



*'Motivate your mate'*

*Justice and Solidarity*

## Careers Newsletter

16 June 2021

**Disclaimer** – all information is printed in good faith

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

To contact Mr Madani please email [jmadani@stpiusx.nsw.edu.au](mailto:jmadani@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=fZoyckJwVg&feature=youtu.be>

### **The Hotel School | Online Student Q&A Webinar**

Tuesday 15 June 2021, 5:30 pm - 6:00 pm

Online

Unsure if online study is right for you?

Join us for a special Q&A webinar with online student Teia.

Based in Regional NSW, Teia is currently studying a Bachelor of Business in Hotel Management.

Find out more: <https://www.eventbrite.com.au/e/online-student-qa-webinar-tickets-157740715727>

### **AIT | Industry Speaker Series**

Wednesday 16 June 2021, 6:00 pm - Wednesday 23 June 2021, 6:00 pm

Online

This June, AIT is teaming up with some of the biggest studios, production houses and agencies across Australia to bring you an exclusive free Virtual Industry Speaker series. This is a golden opportunity to go behind-the-scenes on their latest projects and gain industry insight into what it takes to land your dream role!

Find out more: [https://info.ait.edu.au/workshop\\_mastertalks\\_june21](https://info.ait.edu.au/workshop_mastertalks_june21)

### **Study in the US – Virtual Information Session**

Saturday 19 June 2021, 9:30 am

Online

Internationally Educated is excited to host a live, virtual information session providing students and families from years nine to twelve (9-12) the opportunity to learn more about Studying in the US.

This general presentation draws on our experience having worked in US university admissions and will provide insight to the US university application process and the higher education system in the US. A brief Q&A session will follow the presentation.

Find out more:

<https://us02web.zoom.us/meeting/register/tZAvfuiugD0vH9bgczANcgKrcWKdiugcMb4a>

### **TAFE NSW | Information Sessions**

Monday 21 June 2021, 9:00 am - Friday 25 June 2021, 8:30 pm

Various Campuses & Online

Whether you're joining online or in person at your local TAFE NSW, you'll have an opportunity to connect with our industry-expert teachers, to join interactive information sessions, explore state-of-the-art facilities, and get the help you need to finalise your enrolment.

Registrations are essential, so get in quickly to secure your place at your nearest participating TAFE NSW.

Find out more: <https://www.tafensw.edu.au/information-sessions>

### **University of Newcastle | Joint Medical Program (JMP) Webinar**

Wednesday 23 June 2021, 6:00 pm

Online

The [Bachelor of Medical Science and Doctor of Medicine \(MD – JMP\)](#) is an innovative five year degree that will prepare students for an exciting and rewarding medical career. This session will look at the JMP program and admission criteria, as well as present both locations, the Callaghan Campus in Newcastle and the new Gosford Hospital location. Students will hear more about the new University of Newcastle Central Coast Clinical School and Health and Medical Research Institute co-located on the site of the redeveloping Gosford Hospital, which will be a catalyst for enhanced integrated healthcare, innovation and new opportunities for the Central Coast and will help drive the Coast's economy, create good jobs, attract new talent and investment, improve healthcare and link the world's best medical education and research to the Central Coast.

There will be a presentation by A/Prof Amanda Dawson, Clinical Dean of the Central Coast Medical School, as well as the chance to hear from current and past medical students and junior doctors.

Find out more: [https://uonewcastle.zoom.us/webinar/register/WN\\_-MeHQzy0T42I2WFG7ZkFuQ](https://uonewcastle.zoom.us/webinar/register/WN_-MeHQzy0T42I2WFG7ZkFuQ)

### **UAC Digital | Mental Health and the HSC**

Thursday 15 July 2021, 6:00 pm

Online

UAC is excited to bring together a panel of experts to chat about mental health and the HSC. We understand that some stress is healthy; however, we don't want it to negatively impact your life during the HSC.

We'll discuss:

- healthy stress vs unhealthy stress
- strategies to minimise stress
- how to recognise when your stress has turned into a more serious mental health concern
- strategies to manage mental health leading up to, during and after exams
- how to tell your parents and school if you're feeling overwhelmed
- how to study effectively to avoid burnout.

Find out more: <https://uacdigital.easywebinar.live/mentalhealthhsc>

### **[UAC Digital | Let's Chat – Communications and Media](#)**

Wednesday 21 July 2021, 6:00 pm

Online

In this session we'll give HSC students and their parents the information they need when applying for a Communications or Media degree in NSW. We'll discuss:

- which HSC courses are recommended for these degrees
- what degrees and majors are available
- entry requirements
- how unis prepare students to be job-ready in a competitive job market
- career opportunities
- what to do if you don't meet your dream course's entry requirements

And we'll give answers to the most commonly asked questions!

Find out more: <https://uacdigital.easywebinar.live/commsmedia>

### **[UAC Digital | Applying for the Educational Access Scheme](#)**

Thursday 22 July 2021, 6:00 pm

Online

The Educational Access Scheme (EAS) is for students who have experienced long-term disadvantage(s) and may help with entrance into university. We'll give you an overview of EAS and discuss:

- categories of disadvantage
- how to apply
- application documentation
- EAS key dates
- application tips.

And we'll give answers to the most commonly asked questions!

