



# **Careers Newsletter**

Disclaimer – all information is printed in good faith

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

To contact Mr Madani please email <u>imadani@stpiusx.nsw.edu.au</u> or call 9414 4388.

## JobJump - Parents and students please watch YouTube video and sign up

Sign up to JobJump for information about tertiary study options, ATAR's and apprenticeship and TAFE information. Create a resume, sign up for news alerts.

To register go to <a href="https://www.jobjump.com.au/">https://www.jobjump.com.au/</a>

Search school - St Pius X Chatswood

Register with an email address (use a private address, not spx)

Password – pius (lower case)

Parent information: <u>https://www.youtube.com/watch?v=fZoyckJwvVg&feature=youtu.be</u>

# 2024 USYD Science Extension Intro Week

November 4 to November 8, 2024

Join us for a week of USYD Science Extension events designed to jump-start your research journey! Year 12 Science Extension students will have the opportunity to receive guidance on scientific research and project planning. In addition to the Science Extension Workshops, we're offering an online information session on the USYD Science Extension Mentoring Program and an online 'Meet a Researcher' session. Here's what's happening during Science Extension Intro Week:

- Monday, 4 Nov 2024: <u>On-Campus Science Extension Workshop at the University of Sydney</u>
- Wednesday, 6 Nov 2024: Online Science Extension Workshop via Zoom
- Thursday, 7 Nov 2024: Online Information Session on the USYD Science Extension Mentoring Program
- Friday, 8 Nov 2024: <u>'Meet a Researcher' Online Networking Session</u>

# Find out more

# Defence Careers Information Sessions

Newcastle: November 5, 2024 Inverell: November 6, 2024 Moree: November 9, 2024 Sydney: November 12, 2024 Bourke: November 13, 2024 Albury: November 14, 2024 Cobar: November 20, 2024 Dubbo: November 22, 2024 Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force. Speak with current serving personnel at our upcoming info session and ask your questions - is a career in the Australian Defence Force for you? Find out more

# University of Sydney Grand Challenge 2024: Towards Net Zero

# November 6, 2024

In The Grand Challenge, students in Years 9 & 10 will spend a fast and fun day learning about a real-life global problem before ideating, developing and pitching their own solutions to their peers and STEM experts for a chance to win prizes. This event is powered by Future Anything and the Faculty of Science, University of Sydney.

# Find out more

# STEM + X: Technology, brought to you by QUT

November 6, 2024 There is a skyrocketing demand for tech professionals. In Australia alone, we're anticipating a need for 1.2





million tech jobs by 2030. It all starts with exploring the exciting and diverse careers available and understanding how to get started.

Join us as we dive into how you can turn your interest in computer science, game development and IT systems into a fulfilling career.

Find out more

# Sydney Design School Information Session

November 6, 2024

Find out everything you need to know about our flexible courses and career support. Our Director, Amanda Grace will introduce you to our unique philosophy, passionate Educators and industry focused approach to learning.

Our sessions are also streamed live online via Zoom. Register to receive a link closer to the date of your Info Session.

Find out more

# Defence Air Force Careers Information Sessions

## Sydney: November 6, 2024

## Newcastle: November 13, 2024

In addition to defending our nation, the Air Force supports a broad range of operations in Australia and overseas, including:

- supporting international security and counter-terrorism initiatives
- protecting our borders from illegal activity and incursions
- carrying out search and rescue missions
- supporting peacekeeping operations
- helping communities affected by natural disasters

Would you like to learn about the wide variety of Air Force careers available? Join us for an info session and speak with current serving members about entry pathways and career opportunities. <u>Find out more</u>

# CGA Virtual Information Session

## November 6, 2024

Come hear from our students about how online schooling fits their busy training schedules, supports academic advancement, and opens doors to top universities worldwide.

Hear how our online learning environment can be tailored to meet your child's unique needs, including:

- How flexible class schedules can support athletes, performers and travelling families.
- Advanced and competitive curricula options for those looking to apply to top universities
- Inclusive strategies to support neurodiverse and SEN learners; and those experiencing mental health challenges or bullying.

You will also have an opportunity to ask our team any questions you have. Find out more

# Teen mental health matters: For parents and carers

# November 6, 2024

Join us for an insightful and empowering webinar focused on providing strategies and resources to help you in supporting your teen.

Co-hosted by a Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter, we will explore:

- 1. How to make sense of adolescence.
- 2. Identify signs of mental health struggles.
- 3. Understand how to support your teen.





# 4. Know where you and your teen can get support.

This webinar is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care. Reserve your spot today and embark on a journey towards greater well-being for you and your family!

Find out more

# University of Sydney | Bachelor of Wildlife Conservation (Taronga) Webinar

#### November 6, 2024

Designed for students who have a passion for animals and dream of making an impact in the wildlife conservation sector, this degree will provide highly sought-after skills and interactive, practical experiences in the field and onsite at Taronga Zoo.

Join the University of Sydney for an informative session and learn more about this course. Find out more

## AIT MasterTalk: Annemarie Gereis, Development Specialist & VFX Coach

November 7, 2024

Join us in November to hear from Annemarie Gereis, a development specialist and VFX coach.

Annemarie Gereis is a seasoned career coach with a passion for empowering creatives to achieve their full potential.

Her visual effects journey started a decade ago, compositing on 20+ blockbuster films and TV shows across Los Angeles, Atlanta, Austin, and Sydney.

Her most notable titles include: Guardians of The Galaxy, Agents of S.H.I.E.L.D., Power Rangers, Gotham, Sleepy Hollow and Hunger Games: Mockingbird.

Find out more

# University of Sydney ARTiculate Drama | Giving shape to the world of a play: Getting started with set design

November 7, 2024

Theatre, above all, is a spatial artform. It's about defining the relationship and energy flow between audience and performer; it's putting ideas into space; it's finding a physical form to convey the emotional landscape of a play.

In this webinar, we are delighted to host award-winning set and costume designer, Isabel Hudson, who will be in conversation with Dr Paul Dwyer from the Discipline of Theatre and Performance Studies.

