

## What's On in the Next Few Weeks

### [TAFE QLD | Townsville Open Day](#)

November 4, 2023

Join us at our TAFE Queensland Townsville (Pimlico) campus Open Day this November and open the door to a bright future.

Learn more about what's on offer in 2024, tour our facilities, and get all your questions answered.

Join in on all the action with demonstrations, workshops, activities, live entertainment, food and more as our faculty leaders and experienced teachers share their wisdom.

[Find out more](#)

### [Rise Information Session](#)

November 4, 2023

Rise is a program that finds brilliant people who need opportunity and supports them for life as they work to serve others.

The program starts at ages 15–17 and offers a lifetime of benefits including scholarships, mentorship, access to career development opportunities, funding, and more as they work toward solving humanity's most pressing problems.

The information session will provide an overview of Rise and go in-depth about:

- Key dates
- Requirements
- Participant's involvement

There will also be an opportunity to ask questions about the program.

[Find out more](#)

### [CQUni | MVP Student Program – Exercise and Sport Sciences, and Physiotherapy](#)

November 7, 2023

CQUniversity's exclusive student program is back again! We want 2023's most valuable players (MVPs), whether you're a budding sports scientist or physiotherapist, a sporting superstar or a biology classroom whiz.

If you're a current year 10, 11 or 12 student you could secure yourself a spot in our exclusive, behind-the-scenes program on Tuesday, 7 November 8.30 am – 1 pm, hosted by CQU Lecturer, Dr Josh Guy in conjunction with CQU Cairns Taipans!

**Highlights:**

- **Exercise and Sport Sciences Workshop:** explore injury prevention, recovery strategies, performance optimisation, strength and conditioning, and how to gain the competitive edge using methods such as wearable technology, player load management and testing protocols.
- **CQU Exercise and Sport Science Lab Tour:** test out our technology, including the metabolic cart which measures VO2 max, a cycle ergometer to determine anaerobic power, and electric timing gates that measure speed and agility.
- **Taipans Training Session:** watch an exclusive training session and explore performance data insights with Catapult technology
- **Exclusive talk from Taipans Coach, Adam Forde:** gain insight into the world of coaching/sports from the professional himself.
- **Discover more about Physiotherapy:** Hear from Head of Course, Dr Sean Ledger, about what is involved in CQU's Physiotherapy course, the different careers options available and how you can apply.
- **Taipans Home Game:** 3 tickets for the Saturday 11 November, Cairns Taipans vs Illawarra Hawks game.

[Find out more](#)

### [Student Wellbeing Hub: Supporting self-regulation skills in the classroom](#)

November 9, 2023

The Student Wellbeing Hub resource '[Interoception and self-regulation: Get ready to learn](#)' features videos, activities and educator guides designed to help students feel more connected to their bodies, and to interpret and express their emotions helpfully.

This webinar unpacks the new resource and explores how building interoception skills can help children and young people to self-regulate their emotions and feelings, be calm and engage with learning, have positive wellbeing, and improve their academic performance.

[Find out more](#)

### [TAFE QLD | Cairns Open Day](#)

November 11, 2023

Join us at our TAFE Queensland Cairns campus Open Day this November and open the door to a bright future.

Learn more about what's on offer in 2024, tour our facilities, and get all your questions answered.

Join in on all the action with demonstrations, workshops, activities, live entertainment, food and more as our faculty leaders and experienced teachers share their wisdom.

[Find out more](#)

## Important Future Events

### [Griffith | Deadly U Experience 2023](#)

November 14 to November 16, 2023

This on-campus experience is designed to introduce Indigenous high school students in Year 8 to the university environment and build study aspirations prior to their middle schooling years. The three-day program seeks to attract high school students from across South East Queensland to Griffith University's Logan campus. Students will participate in a range of interactive academic workshops and sporting activities.

The program aims to:

- support personal growth and enhance leadership skills
- develop support networks
- widen aspirations and promote higher education
- increase participation and success at university.

[Find out more](#)

### [JCU | Heroes in Business, Brisbane](#)

November 16, 2023

JCU, in partnership with Queensland Country Bank, is giving local high school students with a passion and desire to develop a career in business, law or finance the chance to learn from industry experts.

From this one-day program you'll gain unique insights into the professions that funnel into a business, commerce and law career. One of our expert Academics will guide you through the process of creating, exploring and pitching a business opportunity, including the financial and legal implications. JCU Advisors will be on hand to provide information about courses and university life, and a Q&A with local professionals will be an opportunity for students to engage with and hear from professionals within those careers.

[Find out more](#)

### [JCU | Summer School for Aboriginal & Torres Strait Islander Students](#)

November 27 to December 1, 2023

Are You Planning to Study in 2024?

Then our intensive preparatory program is open to you! This is the perfect opportunity for you to build basic knowledge and skills to commence university studies next year!

The Summer School conducts pre-programs for prospective Indigenous school leavers who are seeking to gain entry into JCU in 2024. It is run over a five-day period during the school holidays and is taught by the Indigenous Education and Research Centre (IERC). The focus is to build capabilities in Maths, English, Chemistry and tertiary study skills. IERC staff run the program and

supervise academic and recreational activities, with the help of Indigenous Student Ambassadors at JCU. The students will live on campus and take part in academic lectures and team-building activities. This interaction provides opportunities to meet University staff and students and form bonds with other students in the program.

JCU covers all costs associated with the program, including travel to and from Townsville, accommodation and catering costs for all participants. Accommodation is at the Saints Residential College on the Bebegu Yumba campus where students will be fully supervised at all times. On-campus accommodation allows for a complete university experience!

[Find out more](#)

### **[TAFE QLD | CRE8 2023](#)**

November 30, 2023

Prepare for an enchanting evening filled with musical talents, captivating artistry and intriguing exhibits.

For one night only, experience an array of exciting graduate exhibitions and find out how to chart your path toward your dream career. Best of all – the event is free of charge!

We're also delighted to introduce the Course Enquiry Hub, a mini course expo where you can engage directly with educators and get answers to all your course-related questions. Join us for an unforgettable experience!

If you are considering studying at TAFE Queensland or interested in opportunities with our Graduates, make sure you attend.

[Find out more](#)

### **[QIMR Berghofer | Holiday Science Experience](#)**

December 5, 2023

Looking to get a taste of what it's like working in a medical research laboratory? QIMR Berghofer host a one day science experience program during the school holidays each year. Students can undertake a day of training in practical skills related to genetics, infectious disease or blood biology in our purpose built education laboratory facilities.

The program is open to Queensland high school students in years 10, 11 or 12 and is free to attend.

[Find out more](#)

## **Scholarships**

[Scholarship FAQs](#)

We talk a lot on Study Work Grow about scholarships, and for a good reason – they’re a great means of support for your future, whether you need help covering costs, want access to bonus perks, or would like to grow your professional networks. But they can also be confusing at times. So in this blog we’re going to provide a brief overview of scholarships, then dive into some frequently asked questions (FAQs).

### **What are scholarships?**

Scholarships are essentially financial gifts. They can come from various sources, such as educational institutions, private organisations, or even local businesses. You can use the money to cover a wide range of different things, from textbooks and accommodation to tuition fees and travel costs.

### **What benefits can scholarships give me?**

Scholarships sometimes offer more than money. Here are some of the other benefits you might receive:

- Priority access to courses and accommodation
- Networking and mentorship opportunities
- Exclusive events and workshops
- Academic and career support
- Connections with industry and alumni
- Travel and exchange opportunities
- And more!

### **Scholarship FAQs**

Now that we know a bit about what scholarships are, let’s answer some questions that students often have.

#### **Do scholarships exclusively cover tuition?**

Not necessarily – scholarships can cover various expenses, including tuition, textbooks, accommodation, and even living costs, depending on the scholarship. Check the benefits carefully to see what they can and can’t be used for.

#### **Is it possible to apply for multiple scholarships?**

Absolutely! In fact, applying for multiple scholarships is encouraged. You’ll have a better chance of receiving one, and in many cases you can actually accept multiple scholarships.

#### **When should I start applying for scholarships?**

We recommend you begin your scholarship search as early as your junior year in high school. Many scholarships have early deadlines, so it never hurts to get in early.

**Can I still get a scholarship if I don't have good grades?**

Yes. Many scholarships consider a wide range of factors other than academic ability, including community involvement, leadership, financial need, disability, rurality, sporting achievements, unique talents, and more.

**Are there scholarships for non-traditional students or adults returning to study?**

Yes, there are scholarships out there specially tailored to non-traditional students and adults returning to school, making higher education accessible to a everyone.

**Do I need to repay scholarships if I change my major or don't complete my degree?**

It depends. It's important to always carefully read and understand the terms of a scholarship before you accept. Some may require repayment or be cut off if you don't meet certain conditions, such as completing your degree within a specified time or maintaining a certain GPA.