Find out more: <https://uacdigital.easywebinar.live/eas>

### **[Bond Uni | Open Day Live broadcast](#)**

Saturday 24 July 2021, 10:00 am - 2:00 pm

Bond University, Gold Coast Campus & Online

In 2021, we're bringing you a full line-up of Open Day experiences. From an international virtual broadcast to an on-campus extravaganza, you can get to know Bond University whichever way you choose.

Find out more: <https://bond.edu.au/open-day>

### **UAC Digital | Let's Chat – Social Science and Arts**

Wednesday 28 July 2021, 6:00 pm

Online

Social Science and Arts degrees cover many different areas of study and specialties – so we want to help you navigate the different degrees and application.

Once the session is over you'll understand:

- which HSC courses are recommended for these degrees
- what degrees and majors are available
- entry requirements
- how unis prepare students to be job-ready in a competitive job market
- career opportunities
- what to do if you don't meet your dream course's entry requirements

And we'll give answers to the most commonly asked questions!

Find out more: <https://uacdigital.easywebinar.live/arts-socialscience>

### **ACU | Open Days**

**Blacktown Campus:** Saturday 31 July 2021, 10:00 am - 2:00 pm

**Strathfield Campus:** Saturday 7 August 2021, 10:00 am - 2:00 pm

**Online:** Saturday 7 & Sunday 8 August 2021, 2:00 pm - 4:00 pm

**North Sydney Campus:** Saturday 14 August 2021, 10:00 am - 2:00 pm

Deciding what to study is a pretty momentous decision. That's why we run Open Day – it's everything you need, in one place, to help make your choice.

This year we are running both on-campus and online Open Days. The choice is yours – immerse yourself in the campus atmosphere or chat to us online from the comfort of home.

Our on-campus Open Days will have a suite of in-person sessions, tours and activities, and our online Open Days will offer live chat with staff and students.

#### **Join us on campus**

At our campus events, you can talk with current students and staff, discuss your study options with our experts, attend a presentation or panel, tour the campus, and take part in a range of fun activities.

#### **Join us online**

At our online events you can live chat with our staff about your study options and talk to current students about uni life. You can also explore our Open Day website with a range of virtual resources including campus tours and photos, study area presentations, support and student life information, and more.

[Register](#)

Find out more: <https://openday.acu.edu.au/>

### **JMC Academy | Open Day**

Saturday 14 August 2021, 10:00 am - 3:00 pm

JMC Academy, Ultimo

At JMC, it's all about exploring your passion, discovering a rewarding career and making a few life-long connections along the way. It's about helping you grow your skills, hone your creativity, and learn as much as you can about your chosen field so that you eventually land that job you've always dreamed of.

On the day you'll be able to:

- Take a tour of our facilities
- Check out some of our serious gear
- Chat with current students and heads of departments
- Attend detailed course overview sessions
- Find out more about internship and study abroad opportunities
- See live performances, film + tv demos, and recording sessions in action
- Learn why JMC has been ranked #1 for student satisfaction amongst all private creative institutions in Australia

Find out more: <https://www.jmccademy.edu.au/events/open-day-events/sydney-campus-aug21-open-day>

### **UNSW | Open Day 2021**

Saturday 4 September 2021, 10:00 am - 4:00 pm

UNSW, Kensington Campus

Get excited because we're back on campus! Prepare for your future and search for what inspires at UNSW Open Day, 2021. Open Day is your chance to explore what UNSW has to offer across every area of study and discover the opportunities that will shape your future.

Join information sessions covering degrees, entry and admissions, connect for 1-on-1 conversations with educators and current students and get a taste of UNSW life.

To be the first in the know, [register your interest](#) and keep an eye on your inbox. In the lead up to the day you will receive information on what to expect and details on how to register and attend.

- Registration essential
- Free for Everyone

Find out more: <https://www.events.unsw.edu.au/event/unsw-open-day-0>

### **One Giant Leap Australia Space Mission**

Monday 28 June 2021, 10:00 am - Saturday 3 July 2021, 3:00 pm

Online

Young astronauts (aged 12 and over) will join a team of NASA astronauts and space professionals to adventure into the future of space exploration. The Space-Teams will be led by former NASA astronaut and Director of Texas A&M's AeroSpace Technology, Research & Operations (ASTRO), Dr. Greg Chamitoff.

Using a collaborative space system virtual reality (VR) program, the trainee astronauts will conduct a human space exploration mission. This includes building their own spacecraft, traveling across the vast expanses of space, and creating their own base.

This week-long mission will provide teams with lessons focused on the technical knowledge and theoretical understanding that is required to make decisions, plan and conduct a successful space mission.

Find out more: <https://onegiantleapfoundation.com.au/events/one-giant-leap-australia-space-mission-june-july-2021/#1622885977117-54ef8211-74ed>

### **WSU | HSC Study Sessions**

Monday 20 September 2021, 9:30 am - Friday 24 September 2021, 2:00 pm

Online

To help you prepare for your HSC exams, we're hosting free online HSC Study Sessions. Covering 14 subjects including, Advanced and Standard English, Chemistry, Economics, Advanced and Standard Maths, Geography, Business Studies, Biology, PDHPE, Legal Studies, Community and Family Studies, Modern History and Physics. The sessions are led by highly qualified HSC teachers and experienced educators who will give you the skills and knowledge to maximise your HSC results. Each session is an invaluable addition to your school studies, as you will develop a solid understanding of HSC exam techniques, subject knowledge, and HSC preparation skills.

