update-and-seas-overview/c-25/p-7287)

### SCCE Information Session Webinar

**Organisation:**Southern Cross Cultural Exchange

**Location:**Online

**Date:**March 13, 2025

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 member of our team will share an overview of the 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.

Explore your destinations, program options and ask questions about how you can immerse yourself into a new life, culture, family, and high school overseas.

[Find out more and register](https://www.thisisscce.com/events-and-webinars/scce-information-session-webinar-thursday-march-13-2025-6-pm-aedt/)

### Hansen Scholarship Program online information evening

**Organisation:**University of Melbourne

**Location:**Online

**Date:**March 13, 2025

Talented Year 12 students, parents, careers practitioners, and other support people are invited to join us for an online information session to learn more about the University's most generous undergraduate scholarship: the Hansen Scholarship.

As a Hansen Scholar, you’ll join a program that nurtures potential and provides a place where your ambition can grow, offering you access to a high-quality university education that might otherwise feel out of reach. Valued at up to $108,000, this scholarship offers a fully-funded place to call home at Little Hall for three years. Alongside the close-knit residential community, tailored mentoring, extracurricular activities and focused financial support will set you up for success.

In this one-hour session, we’ll cover:

* Eligibility and selection criteria
* Timelines and the application process
* Tips and advice on submitting a competitive application
* Benefits of the program including the fully-funded offerings of Little Hall.

You’ll hear from a current Hansen Scholar who will share their experiences about the program and be available to answer your questions. A recording of the session will be made available for registrants who can not tune in on the night.

[Find out more and register](https://study.unimelb.edu.au/student-life/events/2025-hansen-scholarship-program-info-session-march)

### Victoria Police: Careers Information Session – Victoria Police Centre

**Organisation:**Victoria Police

**Location:**Victoria Police Centre

**Date:**March 17, 2025

We are hosting an exclusive Careers Information Session for members of the community who are interested in a career with Victoria Police.

Come along and learn more about the recruitment process, training at the Police Academy, general duties policing, career pathways, specialty units and more.

[Find out more and register](https://www.eventbrite.com.au/e/victoria-police-careers-information-session-victoria-police-centre-vpc-tickets-1202757583309?aff=oddtdtcreator)

### Melbourne Air Force Careers Information Session

**Organisation:**Australian Defence Force

**Location:**Melbourne ADF Careers Centre

**Date:**March 17, 2025

Reach new heights in a career with the Air Force.

You can work with advanced technology as you support the Air Force across a broad range of operations in Australia and overseas.

Head to an info session to learn more about Air Force careers in Aviation, Combat and Security, Healthcare, Trades, Cyber and much more.

[Find out more and register](https://www.adfcareers.gov.au/events/events-detail/x1y9i60)

## Next Week's Events

### Discover Medicine

**Organisation:**Monash University

**Location:**Online

**Date:**March 18, 2025

Discover what it's like to study Medicine at Monash. Join us for an informative session where we'll discuss the course structure, placement opportunities and entry requirements. Our current students will be online to provide insights into their own experiences as well.

[Find out more and register](https://www.monash.edu/discover/events/discover-medicine)

### Victorian Careers & Employment Expo 2025

**Organisation:**Kym Jones Exhibitions

**Location:**Melbourne Showgrounds

**Date:**March 20 to March 22, 2025

Victorian Careers & Employment Expo is open from March 20 to 22, 2025 at the Melbourne Showgrounds. The Expo will showcase over 130 organisations and employers with career opportunities for all ages. Visitor entry is free.

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

[Find out more and register](http://www.careersemploymentexpo.com.au/Victorian.html)

### Open Day, March 2025

**Organisation:**Holmesglen Institute of TAFE

**Location:**Holmesglen Campuses

**Date:**March 20, 2025

Open Day is a great opportunity for you to meet with teachers, explore our campuses and study facilities, and get a feel for Holmesglen life. Our sessions include presentations, tours and Q&As – perfect for helping you map out your future study and career plans. Plus, our friendly team is also available to help you apply on the day.

[Find out more and register](https://www.holmesglen.edu.au/study-with-us/open-days)

### Career Conversations @ Home – Helping parents have positive career convos!

**Organisation:**Arrive & Thrive

**Location:**Online

**Date:**March 20, 2025

Come join Tyson Day, the Co-Founder and Lead Facilitator of Arrive & Thrive, as he shares the best way to have impactful career conversations in and around your home environment that produce clarity, career discovery, and momentum. Tyson will share concepts and practices that he has learned through his 10+ years of experience in career education and the 85,000 students who have attended Arrive & Thrive workshops since 2019.

