

OCTOBER, 2025



St Anne's College Secondary School Careers Newsletter

Heading Into Term 4 Your Way!



Welcome back to the final term of 2025! Term 4 is your chance to bring everything together - your hard work, your progress and all the lessons you've learned (both in and out of the classroom). Whether you're feeling energised or just hanging in there, this is a fresh chance to reset, refocus, and make it count.

Term 4 Tips for Your Learning Style:

- The **"Last-Minute Legend"** – You do your best work under pressure! Try starting just one task earlier than usual, you might surprise yourself.
- The **"High-Energy Go-Getter"** – You love staying busy! Use that drive to set bold goals, but also give yourself space to slow down and recharge.
- The **"Quiet Perfectionist"** – You have high standards! Remember, progress over perfection. Be kind to yourself and celebrate small wins along the way.
- The **"Big Dreamer"** – Your creativity is your strength! Set fun, specific goals (like "write 200 words before a snack break") to keep yourself grounded.

TERM 4 | #7

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Dream big. Start small.
Act now.

— Robin Sharma,
Canadian author.

***As a Journalist - you learn
as you go!***

***What matters most is
asking the right questions,
listening carefully and
telling stories that help
people understand what's
really going on.***



What is a Journalist?

A Journalist researches, writes, and edits news stories to inform the public about what's happening in the world. They might cover topics like politics, the environment, social issues, entertainment, or sport. Journalists often work for newspapers, magazines, websites, or news outlets, creating articles that are clear, factual, and engaging. Some focus on breaking news, while others write feature stories or opinion pieces. At the heart of journalism is storytelling, with truth, fairness and accuracy at the core.

What Skills and Strengths are Needed?

Strong writing and communication skills are essential for turning complex ideas into clear, readable stories. Journalists need to be curious, ask great questions, and know how to research facts thoroughly. Good time management helps with meeting deadlines, and resilience is important when stories don't go to plan. Being observant, open-minded and ethical helps journalists cover a wide range of people and perspectives. Confidence to interview others and the patience to listen carefully, are also key strengths in this field.

What are the Pathways?

Many journalists start by studying journalism, media, or communications through a Diploma, or a university degree like a Bachelor of Communications (Journalism). English, Media, and Humanities subjects in school can help build early skills. Gaining experience is important, so writing for your school magazine, blog, or local paper is a great way to begin. Internships, student media, and freelance writing can help you build a portfolio. Over time, journalists may specialise in areas like politics, sport, health, or culture - where their voice and storytelling skills can make a real impact.



UAC - Universities Admissions Centre for NSW and ACT institutions

Planning to study at a university in NSW or the ACT in 2025? UAC applications are open, and if you haven't applied yet, now's the time. If you missed the 30 September deadline - don't worry. You can still apply, and you have until **30 November 2025** to change your course preferences for December offers.

Don't forget to check out key schemes like the Educational Access Scheme, Equity Scholarships, and the Schools Recommendation Scheme - they could boost your chances or provide support.

Need help? Download the UAC Survival Guide and get your application sorted before the end-of-year rush.

Want to find out about upcoming admission dates to another interstate university?

Contact the Tertiary Admissions Centre in the relevant state or territory. See below:

VTAC - Victoria

QTAC - Queensland

SATAC - South Australia and NT

TAS - Tasmania



TISC - Tertiary Information Service Centre for WA institutions

Applications for 2025 university courses through TISC are now open. Western Australian students should apply early to avoid delays, although the official application deadline is **14th January 2026**. Some courses, especially competitive ones, may have earlier closing dates, so check carefully.

Through TISC, you can apply for:

- Multiple WA universities with one application
- Special consideration schemes
- Scholarships and bursaries

Offers start rolling out from mid-November 2025, so keep an eye on your email and accept your offers promptly.

Key Dates to Remember for UAC & TISC

- UAC late application deadline (with fees): 30th November 2025
- UAC preferences change deadline: 30th November 2025
- UAC offer rounds: October, November, December 2025
- TISC application deadline: 14th January 2026
- TISC offer rounds: Mid-November to early December 2025

Mark these dates in your calendar so you don't miss out!

A new guide has been created to educate students about career opportunities and skills acquisitions in defence industry.

Australia's defence industry is rapidly expanding, with thousands of skilled jobs being created over the next 10 years to support multi-million-dollar projects.