**Can international students apply for scholarships?**

Yes, many scholarships are open to both domestic and international students. Eligibility criteria can vary, so don't forget to review the requirements for each scholarship before you apply.

**Are there scholarships specifically for students pursuing vocational or trade programs?**

Absolutely. These scholarships might help to cover costs that university students don't have, such as tools, uniforms, protective gear, and travel expenses.

**Where can I find out more about scholarships?**

If you have more questions about scholarships or are ready to apply, you can read more blogs and search for opportunities on our website [here](#).

## **Apprenticeships and Traineeships**

**[Aligning apprenticeships with evolving job roles](#)**

In today's rapidly changing job market, where new industries and roles are emerging, it's essential to adapt and stay ahead of the curve. Traditional educational paths are valuable, but apprenticeships offer a unique and hands-on approach to learning that aligns perfectly with the evolving job roles of the future.

## Understanding the changing job landscape

You've probably already heard this a few times, but the world of work is evolving fast. Automation, artificial intelligence, and other technological advancements are reshaping industries and creating new job opportunities. This means that the skills needed to succeed are also changing, and we all need to be ready to adapt.

## Why apprenticeships matter

Apprenticeships are a fantastic way to bridge the gap between traditional education and real-world experience. They offer you a chance to learn by doing, which can be particularly valuable in industries that are still evolving. Here are some key reasons why apprenticeships matter in the context of the changing job landscape:

1. **Practical learning:** Apprenticeships provide hands-on experience, allowing you to develop practical skills that are directly relevant to your chosen field. This practical knowledge is often more valuable than theoretical concepts when dealing with rapidly changing job roles.
2. **Industry-relevant skills:** The skills and knowledge you'll gain during an apprenticeship are often aligned with the specific needs of your industry. This means you're more likely to be job-ready and well-equipped to handle the demands of a rapidly evolving sector.
3. **Adaptability:** Apprenticeships encourage adaptability. You'll learn to be flexible and open to new techniques and technologies as you work alongside experienced professionals. This ability to adapt is a crucial skill in a changing job landscape.
4. **Networking opportunities:** During an apprenticeship, you'll have the chance to network with professionals in your field. These connections can open doors and provide insights into how your industry is evolving.
5. **Earning while learning:** Apprenticeships are paid positions – this can ease the financial burden of education while allowing you to gain valuable work experience.

## Embracing emerging job roles and industries

As the job landscape evolves, emerging job roles and industries may not have established educational paths. Apprenticeships are particularly well-suited for these situations. They allow you to enter fields that are still in the process of defining themselves, giving you a chance to shape your career as the industry develops.

## Choosing the right apprenticeship

To benefit from the future of work through apprenticeships, you need to choose the right one. Here's how:

1. **Research:** Look for apprenticeship programs that align with your interests and goals. Research industries that are on the rise and consider where your passion lies.

2. **Mentorship:** Seek out apprenticeships with strong mentorship programs. Learning from experienced professionals can accelerate your growth.
3. **Networking:** Consider the networking opportunities the apprenticeship offers. The connections you make can be invaluable in a rapidly evolving job market.
4. **Flexibility:** Ensure the apprenticeship allows for adaptability and exposure to various aspects of your chosen field. This will make you more versatile and ready for change.

### **Preparing for the future**

The future of work is dynamic, and apprenticeships are an excellent way to prepare for it. They offer practical experience, industry-relevant skills, and the adaptability needed to thrive in an ever-changing job landscape. So, if you're a high school student or an adult looking to build a successful career, consider the many benefits of apprenticeships.

You can read more about apprenticeships on our website [here](#).

### **Apprenticeships vs traineeships – what's the difference?**

What's the difference between apprenticeships and traineeships? While they do have quite a lot in common, there are some important key distinctions between the two as well. Knowing these differences can help you decide which one is right for you. Let's dive into apprenticeships vs traineeships and find out how they differ.

#### **The similarities**

In both an apprenticeship or traineeship, you will work for an employer while also studying towards a nationally recognised qualification, making either a great way to get hands-on experience in the career of your choice.

In both, you'll have a mentor or supervisor to guide you, helping you to learn the ropes and providing feedback along the way. You'll also gain a variety of essential skills, including communication, teamwork, problem solving, and time management.

In many cases, you can also start either an apprenticeship or traineeship while you're still at school, meaning you don't need to wait to undertake further learning (and start making money).

#### **The differences**

The biggest difference between apprenticeships and traineeships is their industry focus.

Apprenticeships are often associated with trades and industries that require specialised skills, like carpentry, plumbing, engineering, and healthcare. Traineeships, on the other hand, are found more often in sectors like administration, retail, hospitality, and IT.

Apprenticeships are also typically longer, often ranging from two to four years, while traineeships are usually between six months to two years in length.



Apprenticeships are often more regulated, with specific standards and qualifications set by industry and government bodies. Traineeships may have more flexibility and can be tailored to the needs of the employer and the trainee.

Sometimes apprenticeships have stricter entry requirements, including previous education or some relevant experience. Traineeships are often more accessible and can be a good starting point for those with less experience.

### **What's best for me?**

Whether you decide to do an apprenticeship or a traineeship will usually come down to the job you are interested in. Take your time to explore your options and consider which path aligns best with your goals.

If you're unsure, it's a good idea to talk to your careers advisor, teachers, or people working in the industry you're interested in. They can provide more tailored advice based on your specific situation.

You can also read more about apprenticeships and traineeships on our website [here](#).

### **[Traineeships with My Freight Career](#)**

Traineeships combine work-based training with an employer and formal training from a training provider. They are a great way to be paid for work, learn, and earn a qualification.

My Freight Career provides education and training that exceeds accreditation guidelines and gives you practical, hands-on skills. They work with host companies to find a role and location that meets your needs, while industry experienced trainers provide one-on-one education on the job.

My Freight Career offers traineeships in:

- International Freight Forwarding – office based administrative tasks.
- Supply Chain Operations – office based administrative tasks and/or physical warehouse/transport tasks.

If you live in NSW, My Freight Career's [2-week pre-traineeship course](#) is a great introduction to the industry and the perfect launchpad if you decide you want to take things further.

Plus, every My Freight Career graduate with at least one additional year of work experience is now eligible for entry to the [University of Sydney Graduate program](#). This opens up new opportunities for professional development as you study a [Graduate Certificate in Logistics and Supply Chain Management](#).

Interested in starting a traineeship? Find out more and apply [here](#).

## **Getting Ready for Work**

**[LinkedIn for students: creating a professional profile](#)**

These days, most of us probably look for work online. Whether it's browsing a job database, asking in a Facebook group, or even just doing a quick Google search, there's no doubt that the internet has certainly changed the way we search for jobs. So how can you make your online presence work in your favour, and actually help you find (and secure) a job?

That's where professional social media sites like [LinkedIn](#) come in. LinkedIn is a social media site that focuses on jobs, career development, and even skill building. Using LinkedIn as a student can help you appeal to potential employers, network with your peers and mentors, and help build a name for yourself in the professional world.

### **Why do I need a LinkedIn profile as a student?**

You might be thinking that this all sounds well and good, but I'm just in high school or my first year of uni – why do I need a professional profile?

Student or not, if you apply for a job, chances are [your potential future employer will look you up online](#). And if they can't find anything (or don't like what they see), this might actually affect your chances of being hired.

Additionally, job seeking isn't the only reason to have a LinkedIn profile. It's also a great place to explore, network, connect with like-minded people, and even [learn new things](#). Plus, it's free, so why not give it a go?

*One quick note – according to LinkedIn's [User Agreement](#), you need to be at least 16 years old to open an account.*

### **LinkedIn profile basics**

Ready to go ahead and make a LinkedIn account? Here are some tips to consider when creating your profile.

#### **Use a personal email address**

If you're still studying, you probably have an email associated with your school or university. While it might be tempting to use this email, you should use a personal one instead – this way you will have access to your LinkedIn account long after you graduate. Don't have a personal email account? [Gmail](#) is a free and easy option.

#### **Add a profile picture**

It's always good to be able to put a face to a name, and LinkedIn is no different. People are [more likely to respond](#) (and it seems less spammy) if your profile includes a picture. But unlike Instagram or TikTok, there are a few things to keep in mind when picking the perfect LinkedIn profile pic:

- It needs to be of you, of course! LinkedIn might [remove your picture](#) if it's a cute snap of your dog, for example.

- Wear something nice – like what you would wear to an interview or work.
- Selfies aren't totally off-limits, but it's best to ask a friend to take the photo for you.
- Make sure you get a good angle and nice lighting.

There are some other useful tips you might like to read [here](#).