In our webinar, you can expect to learn:

* How can you positively influence your young person in their career decisions.
* How can you effectively navigate the future of work and understand your young person's options.
* How to communicate effectively through the GROW model to support your young person in career exploration.

We can't wait for you to join us!

All participants will receive a Career Conversation Kit to kick off conversations with their young person as soon as possible!

[Find out more and register](https://www.eventbrite.com.au/e/career-conversations-home-helping-parents-have-positive-career-convos-tickets-1235276889429?aff=oddtdtcreator)

### Animal Studies Online Information Session

**Organisation:**Melbourne Polytechnic

**Location:**Online

**Date:**March 24, 2025

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s):

* Certificate IV in Veterinary Nursing
* Certificate II in Animal Care
* Certificate III in Animal Care Services

[Find out more and register](https://www.melbournepolytechnic.edu.au/information-sessions/animal-studies-701oa00000vohgziav/?session=701Oa00000VoHgZIAV)

## Future Events

### Monash Information Evening – Peninsula

**Organisation:**Monash University

**Location:**Monash Peninsula Campus

**Date:**March 25, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

﻿You’ll hear about:

* our ten diverse study and discipline areas
* undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
* international opportunities, including study abroad and overseas tours
* how to apply – everything you need to know about VTAC, key dates and deadlines
* scholarships and fees
* SEAS and the Monash Guarantee
* accommodation options, both on and off-campus.

[Find out more and register](https://www.monash.edu/discover/events/monash-information-evening-peninsula)

### Nursing Bootcamp 2025

**Organisation:**Box Hill Institute

**Location:**Box Hill Elgar, Lilydale Lakeside & City Campuses

**Date:**March 25 to March 28, 2025

Box Hill Institute is offering a 3-hour bootcamp for you to experience what being an enrolled nurse is like. If you’re interested in studying the Diploma of Nursing (HLT54121), this is a great way to preview your future study and career.

What you can expect on the day:

* Learn nursing skills such as vital signs and CPR
* Experience simulated real-life nursing scenarios
* Understand the significance of hygiene and self-protection in the workplace
* Get a grasp on basic nursing terminology
* Explore potential career pathways for enrolled nurses

**Elgar Campus:** 25 March, 9.30AM to 12.30PM
**Lilydale Lakeside Campus:** 27 March, 9.30AM to 12.30PM
**City Campus:** 28 March, 9.30AM to 12.30PM

[Find out more and register](https://www.boxhill.edu.au/events/nursing-bootcamp-2025/)

### Futures Day 2025

**Organisation:**La Trobe University

**Location:**La Trobe Mildura Campus

**Date:**March 29, 2025

Take the opportunity to explore study options at SuniTAFE or La Trobe University at Futures Day 2025. Hear from expert academics and teachers in a range of study areas including regional and metro university study options.

Tailor the day to your study interests and learn about study post school or what it might be like to return to study and retrain in a different area.

With free coffee to get you kick started, academics available from a broad range of areas and an industry expo to wander whilst enjoying some lunch, there is plenty on offer at Futures Day.

[Find out more and register](https://www.latrobe.edu.au/events/all/futures-day-2025)

### Future Forum Melbourne

**Organisation:**Bond University

**Location:**Two Ton Max, North Melbourne

**Date:**March 30, 2025

Future Forum is a one-of-a-kind event inspiring and empowering the next generation.

The next few months are a time of extraordinary growth, and your future is in your hands. The decisions you make now represent the crucial first steps towards realising your dreams, and the path leads to a fast-evolving world where we are all facing immense challenges and opportunities.

Future Forum is an event designed for you – a leader of the future – to be inspired, empowered and connected to help you stand out and speak up as you enter the next stage of your education and career.

Future Forum is open to ambitious Year 11 and 12 students around Australia. As it is an small and intimate event, places are strictly limited. Please register your interest as early as possible and we'll be in touch to confirm your place.

[Find out more and register](https://bond.edu.au/bond-future-forum)

### Monash Information Evening – Warrnambool

**Organisation:**Monash University

**Location:**Lighthouse Theatre, Warrnambool

**Date:**April 2, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

﻿You’ll hear about:

* our ten diverse study and discipline areas
* undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
* international opportunities, including study abroad and overseas tours
* how to apply – everything you need to know about VTAC, key dates and deadlines
* scholarships and fees
* SEAS and the Monash Guarantee
* accommodation options, both on and off-campus.