You can attend just the one subject session, or multiple each day! Online, and all from the comfort of your home.

Find out more: <https://www.westernsydney.edu.au/future/student-life/events/free-hsc-study-sessions.html>

### **Friends of Zainab Tertiary Scholarship**

Value: Up to \$2,000 AUD per year

Open/Closing Dates: June 1, 2021 – August 3, 2021

The Public Education Foundation's Friends of Zainab Tertiary Scholarship is for refugee students currently in Year 12 in 2021 intending to enter university or TAFE in 2022.

[Find out more](#)

### **Susan and Isaac Wakil Foundation Scholarship**

Value: Up to \$3,000 AUD per year

Open/Closing Dates: June 1, 2021 – August 3, 2021

Susan and Isaac Wakil Foundation scholarships seek to support motivated individuals with demonstrated merit, who are facing hardship, to realise their career goals and contribute to a better and brighter Australia.

[Find out more](#)

### **Walter and Eliza Hall Trust Opportunity Scholarship**

Value: \$10,000 AUD

Open/Closing Dates: June 1, 2021 – August 3, 2021

The Public Education Foundation's Walter and Eliza Hall Trust Opportunity Scholarship provides financial assistance to students who have a physical disability to enable them to reach their academic potential.

[Find out more](#)

### **National Capital Art Prize**

Launching in 2021, the inaugural annual National Capital Art Prize is the first Australia-wide competition for paintings of any subject.

With a prize pool of more than \$45,000, this competition aims to ignite the passion and courage of artists across the country, many of whom lost the opportunity to display and sell their work during 2020 with its devastating impact on the arts sector.

Prize Categories:

- Open Prize valued at \$15,000
- First Nations Prize for Aboriginal and Torres Strait Islander artists valued at \$15,000
- Landscape Prize valued at \$5,000
- Student Prize valued at \$2,500

**Entries close on 1 July.**

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

### **Crikey! Magazine Photography Competition**

Now in its fifth year, Australia Zoo's Crikey! Magazine Photography Competition encourages photographers from around the world to contribute their work to celebrate and illustrate the rich diversity of life on Earth and inspire action to conserve it.

Five finalists will be selected from each category, along with a winner and highly commended. The finalists will all have their images exhibited within Australia Zoo and at external events. The images will also be featured in the Summer edition of Crikey! Magazine and all finalists will receive a personalised certificate.

There is a variety of exciting prizes to be won from each category, including vouchers, gift packs and Australia Zoo passes.

**Entries are open until August 31.**

Find out more and enter here: <https://www.australiazoo.com.au/photography-competition>

### **Bell Shakespeare Shorts Festival**

Grab a camera. It's time to start storytelling.

The Bell Shakespeare Shorts Festival is back after a hugely successful debut in 2020. We invite students from across Australia to submit short films about or inspired by Shakespeare, that reflect Australian communities.

Why not retell *A Midsummer Night's Dream* in the Australian outback, or reimagine the *Hamlet* quote "To thine own self be true," or even explore what would have happened to Juliet if she never met Romeo? The possibilities to reimagine Shakespeare are endless.

The Bell Shakespeare Shorts Festival is open to both schools and households with students.

By registering, you'll have access to a suite of video resources on filmmaking and performing Shakespeare, as well as written resources for teachers. You'll also have access to a streamed workshop packed with filmmaking exercises and tips on reimagining Shakespeare to help kickstart your film, whether you be a teacher, parent or student.

Students have the chance to win great prizes for themselves and their school and share their films with a national audience!

**Submissions close Friday 17 September.**

Find out more and enter here: <https://www.bellshakespeare.com.au/whats-on/educations/bell-shakespeare-shorts-festival/>

### **Virtual Retail Work Experience with Lone Clothing Co.**

From designing custom retail pieces, experimenting with retail marketing trends to pitching your own shop fit out, this placement gives you access to what a future-focused world of retail can offer.

You will have to complete 5 projects, each focusing on a different part of retail life. You will need to submit your work to the Lone Clothing Co. team to access unique feedback. Once you have completed all projects to a legit and high standard, you will receive accreditation to place on your resume.

[Learn more](#)

### **Virtual Hospitality Work Experience with Wil & Sons**

Whether it is diving into the morning coffee rush, organising collaborations with local music talent to getting your head around the social and fast-paced energy that is the DNA of café culture, this placement gives you access to what a future-focused world of hospitality can offer, from the streets of Newcastle to the café strips of New York.

You will have to complete 5 projects, each focusing on a different part of hospitality life. You will need to submit your work to the Wil & Sons team to access unique feedback. Once you have completed all projects to a legit and high standard, you will receive accreditation to place on your resume.

[Learn more](#)

### **What type of engineer should you be?**

Engineering is an incredibly diverse career. From environmental to digital, chemical to civil, electrical to medical, if you're innovative and a great problem solver, there's bound to be an engineering pathway to match your passion.