While our focus is on set design, the underlying principles are, of course, also directly relevant to other HSC Drama Individual Projects in Design (e.g. costume and lighting) and Critical Analysis (e.g. director's folio and portfolio of theatre criticism).

Find out more

# University of Sydney ARTiculate Ancient History | Vesuvius AD 79: The day after

#### November 7, 2024

For over three centuries, the story of Mt. Vesuvius has largely centered on the dramatic events of the AD 79 eruption, freezing time at that catastrophic moment. But what about the aftermath? How did the land, and the people who lived there, bounce back? Many believe that the area never fully recovered, but recent discoveries tell a very different story—one of resilience and renewal.

In this talk, we'll explore the lesser-known effects of the eruption and how they shaped the landscape and its communities in the years that followed. By diving into new archaeological findings, we'll piece together the resettlement of the region, examining how different areas of Mt. Vesuvius were affected and how the local communities adapted.

Find out more

## WSU Unlocking Careers in Science, Engineering and Technology

November 8, 2024

This on campus event for Aboriginal and Torres Strait Islander High School students in years 9-12, raises knowledge and aspiration for Careers in Science, Technology and Engineering.

Students will participate in their choice of practical workshops, a Q&A Yarn Up with Indigenous industry





professionals to gain insights into their work, education journey and careers. Find out more

# University of Sydney Camden Open Day 2024

## November 8, 2024

Inspire your Year 10-11 classes with an interactive visit to the University of Sydney's Camden Campus to explore study and career pathways in real agricultural sciences. The day will include a visit to the active cattle and mixed enterprise facilities of John Bruce Pye Farm, plus three interactive workshops chosen by your school from a variety of topics: soil health, fish farming, veterinary practice, poultry nutrition, plant productivity and more!

## Find out more

## InspirationED November Kickstart Seminars

## November 10 to November 16, 2024

Join us for a FREE day of HSC sessions to help you get ahead in 2024.

Our teachers are acknowledged by their peers as the most passionate, qualified and experienced in the HSC. The key to the success of this program is tapping into their knowledge and insight into the marking process – thus removing uncertainty around the trials.

- UTS 10th November
- University of Newcastle 16th November

## Find out more

## CSU Careers in Health Info Nights

## November 11 to November 20, 2024

If you're considering a career in health but not quite sure which direction to take, then we prescribe this notto-be-missed event! Join us on campus in November to get a real-world look into a wide range of health careers. Current high school students, school leavers, those looking for a career change, TAFE students, parents, carers, and career advisers are all welcome to attend.

Hear from a range of healthcare professionals, from nurses to pharmacists, podiatrists to occupational therapists, pathologists to exercise scientists, and dentists to physiotherapists. Learn about health careers from the frontline workers who are living, breathing, and making a difference in health.

- Get the scoop on health careers from health clinicians.
- Discover the regional health advantage and how you can make a difference!
- Chat with health academics at our mini expo.
- Understand more about diverse career opportunities in regional health.
- Discover the many pathways to a health career.

Albury-Wodonga – Monday 11 November Wagga Wagga – Tuesday 12 November Port Macquarie – Wednesday 20 November Find out more

# UNSW Meet the CEO | Scott Charlton

## November 11, 2024

You are invited to Meet the CEO with Scott Charlton, CEO at Sydney Airport on Monday, 11 November 2024 at the Museum of Contemporary Art (MCA) Sydney.

With over 25 years of experience across infrastructure and finance, Scott's leadership spans roles as CEO of Transurban, COO at Lend Lease, and CFO at Leighton Holdings. His strategic insight, sharpened by years in investment banking, following a distinguished tenure as Managing Director at Deutsche Bank, positions him as a pivotal figure in Australia's infrastructure landscape. Don't miss this opportunity to hear from a CEO who has shaped some of the most significant projects in the industry.

In an engaging interview with UNSW alumna Ellen Derrick (AGSM MBA 2006), Scott will offer insights into his





leadership journey, discussing the strategies he has employed as CEO to drive growth and sustainability, while reflecting on the key lessons learned throughout his executive career. <u>Find out more</u>

## UNSW Portfolio Entry Info Evening

## November 12, 2024

Join us to hear from UNSW staff and academics about submitting an outstanding portfolio for a range of degrees across the Faculty of Arts, Design & Architecture and the Faculty of Engineering for 2025. In these interactive sessions we will provide tips and examples on what you need to submit and how to apply. There will also be an opportunity to get all your questions answered. This info session is for students (and parents/guardians) who are completing their HSC in 2024 and are considering their options for university next year.

Find out more

# CGA Trial Class

## November 12, 2024

Join a CGA Trial Class to meet one of our expert teachers and get a taste of the CGA classroom experience. This class is open to students of all ages, and parents are of course welcome to sit in too.

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

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

## Find out more

# UAC | Unlocking opportunities: Pathways to uni

## November 13, 2024

This webinar charts the many pathways to a university degree. Explore pathway courses such as foundation programs, diplomas and certificates, and the potential to fast-track into the second year of a degree. Learn about the credits and articulation agreements that make these options a seamless bridge to higher education. Whether you're exploring different interests or you've faced setbacks in meeting degree entry requirements, this session offers guidance and practical advice on paving your way to success. Find out more

.

# UON Law Insights Evening 2024

## November 13, 2024

The University of Newcastle's School of Law and Justice invites Year 11 & Year 12 students of 2024, teachers and parents to attend our Law Insights evening. The evening is an invaluable experience, allowing students to hear first-hand about the Law degree on offer at the University of Newcastle.

Students will be able to hear from, and speak with, academic staff and current students from the School of Law and Justice. Students will also learn about our Legal Centre. This is an excellent opportunity for students to ask any questions they might have about the Bachelor of Laws (Honours) program. Find out more

# AMPA Music Theatre and Classical Performance & Composition Experience Day

## November 13, 2024

Academy of Music and Performing Arts (AMPA) invites aspiring Music Theatre and Classical musicians and Composers aged 16 and over to join us on campus for a day of music!

Attendees will have the chance to sit in on a performance class, participate in workshops/Q&As facilitated by AMPA's music faculty and experience what studying music is like at AMPA. Experience a day in the life of an AMPA music student to gain further insight into tertiary education and how it can benefit your future.