### **About you**

This is where a lot of students get tripped up when making a LinkedIn profile. If you haven't had a job before or only have casual experience, what else are you supposed to add to fill out your profile?

While LinkedIn is a platform for jobs, it's not the be-all and end-all – in fact, there are probably lots of things you've done and achieved throughout school and university that you can add to your profile, including:

- Awards you've received or competitions you've won
- Clubs you've been a part of (e.g. debating, chess, sports, robotics, etc.)
- Unpaid or volunteer work you've done (e.g. working the canteen at the local sporting grounds, participating in advisory/advocacy groups, etc.)
- Projects you've done or participated in (e.g. building a website, organising a charity drive for your school, etc.)
- Your leadership roles (e.g. school captain, student body leader, etc.)
- Your top skills and strengths
- Your favourite/best classes or subjects
- Short courses, workshops, or microcredentials you've done
- Qualifications you already have (even things like First Aid)
- Tools and programs you're proficient with (e.g. Microsoft Word, using power tools, etc.)
- Languages you know (whether you're fully fluent or not)

There is also a section where you can add a little summary about yourself too. This could include things like your future goals and dreams, your hobbies and interests, things that inspire you, and even a bit about your journey so far. If you need a hand getting started, here are some [examples of great LinkedIn profile summaries](#).

### **Using LinkedIn – the basics**

Once you've set up your profile, you can now start using the rest of the site's features. There are quite a few and it might seem a bit intimidating at first, but here are the most useful:

#### **Connections**

Connections are just like friend requests, allowing you to connect with other LinkedIn users and see their posts and information. LinkedIn usually starts out by suggesting some connections for

you based on the information you provide in your profile – people who went to your school/university, live in the same town, work in similar fields, etc.

Most of the time, we suggest only connecting with people you know personally. Some people might feel a bit awkward connecting with someone they don't know; and conversely, you might also not want a stranger seeing your full profile.

But what if there's someone you think is really cool and you want to know more about them? Well, there's a solution for that...

### **Following**

This feature works basically like any other social media. You can follow people, organisations, and even pages on specific topics, and their activity will show up on your feed. It's a great way of expanding your network without needing to connect with people you don't know.

You might not see all of someone's information as a follower, but you can still read and interact with their posts.

### **Messaging**

LinkedIn only allows you to send and receive messages to and from people you're connected with. They do have another service (InMail) that allows you to message people you're not connected with, but it's part of their paid service.

If you don't want people you don't know to send you InMail, you can [turn InMail requests off in your account settings](#).

### **Your feed**

Just like when you open Facebook, Instagram, or TikTok, the first thing you see on LinkedIn is your feed. You'll see things like posts from your network (connections and follows), trending and recommended content, and sponsored content.

### **How should I use LinkedIn as a student?**

Here are some things you can do as a student on LinkedIn to grow your network and find jobs.

#### **Follow lots of people and pages**

Try and follow a variety of people from all walks of life, not just people from your local area or your friends from school. This can help you gain a better understanding of work and careers all around the world and listen to different perspectives and opinions.

Browse the page of your future university or company you'd like to work for and learn more about their impact, see courses and jobs on offer, and find affiliated people to connect with or follow.

### **Interact with people**

You can leave reactions and comments on people's posts on LinkedIn. Engaging with someone's post, particularly by leaving relevant and friendly comments, can be a great way to start a conversation, and may even lead to further connection down the track.

### **Do lots of searching**

Use the search bar to browse to your heart's content. Search for a topic that interests you and see what's out there – see what people in that field are doing, read and watch articles and videos about the topic, and find groups to join based on your interests.

### **Find jobs**

LinkedIn has an entire section dedicated to [finding and applying for jobs](#). You can use it to search for listings, get help and advice on resume and skill building, and even ask your connections to endorse your skills.

### **Keep your profile updated**

Don't forget to take some time every now and then to make sure your profile details are all still current. Add news jobs, skills, and experiences; share your own posts and insights with your network; or if you've had a major appearance change, upload a new profile picture.

### **Stay professional**

While it is technically social media, remember that LinkedIn is a professional platform – so it's probably not the place to be sharing your holiday pics or details of last night's date. When engaging with others, remember to keep your language polite and formal, even if it's someone you know in real life.

### **Find out more**

You can read more about how LinkedIn and other social media can be beneficial for students in our blog [here](#), or find heaps more resources about the world of work [here](#).

## **Getting Ready for Work - continued**

### **Workplace communication – what it is and why we need it**

Communication is the exchange of information and ideas. It's going on every day, all around us. It's also an essential element of nearly any aspect of businesses and other organisations. When communication happens between staff, managers, suppliers, and clients, it's called workplace communication.

Great communication at work can help to:

- Avoid confusion
- Provide purpose
- Build a positive work environment
- Facilitate teamwork
- Boost productivity
- Create accountability

### **There are lots of types of workplace communication**

It's easy to gloss over exactly what counts as workplace communication, but when you think about it, we're communicating for a massive proportion of our time spent at work. In fact, some people spend [up to 80% of their workday communicating](#).

Here are some of the different types of workplace communication you might use.

#### **Verbal communication**

When you think of communication, the most obvious form is probably talking. Every conversation you have, from your interview to phone calls, meetings, and presentations are all based on verbal communication.

You'll need to focus on using the right words and terminology in the right context. Try not to over complicate things or use jargon; that just means that some people won't understand what you're talking about.

#### **Non-verbal communication**

You may not always be aware of when you are using non-verbal communication, but we often send cues using actions instead of words. This can be things like the tone of your voice, facial expressions, posture, hand gestures, eye contact, body language, and even appearance; in fact, [non-verbal communication](#) can actually be one of the clearest forms of communication between co-workers.

#### **Written communication**

Of course, you can't forget about the value of written communication at work either. Emails, letters, memos, reports, minutes, proposals, and contracts are just a few of the forms of written communication you might think of off the top of your head.

Then there's the information you read on websites, adverts and other promotional material – even the messages you might get left on your desk.

Written words and numbers account for a large chunk of the information that we take in and send on.

## **Visual communication**

If you haven't considered the importance of visual communication in workplaces yet, that's understandable. Actually, it's a commonly used way of communicating important and relevant information quickly.

To improve workplace safety, for example, you might see or use wall signs, equipment labels, chemical labels, floor signs, or industrial floor tapes to warn or remind people about their surroundings.

Using images, charts, and infographics can all help to share information in less time and with a greater rate of comprehension. Photographs, videos, film, and social media are all other ways [visual communication](#) is used in workplaces.

## **Workplace communication needs to be effective**

If you're at work and have a phone call, conversation, meeting, receive an email, letter, or message, and you don't understand what it means or what action you need to take, then it hasn't been effective.

If you're trying to send information and the receiver doesn't understand what you're communicating or they interpret it the wrong way, then there's been a communication failure or break down.

Not only can that be frustrating for everyone concerned, ineffective communications could even prevent you from doing your job properly. This ultimately costs organisations time, productivity, customers, and profit.

## **Tips for effective workplace communication**

Here are a few things to think about to ensure that your workplace communications are effective:

1. Speak to people face-to-face. That way you can understand tone, read body language, and ask questions directly.
2. Work on and use your [active listening skills](#).
3. Be mindful of the language you use.
4. Tailor your communications to specific audiences.
5. Ask questions.
6. Make sure that your non-verbal communication is in tune with your verbal communication.
7. Remain diplomatic and professional.
8. Timing is important, so be strategic about when you ask for meetings or plan presentations.
9. Be positive and offer positive feedback (if you have to say something negative, try to balance it). This builds trust, openness and encourages better communication

10. Stick to the point.
11. Proofread written communications before sending them.
12. Take a breath and think before responding.

You can find heaps more resources about the world of work on the our website [here](#).

## Work Experience

### Work experience options for future medicine students

When it comes to pursuing a career in medicine, gaining first-hand experience early on can be invaluable. Work experience offers you a chance to step into the shoes of medical professionals, providing insights that textbooks simply can't replicate. Here are some work experience ideas for students who are thinking of studying medicine in the future.

#### **Hospital placements**

One of the most direct ways to gain exposure to the medical field is by doing a placement in a hospital. This commonly involves observing doctors, nurses, and other healthcare professionals in their day-to-day activities. You'll witness various departments, procedures, and patient interactions, giving you a first-hand look at the dynamic world of healthcare.

#### **Placements in clinics and general practices**

Local clinics and general practices are excellent places to gain a more focused perspective. Here, you can interact with healthcare providers in a smaller setting, allowing for more personalised attention and a deeper understanding of primary care. If you already have a speciality in mind, this is also a great way to see if it meets your expectations.