If you'd like to find out what type of engineer could match your interests, take a look at this quiz from Grandshake. It only takes a few minutes, and could help you narrow down your future study options.

Take the quiz here: <https://www.grandshake.co/post/types-of-engineering-quiz>

Want to discover more? Check out Grandshake's awesome Virtual Work Experiences [here](#).

### **Indigenous Police Officers breaking the cycle**

You might have considered a career in the Police and had thoughts of hunting down criminals, speeding through the streets with lights and sirens blaring. And lots of the popular police shows on TV certainly don't do much to change this image of what police work is all about.

But that's only part of it.

Jessie and Charlene are Indigenous Officers who are working hard to help young women to believe in themselves and do better.



They provide a safe place, support, mentoring, and more. If you think you've got what it takes to be a Police Officer and make a change in people's lives as well as protecting your community, you can get more information about the police force in your state on this [page](#). You can read more about their approach to community policing in the full article [here](#).

### [Who should go to open days](#)

The short answer is **everyone**.

Well that is to say anyone who is planning on a tertiary education (and that includes TAFE and VET of course).

Perhaps you think that Year 12's are the only people who should go to [Open Days](#). Well they are definitely a large part of the target audience that's for sure. But if you're in Years 10 & 11 and thinking about Uni, you could definitely benefit from going to open days this year too.

Open Days are also for parents who'd like to know more about university. If you'd like to support your children's wishes to continue studying after high school, then go along and get amongst it all. It can actually be really hand for potential uni students to have family and friends along, someone to mull things over with later, or ask questions they might otherwise forget. You never know, parents could be inspired to take up studying again and enrol to do a course.

Mature students, friends and siblings, the doors are open for everyone.

Unless you're adamant that you'll be starting an apprenticeship or heading straight into full time work as soon as you leave high school, spending some time at open days will be a great investment of your time.

### **Which open day attendee are you?**

- **The Ditherer**

Unsure about Uni? Great, go along to open days, see how the lifestyle might suit you, see if the courses and the staff inspire you, speak to current students to get their opinion (they'll be honest about the best and worst parts about further education).

Whether you leave feeling excited about going to Uni or deciding it's definitely not for you, at least you'll have all the facts to make your decision moving forward.

- **Unsure about which [course](#)**

Struggling to decide which course to do, what has the best career outcomes?

The good folk at Uni will be able to answer all your questions. Reassure you about your choices or suggest alternatives that could suit you better.

You'll need to consider any course prerequisites, the [ATAR](#) that's required for the course, are there [alternative pathways](#) that could get you into the courses you'd like to do *if* you don't meet the ATAR etc. You could also ask about work experience or internships opportunities as part of the course, industry [networking](#) opportunities and graduate employment outcomes.

- **Unsure about which [Uni](#)**

If you know what course you'd like to do but can't decide between two or more Uni's, then the absolute best way to decide is to pay them a visit.

One might have better facilities, a more exciting course, internship or work opportunities. Maybe it'll just come down to which campus you felt more comfortable in, which staff were more welcoming, or which one had the best and most affordable [accommodation](#) and transport options.

- **The Rock**

The ultimate in decision makers, you're 100% certain about which Uni you want to go and which course you'll be listing at the top of your preferences – well done you, you're in a fantastic position right now.

Why not go along to the open day anyway – familiarise yourself with the campus, see what accommodation is available, check out the social scene and speak with the lecturers and staff you'll be working with next year. You could also ask about [scholarships](#) offered at the university and look around for job opportunities that you could apply for when you've made the move.

Take some time to attend another open day or two, you might find another Uni that suits you even better or find a course that blows you away. If not, you know that your first choice is the best option for you.

- **The Snaffler**

Out to get every goodie bag, freebie and coupon that's out there?

Well this speaks for itself really doesn't it. What's better than a free day out?

A free day out with goodies, surely. Pick up your **free** tote bag at the start of the day. Try any workshops and activities. You might even snag a free feed.

Don't forget to register for any [competitions](#) being run as well, you never know what you could win.

And you might come away with a bonus headful of ideas about a course you'd love to do or a Uni you'd love to study at.

- **The Interrogator**

Ready with quickfire questions?

Fantastic – draw up your list of questions and join the masses, speak to all the professionals, current students and staff.

You could find out more than you bargained for or help other future students by asking questions they're too shy to ask, or just hadn't thought of yet.

- **The Wallflower**

You're usually the one hanging back, not sure who or what to ask and terrified of having to make eye contact.

Fear not, if you're shy, you don't have to engage if you don't want to. You can be an anonymous face in the crowds, but you'll still get to take in the surroundings, soak up the atmosphere and gain a little bit more confidence ready for next year.

Take a friend or parent if this is you, they'll help you feel more at ease and might pick up on things you could miss.

### **Take advantage and go along**

Regardless of which type of attendee you are, there are benefits to going to at least one open day.

We recommend that you go a few if you can.

They're designed to be fun as well as informative, so they should be a good day out.

Here at Study Work Grow we've created an [Open Day Guide for 2021](#), it lists **all** the University Open Days and lots of the Colleges and TAFES, as well as providing useful information and tips.