# AMPA Dance Experience Day

## November 13, 2024

Academy of Music and Performing Arts (AMPA) invites dancers to join us on campus for a day of dance. Register and bring your friends along and get ready to move!

Dancers will have a chance to participate in contemporary & improvisation classes facilitated by AMPA's inspiring faculty and experience what studying dance full-time is like at AMPA. A Q&A with the program's Head of Dance will allow aspiring dancers, choreographers, and dance teachers, to gain further insight into tertiary education and how it can benefit their future careers.

AMPA is currently accepting registrations for Intake 2025 and beyond, so don't forget to <u>register</u> for the dance auditions happening Monday, November 18th.

Find out more

# UNSW Arts, Design & Architecture Portfolio Entry Workshop

November 13, 2024

Join us to hear from UNSW staff and academics about submitting an outstanding portfolio for a range of degrees across the Faculty of Arts, Design & Architecture for 2025.

In these interactive sessions we will provide tips and examples on what you need to submit and how to apply. There will also be an opportunity to get all your questions answered. This info session is for students (and parents/guardians) who are completing their HSC in 2024 and are considering their options for university next year.

Find out more

# University of Sydney | Discover the journey to university

## November 13, 2024

Follow a high schooler's steps to uni – explore the crucial decisions, gain an inside look at what drives your aspirations, discover the support available, and gather the practical insights you need to navigate the road to university.

This webinar offers:

- A personal insight into the transition from high school to university.
- Realistic guidance to navigate through various university options.
- Valuable resources and networks to support your journey.

# Find out more

# University of Sydney | Building your future: Architecture and the built environment

## November 13, 2024

Are you interested in studying architecture and the built environment? In this webinar, we will explore how studying at the Sydney School of Architecture, Design and Planning can help you develop transferable skills to pursue a variety of careers across architecture, urban planning and design, sustainability consulting, construction and property.

Join us to see how our degrees can provide you with the skills and experience to build your future career. <u>Find out more</u>

## AMPA Contemporary Music Performance & Music Production Experience Day

## November 14, 2024

Academy of Music and Performing Arts (AMPA) invites aspiring contemporary musicians and music creators aged 16 and over to join us on campus for a day of music!

Attendees will have the chance to sit in on a performance class, participate in workshops/Q&As facilitated by AMPA's music faculty and experience what studying music is like at AMPA. Experience a day in the life of an AMPA music student to gain further insight into tertiary education and how it can benefit your future. Find out more





# UNSW HPA Roadshow: Urban Heat Mitigation & Net Zero in the Built Environment

#### November 14, 2024

The School of Built Environment and the High Performance Architecture (HPA) Research Cluster from UNSW Arts, Design & Architecture warmly invite you to attend our 2024 roadshow on urban heat mitigation and net zero in the built environment.

Join us for a masterclass with experts from UNSW for hands-on activities, with opportunities to have your questions answered. Additionally, you will receive the latest updates on attending UNSW Built Environment from the Head of School and a current student. Ideal for students interested in architecture, the built environment or sustainability.

Find out more

# Veg Out: The Ultimate Food Hack

November 15, 2024

Join us for "Veg Out: The Ultimate Food Hack," an engaging online webinar designed specifically for schools, presented by VEG Education, who are passionate advocates for fresh produce. This interactive session aims to inspire students to embrace vegetables in exciting and delicious ways. What to expect:

- Innovative Cooking Hacks: We will share our top tips and tricks for preparing vegetables that not only taste amazing but are also easy to make. Students will learn how to transform everyday veggies into mouth-watering dishes.
- Interactive Cooking Demonstration: Participants will have the opportunity to follow along with a live cooking demonstration, making it a hands-on experience that encourages creativity in the kitchen.
- **Nutritional Insights:** Understand the health benefits of incorporating more vegetables into daily meals, emphasizing how they can enhance energy levels and overall well-being.
- **Q&A Session:** Students can engage directly with the VEG Education team, asking questions about cooking techniques, vegetable varieties, and sustainable farming practices.

## Find out more

# AIE Open Day, Sydney

November 16, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day.

AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

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

Find out more

# ACAP Online Information Session – Coaching

## November 18, 2024

Can you imagine yourself as a private coach, consultant or professional facilitator? These are just a few career options you have with a qualification in Coaching.

In this real-time online information session Dr Mark Setch will share insights into studying Coaching at ACAP and how the qualification will give you the practical skills and know-how to inspire change, empower teams, and improve performance.

Find out more





Can you imagine yourself in child protection or helping people through grief or addictive behaviour? These are just a few career options you have with a qualification in Counselling.

In this real-time online information session Dr Timothy Hsi will share insights into studying Counselling at ACAP and highlight what courses you could take to help others develop better self-awareness for a more positive path in life.

Find out more

## ACAP Online Information Session – Psychology

## November 19, 2024

Can you imagine yourself in a fascinating research role, contributing to mental health services or as a specialist in private practice? These are just a few career options you have with a qualification in Psychology. In this real-time online information session Professor John Reece will share insights into studying Psychology at ACAP and ultimately provide you with information on courses you could study, and delve into the scientific research of individuals, society and culture.

Find out more

## Notre Dame Pathways to Medicine Information Session

## November 19, 2024

Considering a career in Medicine? Register to watch this information session exploring Notre Dame's undergraduate programs in and exciting opportunities for students interested in pursuing careers in Medicine. <u>Find out more</u>

## Discover Nursing @ UTS

## November 20, 2024

Discover how you can become a Registered Nurse at Australia's #1 uni for academic reputation in nursing and midwifery.

Hear about diverse nursing careers from industry speakers, meet our academic teachers & ask current students about the UTS Bachelor of Nursing.

Tour our world-class clinical facilities and explore your future campus! Find out more

## University of Sydney | Why study civil engineering at Sydney?

#### November 20, 2024

See how our civil engineering degrees can equip you for the challenges and opportunities in the evolving world of infrastructure and development. You will explore a variety of specialised fields such as water, structures, geotechnical, humanitarian and transport engineering.

Gain insights into our Professional Engagement Program, modern engineering precinct and career paths available to our civil engineering students.