[Find out more and register](https://www.monash.edu/discover/events/monash-information-evening-warrnambool)

### A day in the life of a medical student

**Organisation:**Deakin University

**Location:**Various

**Date:**April 7 to August 6, 2025

'A day in the life of a medical student' is an opportunity for Year 11 and Year 12 students who live in the South West and Grampians/Wimmera regions and have an interest in medicine to experience what it is like to study at Deakin.

The events take place at Deakin's Clinical Schools in Warrnambool and Ballarat and the Regional Clinical Schools in Colac, Horsham and Hamilton. Academics and current students will be available to answer all your questions.

**Warrnambool**
Year 11: 18 June and 25 June 2025
Year 12: 7 April 2025

**Ballarat**
Year 11: 6 August 2025
Year 12: 12 July 2025

**Colac**
Year 11 & 12: 10 April 2025

**Horsham**
Year 11 & 12: 1 May 2025

**Hamilton**
Year 11 & 12: 29 May 2025

[Find out more and register](https://www.deakin.edu.au/student-life-and-services/events/a-day-in-the-life-of-a-medical-student)

### A Day in the Life of a Swinburne Student

**Organisation:**Swinburne University of Technology

**Location:**Swinburne Hawthorn Campus

**Date:**April 8 to April 10, 2025

Keen to experience a regular day on campus? Curious to know exactly what your dream course involves? Not sure which study path is right for you? Come along to our Hawthorn campus for a sneak peek at what comes after high school.

You’ll chat with current Swinburne students and academics, explore the Hawthorn campus, and work with other students in hands-on workshops. There’s no better way to explore different study areas and feel prepared for your future studies.

Whether you’re interested in fashion design or biomedical science, each day covers different study areas so you can get a firsthand glimpse of what your uni experience might be like – based on what you’re interested in studying.

[Find out more and register](https://www.swinburne.edu.au/collaboration-partnerships/school-programs/workshop-events/immersion-days/)

### Discover ACU Ballarat: Arts and Humanities, Occupational Therapy, Physiotherapy and Teaching

**Organisation:**Australian Catholic University

**Location:**ACU Ballarat Campus

**Date:**April 10, 2025

Are you a current secondary student in year 10, 11 or 12?

Experience university life firsthand at the 2025 Discover ACU. This free event, tailored to your specific study interests, offers an in-depth look at what it is like to be a university student.

You'll have the choice of one of the following workshops:

* Arts and Humanities
* Occupational Therapy
* Physiotherapy
* Teaching

[Find out more and register](https://acufuturestudents.swoogo.com/2025_Discover_ACU_BAL_AHOTPT)

### Discover ACU Ballarat: Nursing and Paramedicine

**Organisation:**Australian Catholic University

**Location:**ACU Ballarat Campus

**Date:**April 11, 2025

Are you ready to explore a career that makes a real difference and saves lives? Discover what it’s like to study nursing or paramedicine at ACU Ballarat.

At this event, you’ll take part in hands-on workshops to experience the practical skills required in these fields and hear firsthand from current students about their life-changing experiences.

Tour our campus and experience our state-of-the-art, fully functional simulation wards, where you’ll get a behind-the-scenes look at the innovative training that makes ACU graduates highly sought after by employers.

[Find out more and register](https://acufuturestudents.swoogo.com/2025_Discover_ACU_BAL_NP)

### Holiday Workshop – Music Theatre, Melbourne

**Organisation:**Australian Institute of Music

**Location:**AIM Melbourne Campus

**Date:**April 14 to April 15, 2025

AIM’s holiday workshop is designed for high school students interested in Music Theatre. Created for students in Years 9-12, the two-day Music Theatre workshops provide incredible opportunities to experience performing and being mentored by AIM’s own accomplished industry professionals.

[Find out more and register](https://aim.edu.au/whats-on/melb-school-workshop-music-theatre/)

### Holiday Workshop – Performance & Songwriting, Melbourne

**Organisation:**Australian Institute of Music

**Location:**AIM Melbourne Campus

**Date:**April 16 to April 17, 2025

AIM’s school holiday workshop is designed for high school students interested in music performance and songwriting. Created for students in Years 9-12, the two-day music workshops provide opportunities to experience playing, writing, and performing music, mentored by AIM’s own accomplished musicians and educators.