#### **Volunteering at healthcare events**

Many communities host health-related events and workshops. Volunteering at these events can expose you to a wide range of medical professional, and it's also an opportunity to engage with the public and see the impact of healthcare on a community level. You'll also gain valuable skills like communication, interpersonal skills, and organisation.

#### **Consider research institutions**

If you're more interested in the scientific side of medicine, you might like to seek out opportunities in research. Many universities and research institutions offer programs for high school students to get involved in ongoing projects, giving you a taste of the investigative side of the medical field.

#### **Virtual placements and online courses**



In today's digital age, virtual internships and online courses have become more accessible. Consider enrolling in programs that offer virtual experiences, allowing you to learn from professionals in various medical disciplines all from the comfort of your own home. Remember to approach your placement, wherever it is, with an open mind and a willingness to learn. Take notes, ask questions, and reflect on what you've observed. This will not only enhance your understanding, but also demonstrate your genuine interest and dedication – and you might even make some important contacts you can use down the track. If you want to find out more about work experience or search for placements in health or medicine, take a look at our website [here](#).

## Work Experience - continued

### Setting goals for your work experience

Whether you're a high school student gearing up for a work experience placement or an adult looking to gain valuable skills in a new field, having clear goals is crucial. It provides you direction, motivation, and a sense of purpose throughout your placement. Let's go through some tips to help you set purposeful and achievable goals for your work experience.

#### **Reflect on your interests and strengths**

Before diving in, take a moment to reflect on what truly interests you and where your strengths lie. Consider what activities make you feel engaged and fulfilled. This self-awareness will help you align your objectives with your passions, making your work experience more enjoyable and rewarding.

#### **Define SMART goals**

Vague goals can be difficult to track and achieve. Instead, aim for [specific, measurable, achievable, relevant, and timely](#) objectives. For example, rather than saying "I want to improve my communication skills," you could set a goal like "I want to deliver a presentation to a team of colleagues by the end of the week."

#### **Work out your priorities**

It's important to recognise that you might not be able to achieve everything you want to during your work experience. Prioritise your goals based on their importance and feasibility. Focus on the objectives that align most closely with your learning objectives and the goals of the placement.

#### **Break down long-term goals**

Long-term goals can seem overwhelming at first, so it can help to break them down into smaller, more manageable tasks. This not only makes them more achievable but also gives you a clear roadmap to follow. For instance, if your long-term goal is to learn a new software program, set weekly milestones to track your progress.

### **Seek feedback and adjust accordingly**

During your work experience, don't hesitate to seek feedback from your supervisors and colleagues. Their input is invaluable in understanding where you excel and where you can improve. Use their feedback to adjust your goals if needed.

### **Stay flexible**

While having clear objectives is crucial, it's also important to remain flexible. Sometimes, unexpected opportunities or challenges arise, and being adaptable allows you to make the most out of your work experience. Embrace change and adjust your goals accordingly.

### **Celebrate your achievements**

As you make progress towards your goals, take the time to celebrate your achievements, no matter how small they may seem. Celebrating your successes can boost your confidence and motivation, and it just feels good too.

If you follow these steps, you'll be well on your way to setting clear goals and making the most out of your work experience placement.

Find out more about work experience and search for placements [here](#).

## **Competitions**

### **First Pitch Competition**

First Pitch calls on budding young entrepreneurs aged up to 18 to enter their best business pitch for the chance to win great prizes.

You can submit a 3-minute pitch on a business innovation or idea that can make a difference in your community and Australia wide. Your pitch will be judged by a local panel of entrepreneurs and business professionals, and the state winners get to participate in the national championship.

**Entries are open until Friday 10 November.**

Find out more and enter [here](#).

### **Westpac Youth Impact Challenge**

The Westpac Youth Impact Challenge is a nationwide initiative open to all young people around Australia aged 7 to 21 years. The Challenge aims to help young Australians solve problems in their local communities.

To take part in the Challenge, participants must identify a local problem and brainstorm an innovative business or social change idea to solve it. Participants can choose to work individually, or in a group of up to 3.

All participants who complete the Challenge will receive a Certificate of Completion. Winners will receive an Exclusive Prize Pack which will include a Microsoft Surface laptop from our partner Microsoft, The Academy Membership, a Spill the Beans Pitch Opportunity, financial education mentoring support for your business idea from Westpac's Davidson Institute and a pitch opportunity at the final Challenge event.

**This year's challenge launches Monday 13 November.**

Find out more and register [here](#).

### **Rise Challenge**

Rise is a program that finds promising young people and provides them with opportunities that allow them to work together to serve others over their lifetimes.

The program seeks young people ages 15 to 17 and encourages a lifetime of service and learning by providing support that may include need-based scholarships, mentorship, networking, access to career development opportunities, and the potential for additional funding as Rise Global Winners work toward solving humanity's most pressing problems. It does not matter what part of the globe you come from, or academic experience you have. Whether you are interested in science, innovation, technology, art, policy, community organizing, or any other discipline—we want to hear from you.

**Applications for the 2024 program are open now and close 17 January 2024.**

Find out more and apply [here](#).

## **Resources**

### **Do you need to change your preferences?**

So you've applied to university – congratulations! Perhaps you've applied through a Tertiary Admissions Centre (TAC) like UAC, QTAC, or VTAC. Maybe you applied directly to the university of your choice. Either way, did you know that once you've submitted your applications, they're not set in stone? Right up until the very last offer round, you can always change your preferences.

### **Preferences – the basics**

By the time you've submitted your applications, it's assumed that you understand 'preferences' and what it means for your application. But just in case you're still a bit uncertain, let's explain. *Preferences* are just a term for the courses you want to apply for, listed in the order you'd like to study them.

At Study Work Grow we recommend that you list your dream course(s) first, some more realistic options next, and one safe option last. That way you'll increase the odds that you'll get at least one offer in the main offer rounds.

Listing the maximum number of possible preferences on your applications is also a good strategy. This will give you the maximum opportunity to receive at least one offer – or maybe more.

### **Flexibility can be handy**

If you're certain that you've applied to the best uni and selected the best courses for you, that's great. Move on and wait for the offer rounds to start up.

But if you've decided that you're not happy with the universities or courses you've listed, or perhaps the order you listed your preference just isn't sitting right with you any more, guess what? There's good news – the whole applications system is designed to allow you to change your preferences.

### **When can you change your preferences?**

Most universities and TACs provide plenty of opportunities to change your preferences.

After submitting your application and before you take your exams or get your results, you can usually log into your application and adjust your preferences.

Changing your preferences is usually free, but some TACs may charge a fee if you change them more than two or three times.

Here are the change of preference cut-off dates for the main rounds of offers after ATAR release dates:

<b>Tertiary Admission Centre</b>	<b>Results Date</b>	<b>Main Round Offers Date</b>	<b>Change of Preference Cut-off for main round</b>
<a href="#"><u>UAC</u></a>	14 December	21 December	15 December
<a href="#"><u>VTAC</u></a>	11 December	21 December	13 December
<a href="#"><u>QTAC</u></a>	15 December	21 December	18 December
<a href="#"><u>TISC</u></a>	18 December	22 December	18 December
<a href="#"><u>SATAC</u></a>	18 December	11 January 2024	3 January 2024
<a href="#"><u>UTAS</u></a>	13 December	Mid December	Contact UTAS

*Note:* If you've received an early conditional offer for one or more of the courses on your preferences, and you'd still like more offers during the main rounds, it's best to call the admission centre or institution directly if you're unsure about what to do next.

Once the main round offers have happened, another window is usually opened up. You'll get the chance to change your preferences again and possibly receive more offers, then choose which one to accept. Or if you didn't get an offer in the first round, you can have another go in the subsequent rounds.

### **Top tips for changing preferences**

1. Spend some time considering why you want to change your preferences before you go ahead and do it.
2. Check if any fees or cut-off dates (and times) apply.
3. If you're unsure about what to do, pick up the phone and email or call someone at the TAC or university for advice.

### **Do you really need to change your preferences?**

Consider adjusting your preferences if:

- Your ATAR was better than you expected. If there's a competitive course that you looked over because you didn't think it was a realistic option before, move it to the top of your list.
- Your ATAR wasn't as good as you had hoped for. To ensure you get an offer, change your preferences to list courses within your ATAR bracket at the top of your list.
- You have had a change of heart about the ideal course or university for you.
- There's a new course that's become available and you think it would be perfect.
- You've discovered a course you didn't know about when you applied.
- You've been advised that the pre-requisites for a course you had on your list have changed, or a course you'd applied for has been dropped by the university.
- You're having a look back over your application and you realise that you didn't put your preferences in the right order.

### **Is changing your preferences really necessary?**

If you get a higher ATAR than you expected (yay you), *don't* immediately rush off and change your preferences just because you can apply for law or engineering now. If you're happy with your preferences, the best thing to do is stick with them – there's no such thing as 'wasting' a good ATAR.