### **Remember, there are other options too**

If you're really unable to get along to Open Days on campus, because you're already committed to work or activities, you live too far away or are looking at uni's in another state, you've still got options:

- Virtual Open Days
- Online Campus Tours
- Online Chats
- Call the future students team

### **[Need help finding a course that's right for you?](#)**

Unless you are a decision making ninja – which is rare – then the chances are that when it comes to deciding on one of the thousands of courses to do, that's right for you, it's enough to make your brain explode.

We've got some good news.

Have you heard of [Course Seeker](#)? It's a free, Government provided system that allows you to search courses and compare thousands of courses from the comfort of your own home... or phone.

You can refine your search by:

- ATAR range
- Location (State or post code)
- Duration
- Full time or part time
- On-campus or online
- Qualification level
- Study area
- By institution type ([uni](#) / TAFE/ RTO etc)
- By institution name

If you need a second opinion, you can even share courses you've found with friends, family or even teachers and get their input.

Found the perfect course for you? You can even start the application there and then, they'll link you to the [TAC](#) or institution you'll need.

### [Become a Dalyell Scholar](#)

The University of Sydney's Dalyell Scholars program is for high-achieving students who want access to a range of enriching and challenging opportunities and resources while studying. In addition to completing distinctive Dalyell units of study with other high achievers, you will have access to enrichment opportunities including:

- accelerated learning options, such as early access to [advanced units of study](#) in your chosen field and [enrichment units](#) outside of your discipline
- access to the specialised [Mathematical Sciences program](#) (optional)
- tailored [mentoring and professional skill development](#)
- optional international experiences to develop your global perspective, including access to a [\\$2000 global mobility scholarship](#).

The stream is open to students who achieve an ATAR of 98+ (90+ for [Indigenous students](#); 95+ for students admitted through the [E12](#), [Future Leaders](#) and [Broadway](#) schemes).

Find out more and see how you can become a Dalyell Scholar here: <https://www.sydney.edu.au/study/study-options/undergraduate-courses/dalyell-scholars.html>

### [ACU Guarantee – Applications Open Now](#)

Applications to ACU's Early Entry Program, ACU Guarantee, are now open for 2022 admission.

#### **How does it work?**

By using your Year 11 results, ACU can predict a selection rank and make an offer accordingly. As part of your application you may also choose to provide personal statements that give ACU insight into your circumstances and motivation for university study to improve your entry score for ACU Guarantee. Tips for writing your personal statement are available [here](#).

As part of ACU's commitment to removing barriers to university participation, the following factors will be considered alongside your academic results to calculate your predicted selection rank:

- Do you live in a rural or regional area?
- Are you attending a school that has a strong relationship with ACU?
- Do you identify as Aboriginal and Torres Strait Islander?
- Are you the first person in your family to attend university?

Students in Year 12 from around Australia are encouraged to apply. Offers will be made on a rolling basis from early July.

#### **Applications close Friday 24 September.**

Find out more: <https://www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee>

### [Advice for students considering a career in Cybersecurity](#)

Braintree has just launched a new episode of the International Oyster Program with Claude Khoury, Head of Cybersecurity & Risk Services for WIPRO, Australia.

In this episode, Claude shares his insights and the importance of Cybersecurity skills in Australia. This is a career path that engages students of all characteristics as there are so many roles in this area. Claude talks about understanding your purpose and the need to be thinking 'outside the box' in the world we live in.

He recommends jumping in, working hard, be a good listener and a good learner.

This is a career path that will continue to evolve and grow over decades into the future, and with a shortage of skills in this space in Australia, you are well positioned to make the world your oyster! As sponsors of this program, simply email [enquiries@braintree.net.au](mailto:enquiries@braintree.net.au) and request your enrolment in the International Oyster Program for SWG.

Find out more: <https://braintree.net.au/intl-oyster-program>

### **5 Tips for Open Day Success**

Open Days are heaps of fun and, apart from getting there, they're free.

So while it's not a bad way to spend a day out of your weekend, you might as well do yourself a favour and really milk the experience.

Here's our 5 Tips for Open Day Success:

#### **1. Go Prepared**

You might be fed up of hearing the words "get organised" but honestly, a little bit of preparation can make a huge difference to how your open days pan out and what you get out of them.

There are bound to be conflicting dates for open days and we don't recommend trying to get to more than one a day. Spending some time studying the [Uni websites](#) and reading about the [courses](#) you're interested in could help you decide which open days are the must-dos.

Find any dedicated [Open Day web pages](#) or [events pages](#), some have planners you can download and mobile apps are getting popular.

Once you've decided which ones you'd like to go to make sure that you **register** then add the dates and directions to your calendar or reminders.

Next, you could print out the Open Day programs. Highlight any info sessions, workshops or other events that you don't want to miss (unless you can download an app that will do it for you). You won't be able to cram every single talk and info session into your itinerary, so prioritise sessions that align with your interests.

Research some parking options or organise your public transport routes and timetables before the day.

Consider taking a friend or family member along for support, second opinions, seat saving and re-caffeinating duties.

Use the time between information sessions and tours to speak to lecturers and students, check out clubs, get a feel for accommodation options, cafes, shops, and the local area in general.

Be prepared for a big day!

You may have to find your way around campuses or around the city to attend different sessions. So wear something comfortable (including footwear). Also have a map handy (even if it's the walking directions bookmarked on your phone).