This represents a unique opportunity to students looking to pursue a trade or STEM career, with opportunities to work for some of the largest defence industry firms in the world, subsidised education costs, and the opportunity to use their skills to support Australia's national interests.

To support this workforce demand, CareerTools has created a new Defence Industry Study Guide in collaboration with Forge Your Future to educate young people about the career possibilities available to them in defence industry.

What is defence industry?

Defence industry is the group of private businesses and organisations that provide goods and services to the Australian Defence Force.

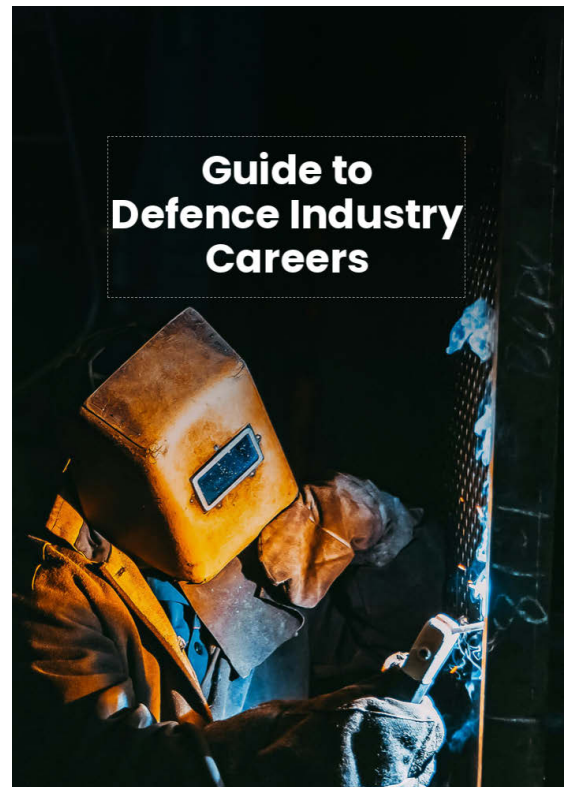
Defence industry sub-categories include:

- Operations, including logistics and procurement
- Trades Operators, and Engineers specialising in nuclear, mechanical, electronics, fabrication, combat systems and safety.
- Digital and ICT services including cybersecurity, machine learning and automation.
- Support services such as finance, project management and business analysis

This Career Guide includes:

- An outline of defence industry, as well as what it includes and excludes.
- Why careers in defence industry are in-demand.
- The range of skill areas available in defence industry.
- Jobs and career opportunities that are unique to defence industry.
- Requisite skills and qualifications for careers of interest.
- Spotlights on particularly in-demand career areas, including day-in-the-life content.

The study guide is also attached and is available on the St Anne's Careers website - www.sackiallacareers.com.au



How can you make the most of fully-online study?

If you're thinking about going to university, but you're unsure about if you can commit to studying in-person, online-only study options can be a great way to gain your qualification with additional flexibility.

The University of New England has been a pioneer in distance education for decades, and they've brought their skills in this area to fully-online learning to help you thrive.

However, there are still a few tips and tricks you can use to make the most out of your online university experience.

Make full use of the resources at hand

Universities like UNE have resources that are available to you 24/7, from recorded lectures, to online tutor support, a digital library, and more.

While you're less likely to bump into your lecturer or course convenor in the hallway, you can always reach out to email your teacher, tutor or one of UNE's support teams right away for help studying, tech support, and more.

Build your schedule to work for you

Studying for your degree online opens up new possibilities for how and when you study. You could listen to a lecture while you work out, on the way to work, or maybe even at the park or the beach. That being said, you do need to be able to commit to a few hours a week to make sure you're on top of your studies and assignments.

Connect with your fellow students.

Although you may be geographically dispersed, you are part of a vibrant online learning community. Actively seek opportunities to connect with your peers.

Many UNE units facilitate online discussion groups or virtual collaboration spaces. Forming online study groups can provide invaluable peer support, offer diverse perspectives on course content, and help maintain motivation.

Remember that other students are navigating a similar learning journey, and mutual support can significantly enhance the experience.

Practice self-care

Burnout is a genuine risk in any intensive academic setting, and online learning is no exception. A healthy mind and body will help you stay focused, on-track and more likely to succeed. While online study can free up a lot of time, make sure you're taking breaks, you're maintaining healthy sleep, diet and exercise, and make time for rest.