[Find out more and register](https://aim.edu.au/whats-on/melb-holiday-workshop-performance/)

### VCE and Careers Expo 2025

**Organisation:**Resources for Courses

**Location:**Melbourne Convention and Exhibition Centre

**Date:**May 1 to May 3, 2025

The VCE and Careers Expo 2025 features over 120 exhibitors, seminars on VCE subjects, career, employment and study advice.

On Thursday and Friday, students can attend seminars on subjects including English, Maths, Biology, Business Management, Psychology, Health and Human Development, plus presentations on subject selection for Year 10 students, information on applying through VTAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](https://www.vceandcareers.com.au/)

### A day in the life of an optometry student

**Organisation:**Deakin University

**Location:**Deakin Geelong Waurn Ponds Campus

**Date:**May 7, 2025

'A day in the life of an optometry student' is an opportunity for Year 11 students living in the South West and Grampians/Wimmera regions with an interest in optometry to experience what it is like to study at Deakin.

The day will include hands-on practical activities as well as the chance to learn more about pathways, entry requirements and career options.

Academics and current students will be available to answer all your questions.

[Find out more and register](https://www.deakin.edu.au/student-life-and-services/events/a-day-in-the-life-of-an-optometry-student)

### Victorian Careers Show 2025

**Organisation:**Resources for Courses

**Location:**Melbourne Showgrounds

**Date:**May 14 to May 16, 2025

The Victorian Careers Show 2025 features over 90 exhibitors, seminars on VCE subjects, career, employment and study advice.

Students, teachers and parents can attend seminars on subjects including English, Maths, Biology, Business Management, Psychology, Health and Human Development, plus presentations on subject selection for Year 10 students, information on applying through VTAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](https://www.victoriancareersshow.com.au/)

### Open House 2025

**Organisation:**University of Melbourne

**Location:**UniMelb Parkville Campus

**Date:**May 17, 2025

Register to tour the University of Melbourne's ten Residential Colleges and visit the University during Open House on Saturday 17 May 2025. Each College has its own unique community spirit to explore and offers a supportive environment that will help you to make lifelong friends, build lasting connections, further your academic pursuits and experience unique opportunities.

During our Open House you will have an opportunity to:

* explore and tour our Residential Colleges
* hear from current residential students
* meet our academic and pastoral care staff
* learn more about our generous scholarship programs and College application process
* discover the best of Residential College social, cultural, sporting and leadership opportunities.

[Find out more and register](https://www.colleges.unimelb.edu.au/openhouse2025/)

### Monash Information Evening – Traralgon

**Organisation:**Monash University

**Location:**Monash Rural Health (Latrobe Regional Hospital)

**Date:**May 20, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

﻿You’ll hear about:

* our ten diverse study and discipline areas
* undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
* international opportunities, including study abroad and overseas tours
* how to apply – everything you need to know about VTAC, key dates and deadlines
* scholarships and fees
* SEAS and the Monash Guarantee
* accommodation options, both on and off-campus.

[Find out more and register](https://www.monash.edu/discover/events/monash-information-evening-traralgon)

### BiG Day In, Melbourne

**Organisation:**ACS Foundation

**Location:**The Capitol, RMIT University

**Date:**May 22, 2025

Join us at the Capitol Theatre on Thursday 22 May for the 2025 BiG Day In Melbourne. Hear from organisations including Wisetech Global, Westpac, Adobe & more about where a STEM career can take you.

[Find out more and register](https://acsfoundation.eventsmart.com/events/big-day-in-melbourne-rmit-the-capitol-thursday-22-may-2025/)

### Open Day, Melbourne

**Organisation:**Academy of Interactive Entertainment

**Location:**AIE Melbourne Campus

**Date:**May 24, 2025

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day. It's is a great opportunity to meet our teachers, staff and students. The day will cover 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.

AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career.

[Find out more and register](https://aie.edu.au/aie_event/open-day/)

### A day in the life of a medical imaging student

**Organisation:**Deakin University

**Location:**Deakin Geelong Waurn Ponds Campus

**Date:**May 27, 2025

'A day in the life of a medical imaging student' is an opportunity for Year 11 students who live in the South West and Grampians/Wimmera regions and have an interest in medical imaging to experience what it is like to study at Deakin.

The day will include hands-on practical activities as well as the chance to learn more about pathways, entry requirements and career options.

Academics and current students will be available to answer all your questions.