#### **2. Talking is good**

There'll be loads of people on hand to help at open days. Academic staff, administration staff, researchers and current students. They're not there for decoration, they'll be ready and willing to answer your questions and help you to choose the best options for you.

Try and find the lecturers and faculty staff you might thinking about working with and ask them about the courses you're interested in, as well as any options you've not come across that might suit you.

Here's some example questions that might help you out:

- Are there any prerequisites or assumed knowledge for this course?
- What are the core units / modules?
- What are the majors I can choose from?
- How is the course taught and assessed?
- How satisfied are current students with the course?
- How many hours of teaching are involved each week?
- What are job outcomes like for graduates?
- What opportunities are there for work experience placements or internships?
- Is it manageable to have a weekend job and study full-time?
- Are there scholarships I can apply for?
- Are there any overseas studies opportunities?
- If I'm struggling are there any learning support services available?
- If I don't get the ATAR I need, what alternative pathways could get me into this course?

Talking to current students is the best way to learn what university is *really* like. They'll be able to tell you about their first-hand experiences and provide some insider tips (from where to get the best coffee, finding the best accommodation and the ultimate money saving hacks). Between students and the administrative staff, you can probably find answers to all your questions about Uni life. Here's some example questions:

- What social facilities are on campus and in town?
- What sort of student support services are available?
- Are there part-time job opportunities available for students?
- What sort of financial help is available if I run out of money?
- How does FEE-Help work?
- What types of accommodation are available?
- What's the most popular accommodation option?
- What are some of the events throughout the year I could look forward to?
- What do you think are the best things about this uni / course?
- Did you make any rookie errors that I could avoid?

Don't be shy, there's no such thing as a silly question. Having a list of pre-prepared questions is a great way to guarantee you remember all the questions you've got.

### 3. Reconnaissance

Open days allow you to explore where you'll be studying and really familiarise yourself with the campus and facilities, as well as the surrounding areas and the city it's located in.

Lecture theatres, labs, libraries and other learning spaces will all be open.

You might even get to participate in some activities or workshops that'll give you a hands-on learning experience using the technology and facilities available.

Sign up for a campus tour if it's on offer; a guided walk let you take it all in without worrying about getting hopelessly lost.

Between all the scheduled bits and bobs you might attend, you can also get a peek to see if the Uni has cafes, bars, restaurants, gyms, sporting facilities, internet access, computer labs and any other areas that you might be able to use.

#### 4. **Have fun**

Most importantly, open days are a great day out so enjoy yourself.

There's bound to be entertainment, goody bags, free activities, food trucks (sometimes food is **free**), and competitions with some great prizes.

Get amongst it all, find out if the vibe gels with you, and experience all that the Uni has to offer.

Open days are hands down the best way to find out if a Uni is going to be a good match for you.

#### 5. **Compare**

If you're pretty certain you already know the Uni and course you would like to go to, we'd recommend attending a couple of other open days too.

You'll have something to compare your preferred choice to.

Either it'll confirm your choice, or it could open your eyes possibilities you hadn't considered.

If you're not sure, then after you've been to a couple of Open Days you'll have the information you need to make an informed decision about which unis and courses to apply for.

You could create a checklist of the most important aspects of Uni to you. It's a simple way to compare the differences between Uni's.

After all, you'll be spending a few years and significant amount of money on your Uni education, so it's important to get it right.

#### **Sail with the Young Endeavour**

Aged 16-23 and looking for a new challenge? Join tall ship Young Endeavour for an unforgettable adventure!

Test yourself as you learn to navigate, set sails and climb the 30 metre mast. Develop your confidence, teamwork and communication skills and make new friends.

Young Endeavour undertakes around 20 eleven day voyages each year, mostly along the east and south coasts of Australia. On each voyage we embark 24 young Australians – the Youth Crew – and nine specially trained Royal Australian Navy Staff Crew.

Find out more and apply here: <https://youngendeavour.gov.au/>

#### **ADF Long Tan Youth Leadership & Teamwork Awards**

The ADF Long Tan Youth Leadership and Teamwork Awards started in 2006 to recognise students who demonstrate leadership and teamwork within both the school and the broader local community. At the same time, they recognise those who display strong values, such as doing one's best, respect for others and "mateship", characteristics that are integral to Australian society.

Students are selected by their school principal based on the criteria set out on the selection criteria sheet available [here](#). Each school may select one student from each of Years 10 and 12. Recipients of a Long Tan Youth Leadership & Teamwork Award will receive a certificate and a financial reward – \$250 for a Year 10 student and \$550 awarded to a Year 12 student.

**Schools are invited to nominate students between 14 June and 12 August.**

Find out more and register here: <https://www.adflongtanawards.gov.au/Default.asp>

## **9 Wellbeing Tips for Teens**

Teenagers, you have a lot going on. We're not just talking about at school or in your social lives. There are all kinds of things happening from physical changes, mental developments, as well as managing expectations of you as you finish high school or start work.

Amongst all of that you're also probably dealing with relationship changes. With your parents, sibling, friends, work mates, teachers, and partners.