Find out more

## ACAP Online Information Session – Social Work

## November 20, 2024

Can you imagine yourself making a difference in a not-for-profit organisation, or working in the criminal justice system, or the government? These are just a few career options you have with a qualification in Social Work. In this real-time online information session Professor Annie Venville will share insights into studying Social Work at ACAP and provide details of courses you could take to help others develop better self-awareness for a more positive path in life.

Find out more

Defence School to Service Information Session - Sydney

November 20, 2024

Considering your career goals now that school is coming to an end?





Explore job opportunities in the Navy, Army and Air Force by heading to an upcoming info session. Speak with current serving members about job roles, opportunities for further study, or flexible part-time commitments. The Australian Defence Force (ADF) offers countless career paths for school leavers. Whether you are a student, teacher or parent looking to learn more about the ADF - we can help! <u>Find out more</u>

## ACAP Online Information Session – Criminology

## November 21, 2024

Can you imagine yourself working in investigations, intelligence, or even corporate crime? These are just a few career options you have with a qualification in Criminology.

In this real-time online information session Matthew Thurgood will share insights into studying Criminology at ACAP and ultimately provide insights into what courses you could take to gain skills, influence positive change and develop practical responses that can have a positive impact on criminal justice issues. Find out more

# Australian Volunteers Program – Online Information Session

## November 21, 2024

Join us online to learn how you can support overseas organisations to achieve locally led, development goals. Everyone is welcome. Registration is essential.

In our Information Session, you'll:

- Meet Australian Volunteers Program staff who will share insights about the program and the application process
- Gain an understanding of the support that the program provides to volunteers such as allowances, flights and visa support.
- Hear from former volunteers who will share their experience on assignment and give you a glimpse of what life is like as a volunteer.

Australian volunteers come from a broad range of sectors, contributing the specific skills and experience required to support our partners. We offer a range of volunteering modalities; in-country, hybrid and remotely from home.

We encourage people with disabilities, couples, people with children, people from the LGBTIQ+ community and Aboriginal and Torres Strait Islander people to attend. Find out more

## Teen mental health matters: For parents and carers

#### November 25, 2024

Join us for an insightful and empowering webinar focused on providing strategies and resources to help you in supporting your teen.

Co-hosted by a Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter, we will explore:

- 1. How to make sense of adolescence.
- 2. Identify signs of mental health struggles.
- 3. Understand how to support your teen.
- 4. Know where you and your teen can get support.

This webinar is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care. Reserve your spot today and embark on a journey towards greater well-being for you and your family!

Find out more

## Newcastle 2024 Campus Experience Days

November 25 to December 6, 2024

Our Campus Experience Days aim to support student's understanding of career options, increase aspirations to attend university and provide an opportunity to experience university life and study areas. Throughout the day your students will have the chance to hear from current university students and academics, participate in





hands-on activities from a variety of study areas, and take a tour around campus.

Please note that given the popularity of these campus experience days priority will be given to students in Years 9-10 dependent on demand.

Places for each day are limited, therefore we will work off a first in, first served basis for bookings. We will do our best to accommodate all bookings, however in the event the days are oversubscribed we will develop a waitlist based on the order of response.

- Week 1, Monday 25 November to Friday 29 November Central Coast campuses, 9am 2pm
- Week 2, Monday 2 December to Friday 6 December Newcastle campuses, 9am 2pm

Reach out to your region representative to register your interest. Find out more

## University of Sydney Mega Maths Day 2024

## November 26 to December 2, 2024

Mathematics is the hidden hero in every STEM discipline whether it be geosciences, biology or psychology. Wherever your students see themselves heading in their future studies and careers, we want to show them how important and useful it is to have a foundation in mathematics.

Your Year 9 & 10 classes will join us for a day of STEM fun, including meeting a real mathematician, and your school's choice of three hands-on workshops themed in different disciplines, but all focused on the importance of mathematics. Year 10 in particular is a key time when your students are choosing their future direction, so give them the opportunity to find out just how important a solid background in maths is for a huge array of disciplines and careers.

Find out more

## Discover AI Magic with IT at ACU North Sydney

#### November 26, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Participate in interactive AI activities, chat with current students and learn what it's like studying a degree in IT at ACU.

Find out more

## Discover Exercise and Sports Science at ACU Blacktown

#### November 27, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Experience the range of cutting-edge equipment for training and rehabilitation that you will have access to as part of a sport and exercise science degree with ACU.

Find out more

## Discover Law and Criminology at ACU North Sydney

## November 28, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Aspiring lawyers will have the chance to develop their analytical and courtroom skills in our law and criminology workshops. These hands-on activities will provide you with an insight into the Australian legal system and its functions.

Find out more

## AIE Online Campus Day

Academy of Interactive Entertainment November 30, 2024 Discover the courses designed to get you started in game development, 3D animation, film and visual effects at





the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

## Find out more

# Teen mental health matters: For parents and carers

## December 12, 2024

Join us for an insightful and empowering webinar focused on providing strategies and resources to help you in supporting your teen.

Co-hosted by a Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter, we will explore:

- 1. How to make sense of adolescence.
- 2. Identify signs of mental health struggles.
- 3. Understand how to support your teen.
- 4. Know where you and your teen can get support.

This webinar is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care. Reserve your spot today and embark on a journey towards greater well-being for you and your family!

## Find out more

## Notre Dame Info Day 2024 – Sydney Campus, Broadway

## December 18, 2024

Explore your future options at this event, it could be your key to starting your university journey in 2025 with confidence. Whether you're a high school student, a university graduate, or an international student, this is your chance to experience life at Notre Dame.

You will have the opportunity to speak one-to-one with faculty staff, receive personalised assistance and advice on your pathway to university, and discuss your study options. For those who have already applied to Notre Dame, our student advisors and admission officers will be available to guide you to the next stage of your Notre Dame journey ahead of Semester 1 commencement.

You can also:

- Attend discipline specific information sessions and workshops
- Find out more about scholarships available
- Meet your faculty staff
- Join a tour and explore our expanding Fremantle campus
- Enjoy tasty treats

#### Find out more

## Experience Day at ACPE

## December 19, 2024

Want to pursue a career in sport? Discover why ACPE is ranked #1 for Health, Sport, Physical Education, and Dance. Join us on campus. See where you will study, meet our students and lecturers, and participate in info sessions and practical workshops to take the next step with confidence.