[Find out more and register](https://www.deakin.edu.au/student-life-and-services/events/a-day-in-the-life-of-a-medical-imaging-student)

# Scholarships

### Aurora Internship Program Indigenous Scholarships

**Organisation:**Aurora Education Foundation

**Location:**Australia

**Value:**Up to $5,400 AUD

**Open Date:**March 1, 2025

**Close Date:**March 31, 2025

[Find out more](https://aurorafoundation.com.au/our-work/indigenous-pathways-portal/scholarships/aurora-internship-program-indigenous-scholarships/?studylevel=20)

# Competitions

### Harmony Day Short Film Competition 2025

**Organisation:**Moving Forward Together

**Location:**Australia

**Value:**$250 AUD

**Open Date:**March 1, 2025

**Close Date:**April 12, 2025

[Find out more](https://movingforwardtogether.org.au/short-film-competition/)

### Harmony Day Song Writing Competition 2025

**Organisation:**Moving Forward Together

**Location:**Australia

**Value:**$250 AUD

**Open Date:**March 1, 2025

**Close Date:**April 12, 2025

[Find out more](https://movingforwardtogether.org.au/songwriting-competition/)

# Weekly Posts

## Health & Wellbeing

### [The importance of self-care for high school students](https://studyworkgrow.com/the-importance-of-self-care-for-high-school-students/)

As a high school student, it's normal to be overwhelmed by the demands of academic work, extracurricular activities, and social obligations. With so much going on, it can be easy to neglect your own needs and wellbeing. But self-care is essential for maintaining good physical, emotional, and mental health - so how can you prioritise it when life is already so full? Let's look at the importance of self-care and see three examples of self-care practices you can incorporate into your daily routine.

**What is self-care?**

Self-care involves taking intentional actions to nurture your physical, emotional, and mental health. It can take many forms, such as exercising, getting enough sleep, eating well, practising mindfulness, and seeking support from others.

**Why is self-care is important?**

Self-care is crucial for all of us, but particularly for high school students for several reasons:

**Reduce stress and anxiety**

High school can be a stressful time, with academic pressure, social challenges, and uncertainty about the future. Practising self-care can help reduce stress and anxiety levels, allowing you to feel more relaxed and focused.

**Boost academic performance**

When you feel good, you're better equipped to handle the demands of schoolwork. Regular exercise, healthy eating, and adequate sleep can all improve cognitive function and memory retention, leading to better academic performance.

**Improve overall wellbeing**

Self-care can help you feel happier, more confident, and more fulfilled. When you prioritise your own needs and take care of yourself, you'll be better equipped to handle life's challenges and pursue your goals.

**Three examples of self-care for high school students**

Here are three examples of things you can do to practise self-care in your everyday life.

**Exercise**

Regular exercise is one of the most effective ways to improve both physical and mental health. You don't have to be an elite athlete or run a marathon - even simple activities like walking, jogging, or yoga can help you feel more energised, reduce stress levels, and improve your mood.

**Mindfulness**

Practising [mindfulness](https://www.healthdirect.gov.au/mindfulness) involves being present in the moment and non-judgmentally observing your thoughts and feelings. This can be done through meditation, deep breathing, or simply taking a few minutes to tune out distractions and focus on the present. Mindfulness can help reduce stress, improve concentration, and increase overall wellbeing.

**Social support**

Maintaining social connections is essential for our wellbeing. Make time for friends and family, join a club or organisation that aligns with your interests, or seek support from a trusted adult or mental health professional when you need it. Having a strong support network can help you feel more confident and resilient in the face of challenges.

**Be kind to yourself**

Remember, there's no 'right' or 'wrong' way to practise self-care. Forcing yourself to do something you don't enjoy will only have the opposite effect - so try out different techniques until you find what works best for you.

You can find more wellbeing tips and advice on our website [here](file:///C%3A%5Ccategory%5Cgrow%5C).

## Money

### [7 tips for maximising your scholarship application](https://studyworkgrow.com/7-tips-for-maximising-your-scholarship-application/)

Thinking of applying for a scholarship? There are heaps of reasons why you should - but how can you make sure your application is the one that stands out from the crowd? We have some tips for maximising your scholarship application.

**Start early**

Some scholarship applications can be quite involved and need a lot of information, so it's best to ensure you give yourself enough time to get all your documents together and can craft a quality application. Plus, the earlier you start the less likely it is you'll miss the closing date!

**Use examples**

There are lots of scholarships that will probably ask you to demonstrate your skills or experience - so think of situations you've been in and how they might specifically apply to the scholarship you're applying for. A great way of doing this is by using the [STAR method](https://www.indeed.com/career-advice/interviewing/how-to-use-the-star-interview-response-technique):

* **Situation**: Describe the situation and when it took place.
* **Task**: Explain the task, the goal and your role.
* **Action**: Provide details about the action you took.
* **Result**: Talk about the results of your actions, try and use concrete numbers or evidence if possible.