How do I start studying online?

Applying for online-only study at UNE uses the same application processes as any other kind of undergraduate study, from early entry programs and scholarships, to the UAC and QTAC systems.

Learn more about online study at:
une.edu.au



You use it every day, but have you ever stopped to think about where it comes from, or where it goes?

What Is National Water Week?

National Water Week is a time to think about how we use, protect and value one of our most important resources: water. In Australia, it's happening from October 20–26, and this year's theme is "Our Water, Our Future". The week encourages everyone, especially young people - to get involved in finding solutions for water conservation and sustainability.

Why Should Students Care?

You might not think about it much, but every part of your life involves water. From the shower you take in the morning to the food you eat and even the clothes you wear. With climate change, droughts, and population growth putting more pressure on water systems, it's more important than ever to use water wisely. The choices we make today will affect how much clean water we'll have in the future.

What's Happening During Water Week?

During National Water Week, schools, councils and community groups run all kinds of events like poster competitions, clean-up days, school presentations and STEM challenges. Some schools even hold water audits to see how much is being used and where it can be saved. It's a chance to learn something new, get involved, and make a real difference.

How to Get Involved

You don't have to be a scientist to protect water. Simple actions like turning off the tap while brushing your teeth, fixing leaks, or choosing reusable water bottles can have a big impact. You can also start a water-saving project at school or join a local clean-up crew. The main idea? Every drop counts, and everyone has an important role to play.



***Feeling overwhelmed by study, stress, or expectations? You're not alone.
Remember - you don't have to figure it all out by yourself.***

Exams Are Tough - But So Are You

Let's be real: exam time can feel like a mountain of pressure. Whether it's keeping up with assignments, juggling part-time work, or just trying to meet your own expectations, the stress can build up fast. But here's the thing, you don't need to do it all alone. ReachOut is here to support you with tools, stories, and strategies made just for young people going through stuff like this.

Know What Stress Can Look Like

Not all stress looks the same. It can show up as:

- Struggling to focus or getting stuck in your head
- Feeling anxious, snappy, or unusually tired
- Procrastinating even when you want to do well
- Trouble sleeping or constant overthinking

If this sounds familiar, it's not a sign you're failing, it's a sign to take action. ReachOut offers heaps of practical advice on how to manage these feelings and get back in control.



Real Help, Anytime You Need It

The best part about ReachOut? It's online, 24/7, and designed for students like you. On the site, you'll find:

1. Study and stress tips from people who've been there
2. Discussion forums to talk with others your age
3. Action plans and quizzes to help you find what works
4. Info on when and how to get professional help

Remember, stress is part of the exam journey, but suffering in silence doesn't have to be. You don't need to wait until things feel "bad enough". The earlier you reach out, the easier it is to feel better.

The logo for ReachOut, featuring the word 'REACH' in white and 'OUT' in purple on a dark blue background.

A career pathway for Aboriginal and Torres Strait Islander students that blends culture, confidence, and paid experience.

What Is the Warumilang School-Based Traineeship?

The Warumilang Program is a First Nations employment and training pathway run by AFL SportsReady. In partnership with Commonwealth Bank (CommBank), it offers Aboriginal and/or Torres Strait Islander students in Years 11 and 12 the chance to undertake a School-Based Traineeship (SBT) in 2026. This means you continue your secondary schooling while gaining paid work experience in a bank setting, and study towards a nationally recognised qualification.

Who Can Apply & What You'll Do

You're eligible if you identify as Aboriginal and/or Torres Strait Islander and are turning 16 or older in 2026. The role is designed for senior secondary school students (Years 11-12). During the traineeship, you'll typically work one day per week with CommBank, doing customer service, administrative support, assisting with enquiries, and other tasks suited to the bank branch environment. Alongside this, you'll be supported by a First Nations mentor and AFL SportsReady coach to help you succeed.



What You Gain & When It Starts

By doing this SBT you'll:

- Earn payment under the National Training Wage Award while you study.
- Complete a Certificate III (Business) over two years (or equivalent qualification, depending on state) while finishing your schooling.
- Gain hands-on work experience, strengthen your resume, build skills in communication, teamwork, customer service, and get exposure to how a big bank operates.
- Be part of a program that offers ongoing support: cultural mentoring, career guidance, and a chance to transition into further traineeships or possibly full-time roles later.