We'll have a number of sessions running throughout the day so you can decide on how you would like to enjoy your Experience Day!

Why attend Experience Day?

- Explore the campus
- Q&A with our academics and students
- Chat with current students about their experience





- "Tutorial bites" on what to expect, take part in sample classes
- Practical workshops and interactive sessions
- Find out where a qualification from ACPE can take your career
- Discuss course options with our Enrolment Advisors and get a personalised study plan
- Get assistance with applying or enrolment

#### Find out more

## NAS Art Club Intensive 2025

#### January 15 to January 17, 2025

Have a young person in your life that loves to make art? Our Art Club Intensive program is the perfect School Holiday activity to nurture their skills.

The Art Club Intensive is a 3-day course, taking place 15th – 17th January 2025, designed to impart technical and conceptual skills to students aged 15 - 17.

This is a rare opportunity for young artists to learn from industry specialists in one of the five focus areas: Drawing, Printmaking, Ceramics, Sculpture or Painting. Find out more

#### **AMSI Careers Day**

#### January 16, 2025

Attend the AMSI Careers Day and explore the diverse career pathways available to mathematical sciences graduates. Mathematics, statistics and data science are critical to so many careers across all industry sectors! Talk to potential employers, get your employment questions answered and be inspired by the endless opportunities.

Find out more

#### SciX@UNSW 2025

#### January 20 to January 24, 2025

The SciX@UNSW program is designed to support passionate high school students who are eager to delve into scientific research. Join one of our research groups and conduct an independent research project, ideal for HSC Extension Science, IB independent projects, or as a taste of a career in research science. The projects are overseen by our academic research staff and are delivered primarily by our graduate research students. They will introduce you to cutting-edge research tools and methodologies and guide you as you extend your scientific skills.

The centrepiece of the SciX experience is a one-week intensive summer school, held in January. During this week on campus at UNSW Sydney, you'll be supported in developing your individual hypothesis, collecting your data, and getting started on your analysis, all before the summer holidays are over!

On-time registrations will close at 11:59 PM on **Wednesday 18th December 2024**. <u>Find out more</u>

#### TAFE NSW Campus Open Day 2025, Goulburn

#### January 29, 2025

Whether you're a school leaver, want to build new skills to land a promotion, are thinking about a career change, or just looking for some essential skills that can help to successfully launch your business – this event is the time to explore all your options.

This is your opportunity to tour our campus, find out what support looks like or if you're still choosing your course or where to study, come along and have a chat to our TAFE NSW teachers.

Our team will also be on hand to answer questions about studying with TAFE NSW while at school or the many post school pathways on offer.

Find out more





# Peak Iron Mines / Playford Trust Scholarships

Offered by: Playford Trust Value: Up to \$10,000 AUD Open date: October 1, 2024 Closing date: January 17, 2025

With the generous support of Peak Iron Mines, the Playford Trust offers up to three scholarships to students entering their Honours or first, second, or third undergraduate year of mining engineering, geology, geoscience, or environmental sciences at one of South Australia's three public universities.

## Find out more

# Playford Trust Resources Sector Mining and Petroleum Engineering Scholarships

Offered by: Playford Trust Value: \$20,000 AUD Open date: October 1, 2024 Closing date: January 17, 2025 Up to 20 scholarships – valued at \$20,000 each – are now available for talented Year 12 STEM students hoping to study either Mining Engineering or Petroleum Engineering at the University of Adelaide. Find out more

# Curtin Principal's Recommendation Award

Offered by: Curtin University Value: \$1,000 AUD Open date: July 10, 2024 Closing date: November 18, 2024 The Curtin Principal's Recommendation Award has been developed by Curtin University to encourage and support students who have chosen to study at Curtin University. Find out more

# Indigenous Engineering Pathway Scholarship

Offered by: Murdoch University Value: up to \$12,000 Open date: August 23, 2024 Closing date: February 28, 2025 Murdoch University Indigenous Engineering Pathway Scholarship is for Aboriginal and Torres Strait Islander students seeking to access engineering study or careers via the Bachelor of Engineering Technology. Find out more

# Olive A Lewis Scholarship

Offered by: WA Department of Education Value: Up to \$1,500 Open date: September 2, 2024 Closing date: December 13, 2024 Olive A Lewis Scholarship for students in need of financial support. All applications must be received by 3 pm Friday 13 December 2024. Successful applicants will be notified in February 2025. Find out more

# Murdoch George Alexander Foundation Scholarship

Offered by: Murdoch University Value: \$24,000 AUD Open date: September 7, 2022 Closing date: January 29, 2023 The George Alexander Foundation's main point of focus is supporting access to education for promising young people, particularly those from rural and remote areas. Their aim is to help overcome barriers and make it possible for talented students to achieve their potential and go on to contribute to the Australian community. George Alexander believed in the notion of 'planting seeds and hoping they grow into pretty big trees'.

Find out more





# J. Willinge Regional and Remote Scholarship

Offered by: University of Western Australia Value: \$10,000 AUD Open date: July 1, 2024 Closing date: November 8, 2024

John and Melina Willinge have donated funds to The University of Western Australia ('the University') to provide the John Willinge Scholarship in the UWA Business School. The scholarship is provided to encourage and assist high-achieving commencing students who demonstrate leadership potential and are experiencing financial hardship to pursue a Bachelor of Commerce or Bachelor of Philosophy (Honours) with a degreespecific major from the UWA Business School. Find out more

## Mary Dillon Inspire Scholarship

Offered by: University of Western Australia Value: \$40,000 AUD Open date: July 1, 2024 Closing date: November 8, 2024

Mary Dillon has bequeathed funds to The University of Western Australia to provide an accommodation scholarship to assist and encourage eligible students from regional and remote areas of Western Australia to commence and undertake an undergraduate degree course at the University. Find out more

## Atlas Shrugged Essay Contest – Winter Round

Value: Up to \$25,000 USD Open date: October 4, 2024

Closing date: December 27, 2024

The Ayn Rand Institute has hosted annual essay contests on Ayn Rand's fiction since 1985, awarding over \$2.2 million in total prizes to students worldwide. Enter the *Atlas Shrugged* contest today for a chance to win up to \$25,000!