You might feel pressured into thinking you should change your list, particularly if your friends are talking about changing theirs and cut-off dates are coming up. Hold off, spend some time

researching any changes you're thinking of making, and be sure you're doing it for all the right reasons.

Double check any course pre-requisites as well as your eligibility before you go adding any new courses or moving them up your list. It would be a real shame to miss out on receiving an offer because you didn't take a few minutes to read the entry criteria.

### **Don't panic**

If you miss the change of preference cut-offs for the first round, that's OK – you'll get the chance to change them again before the next offer round.

If all the offer rounds are over and you have an offer but it's not for the course you really wanted, call up the university and find out what your options are. You might be able to start a different degree then transfer after completing a few subjects.

Most importantly, if you don't receive any offers at all, please remember that you still have lots of options. Nearly every uni will have at least one alternative pathway, from bridging courses to experience-based entry options. You may be surprised to learn about the number of choices available to help you get into the university of your dreams.

### **Need more information?**

If you're still after more information, including key dates and change of preference events being held by universities, you can grab a copy of our Change of Preference Guide from the [bookshop](#), free for Study Work Grow members.

### **[Coping strategies for feeling homesick](#)**

Thinking of moving away from home to go university? Moving out is an exciting adventure, but it's also completely normal to feel a bit of homesickness now and then. In this blog, we've gathered some strategies to help you cope during those moments when you're feeling homesick.

### **Stay connected**

One of the most effective ways to combat homesickness is by staying connected with your family and friends. Set up regular video calls, send messages, or even send handwritten letters. Hearing their voices and sharing your experiences can provide a comforting sense of familiarity, making the distance feel a little smaller.

### **Create a homey space**

Transform your dorm room or living space into a cosy haven that feels like home. Bring along some familiar items – pictures, blankets, or even a favourite mug. These little touches can work wonders in creating a sense of comfort and belonging.

### **Get involved**

Immerse yourself in campus life and join clubs or organisations that interest you. This can help you to meet like-minded individuals and also provides a sense of purpose and community. The more you engage, the more you'll find your university becoming a second home.

### **Explore your new surroundings**

Familiarise yourself with your new environment. Take walks around campus, discover local spots, and find places that resonate with you. By becoming acquainted with your surroundings, you'll start to feel more connected to the place you're now calling home.

### **Establish routines**

Having a structured daily routine can provide stability and comfort. Set regular study times, exercise routines, and don't forget to make time for self-care. Knowing what to expect from your day can help reduce feelings of uncertainty and homesickness.

### **Seek support**

Remember, you're definitely not alone in feeling homesick! Reach out to campus counselling services or find online support groups where you can connect with others who are going through similar experiences. Talking about your feelings can be incredibly reassuring.

### **Embrace new experiences**

Try your best to stay open to new experiences. It can feel hard to dive into the deep end, especially in an unfamiliar environment where you might not know many people. But ultimately trying new things will lead to you growing as a person, and you might even discover something you love.

Remember, feeling homesick is a totally normal part of this journey – in fact, it's a sign that you care deeply about the people and places you hold dear. By using these coping strategies, you'll not only survive feeling homesick, but thrive in your new university life. Embrace this time as an opportunity for personal growth and making unforgettable memories.

You can find more wellbeing tips on our website [here](#).

### **[Helping your teens cope with bad news and the media cycle](#)**

It's hard to avoid bad news – young people in particular are spending lots of time online, and it's easy for them to be exposed to news about natural disasters, pandemics, wars, and other distressing events. They may also find their identity being brought up in public and debated by strangers, some of them with not so nice opinions. If your teen is feeling overwhelmed or scared by all the bad news and negative media, it's important to let them know you are here for them, and help them cope with and discuss the things they're seeing online.

### **How to tell if your teen is struggling**

It can sometimes be difficult for teens to come out and admit they're struggling or overwhelmed. Everyone responds differently to negativity, but if your teen is showing any of the following, it could be a sign they need some help:

- They're often feeling agitated, anxious, angry, or sad
- They're isolated and disconnected from friends and family
- They're frequently getting into arguments in real life and online

If your teen comes to you with questions or concerns, it's important to stay open minded and remind them that you are always here to listen.

### **Helping your teen cope with bad news**

As parents, we can play an important role in supporting our teens and help them to understand what's happening in the world.

#### **Start a conversation**

If your teen has come to you with questions, or if you sense something is wrong, make sure you start by giving them space to talk without interruptions. Try to use open-ended questions and encourage your teen to talk. Don't immediately try and jump in with advice or judgement or try and multitask while they're talking to you – put aside any distractions and just listen.

#### **Acknowledge their feelings**

Let your teen know that it's totally normal for them to feel the way they do. You might even be able to validate their feelings by letting them know that sometimes adults struggle with the same problem too. It's important for your teen to know that they are safe to come to you with any future problems or questions.

#### **Ask if they want to switch off**

You might like to suggest ways your teen can switch off from television or social media for a while. They might like to listen to some music, play a game, or engage in other [self-care activities](#). You might even like to do something together, like going for a walk, making dinner, or just having a chat about something else to take their mind off it.

#### **Help them accept their level of control**

Some teens might feel helpless or powerless, or that the world is a bad place and there is nothing they can do to fix it. Remind them that it's alright to accept when you have no control over a situation, and that it's not their responsibility to solve everything. Let them know there are sometimes small things they can do to make a difference, like volunteering, signing petitions online, making a donation, or spreading positive news stories instead.



### **Contextualising the news**

Teaching our teens to be critical and mindful of the things they see is so important. This can help them feel more confident when watching TV or browsing online and ensure they don't fall into a trap of misinformation or negativity.

### **Watch and read together**

If your teen has brought up a particular issue or topic, you might like to ask them to show you what they read or watched and look at it together. Ask them what they're thinking and the reasons it's upsetting for them.

### **Don't pretend to have all the answers**

Sometimes our teens can come to us with questions about sensitive or uncomfortable topics. It's completely OK to admit you don't know how to answer their question. Instead, take it as an opportunity to do some research and learn together with your teen.

### **Research together**

While you research, remind your teen that some news sources and social media can be biased, and that there are lots of different opinions out there. Find a trusted source to get the facts and encourage your teen to make this place their go-to for breaking news in the future, instead of relying on TikTok or Reddit.

### **Looking after yourself**

Persistent and distressing news reports don't just affect teens – you might also be feeling overwhelmed, upset, or helpless too, and that's OK. Don't forget to look after your own mental and physical health, check in with friends and family, and just disconnect from the internet every once in a while.

### **Finding help**

There are heaps of resources out there for both parents and teens to help them cope with bad news and other problems. You might like to share [this article from Reach Out](#) with your teen on how to cope when things feel out of your control. They also have a great guide for parents on [effective communication techniques with teens](#).

We also have other blogs and resources on our websites for [parents](#), and for teens on [wellbeing](#).

## **Resources - continued**

[Financial literacy for high schoolers: a parent's role](#)

Navigating the world of finances is a crucial skill that every high schooler should learn. As a parent, you play a vital role in shaping your child's financial future. In this blog, we'll discuss practical advice on how to teach budgeting, saving, and understanding basic financial concepts to your teen.

### **Start early**

It's never too early to introduce your child to the world of finances. Begin with simple conversations about money and gradually introduce more complex concepts as they grow. Encourage questions and provide clear, age-appropriate explanations.

### **Set a budgeting example**

Children often learn by observing. Show them how you budget for household expenses, save for goals, and make informed financial decisions. This practical demonstration lays a strong foundation for their own budgeting skills.

### **Teach the importance of saving**

Saving is a cornerstone of financial stability. Help your high schooler set up a savings account and discuss the benefits of saving for short-term goals (like a new phone) and long-term goals (like education or a car).

### **Introduce basic financial concepts**

Explain fundamental financial terms like income, expenses, interest, and investments. Use relatable examples and visuals to make these concepts easier to understand. Encourage them to research and ask questions.

### **Involve them in financial decisions**

As your child gets older, involve them in family financial discussions. This could include planning a vacation budget, comparing prices while shopping, or discussing the pros and cons of certain financial decisions.

### **Encourage part-time work or side hustles**

If possible, encourage your high schooler to take on part-time work or explore small business ventures. This not only provides them with their own source of income but also instills a strong work ethic and financial responsibility.

### **Discuss debt and credit responsibly**

Teach your child about the responsible use of credit and the potential pitfalls of accumulating debt. Emphasise the importance of paying bills on time and the impact it has on credit scores.

### **Encourage goal setting**

Help your high schooler set specific financial goals. Whether it's saving for a car, university, or a future business endeavour, having clear objectives will motivate them to manage their money wisely.