The positions for this role kick off early January 2026. **Applications close 15 November 2025, 5:00pm.**



***From droughts to harvests, Aussie farmers keep going.
National Ag Day is your chance to stand with them.***

What Is National Ag Day?

National Agriculture Day, or Ag Day, is celebrated across Australia to recognise the vital role that agriculture plays in our lives. In 2025, Ag Day will take place on Friday 21 November. This year's theme is "Stand with the Land", focusing on the challenges faced by Aussie farmers and rural communities. From extreme weather to supply chain issues, it's a day to pause, show support, and learn more about the people who produce the food that we depend on every day.

Why it Matters To All of Us

You might not think about it often, but agriculture touches almost every part of your life. The fruit in your lunchbox, the cotton in your clothes, even some of the ingredients in your favourite snacks all start on a farm. National Ag Day is a reminder that without farmers and agricultural workers, life would look very different.

How You Can Get Involved

There are plenty of ways for students and schools to take part in Ag Day 2025. You could help organise a themed lunch, BBQ, or classroom activity focused on agriculture. Some schools are hosting guest speakers or virtual farm tours to give students a deeper understanding of how food is produced.

There are also creative competitions, including photography and video challenges, where students can show what agriculture means to them.

It's Worth Your Attention!

From sustainability and climate change to innovation and technology, agriculture is at the centre of some of the biggest issues facing our world today. Taking part in Ag Day could spark your interest in a future career, help you better appreciate where your food comes from, or inspire you to support rural communities in meaningful ways. This is your chance to stand with the land - and to learn something valuable along the way.

Discover how Australia's Women of STEM Scholarship is opening doors in science, tech, engineering and maths.

What Is This Scholarship?

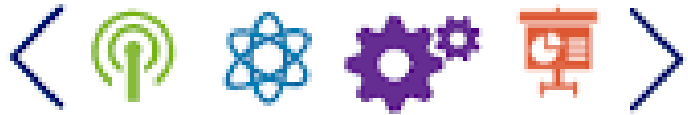
The Women of STEM Scholarship is a national program supported by the ACS Foundation. Its focus is to provide young women who are about to start or have just started a STEM-related degree at university with financial backing and recognition. STEM fields are hugely important for the future e.g (tech, medicine, environment, data, engineering), but they still have a gender gap. Scholarships like this can help level the playing field.

What Do You Get & Who Qualifies?

Here's what the scholarship offers and who can apply:

- You'll receive AUD \$5,000 per year for up to five years (for as long as you stay in the STEM degree and keep a credit average).
- Age: between 17-20 years old when you apply, and you should be commencing or recently commenced a STEM degree.
- Must be an Australian citizen or permanent resident.
- Have strong academic results, plus involvement in extra-curricular or community activities that show your passion or interest in STEM.

Women of



STEM

How and When to Apply

- The application involves sending documents such as your recent high school transcript / ATAR or equivalent, proof of university acceptance, a resume, and a cover letter explaining why you should get the scholarship.
- After submitting the written application, there is an in-person interview stage.
- Women of STEM Applications for the 2026 Women of STEM Scholarships will open on **Thursday 18 December 2025**.

What It Means for You

Receiving this scholarship is more than just financial support, it's recognition of your potential and a chance to connect with others in the STEM community, including mentors and like-minded students. Even if you're not selected, the application process is a valuable experience. It helps you reflect on your goals, articulate your passion for STEM, and build confidence in telling your story.



It's your chance to spot the dodgy stuff, speak up when something's not right, and help make work and school safer for everyone.

National Safe Work Month Focus: Identify Hazards

Even if you're not working full-time yet, many secondary students have part-time jobs, work experience placements, or help out with family businesses. No matter where you work - a café, supermarket, farm, or construction site, safety matters. Every year, young workers are injured because of hazards that could have been prevented. That's why October is National Safe Work Month, a time to put the spotlight on safety and learn how to protect yourself and your mates.

What is a Hazard?

