

Weekly Career News

Term 4

Tuesday 4 October 2016

EXAM PREPARATION TIPS

Exams are just around the corner for many students and it is essential to be prepared. Please find below study tips that assisted Jake and Joanne to cope with exam preparation.

**Jake Curtis, Bachelor of Commerce
University of Melbourne**

My top 3 tips for exam preparation:

- 1) Drink plenty of water and exercise as a study break. It motivates you to work hard at the desk!
- 2) Productivity snowballs. One hard core study day motivates you to do the same the next day.
- 3) Set achievable goals, e.g., I wrote an English essay every morning before breakfast- good start to the day and very do-able.



Joanne Merrilees, Bachelor of Education (Early Childhood and Primary), Charles Sturt University

Procrastination:

Five minute rule: Knowing you have a big task to do can be overwhelming, but five minutes of study is easier to motivate yourself. Tell yourself to study for five minutes and set a timer and usually you would be on a role to keep going even further than the intended five minutes.

EXAM PREPARATION TIPS

Social media can be a distraction, therefore I would recommend a computer application called 'Self-Control' (found through Google). This application allows you to ban yourself from any site such as Facebook and YouTube for an amount of time that you choose.

Motivation to study:

Inspiration board – This can help to visually see your end goals. On my inspiration board, I had quotes and pictures of the career that I am currently studying for at university. In Year 12, I also had my desired ATAR on my wall that I saw everyday. You could also set your computer screen to have pictures/quotes to inspire you.

Other tips:

Highlighters- Highlighting key information helps to break down long paragraphs of texts when re-reading information. I also used highlighters in tests to highlight the key words in each question.

Learning definitions through flash cards – I would film myself saying the definitions and then play it back and check the flash cards to see if I was correct.

Complete a range of past exams: This allows you encounter a variety of questions that could be similar on the exam as well as get practice on different topics. Getting feedback from doing these practice exams and looking at suggested solutions can help to further improve and understand what the marker is looking for. I also time myself so that I get used to the conditions of the exam.

After reading a section of a textbook, make a few dot points in relation to what you have just read. I like to write in the textbook (in pencil) next to the paragraph that I have just read or on sticky notes and stick them in the textbook; this allows you to fully comprehend the information.

EXAM PREPARATION TIPS

Key websites

Victoria Youth Central: You can search for study tips and resources. This is an excellent website as it is targeted for secondary students, www.youthcentral.vic.gov.au/

ATAR Notes: You will be able to collaborate online with other students from across the state, and access free resources, www.atarnotes.com/

Good luck and remember to make your teachers your best friends at this time of year!

VOCATIONAL & HIGHER EDUCATION NEWS

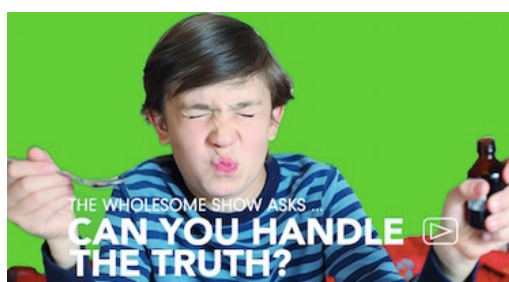
Are you a photography enthusiast? Submit your work to 'Capture' at Deakin University and find out where your talent could take you. This competition is open to Year 11 and 12 VCE students. You can choose your own theme and submit three images. Applications close Saturday 8 October. For information and to apply, go to <http://bit.ly/1Ph3h5R>

New Bachelor of Design at Australia National University: From 2017, students will be able to study the Bachelor of Design. The program allows students to combine digital techniques with traditional hands-on production. For information, go to <http://bit.ly/2dSgQID>

Science news: Be inspired by the latest stories featured on RiAUS – Australia's Science Channel. Some of the topics covered this week include:

- Olivia Henry explores the brain's response to art and reality
- Creating quantum computing
- Contraceptive pill may be linked to depression
- Can you handle the truth? Is there any knowledge that humans don't need to know?