### **Reinforce patience and discipline**

Financial success often requires patience and discipline. Encourage delayed gratification and help your teen understand that building financial stability can take time.

Empowering your high schooler with financial literacy will benefit them throughout their entire life. By taking an active role in their financial education, you're setting them on a path towards a secure and prosperous future. Remember, open communication and leading by example are key to building strong financial habits.

Find more money tips and resources on our website [here](#).

### **[Navigating the transition from high school to university](#)**

Heading off to university next year? Making the transition from high school is a significant milestone, and it's totally normal to feel both excited and nervous. If you need some help navigating the transition from high school to university, we have some tips that can set you on the right path.

### **Get organised**

Starting university can be a whirlwind of new experiences and responsibilities. It might seem like you have lots of time to get ready before your first semester, but that time goes by quickly. Stay organised by investing in a planner or using digital tools to keep track of assignments, classes, and important deadlines.

### **Establish a study routine**

University brings a greater level of independence, which means you'll need to be proactive about your studies. Set aside dedicated time for reading, assignments, and revisions.

Consistency in your study routine will both help your learning and make life easier for you.

### **Seek support and resources**

Don't be afraid to ask for help when you need it! Universities offer a wealth of resources, including tutors, academic advisors, and study workshops. Seek out these resources early on to build a strong academic foundation.

### **Take care of your wellbeing**

University life can be demanding, but you still need to look after your physical and mental health. Ensure you get enough rest, eat balanced meals, and try to get some exercise. If you ever feel overwhelmed, don't hesitate to reach out to friends, family, or your university's counselling services.

### **Engage with your professors**

Professors are there to guide you and share their expertise. When in class, make sure to ask questions and participate in class discussions. Building a rapport with your professors can lead to valuable insights and potential opportunities.

### **Explore extracurricular activities**

University isn't just about study; it's a chance for you to grow socially and emotionally too. Join clubs, student organisations, or sports teams that interest you. These experiences can give you new skills, help you make friends, and make your time at university more fun.

### **Set realistic goals**

It's essential to set both short-term and long-term goals for your academic journey. These goals will serve as a roadmap, helping you stay focused and motivated. Be realistic and adaptable in your expectations, and celebrate your achievements along the way.

### **Stay curious and open-minded**

University is a place of exploration and discovery. Keep an open mind to new ideas, subjects, and experiences. Curiosity fuels learning and personal growth, so be proactive in seeking out new knowledge.

Navigating the transition from high school to university can be tricky, and it's normal to face challenges along the way. Stay resilient, seek support when needed, and believe in your abilities. With determination and a positive mindset, you're well-equipped to thrive in this new chapter of your academic life.

If you want to learn more, you can find study and wellbeing tips on our website [here](#).

### **[How to find a place to live at university](#)**

Leaving home to go to university? Even if you're not sure where you'll be studying next year, it's a good idea to research your accommodation options as soon as possible. In this blog, we'll run through some of the most popular student accommodation options

### **Check with the universities first**

Usually, the best place to start your search will be on the websites of the universities that you've applied to. Most will have a dedicated accommodation section packed with everything

you need to know, from types of rooms available to costs, FAQs, and more. Even if they don't have dedicated student accommodation, they can usually give you information about other living options close by.

If you have any questions, make sure you give them a call before submitting an application. Universities often charge a fee for accommodation applications, so it's best to get it right before you have to pay.

### **Accommodation options to explore**

Accommodation usually isn't a "one size fits all" situation. There are a few different types of options you can choose from depending on your individual circumstances, including:

- On campus accommodation (sometimes known as halls of residence)
- Private student accommodation
- Private rentals

### **On campus accommodation**

Lots of universities offer accommodation options located right on campus. Sometimes they're run by the uni, and sometimes they're affiliated with or owned by separate institutions. Sizes and included facilities differ from place to place, with everything from private single bedroom suites through to six person share houses.

Utilities like gas, water, and electricity are usually included in your fees, and most places will provide free internet access. Other perks you might find include:

- All utilities, including internet
- Furnished rooms
- Meal plans
- Cleaning service
- 24-hour security and on-site staff support
- Social events and activities
- Study areas
- Recreation areas, e.g. cinema rooms, gyms, BBQs, etc.

You can find out about what options are on offer at each university on their individual websites, or give them a call and ask.

### **Private student accommodation**

Universities aren't the only ones who offer student accommodation – there are also lots of private providers who manage purpose-built student accommodation, meaning the only people you'll be living with are other students. The main difference is these places tend to be a bit further away from campus (but are usually still pretty close). Just like on campus accommodation, there are different options to explore to suit all budgets and preferences.

Private student accommodation usually offers a lot of the same perks as other on campus options, like fully furnished rooms and all inclusive utilities.

To find private student accommodation, the best place to look is usually online. Your chosen university may also be able to help you with nearby private options.

### **Private rentals**

If neither of those options appeal to you, renting your own place might be more your style. The main perk of this option is the total freedom to choose where you live and who you live with. Private rentals can also be cheaper compared to dedicated student accommodation, but the rent usually doesn't include any additional bills, like electricity, gas, and internet, so you'll need to pay for these separately.

Sometimes you can find furnished rentals, but most places usually come unfurnished. You may also need to pay a deposit or security payment (also known as [bond](#)).

You can search for private rentals online or go over your options with a real estate agent.

### **Save money and live at home**

If you aren't keen on moving away from family, friends, or your part-time job, there's always the option of studying online or enrolling at a university near you. That way you can continue to live at home while getting the qualifications you need for your future career (just make sure you help out with the cooking and cleaning every now and then).

### **Organise your finances**

First things first, you'll need to work out how much your accommodation is going to cost. Then, budget for essential living – any bills, food, transport, medical costs, study costs, etc. Anything leftover you can use for whatever you'd like – going out, Netflix, new clothes, etc.

If you have (or want) a job, think about how you might be able to fit part-time or casual work around your studies. Or you can research other financial support options, such as [scholarships](#) or government assistance.

### **A couple of other things to keep in mind**

Money is important, but it's not the only thing you should consider when choosing a place to live. Here are some other things to keep in mind when browsing accommodation options.

### **Keep connected**

Make sure wherever you go that you'll have that all-important internet connection, or you could struggle staying up to date with course work. Plus, it makes it hard staying in touch with friends and family. If possible, check if the phone signal is strong enough too.

### **Location is important**

When you're searching for the best possible deal, it's easy to go for the cheapest option. But you also need to consider your travel times and costs as well – so do a bit of research on public transport options or how much time and fuel it'll take you to drive to campus and back.

Other things to consider include how close you are to local shops and other important facilities (including social options like restaurants and bars).

### **Security**

It's really important that you feel safe where you're living – this will help to ease your parents' worries too. Ask about on-site security systems and staffing, and check their hours of operation (24/7 is best).

Find out from some online searching, discussion groups, or the university themselves what the area you're thinking of living in is like for safety.

### **Find testimonials**

If you're going for a private rental, it might be hard to get testimonials about the landlord, safety, and the area, etc. For any other situation, check websites for reviews, ask in discussion groups, or try to find past students who can share their experience.

### **Do some checks**

If you're not staying at the university itself, then check the background records of the company that you'll be using. Make sure you only deal with established and reputable businesses and agents.

### **Available facilities**

When you're new to uni, it might be easier to settle in if there are communal areas where you can hang out and meet other students, such as common rooms, movie rooms, or gyms. You'll also want to check out what the kitchen, laundry, and bathroom arrangements are to see if they'll suit you.

### **Get your applications in ASAP**

Accommodation options are usually always in high demand, no matter where you're thinking of living. You might have a lot on your mind already, but perhaps you can enlist a parent, carer, or sibling to help you do some groundwork, then get your applications in ASAP.

The sooner you apply, the more chances you'll have of getting one your top preferences – and it's one more think you can check off your list and stop stressing about.

If you want to know more about your accommodation and study options, check out our website [here](#).

## Workplace Spotlight

### What is it like to work in an aquarium?

Aquariums serve as controlled environments designed to house and display a diverse array of aquatic organisms, including fish, plants, and invertebrates. Their primary purpose is to provide a platform for educational outreach, offering a unique opportunity to observe and learn about marine life in a controlled setting.

Beyond education, aquariums also play a crucial role in conservation efforts, functioning as hubs for research, breeding programs, and the preservation of endangered species. They also serve as recreational spaces for the public to enjoy.

While every aquarium is different, they do have some things in common:

1. A passion for marine life – most roles are centred around the care and management of aquatic life.
2. You'll need strong communication skills – for interacting with colleagues and engaging with the public.
3. Conservation efforts – many aquariums have a strong focus on preserving and protecting marine life.

### **Preserve and learn about marine life**

Aquariums serve as vital educational and conservation hubs, offering a unique opportunity for the public to connect with and learn about marine life, fostering a deeper appreciation for our oceans and promoting environmental stewardship in society.