A hazard is anything that has the potential to cause harm. These can be:

- Physical (e.g. slippery floors, loud noise, sharp tools)
- Biological (e.g. bacteria, mould, viruses)
- Chemical (e.g. cleaning products, fuel, paints)
- Psychosocial (e.g. bullying, stress, long hours)
- Ergonomic (e.g. poor posture, repetitive movement)

Knowing what to look for is the first step in staying safe.

Spotting Hazards Like a Pro

You don't need to be an expert to notice when something doesn't look or feel right. Ask yourself:

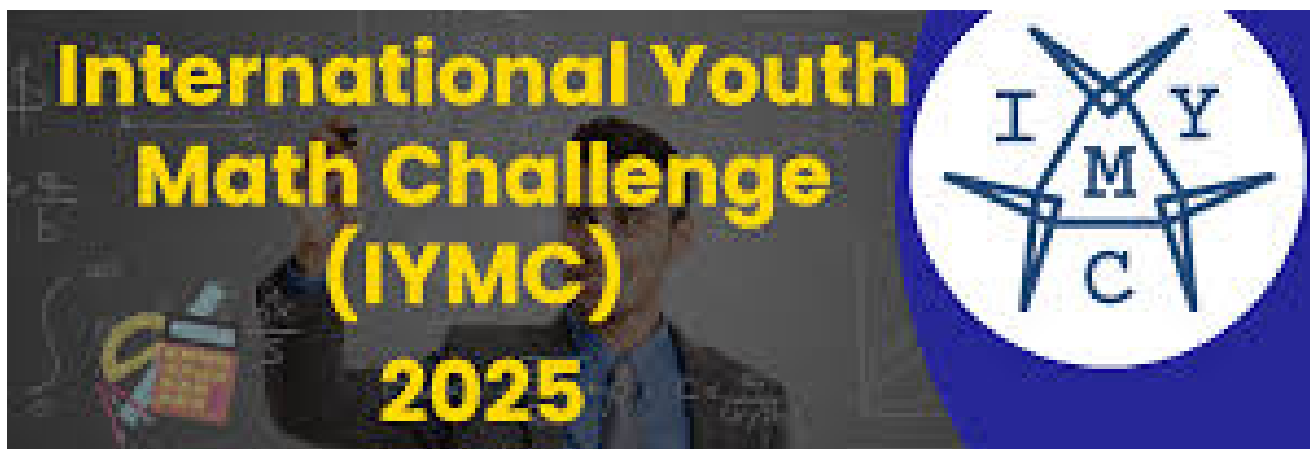
- Are walkways clear and dry?
- Is equipment working properly?
- Have you been trained to use tools or machines safely?
- Are people behaving safely and respectfully?
- Do you feel safe doing the task you're given?

If something feels off, trust your instincts. It's okay to ask questions or speak up - in fact, it's the smart thing to do.

What Can You Do if You Spot a Hazard?

As a young worker or student on placement, you have the right to a safe workplace. You also have a role to play:

- Report hazards to your supervisor or teacher
- Follow safety signs and instructions
- Wear the correct protective gear
- Take breaks and look after your wellbeing
- Speak up if you're unsure, remember it's your safety at stake.



It's your chance to go head-to-head with the best young minds from around the world!

What Is The IYMC?

The International Youth Math Challenge (IYMC) is one of the biggest online math competitions for students around the world. It's designed to stretch your brain, test your problem-solving skills, and connect you with thousands of students who love math. The best part? You can take part from anywhere, whether you're in the classroom or at home. It's not about being the top of your class, it's about challenging yourself and having fun with real-world problems.

Why Should You Join?

If you enjoy a good puzzle or like the idea of using math to solve real-life challenges, IYMC is for you. Here's what you'll get out of it:

- Boost your problem-solving and critical thinking skills
- Compete internationally and stand out on your resume or university applications
- Earn certificates, awards and even scholarships
- Join a global community of young thinkers
- It's free to enter the qualification round!

How it Works

The competition has three rounds:

1. Qualification Round – Solve a set of math problems at your own pace online
2. Pre-Final Round – More challenging problems, with a limited time to submit
3. Final Round – Top scorers go head-to-head in a live online challenge

Problems range from algebra and geometry to logic and creative thinking. You don't need fancy formulas, just a sharp mind and a willingness to try!

How To Get Involved

Getting involved is easy:

1. Visit the official IYMC website:
www.iymc.info
2. Download the qualification problems (open from September to October)
3. Submit your solutions before the deadline **Sunday, 30 November 2025**
4. Wait to see if you qualify for the next round!