Atlas Shrugged is a mystery novel like no other. You enter a world where scientists, entrepreneurs, artists, and inventors are inexplicably vanishing—where the world is crumbling.

Every three months there is a new seasonal entry round, with its own unique essay prompt. You may compete in any or all of these entry rounds.

Find out more

## The Fountainhead Essay Contest - Winter Round

Value: Up to \$25,000

Open date: September 27, 2024

Closing date: December 20, 2024

The Ayn Rand Institute has hosted annual essay contests on Ayn Rand's fiction since 1985, awarding over \$2.2 million in total prizes to students worldwide. Enter *The Fountainhead* contest today for a chance to win up to \$25,000!

Winning essays must demonstrate an outstanding grasp of the philosophic meaning of *The Fountainhead*. Every three months there is a new seasonal entry round, with its own unique essay prompt. You may compete in any or all of these entry rounds.

Find out more

## Australian Schools Cyber Challenge

**Open date:** September 30, 2024 **Closing date:** February 7, 2025 Develop your students' real-world cyber security skills.





Students compete in a series of hyper realistic cyber challenges, learning essential theoretical knowledge and practical skill development to test their cyber security capabilities via an online learning platform.

- Event rounds commence Term 1 2025 and consist of 3 virtual rounds, with the 4th round (Finals) hosted in-person on the 24th June at Brisbane Grammar School
- Utilise the leading cyber security cyber range and training platform, accessible 24/7 from any location
- A \$250 (ex GST) entry fee is payable per team registered; schools can register multiple teams to participate
- Compete to become the leading Australian cyber security school.

## Find out more

## Science without Borders® International Student Art Contest

Value: Up to \$500

Open date: October 1, 2024

Closing date: March 3, 2025

The *Science Without Borders® Challenge* is an international contest that engages students and teachers in ocean conservation through art.

This annual competition inspires students to be creative while promoting public awareness of the need to preserve, protect, and restore the world's oceans and aquatic resources.

The theme for the 2025 Challenge is "<u>Marine Keystone Species</u>." Keystone species play a crucial role in keeping ocean ecosystems healthy and balanced. To apply for this year's contest, students should submit artwork featuring a keystone species that lives in the ocean, highlighting this creature's vital role in its marine ecosystem.

Find out more

## Anthology Personal Memoir Competition 2025

Value: €500 Open date: October 1, 2024 Closing date: August 31, 2025

Everyone has a story to tell. What's yours? Authors are invited to share a unique life experience. Whether your memoir recounts a transformative journey, a poignant moment, or a life-altering event, we welcome your story.

Find out more

# The impact of technology on apprenticeships

Technology has changed so many parts of our lives, including the way we work – and this also includes apprenticeships. We're going to take a look at the impact of technology on apprenticeships today, and how you can adapt and be prepared with future-proof skills.

## The evolution of apprenticeships

Apprenticeships have been around for a <u>long, long time</u>. Traditionally, they involved hands-on experience in traditional trade areas, such as building, craftsmanship, and cooking. Trade areas have grown over time to include things like engineering, plumbing, electrical, healthcare, and more.

But the emergence of digital tools and automation has changed skills that are essential in the workforce; and therefore changed what we need to learn through apprenticeships in order to be ready for work. While technical knowledge and experience is still valuable, workers need to have a much broader set of skills to succeed today.

## Digital literacy is key

While apprenticeships previously focused on mastering manual skills, there is a growing demand for <u>digital</u> <u>literacy</u>. No matter what your job is, you're probably going to need to use a variety of different technologies in your day-to-day work.

This means apprentices also need to be able to use a variety of software and hardware, understand basic tech concepts, and be able to adapt to evolving technologies. A solid foundation in digital literacy is now considered a fundamental skill for any apprentice.





## Remote apprenticeships?

Advancements in technology have also paved the way for <u>remote apprenticeships</u>; this means anyone can learn and collaborate from almost anywhere in the world. But to access these opportunities, apprentices need to be able to use virtual collaboration tools (like Zoom), and have a variety of basic digital literacy skills. Most importantly, this shift brings flexibility and accessibility to the forefront, allowing apprentices to connect with mentors and peers regardless of their location.

## **Embracing automation and AI**

The integration of automation and artificial intelligence (AI) has not only changed the way we work, but has also influenced the skills apprentices need to thrive. Apprenticeships are more commonly including <u>exposure to</u> <u>automated processes and AI-driven tools</u>, meaning apprentices must adapt to and understand these technologies.

## Soft skills for success

While technical skills are undoubtedly important, <u>soft skills</u> are becoming increasingly valuable too. Effective communication, adaptability, and critical thinking are skills that employers value no matter what job you're applying for.

Apprentices are encouraged to hone these skills as they navigate the complexities of the modern workplace, collaborating with diverse teams and adapting to the ever-changing demands of the digital economy.

## Find out more

Because of the impact of technology on apprenticeships, you should embrace digital literacy, remote collaboration, and an understanding of automation and AI. Learning both technical and soft skills will prepare you for the future – no matter where it might take you.

Read more about apprenticeships and traineeships on our website.

# Exam tips for students with disabilities and learning difficulties: What you can ask for and what you can do

Exam time can be tricky for everyone, but if you have a disability or learning difficulty, it can feel even more overwhelming. The pressure, the time limits, and even the exam room itself can make it harder to show what you really know. Luckily, there are ways to make the experience a bit easier – whether through formal supports or by using some helpful strategies on your own.

This article will walk you through what you can ask for if you have a diagnosis, and what you can do to help yourself even if you don't. You'll also find some useful tips to boost your confidence and manage exam stress if you're a student with disability or learning difficulty.