Chuck in some exam stress, subject selection, extra-curricular pressure, or the pressure that comes from comparing yourself to the perfect people and lives you see on social media; it's no wonder that from time-to-time you need to take a step back and practise a bit of self-care. So here are **9 Wellbeing Tips** which could help you to feel happier and healthier:

### **1. Know what your normal is**

Everyone is different, some of us are outgoing, some of us love our own company. Some people get out of bed buzzing with energy at the crack of dawn, while others come alive at night.

It's important to recognise your routines and know what your base levels for tiredness, mood swings, happiness, energy, etc., are normally. Why? So that you can measure if something changes and either make some changes or get some help to make them and get back to your usual self.

[Journaling](#) is a great way to keep track of your moods or any changes. Another bonus is that for some people it can help them to improve their mental wellbeing.

### **2. Me-time is important**

Carving out some time in your busy life to do things that make you feel good is a great way to practise self-care. So, whether it's blasting out some music and dancing around your room, relaxing in a hot bath, or hitting the road and going for a run just do it.

If you're really struggling to find 10 minutes or half an hour each day, you might need to look at your schedule and juggle some things around.

### **3. Get outside**

We all need a bit of [Vitamin D](#), plus being out in nature is proven to boost your mood. Just sitting outside in a garden could very well give you a bit of a lift.

Want to supercharge that feeling? Try adding in some [exercise](#). Even if you hate the thought of exercise and avoid it all costs, a gentle stroll around the block or a swim could help you to feel more ...well "you" again.

For those of you who love the buzz you get from a workout, remember that next time you're feeling down and get active.

### **4. You are what you eat (and drink)**

What you put into your body can affect you physically and mentally. And who doesn't feel hangry if they don't eat regularly?

Making sure that you [eat](#) healthy food throughout the day, could give you the energy you need to get through even the toughest day and even help to stabilise your moods.

Experts recommend that you:



- Don't skip breakfast
- Stay hydrated – yes, the best option is water, but it's absolutely ok to have different drinks as well
- Avoid sugary and processed options. That's a tough one for sure, but grabbing a piece of fruit, sandwich or a protein-based snack will help you feel fuller and energised for longer.

#### 5. **Unplug**

Turn off your phone and disconnect from the Wi-Fi. These two really simple things could help you to focus better on studies (get it over with quicker too), stop you from procrastinating and check off your to do list, or just give you some time to chill out.

Once you've accomplished what you wanted, you can hop back online again. Although regular time out might even make you rethink if you need to...

#### 6. **Catch some zzz's**

Sleep isn't a magic cure all, but you definitely think more clearly, have fewer mood swings and generally feel better if you're getting enough sleep.

If you can't sleep, then perhaps it's time to look for some solutions or get a bit of help.

#### 7. **Find stress busters that work for you**

Stress is a natural part of life. At times it can be even be your body's way of helping you to do things better, say when you're competing in sports, or studying for an exam, or trying to get finished up at work so that you can leave on time.

If you're feeling stressed for long periods, or that feeling never goes away though, it's definitely not healthy. It can impact on your physical and mental health, so you need to look for some help.

Learning techniques that work for you early on is a great life hack. If you're not sure what works, try out a few different options. You've got nothing to lose. You could try:

- Deep breathing exercises
- Meditation
- Yoga
- Relaxation apps
- Music
- Exercise

#### 8. **Pay it forward**

Doing things for other people can help you to feel better. Don't believe it? Give it a try.

It doesn't have to be a grand gesture. It could be as simple as helping your family out by making dinner or doing the laundry. You could buy your friend an icy pole or grab some supplies for a homeless person. Or you could volunteer some of your time to help out at school, community centres, soup kitchens, or aged care homes.

#### 9. **Know where to get help if you need it**

Sometimes you just can't manage to change the way you're feeling by yourself, and that's ok. There are plenty of people around who can and will help you out. The only step you need to take at that point, is to realise that you need a helping hand and know where to look.

You can start by confiding in a parent, family member or friend. If there's a teacher or mentor that you feel comfortable talking to, reach out to them.

Lots of schools also have access to counsellors who are there to help the students through tricky patches. You can also make an appointment with a GP who will be able to check you over and help you to decide what to do next.

Otherwise you can speak with one of the many organisations who are set up to help you through, here's a few:

- [Youth Beyond Blue](#)
- [BITE BACK](#)
- [ReachOut](#)
- [Headspace](#)
- [beyondblue](#)
- [Lifeline](#)

If you think the situation is an emergency, or that your life or someone else's life is in danger, you should always [call Triple Zero \(000\)](#) and ask for an ambulance.

## [How to become a Horse Trainer](#)

### ***Build relationships between horses and humans***

#### **What do Horse Trainers do?**

Horse Trainers can carry out a variety of jobs to prepare horses for riding, breeding, racing, work, shows or competitions. They do this by spending lots of time working with the horses and focusing on their nutrition, health, and behaviour. They also work with owners, riders, veterinarians and other professionals to get the best outcomes from the training.

If you are patient and calm, with a curious and analytical mindset, and of course you love being around horses – then working as a Horse Trainer could be a job that you can't wait to get out of bed for each day.