### **Key tasks**

- Monitoring water quality
- Feeding and observing animal health
- Designing and maintaining habitats
- Running educational activities
- Participating in conservation efforts
- Conducting record-keeping and data analysis
- Presenting public presentations
- Researching marine life behaviour and biology
- Rehabilitate injured or distressed animals
- Implementing safety protocols and procedures

**You can find aquariums in the arts and recreation services and agriculture, forestry, and fishing industries**



There are lots of different types of aquariums, including public aquariums, research-focused aquariums, and private hobbyist aquariums, each serving distinct purposes in showcasing, studying, or enjoying aquatic life.

### **You can expect mixed hours and on-site work**

*Mixed hours | Work on-site | Jobs more common in metro areas | Strong job growth*

Employees in an aquarium typically work a combination of regular and flexible hours, including weekends and holidays, due to the need for continuous care of aquatic life and to accommodate visitor demand.

On-site work is more common in aquariums as it requires hands-on care, maintenance of aquatic environments, and direct interaction with marine life. There may be some limited opportunities for remote work in certain administrative or research roles that involve tasks such as data analysis, planning, or educational program development.

Aquariums are more commonly found in metropolitan areas due to the higher population density and greater accessibility to a diverse audience.

### **The Career Clusters you'll find in an aquarium**

People from all Clusters are needed for an aquarium to run successfully, and there are a variety of jobs for people in all Clusters. In many roles, you might find yourself performing tasks across multiple Clusters.

### ***What do Makers do in an aquarium?***

Makers are the hands-on experts responsible for the maintenance, repair, and operation of various technical and physical aspects within the facility. They are responsible for monitoring and regulating water quality parameters and overseeing filtration systems. Other Makers help with the installation of new exhibits and clean and maintain habitats.

- Aquarium [Technicians](#)
- Exhibit Builders
- [Plumbers](#)
- [Cleaners](#)

### ***The role of a Linker in an aquarium***

In aquariums, Linkers assist visitors in navigating the array of exhibits and programs available and facilitate ticketing and membership services. They might also organise workshops, tours, and interactive sessions for visitors or special groups, and promote these events and other initiatives to the public.

- Guest Services Officers
- Marketing/[Social Media Managers](#)

- Community Outreach Specialists

### ***Where you'll find Coordinators in an aquarium***

Coordinators oversee a range of administrative and managerial tasks, such as organising schedules, allocating resources efficiently, and providing guidance to team members. They might also plan and organise educational workshops, public presentations, and special exhibits.

- Program Managers
- Operations Coordinators
- [Administrative Assistants](#)

### ***What do Informers do in an aquarium?***

Informers in aquariums help with education and outreach, leading educational programs, giving presentations, and engaging with visitors. They use their specialist knowledge to conduct research on marine life behaviour and biology, contributing to conservation efforts and assisting in the development of exhibits.

- Educational Guides
- [Marine Biologists](#)
- Exhibit [Curators](#)

### ***The role of Innovators in an aquarium***

One of the primary tasks of an Innovator in an aquarium is the design and engineering of exhibits and habitats, incorporating specialised equipment and features to support the needs of the aquatic inhabitants. Other Informers might plan the physical layout and infrastructure of the aquarium, making it both aesthetically pleasing and functional.

- Exhibit Designers
- Technical [Engineers](#)
- [Architects](#) and [Interior Designers](#)

### ***How do Guardians work in an aquarium?***

Guardians in an aquarium help to ensure the safety of visitors and workers. They implement and oversee safety protocols, conduct regular inspections, and respond to any emergencies or potential hazards. Other Guardians might monitor the premises during closing hours, protecting the aquatic life and equipment inside.

- [Health and Safety Officers](#)
- Security Officers

### **How do we expect working in an aquarium to change in the future?**

Working in an aquarium in the future will involve a blend of technological marvels, environmental stewardship, and inclusive education.

Technology is set to play a more prominent role. This might include sophisticated monitoring systems that keep tabs on the wellbeing of marine life in real time, and interactive displays that transport visitors even deeper into the heart of the aquatic world.

Sustainability is also becoming more important, from energy-efficient systems to eco-conscious exhibit designs. Aquariums are also going to be placing more emphasis on conservation efforts. Aquariums will also strive to create environments that welcome and educate people from all walks of life, fostering a sense of unity and shared responsibility for the wellbeing of our planet.

## Job Spotlight

### How to become a Conservationist

Conservationists work to protect the environment, from protecting specific places and animals to changing behaviours and systems contributing to environmental damage. Employed in a wide range of roles and industries, Conservationists focus on preserving and saving life for future generations, benefitting the ecology and health of our planet.

If you are passionate, dedicated, and want to help make the world a better place, then working as a Conservationist could be ideal for you.

### **If you have these skills, you could make a great Conservationist**

- Focused on finding solutions to problems and thinking outside of the box
- Practical, realistic, and down to earth
- Willing to get your hands dirty
- Committed to making a difference and creating change
- Can communicate effectively
- Able to commit to a cause or project long-term
- Positive and resilient

### **What tasks can I expect to do?**

Conservationists can work in a number of diverse areas, so your job duties will depend on your specific role. Broadly speaking, there are four main areas of conservation:

- **Environmental Conservation** – In this field you could be preserving ecosystems, creating and maintaining national parks, researching sustainable solutions (such as alternative power and recycling schemes), or working to combat the effects of climate change and pollution.
- **Animal Conservation** – In this role you could be more focused on the protection of endangered species and their habitats. You could be researching and observing animal

behaviour, working to combat the effects of humans and their activities, educating communities, identifying new threats, or working in wildlife rehabilitation.

- **Marine Conservation** – In this area you'd be helping to study, research, and protect the life within our oceans, seas, and the connecting waterways and coastal ecosystems. You could be working to protect marine life, reduce fishing impacts, combat water pollution, or study the effects of rising sea temperatures.
- **Human Conservation** – Working in this field you might be educating others, implementing sustainable and low environmental impact solutions and lifestyles, protecting cultures, customs and traditions, improving living standards, advocating for local communities, and more.

### **Where do Conservationists work?**

You could be working in national parks, forests, fisheries, out in the ocean, in a lab, at museums and universities, for the government, in an office, or working directly in communities.

Depending on your role, you might be able to work remotely. There is also a high chance that you'll get to travel and work in a variety of different locations.

### **What kind of lifestyle can I expect as a Conservationist?**

You may have to work outside of normal business hours and commit to long periods away from home. If you're passionate and highly invested in your work, this might impact more on your lifestyle.

Most Conservationists can expect to earn an average salary throughout their career.

You don't have to be a scientist in order to work as a conservationist; artists, managers, engineers, agriculturalists, journalists, or anyone else who makes a contribution to conservation can be called a Conservationist.

### **How to become a Conservationist**

Conservation can be a highly competitive career to get into. For most jobs, you'll usually need to have a qualification in a relevant field – but you might find work through other pathways too, such as volunteering and networking.

**Step 1** – Finish high school. Subjects to focus on can include English, Maths, Sciences, Geography, or even Law. If you already know which area of Conservation you'd like to work in, you can tailor your subjects to suit.

**Step 2** – Identify which area of conservation you're most passionate about, then think about whether you'd like to work out in the field, in a lab, or in an office. This can help you select the best study pathway.

Step 3 – Complete relevant tertiary qualifications. You'll learn specific knowledge and skills, and it can make you more competitive in the job market.

Step 4 – Volunteer work is a great way to gain understanding, meet people working in the field, and add experience to your resume. Find opportunities in your local community or consider travelling overseas as part of a larger project.

Step 5 – Apply for lots of jobs, be enthusiastic, and stay motivated.

Find out more here:

- [Australian Conservation Foundation](#)
- [New Zealand Nature Fund](#)
- [The Conservation Foundation](#) (UK)
- [The Conservation Fund](#) (US)
- [International Conservation Fund of Canada](#)
- [Conservation International](#)

#### **Similar careers to Conservationist**

- Park Ranger
- [Zookeeper](#)
- Field Guide
- [Veterinarian](#)
- Anthropologist
- Archaeologist
- [Writer](#)

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

## **Workplace Spotlight**

### **[What is it like to work in a doctor's office?](#)**

A doctor's office serves as a hub for healthcare provision and management. It is a dedicated space where qualified medical professionals, including doctors, nurses, and support staff, attend to individuals seeking medical attention or advice.

Patients attend a doctor's office for check-ups, consultations, and examinations, allowing for early detection of potential health issues. They can also serve as a place for obtaining prescriptions, vaccinations, and general medical guidance and advice.