**Read the criteria carefully**

While it might seem like a good idea to cast a wide net, you should still make sure you're eligible for any scholarships you apply for. At the end of the day, you'll not only be wasting the assessor's time but your own as well.

**Do some research**

If the scholarship is offered or sponsored by a donor, do some research on them. Think of ways you can tie your skills and experience together with the donor's mission or goals, and use this to your advantage. It shows you've gone that one step further and can make your application stand out.

**Make it personal**

A lot of the time, institutions will want to know a bit more about you and your motivations. It's important to answer any questions honestly and not just say what you think they'll want to hear. And if your personality and interests tie in with the scholarship criteria, even better - use that as a way to show why you're most deserving of the scholarship.

**Keep it relevant**

Building on the point above, it's also important to make sure you don't spend lots of time waffling on about things that aren't relevant to the scholarship. Addressing any eligibility criteria in a way that's both concise and relevant is a great way to maximise your application (plus a lot of applications will have word limits you need to stick to as well).

**Don't limit yourself**

There are literally thousands of scholarships out there - so give yourself the best chance of winning one and apply for as many as you can. Lots of scholarships go unawarded every year simply because people don't apply! Don't forget to keep point three in mind though, and make sure you're eligible before applying.

Interested in applying for a scholarship? [You can search through hundreds on our database here](https://studyworkgrow.com/find-scholarships/).

## Jobs & Careers

### [Why do we work?](https://studyworkgrow.com/why-we-work/)

Work is something most of us engage in at some point - in fact, [it's estimated that we spend around one third of our lives at work](https://www.gettysburg.edu/news/stories?id=79db7b34-630c-4f49-ad32-4ab9ea48e72b), so it also tends to be a big part of our identity. But why do we work? Even if it's a necessity, it's still a conscious choice we make. Let's take a look at some of the reasons why we work - they might help you figure out what you want your future career to look like.

**The main reason we work**

The main reason most people get up and go to work every day is pretty simple: they do it to earn money. In today’s world, we need money for:

* Paying for the home we live in
* Getting around (fuel for the car, public transport, a bike, etc.)
* Buying food, clothes, and other things we need
* Paying bills, like water, phone, internet, and electricity
* Going on holidays and doing fun stuff
* Buying luxuries and things we don't need but want
* Saving so you can enjoy your retirement when you eventually stop working
* To spend on our loved ones

Just remember that not everyone is lucky enough to be able to work; and if you can’t work for some reason, that’s OK too. Not working doesn't de-value you as a person, and it doesn't mean you shouldn't be able to have a good quality of life.

**There are lots of other reasons we work**

We get it, the thought of forcing yourself to work every day just so you can make some money doesn't sound particularly enticing. But while money is important, it's definitely not the only reason we work. There are lots of other influences behind why we work, such as:

* We enjoy it
* It makes us feel important
* We can challenge ourselves and learn new things
* We can help our community
* It gives us something to do each day
* We are part of a team
* It can help us to grow

Let’s look at each of these in more detail.

**Some people love what they do**

People who love what they do will often find their career very rewarding, regardless of whether the money is good. It doesn’t matter what the job is; it could be teaching kids, looking after people, writing novels, coding apps, growing food, building things...anything at all! And people are passionate about all kinds of jobs, even if they might seem strange or boring to others.

**It can make you feel important**

Like we mentioned above, because work is such a big part of our lives, it's often closely tied to our identity (or how we think about ourselves). When we receive positive feedback at work or feel like the things we do make a difference, that increases our self-esteem and can make us feel valued.

**You can learn lots of new things**

Learning can make life fun and exciting - and it doesn't stop after you leave school or university. At work, you might learn about new apps and technology, meet new people, or learn how to use different equipment and machines. It won't always be fun (sometimes you have to do tasks that are boring or hard), but either way you'll still be gaining valuable new skills and experiences.

**You can give back to your community**

When you earn money, you pay taxes, which doesn’t sound like much fun. But taxes help to pay for all kinds of important things, like roads, parks, hospitals, and emergency services. Your taxes also help to support other people who are less fortunate and aren’t able to work, so that they can have a good quality of life.

So no matter what your job is, when you go to work you’re helping your community become a better place to live - and that can really make you feel good.