Access the stories at this link - <http://bit.ly/2do2hCq>



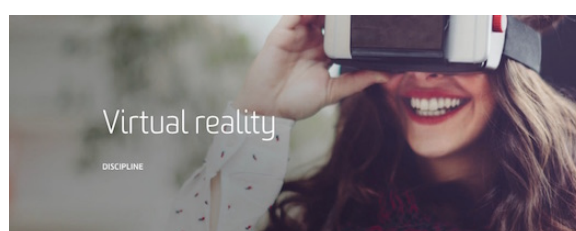
VOCATIONAL & HIGHER EDUCATION NEWS

Passionate about IT? Have you considered studying virtual reality? The following is taken from Deakin University: "Virtual Reality (VR) is an immersive digital environment that replicates life-like physical environments or portrays a fictional world to make the user feel like they're immersed in that environment in real life.

Virtual and Augmented Reality (AR) is already being integrated into the healthcare, tourism, advertising, entertainment, automotive, gaming and education industries. Whether it be developing virtual prototypes, providing virtual training scenarios for health care providers or developing new games for the entertainment industry, Virtual and Augmented Reality are likely to continue transforming the way we live over the next decade.

Commencing in 2017, Deakin University, in partnership with California-based Virtual Reality company EON Reality, will be offering students the opportunity to study a major sequence in Virtual and Augmented Reality as part of the Bachelor of Information Technology. Students will also have the opportunity to undertake an elective industry placement with EON Reality and work directly with VR and AR professionals on industry projects.

For information about the major, go to <http://bit.ly/2dSowCN>



ATAR bonus points for university entry: If you are applying for university courses through VTAC, you should have completed your SEAS application if you are eligible for any of the 4 categories. SEAS can give you additional bonus ATAR points and consideration through the selection process. Three universities have online SEAS calculators so you can estimate how many bonus points you may be eligible for. Just enter an estimated ATAR then your personal details into the calculators at the following links:

- Deakin University: <http://bit.ly/2cWsd8y>
- Swinburne University: <http://bit.ly/2dlruhL>
- Monash University: <http://bit.ly/1VYjhA9>

VOCATIONAL & HIGHER EDUCATION NEWS

Have you considered Orthoptics? These allied health professionals play a crucial role in the early detection and treatment of eye diseases in children and adults. They can specialise in areas such as the following:

- Children's vision/paediatrics
- Eye movement disorders
- Low vision care/rehabilitation
- Cataract care and retinal disorders
- Neurological vision disorders
- Laser eye surgery and corneal conditions
- Driver vision and sports vision

There are about 500 Orthoptists in Australia and their population is ageing, which means there will be plenty of jobs in the future both in Australia and overseas. You can study to become an Orthoptist at La Trobe University, Melbourne - <http://bit.ly/1PeR4Na> and the University of Technology, Sydney, <http://bit.ly/2d8dntl>

For key information about this occupation, visit the Orthoptics Australia website, www.orthoptics.org.au/

New Master of Food Systems and Gastronomy at William Angliss Institute: This course is unique to Australia and will explore the challenging problems facing contemporary food systems and cultures. The program will focus on the areas of food production, distribution and consumption, policy, food security and sovereignty and community health and wellbeing, <http://bit.ly/2dmbXP0>

Where can a social work degree take you? One area you can work in is rehabilitation of people who have committed crimes. Rather than seeking to punish criminals, Dr Sophie Goldingay believes play could be key to rehabilitating them. Working in Deakin's School of Health and Social Development, Dr Goldingay helped develop an innovative 'play therapy' program to reshape mindsets. Discover her creative new approach to rehabilitation, <http://bit.ly/2cM6fGM>

You can study social work at:

- Deakin University, <http://bit.ly/2dDHI3H>
- La Trobe University, <http://bit.ly/23Y328R>
- Monash University, <http://bit.ly/1omFO8U>
- RMIT, <http://bit.ly/2dkHp2k>
- University of Melbourne, <http://bit.ly/2dkH5AX>
- Victoria University, <http://bit.ly/2dBr3wW>

UPCOMING EVENTS

Meet Nina Las Vegas: If you're interested in pursuing a career in music, you should consider attending the Nina Las Vegas pop up party at Collarts Fitzroy campus on 13 October. Nina is one of the most prolific DJ's in Australia. She will host a workshop and QnA about her music career before the party. There are limited spaces, so apply ASAP - <http://bit.ly/2cWUp8T>

Applying for Victorian courses via VTAC? If you have applied for courses via VTAC and you will be going straight to university next year, you can apply for equity scholarships via VTAC. You will need to fill out the online scholarship form via your VTAC account and organise any relevant supporting statements or documents by Friday 14 October.