#### **About you:**

- Passionate about horses with experience to match
- Empathetic, soothing and persistent
- Investigative, logical and perceptive
- Energetic and physically fit
- Enjoys outdoor work
- Confident and assertive
- Good communication skills

#### **The job:**

- Perform basic daily tasks e.g. saddling, feeding, grooming, maintaining stables and equipment
- Training horses to accept equipment, riders, or vehicles
- Teaching verbal and non-verbal commands, addressing behavioural problems
- Observe horses and create or adapt their training regime to suit
- Monitoring horses health and nutritional needs
- Consult and report to owners, veterinarians, other professionals and officials
- Keep accurate records of accounts, horse health, performance and training

**Lifestyle Impact: Medium**

- Part Time opportunities: Low – only 17% of Horse Trainers work part-time (source: joboutlook.gov.au).
- Average hours for full-time workers: 54 hours a week, which is above average (source: joboutlook.gov.au).
- Horse Trainers' salary (average) \$52,000\* per year (Source: gov.au). \*Salaries vary depending on your skills and experience.
- Future career growth: Strong (Source: joboutlook.gov.au).
- You'll be up early in the mornings and may still be working late at night. Attending to emergencies or helping out at events mean that you could be working overnight, at weekends and even on holidays. You may need to travel and adjust your schedule to work around clients.

### **Horse Trainers are most in demand in these locations:**

Horse Training is an occupation which employs a small (but growing) number of people. Demand is greatest in New South Wales and Victoria. Most work in recreation services, education and training, agriculture, forestry and fishing industries.

There are jobs available around Australia and globally, although you may have to travel or move to take advantage of some opportunities. You'll need to be on site, so although you can provide advise remotely, you will need to be on site and hands-on to carry out most of the duties.

### **How to become a Horse Trainer in Australia**

You don't necessarily need formal qualifications to work as a Horse Trainer. A relevant Certificate III including at least two years of on-the-job training, or Certificate IV might be required by some employers.

**Step 1** – Completing Year 10 is usually a requirement. Completing Year 12 could provide you with more opportunities and make you a more competitive job applicant.

**Step 2** – Complete a relevant VET qualification such as:

- [Certificate III in Equine Studies](#)
- [Certificate III in Performance Horse](#)
- [Certificate IV in Racing \(Racehorse Trainer\)](#)
- [Diploma of Performance Horse Management](#)

**Tip:** There are also lots of short courses and units you could do that will provide you with insight and experience in the world of horse care and training.

**Step 3** – Get plenty of experience handling, riding and working with horses.

**Step 4** – Apply for any Registration or licensing required to allow you to work in a professional capacity.

**Step 5** – Consider doing a Bachelors or postgraduate degree if you'd like to learn in depth or want to get ahead professionally. Eg.:

- [Bachelor of Equine Science \(with specialisation\)](#)
- [Bachelor of Equine Science](#)
- [Master of Animal Science with Equine Science Field of Study](#)

**Step 6** – Choose to specialise in one area such as thoroughbred or harness racing, events, show jumping, dressage, polo, or [equine therapy](#).

Find out more here –

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

<http://www.austrainers.com.au/>

<https://ablis.business.gov.au/>

### **Similar Careers to Horse Trainer**

Jockey

[Zookeeper](#)

Dog Handlers

[Pet Groomers](#)

[Vet Nurse](#)

[Equine Veterinarian](#)

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

### **Frequently Asked Questions (FAQs)**

#### **What do Horse Trainers do?**

A horse trainer's job can be varied, from preparing horses to accept riders or feeling comfortable wearing special equipment, helping them understand riding commands, or training horses for specialist events such as racing, trail work or shows. You could also work with horses displaying behavioural issues or who have experienced abuse or trauma.

#### **Which industries employ Horse Trainers?**

Lots of horse trainers work in the horse racing industry, but there are also jobs working in horse studs, stables and riding schools.

#### **What options are there for career progression?**

Some horse trainers work freelance as coaches or trainers. In large stables horse trainers could be promoted to supervisory and managerial positions, but you'll need experience and possibly some qualifications for these roles. There is potential for you to own your own businesses offering lots of services or a few specialised areas.

#### **Do I need to go to university to become a Horse Trainer?**

No, formal qualifications aren't always necessary; experience, passion and dedication are though.

#### **Where do Horse Trainers work?**

Horse Trainers are employed all across Australia, they can work in stables, yards and arenas, to paddocks and racecourses. You'll mostly be working outdoors and need to be prepared to get dirty.

### **What are 3 things I can do right now to help me become a Horse Trainer?**

If you're in high school and you'd like to find out if a career as a Horse Trainer is right for you, here's a few things you could do right now:

1. If you haven't already immerse yourself in the world of horses. Work with them, ride them, spend time just observing them, and soak up as much knowledge as you can.
2. Volunteer or take on part times jobs at stables, you should be prepared to do lots of mucking out, grooming and feeding. Hard work is part of this job and not only is it great experience but you can network at the same time.
3. Take short courses that will build on your skills and look great on your resume.

Mr Madani

**COLLEGE** ● 35 Anderson Street, Chatswood NSW 2067 P(02) 9411 4733 F(02) 9413 1860

**TREACY COMPLEX** ● Dreadnought Road, Oxford Falls NSW 2100 P(02) 9451 7375

E [admin@stpiusx.nsw.edu.au](mailto:admin@stpiusx.nsw.edu.au) [www.spx.nsw.edu.au](http://www.spx.nsw.edu.au)

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