**It stops you getting bored**

Years and years ago people didn’t have structured work. Their "job" each day was to hunt and gather food, make clothes, move to new areas, build shelters, and look after their children. But now we have houses built for us, we buy our food from the supermarket, we don’t move about as much, and our children go to school - so without work, what would we do all day?

Of course, there are other, more fun ways to spend the day, like going to the movies, but these things usually cost money - so you couldn’t afford to do them if you didn’t work anyway.

**You become part of a team**

You probably have lots of people at school that you like and enjoy being around, or you might feel proud if your sports team wins a tournament. When you work, you essentially join another kind of team, and it can feel really good to help them do bigger and better things. People also tend to make friends at work, and are [more productive and happy when they work with other people](https://www.atlassian.com/blog/teamwork/the-importance-of-teamwork).

**Work helps you to keep growing**

When you keep learning, when you feel happy, and when you're part of a team, that changes you in a good way. These might not be not huge changes (unless you’re lucky enough to really love your job and it makes you super happy all the time), but lots of little things can add up to help you become more patient, more confident, and more fulfilled.

**Work is about more than money**

Sure, it’s nice to have your own money and support yourself, but work can (and should) be about much more than just earning money. Your job should be fun, interesting, exciting, and challenging too. So think about the reasons why you might like to work, and try to choose a career that makes you both financially stable and fulfilled.

If you’d like to learn more about work, [we have lots of other blogs on our website here](https://studyworkgrow.com/work/).

## University, Vocational Education

### [5 things to think about when looking for a course](https://studyworkgrow.com/5-things-to-think-about-when-looking-for-a-course/)

Planning on doing some more study in the future? You might be feeling a bit overwhelmed by the thousands of course choices out there. If you're looking for some guidance, we've got some things you might like to think about when looking for a course - it could help you make your decision.

**Study location**

This is one of the most important things you'll need to consider first. Would you be willing to move to another city (or even state or country) to study your chosen course? Or perhaps you're unable (or unwilling) to move and you'd like to study online instead.

As well as location, look at different universities, vocational institutions, and private providers and compare your options. Take a tour of the campus (in person or virtually), browse accommodation options, and read about on-campus clubs, facilities, and activities. See if you can read student reviews about their experience, or talk to someone you know has studied there in the past.

**Flexibility and access**

As well as where you'll be studying, take a look at other important details about the course. This includes things like whether part-time study is available, if you can defer your studies, and even what their study calendar is like (when will you be on holidays, for example?).

You should also do a bit of research on the institution's other options and services, such as how easy it is to switch between courses if you've changed your mind, whether you'll receive any credit for past studies, and what kind of support they offer (e.g. for students with disabilities, career advice, etc.).

**Entry requirements**

One of the key things you'll need to know about a course is whether or not you're eligible to apply. Make sure you read and meet any academic requirements and have the needed subject prerequisites before you apply.

If you're not eligible through the standard pathway, take a look at their alternative pathway options and see if there is another way you might be able to receive an offer instead.

**Course fees**

Unfortunately, not a lot of things in life are free - and this includes most tertiary courses. Take a look at not only how much the course will cost, but what your options for payment are. Common finance options include loans, payment plans, [scholarships](https://studyworkgrow.com/find-scholarships/), and even government assistance.

But in some circumstances you might be expected to pay your course fees upfront, so make sure you know exactly what you'll owe and how you'll pay for it before signing up.

**Career pathways**

If you're looking into further study, it's probably because it will eventually lead you to a particular job or career. So ensure the course you're looking at will actually qualify you for future jobs. Take a look at job sites and see what qualifications employers are looking for in roles you'd like to have one day.

In some cases, you might be required to have a specific degree to start in your chosen career (if you want to be a doctor, for example, you'll need to follow a set study pathway).

Also consider other jobs and pathways the course could take you, in case you find your career goals change over time or don't pan out how you expected.

**Learn more**

Have more questions about study options, courses, or pathways? [Check out the rest of our resources on our website here](https://studyworkgrow.com/study/).

## Job Spotlights

### [Discover career pathways in Translation and Interpretation](https://studyworkgrow.com/discover-career-pathways-in-translation-and-interpretation/)

The field of translation and interpretation involves the conversion of written or spoken content from one language to another, ensuring effective communication between individuals or groups who speak different languages.

This pathway might be right for you if you are interested in bridging language barriers and facilitating communication, or if you enjoy immersing yourself in different cultures and languages.

**What do careers in this pathway involve?**

Translators work with written texts, while interpreters specialise in oral communication. With a deep understanding of languages, cultures, and subject matter, professionals in this field play a crucial role in bridging language barriers and facilitating global communication.