## Formal exam accommodations: What you can ask for

Formal exam accommodations are designed to level the playing field and ensure that everyone has an equal chance to show what they know. They're not about giving an unfair advantage, but about recognising that everyone's needs are different. Here's a list of some common accommodations that you can request in an exam if you have a disability or learning difficulty:

- **Extended time:** If you process information more slowly or need longer to write your answers, you might be able to get additional time to complete your exam. Typically, this could mean 25% to 50% extra time, but it varies based on individual needs.
- **Separate, quiet room:** For those who are easily distracted or find it hard to concentrate in a crowded room, sitting your exam in a quieter space can make a big difference.
- Use of technology: This could include using a computer, word processor, or speech-to-text software, which can be especially helpful if writing by hand is difficult. There are lots of different Text-To-Speech tools around, and your school may have rules or restrictions around which ones you can use for





example, if you're in New Zealand you need to use a tool that's <u>approved by the NZQA, or use their</u> <u>own provided tool</u>.

- **Reader or scribe:** A reader can read the questions aloud to you, while a scribe can write down your answers as you dictate them.
- **Modified exam papers:** For students who find it easier to read larger text, simplified language, or different-coloured paper, these modifications can help you understand questions more clearly.
- **Rest breaks:** Taking short breaks during the exam can be helpful if you experience fatigue or anxiety. This gives you time to reset and refocus without feeling rushed.

## How to request formal accommodations

If you think formal accommodations could help you, the first step is to have a chat with your school's learning support team, counsellors, or teachers. You'll usually need a diagnosis or assessment from a healthcare professional to apply, as this helps ensure your request is handled properly.

Once you've made your request, remember that it might take some time to process. It's best to start early – don't leave it until just before exam time. Your teachers and support staff are there to help you through the process, so don't be afraid to ask questions or check in on how things are going.

If you think you need formal accommodations, here's how you can start:

- 1. **Gather documentation:** If you have a diagnosis from a doctor or an educational professional, this documentation is usually needed to access formal accommodations.
- 2. **Speak to school staff:** Talk to your teachers, learning support coordinators, or school counsellors about your needs. They can guide you through the process and help you understand what's available. You should also be able to find some information on your school, district, or department's website, like this information from the <u>NSW Department of Education</u>.
- 3. **Plan ahead:** Don't wait until the last minute. It can take time for requests to be approved, so try to start the process as early as possible.

## Self-advocacy: What to do if you don't have a diagnosis or formal support

Not everyone has a formal diagnosis or access to formal supports, and that's okay. There are still things you can do to make exams a bit more manageable. The key here is self-advocacy—speaking up about what you need, even if it's just a small adjustment.

Start by talking to your teachers about your needs. Let them know what you find difficult during exams, whether it's concentrating, reading instructions, or managing anxiety. Even if formal accommodations aren't available, teachers can sometimes offer some flexibility, like allowing you to sit in a quieter spot, giving you a bit more time to review notes before the exam, or providing extra practice materials.

You can also try using assistive technology. Tools like text-to-speech software, digital highlighters, or voice recording apps can make studying easier. Even if you can't use these tools in the exam, practising with them during study sessions can help you feel more prepared.

Don't forget to ask for extra study materials too. Teachers are often happy to provide extra practice questions, study guides, or notes. The more familiar you are with the format and content of the exam, the more confident you'll feel when it's time to sit down and tackle it.

## Personal exam strategies: What anyone can do to improve performance

There are plenty of strategies you can try, whether or not you have formal support. Here are some practical things you can do to make exams a bit easier:

## Create a study-friendly environment

Having a quiet, comfortable space to study is really important. Set up a dedicated area where you won't be distracted. If you find background noise helpful, try playing soft music or using white noise. If you prefer silence, noise-cancelling headphones can help block out any unwanted sounds.

## Break study sessions into chunks

Instead of trying to study everything at once, break your study time into smaller, more manageable chunks. For example, study for 30 minutes, then take a 5-minute break. This makes it easier to focus and helps prevent feeling overwhelmed.





## Use memory aids

Tools like flashcards, mind maps, and mnemonics can be really helpful. They're a good way to break information into smaller pieces and make it easier to remember. You can make your own or use digital tools to create them online.

## Practise breathing techniques

If anxiety tends to build up before or during exams, breathing exercises can really help. Try slow, deep breathing to calm your nerves and bring your focus back to the exam. Start practising these techniques during your study sessions so they feel natural when you need them most.

## Manage your time during exams

Having a plan for your time can reduce stress and help you perform better. When you first get the exam paper, take a few minutes to read through it and plan your approach. If you get stuck on a question, move on and come back to it later if you have time.

## Building confidence and managing exam stress

Confidence is key when approaching exams, and it's something you can build over time. One simple trick is to use positive self-talk. Remind yourself of your hard work and past successes, even if they're small wins. This can help you feel more capable and less stressed.

Practising with mock exams is another way to boost confidence. Simulating the exam environment and working under timed conditions can help you feel more prepared. It's a good way to test your time management skills too.

Looking after your physical health is also important. Try to get enough sleep, eat regular meals, and stay hydrated. Your body and mind are connected—taking care of yourself physically can help you think more clearly during exams.

#### Where to get further support

If you need more help, there are people and resources you can turn to. Your school's counsellors or psychologists can provide emotional support, advice on managing anxiety, and tips for staying calm under pressure. They're there to help you, so don't hesitate to reach out.

Learning support staff can guide you through accommodation requests and help you explore other strategies to improve your exam performance. There are also online tools like <u>Chegg</u>, <u>Quizlet</u>, and <u>Grammarly</u> that can support your revision and organisation. These resources are designed to be easy to use, making them great options for any student.

#### Exams are just one part of your journey

Exams can feel like a big deal – especially if you have a disability or learning difficulty – but remember, they're just one part of your overall journey. With the right strategies and support, you can face them with more confidence. Whether you have formal accommodations, rely on self-advocacy, or use personal strategies, know that there are always options to help you through.

You've got this. Keep putting in the effort, take one step at a time, and be proud of the progress you're making. We also have <u>heaps more study tips</u> and <u>resources for students with disability</u> on our website.

## Top 7 spooky jobs

If you're a fan of Halloween and everything frightful, we've got some spooky jobs you might want to look into. Whether it's leading ghost tours, directing funerals, or creating wicked costumes, there's a little bit of something for everyone. Take a look.