While every doctor's office is different, they do have some things in common:

1. Communication is key – you'll be talking and listening to people from all walks of life.
2. You'll need to be adaptable – doctor's offices are often busy places with lots of things constantly changing.
3. Health is everything – from promoting healthy lifestyles to keeping spaces clean and sterile.

### **Keep communities healthy and well**

The primary objective of a doctor's office is to diagnose, treat, and prevent various health conditions, both physical and mental, aiming to promote overall wellbeing and quality of life for patients.

### **Key tasks**

- Schedule patient appointments
- Greet and assist patients at reception
- Maintain patient records and update information
- Handle billing, insurance, and payments
- Answer phones, relay messages, and respond to emails
- Prepare exam rooms and sterilise equipment
- Take and record vital signs and medical history
- Assist with minor medical procedures
- Provide clear instructions on medication and treatment
- Coordinate referrals to specialists or additional services

### **You can find doctor's offices in the healthcare and social services industry**

There are various types of doctor's offices, including general practitioners, paediatric clinics for children, and clinics focusing on specific areas such as women's health, nutrition, dermatology, or sports medicine.

### **You can expect regular hours and on-site work**

*Regular hours | Work on-site | Jobs in metro and rural areas | Very strong job growth*

Doctor's offices are generally open during regular business hours, typically from 9 to 5, Monday to Friday. This schedule aligns with the times when most patients are available for appointments. However, some staff, particularly those in urgent care or specialised practices, may work shifts that extend into evenings or weekends.

On-site work is more common due to the nature of healthcare delivery. Being physically present allows for direct patient care, immediate access to medical equipment, and real-time collaboration with colleagues. However, there is growing interest in telehealth services, and some administrative tasks can also be done remotely.

Doctor's offices tend to be more common in urban areas due to a larger and more concentrated patient population. However, health professionals are still needed in all corners of the country, and there may actually be more job opportunities in rural areas that can have difficulty attracting healthcare workers.

### **The Career Clusters you'll find in a doctor's office**

People from all Clusters are needed for a doctor's office to run successfully, but the most common Clusters you'll find are Guardians and Linkers. In many roles, you might find yourself performing tasks across multiple Clusters.

### **What do Makers do in a doctor's office?**

Makers are responsible for monitoring, building, fixing, and maintaining the various components that keep doctor's offices running. They might install and repair medical equipment, conduct checks on plumbing and electrical systems, or ensure the physical infrastructure is in optimal condition. Other Makers help to keep rooms, surfaces, and tools clean and sanitary.

- Medical Equipment [Technicians](#)
- Maintenance Workers
- Tradespeople
- [Cleaners](#)

### **The role of a Linker in a doctor's office**

Linkers help to ensure patients have access to important medical resources and information. This involves assisting patients in scheduling appointments, guiding them through registration processes, taking payments, and processing rebates. Other Linkers act as a liaison between the medical staff and patients, answering questions, and relaying essential information. Some Linkers may also engage with the local community to raise awareness about the services offered by the doctor's office and facilitate access to healthcare resources.

- Medical [Receptionists](#)
- Patient Services Officers
- Community Outreach Officers

### **Where you'll find Coordinators in a doctor's office**

The role of Coordinators involves planning, managing, and administering the many activities that make up the daily operations of a doctor's office. They might help to organise and implement specialised healthcare programs and plans, keep thorough and up-to-date records, ensure staff and practices comply with policies and procedures, or oversee budgets, pay, and funding.

- Program and Policy Coordinators
- [Administrative Assistants](#)
- [Bookkeepers](#)

### **What do Informers do in a doctor's office?**

Informers provide essential support and guidance to both colleagues and patients, from educating patients on health-related matters to training staff members on the use of specialised medical equipment. Some Informers might use their in-depth knowledge and expertise in a specific area of healthcare to provide guidance and insights to other workers.

- Staff Training Officers
- Health Educators
- [Medical/Clinical Specialists](#)

### **The role of Innovators in a doctor's office**

Innovators are instrumental in engineering, designing, and developing the tools and spaces that facilitate healthcare delivery. They use their creativity to develop innovative solutions that streamline processes and enhance the overall patient experience, from designing ergonomic and functional medical equipment to implementing IT solutions that simplify data management and patient interaction processes.

- Medical Equipment Designers
- [Architects](#) and [Interior Designers](#)
- Systems and Process [Engineers](#)

### **How do Guardians work in a doctor's office?**

Guardians have the pivotal role of improving and safeguarding the health and wellbeing of both patients and other staff. They listen to patients' concerns, conduct examinations, advise on treatment options, and may even perform minor surgical procedures. Other Guardians might implement and enforce safety protocols within the office to protect both patients and staff from potential hazards.

- [General Practitioners](#)
- [Medical/Clinical Specialists](#)
- [Nurses](#)
- [Phlebotomists](#)
- [Workplace Health and Safety Officers](#)
- Infection/Disease Control Officers

### **How do we expect working in a doctor's office to change in the future?**



Work in a doctor's office in the future will likely involve advanced technology, a holistic approach to health and wellbeing, and a focus on evolving policies and regulations.

Technology is set to play a big role in the future of healthcare. Electronic health records, telehealth services, and AI-driven diagnostic tools are becoming more prevalent, streamlining administrative tasks and improving patient care. Staff and patients will both need to adapt quickly to emerging technologies.

There will likely be a growing focus on preventive healthcare, with a shift towards wellness programs and personalised care plans. This may lead to new roles focused on health coaching and wellness education within the doctor's office. As awareness of mental health continues to grow, there may also be an expansion of roles focused on mental health support, counselling, and therapy too.

Given recent global events, roles related to crisis management and infection control could become more important. Evolving healthcare policies and regulations mean workers must be focused on ensuring compliance, as well as educating staff on new protocols and guidelines.

## **Job Spotlight - continued**

### **How to become a Bus Driver**

Bus Drivers are responsible for safely driving public or private buses along pre-determined routes, and stopping at scheduled locations (and times) to pick-up and drop-off passengers. If you get along well with anyone, have a great sense of direction, and would be confident behind the wheel of a large vehicle, then bus driving could be the job for you.

#### **If you have these skills, you could make a great Bus Driver**

- Reliable, punctual, and able to manage your schedule independently
- Focused and responsible while driving to ensure safety of your passengers and stick strictly to the road rules at all times
- Approachable, calm, and friendly
- Great at communicating with people of all ages and cultural backgrounds
- Good problem-solving abilities

#### **What tasks can I expect to do?**

- Check the bus is fuelled, in working order, and clean and tidy at the beginning and end of each shift
- Be familiar with routes, stops, fares, and the timetable and provide this information to passengers
- Greet passengers, check their tickets or passes, and take payment

- Pick up and set down passengers, assist those that need help, and monitor passenger capacity and behaviour
- Report any problems to the relevant department

### **Where do Bus Drivers work?**

Bus Drivers may work in many different sectors, including public bus services, private bus services (including tour operators), charter buses, school buses, or long distance coach services. Opportunities to work as a chartered or tour bus driver could take you nearly anywhere in the world.

### **What kind of lifestyle can I expect as a Bus Driver?**

Bus Drivers often enjoy flexible hours, which may include shift work and work outside of normal business hours (including holidays).

Most Bus Drivers can expect to earn an average salary throughout their career.

You may have to deal with some stressors, such as traffic-related issues, sticking to a timetable, breakdowns, or difficult behaviour from your passengers.

### **How to become a Bus Driver**

You can work as a Bus Driver without any formal qualifications; you just need to ensure that you obtain the correct license in order to operate a bus in accordance with local laws.

Step 1 – Successfully complete high school.

Step 2 – Hold an unrestricted manual drivers' license issued in the state/country where you'll be employed.

Step 3 – Apply for and obtain a large/heavy vehicle license. Contact your local motor registry to find out which license/s you need.

Step 4 – Depending on the specific job you're applying for, you may also need to obtain one or more of the following:

- Police check
- Working with children check
- First aid certificate
- Medical and/or eyesight tests
- Psychometric or aptitude tests

Step 5 – Consider completing a vocational qualification which could boost your chances of success when applying for jobs, or help you move into other roles down the track.

Find out more here:

- Australia:
  - [Bus & Coach Association of NSW](#)
  - [Bus Association Victoria](#)
  - [The Queensland Bus Industry Council](#)
  - [Bus & Coach Association SA](#)
  - [BusWA](#)
  - [Tasmanian Bus Association](#)
- [Bus & Coach Association New Zealand](#)
- [UK Coach Operators Association](#)
- [American Bus Association](#)
- [Canadian Urban Transit Association](#)

### Similar careers to Bus Driver

- Train Driver
- Coach Driver
- Taxi Driver
- Truck Driver
- Driving Instructor
- Courier/Delivery Driver
- Forklift Operator
- Pilot

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

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