Growth in the translation and interpretation pathway is increasing as businesses, governments, and individuals seek to expand their reach and connect across cultures.

**What are some important human skills for this pathway?**

* Communication
* Social awareness
* Collaboration
* Critical thinking
* Innovation

**What are some of the tasks involved?**

* Translate written and oral information
* Communicate between parties
* Take notes during meetings
* Maintain neutrality during meetings
* Research specialised terminology
* Design translation software and tools
* Stay informed about cultural trends
* Maintain terminology databases
* Teach language skills to others

**What kind of work environment and conditions can I expect?**

Translators typically work in offices, and many enjoy the flexibility of working remotely. In contrast, interpreters often work on-site at conferences, courts, hospitals, or business meetings, which can also involve travel.

Working hours in this field can be quite flexible, especially for freelance translators who can choose when to complete their projects.

**The Clusters in translation and interpretation**

Find out more about the kind of work people in each [Career Cluster](https://thecareerclusters.com/) might do in this pathway.

**Guardians**

Guardians in this pathway ensure the accuracy and ethical standards of translated materials.

**Linkers**

Linkers in this pathway are needed to connect clients with translation and interpretation services.

**Coordinators**

Coordinators manage translation projects, from client consultation to quality control.

**Informers**

Informers are very common in this pathway, educating clients on language nuances, cultural context, and legal considerations.

**Makers**

Makers are rare in this pathway, but may help with translating or interpreting spoken or written content.

**Innovators**

Innovators in this pathway develop new translation technologies and methodologies.

**Where can a translation and interpretation pathway take me?**

Interested in a career in translation and interpretation? There are many roles you might like to consider – here are just a few.

**Entry level roles**

These jobs can be started with little or no training or experience, and are great as a stepping stone towards more senior roles in the pathway.

**Translation Assistant**

Help senior translators with basic document translation, terminology research, and formatting, gaining valuable experience while working under supervision.

**Customer Service Representative**

Handle inquiries and provide support in multiple languages, building essential communication skills and industry-specific vocabulary.

**Subtitler**

Create and edit subtitles for videos or films, converting dialogue between languages while learning about timing, cultural context, and audiovisual translation techniques.

**Mid-level roles**

Once you have some further study or experience under your belt, you might like to consider moving into one of these roles.

**Certified Translator**

Work on official documents like legal contracts, academic transcripts, or medical records to produce translations that are recognised by courts and government agencies.

**Conference Interpreter**

Provide interpretation services at international meetings, business conferences, or diplomatic events, conveying messages accurately between languages in real-time.

**Languages Teacher**

Instruct students in foreign language skills, using your translation experience to explain complex concepts, cultural nuances, and practical language application.

**Senior level roles**

These jobs will require extensive further education or many years of experience, but are also highly rewarding.

**Translation Agency Director**

Manage teams of translators and interpreters, develop business strategies, build client relationships, and oversee quality control for all projects.

**International Organisation Interpreter**

Work at the highest diplomatic level for organisations like the United Nations or European Union, handling sensitive political communications with absolute precision.

**Translation Technology Director**

Develop and implement translation software, machine translation systems, and AI solutions that improve efficiency and consistency across large translation projects.

**Similar pathways**

If these careers aren’t quite right for you, you might like to explore some other similar pathways instead.

**Tourism and Travel**

Explore new destinations, plan itineraries, provide exceptional customer service, and promote cultural exchange.

[**Immigration**](https://studyworkgrow.com/immigration-pathway-spotlight/)

Assist individuals in navigating legal processes and finding new opportunities in new countries.

**Writing and Editing**

Create and refine written content for various mediums, including books, articles, and websites.

**How can I build experience in this pathway?**

If you’re still in high school and want to find out if a career in translation and interpretation is right for you, here are some activities you can do:

* Practice translating a short text to understand language nuances
* Study interpretation techniques to understand real-time translation
* Take a virtual tour of a translation agency

We recommend studying these subjects in high school:

* English
* Mathematics
* Languages
* Civics
* Society and Culture

Here are some suggestions of places you might like to try and find work experience:

* Non-profit organisations that work with immigrant communities
* International corporations with offices in different countries
* Government agencies that require language services
* Hospitals and medical centres with diverse patient populations
* Educational institutions with international programs

**Where can I find out more?**

You can explore other career pathways and find in-depth information on specific jobs [on our website](https://studyworkgrow.com/work/).

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