***Ready to trade your
phone for a compass and
your routine for the
adventure of a lifetime?***

***Application for STS Young
Endeavour 2026 are now
open!***

What is STS Young Endeavour?

STS Young Endeavour is Australia's sail training tall ship run by the Royal Australian Navy and the Young Endeavour Youth Scheme. People aged 16-23 can apply to spend about ten to eleven days on board as part of a youth crew, learning not just sailing, but life skills like leadership, teamwork, resilience and confidence.

What to Expect & Where You'll Sail in 2026

- The 2026 voyages are now open for applications.
- Voyages will sail off the coasts of Tasmania, Victoria, South Australia, New South Wales, and Southern Queensland.
- No prior experience required! You'll learn everything on board. But expect physical and mental challenges (climbing masts, managing sails, taking watch, working as a crew) in a close-knit environment.

Who Can Apply & How It Works

- Age
 - Must be aged 16 to 23 on the day your voyage departs
- Citizenship / Residency
 - Must be an Australian citizen or permanent resident
- Physical Fitness
 - Must be able to swim at least 50 metres
 - Must weigh under 120kg
 - Must be in good general health
- Application Process
 - Apply online through the Young Endeavour ballot system
 - Berths are allocated through a random draw (ballot)
 - The ballot opens twice per year
- Costs & Commitments
 - A voyage fee applies (cost varies depending on the trip)
 - A deposit is required to confirm your spot
 - Must complete a health check and other required forms

Go Global in 2026! Make a difference, see the world, and discover who you are beyond the classroom.

What is Projects Abroad?

Projects Abroad is an organisation that lets you travel overseas to volunteer, do internships, and take part in meaningful service around the world. Their work supports local communities and aligns with global goals like the United Nations' Sustainable Development Goals (SDGs), meaning what you do has real impact.

What Types of Programs Are Available?

- **High School Specials (Ages 15–18):**

Supervised group trips during school holidays. Focused on volunteering, cultural exchange, and teamwork

- **Volunteer Projects:**

Work in childcare, education, healthcare, conservation, animal care and more. Choose from countries across Africa, Asia, Latin America & the Pacific

- **Internships:**

Gain career experience in areas like medicine, law, journalism, or business

- **Gap Year Programs:**

Longer trips (6–10 weeks+) designed for students taking time between school and university

- **Flexi-Trips:**

Flexible start/end dates. Travel solo or with friends, choose how long you stay



Who Can Apply & How It Works (2026 Details)

- Most trips require you to be 16 years or older (some accept 15+)
- No experience needed. Training and support are provided.
- Trip costs cover: Accommodation and meals. 24/7 in-country support
- Insurance, safety planning and project materials
- Airfares and visas usually *not included*, you'll need to plan and budget for these
- Applications are made online through the [Projects Abroad website](#).

Why It's Worth Considering

Develop real-world skills such as communication, leadership, and cultural understanding. These skills look great on your CV, scholarship applications and uni entry statements. You'll build confidence, independence and resilience as you step outside your comfort zone. It's also a chance to explore new countries, make a difference, and connect with like-minded young people from around the world, creating experiences and friendships that can last a lifetime.

Francis Forbes Society Essay Competition

Date: Entries close Friday 19 December 2025

Eligibility: Open to high school students nationally

Details: A legal-themed essay competition encouraging students to explore topics in Australian law, history or justice. Essays are judged on clarity, research, and original thinking, with winners recognised by the Forbes Society and legal professionals.



Australian Science & Engineering Fair (ASSEF)

- **Date:** Entries close Wednesday 12 November 2025
- **Eligibility:** Open to students in Years 9–12 across Australia
- **Details:** Students submit a STEM project they've researched and developed over time. Projects can cover science, engineering, or technology, and are judged on innovation, research depth, and presentation. A great opportunity for young scientists to showcase their work nationally.

FlickerUp – Flickerfest National Youth Film Competition

- **Date:** Entries close 15 November 2025
- **Eligibility:** Open to secondary school students in Australia and individuals aged 18 and under.
- **Details:** Submit a short film (under 35 minutes, created in last two years) for the national youth competition. Includes substantial cash and industry exposure opportunities.