Interested in design? Deakin's School of Architecture and Built Environment's annual PaperSpace student exhibition showcases outstanding work from architecture, construction management, landscape and planning, undergraduate and master degree students. Dates are listed below. For information and venue locations, go to <http://bit.ly/2dShZYv>

- Melbourne Campus: Monday 21 October – Friday 4 November
- Geelong: Tuesday 8 – Friday 18 November



Victorian College of the Arts (VCA) short courses: Passionate about acting and theatre? The VCA is running a series of short courses and workshops over the next two months. For a list of courses and to apply, go to <http://bit.ly/2d7rLlz>

Medical Interviews training workshops: National Institute of Education (NIE) is running training sessions for students who have applied for medicine and have achieved eligible UMAT scores. The workshops will prepare students for the MMI, MSA, structured and semi-structured interviews. For information about the workshops, dates, and venue and to book your place, go to www.nie.edu.au

KEY RESOURCES

Myfuture: students will be able to explore courses, occupations, take a mini career quiz and an entrepreneurship quiz, and develop job-seeking skills, <https://myfuture.edu.au/>

The Good Careers Guide: You can search over 400 different occupations narrowed down by the field or type of work you would like to do in the future (e.g., helping/advising), <http://bit.ly/2a7Qr0Z>

Good Universities Guide: You will be able to find courses, compare university ratings, search for scholarships and explore careers, <http://bit.ly/1N6a3Pk>

Australian Apprenticeship Pathways: You will be able to undertake apprenticeship aptitude tests, find local apprenticeship and group training centres, and learn about different trade occupations, www.aapathways.com.au/

Defence Jobs: You can explore occupations, courses and technical trades in the Army, Navy and Air Force, www.defencejobs.gov.au/

Careers in Science and Engineering, <http://bit.ly/24hW6WV>

Careers With Code: careers in computer science and gaming, <http://bit.ly/1UgX7Vf>

I Choose Technology: careers in information and communication technologies, <http://bit.ly/2adStKy>

Chartered Accountants: careers in chartered accountancy, <http://bit.ly/2almabl>

Careers in Horse Racing: <http://bit.ly/1Pfx4xW>

Rail Careers: <http://railcareers.net.au/>

A Life Without Limits: careers in surveying, <http://bit.ly/1I8GVkL>

KEY RESOURCES

Bullseye posters: You can explore occupations related to your favourite school subjects, <http://bit.ly/1svwa98>

Careers in Primary Industries/Agriculture: <http://bit.ly/1Hm0jfk>

Career Harvest: Careers in Agriculture, Food and Fiber, <http://bit.ly/1f0m8jW>

Rural Careers Australia: You can explore careers in agriculture, horticulture, animal care and land management, www.ruralcareers.net.au/

Maths Adds: view career profiles of people working in interesting maths careers, and also find out about how maths is used in careers such as hairdressing, building and nursing, <http://bit.ly/2anSARy>

Maths: make your career count: explore careers in mathematics such as electrician and meteorologist, <http://bit.ly/1WWajoe>

My Skills: You can search for and explore vocational courses across Australia, learn about in demand jobs and watch videos of young people who have completed vocational training, <http://bit.ly/1D8uek7>

SkillsOne: you can watch videos about different trades, www.skillsone.com.au/

QILT: You can compare independent student ratings about different universities and courses, www.qilt.edu.au

Australian Dental Association, careers in dentistry and dentistry specialisations, <http://bit.ly/2af2xjn>

Exercise and Sports Science Australia, careers in exercise and sports science, <http://bit.ly/2abl8RG>

Optometry Australia, careers and courses in optometry, <http://bit.ly/2aCiLpk>

Student Edge: videos and profiles of people working in various occupations, <http://bit.ly/2aCpXSy>