## **Forensic Pathologist**

If you're curious and have a strong stomach, this could be the job for you. A Forensic Pathologists' job is to determine exactly why or how someone has died, usually done through a process known as an autopsy. Forensic Pathologists may also gather evidence directly from a crime or accident scene, as well as use their





## expertise to testify in court.

If you'd like to become a Forensic Pathologist, you'll need to first become a qualified medical practitioner, before undertaking further specialist training.

## **Funeral Director**

Also known as a Mortician or Undertaker, a Funeral Director's job is to help (you guessed it) plan a person's funeral. This includes all the nitty-gritty details, such as helping family or loved ones pick out a coffin, collecting bodies from mortuaries and preparing them for burial, and delivering or disposing of ashes after a cremation. You get to do some less morbid stuff too though, like picking out flowers and processing important documents. There's no specific qualifications necessary to work as a Funeral Director, but lots of experience will definitely help.

## SFX Makeup Artist

Special Effects (or SFX) Makeup Artists are responsible for some of the magic we see on screen. They use their skills and tools to create realistic wounds, terrifying monster masks, weird facial features, and a whole other stack of things that transform actors into something else entirely!

<u>Rick Baker</u>, the SFX Artist responsible for creations in *Star Wars*, *How the Grinch Stole Christmas*, and *Men in Black*, says this about his work: "When you're on the set and you get the makeup on this actor, and you actually see it start to become this living, breathing thing, it's magical."

Having training in makeup and arts can help you get your foot in the door with this career.

## **Ghost Tour Guide**

Love history, the outdoors, and are a confident speaker? Becoming a Ghost Tour Guide could be ideal. You'll get to lead people through some of the most haunted places in the world, all while fascinating them with your extensive knowledge.

You won't need any specific qualifications, just great storytelling skills.

## Death Doula

A Death Doula's (or Death Midwife) job is to help guide a person through the last stages of their life. Rather than taking care of any physical needs, Death Doulas provide emotional and spiritual support and guidance to their patients. They work to alleviate some of the fear and anxiety around death, for both the person dying and their families.

There are no formal qualifications to become a Death Doula, but many have often worked in a health-related setting.

## **Haunted House Operator**

Use your skills as a Haunted House Operator to create inventive and terrifying experiences. You can use your imagination and go wild! There's a lot of work that goes in behind-the-scenes of a Haunted House; creating props, lighting effects, sound systems, animatronics, and more.

You can read more about the ins and outs of running a haunted house from Jacob Eugster, owner of *Screamin' Acres*, <u>here</u>.

## **Spiritual Medium**

Spiritual Mediums are people who can communicate between the living and the dead. They typically use this ability in a helpful fashion, by bringing comfort and understanding to the family and friends of people who have passed away.

Sometimes they have even been used to help solve crimes and mysteries.

## Want more?

You can read tons more about all kinds of jobs (both spooky and not) here.

## Dressing professionally: A guide for high school students entering the workforce

Whether you're starting a part-time role after school, beginning a summer gig, or entering the workforce permanently, one important aspect of your first job is <u>understanding how to dress appropriately for your</u> <u>workplace</u>. Here are some tips to think about that could help you to get it right.





## Understand your workplace's dress code

Every workplace is unique. Different industries have different expectations for what's considered professional attire, here are some examples:

- **Business casual:** This is common in offices and customer service roles. It's more relaxed than formal business wear but still looks neat and polished. For example, a nice pair of trousers with a button-up shirt or blouse is a good choice. Avoid jeans, shorts, and t-shirts with logos. A pair of closed in shoes that are comfortable, practical and professional could also be a good investment, stay away from trainers, sandals, or high heels.
- **Uniforms:** Some jobs, like those in retail, fast food, or other service positions, provide uniforms that create a consistent look for the company. Sometimes uniforms includes specific instructions like wearing black pants or closed-toe shoes. If you're given a uniform, wear it exactly as instructed, and always make sure it's clean and not crumpled.
- **Casual or creative environments:** If you're working in a more casual or creative field, you might be able to wear jeans, sneakers, or even t-shirts. However, remember that casual doesn't mean sloppy, you should still wear clean, well-fitted clothing (without any offensive logos or images).

## **Consider safety requirements**

Uniforms, which can also include safety gear, may be provided by the company. You'll need to check and make sure that you're prepared with everything you'll need each day at work. Here are some common industries where safety items might be required:

- **Construction or warehousing:** You might be required to wear steel-toed boots, high-visibility vests, or protective helmets. Even if these seem uncomfortable at first, they're there to keep you safe.
- Healthcare or food service: You may need to wear gloves, aprons, or hairnets, especially if you're handling food or working in a lab. Safety shoes are often required in kitchens as well, they protect your feet if you drop anything and are usually anti-slip as well. These items protect you and others, so be sure to follow safety guidelines.
- Working outdoors: If you're in landscaping or lifeguarding, you may need sun protection, like a hat, sunglasses, or long sleeves. Look after yourself, and make sure you're following workplace guidelines.

# Figure out what to wear (and what not to wear)

Starting a new job and knowing what to turn up in can be stressful for everyone. Getting your outfit right can help to make you feel more comfortable at work and create a good first impression with your supervisor and co-workers. Here are a few "dos" and "don'ts" to keep in mind:

- **DO:** Choose clothes that fit well, are clean, and look put together. Even in a relaxed environment, this shows you're ready for the day.
  - **Example:** In a casual workplace setting, a button up shirt or blouse, polo shirt, or another plain top paired with slacks, chinos, a knee length or longer skirt, or khakis works well. Comfortable, clean loafers or low heels complete the look.
- **DON'T:** Wear anything too revealing, overly casual, or distracting. This includes items like flip-flops, vest or tank tops, singlets, short skirts or shorts, or tops with large graphics or slogans.
  - **Example:** Avoid wearing a hoodie and ripped jeans in a business setting. Although it's comfortable, it doesn't project professionalism.
- **DO:** Pay attention to your personal grooming. For many workplaces, a tidy appearance is part of looking professional. Brushed hair, clean nails, and, if applicable, minimal makeup can make a good impression.
- **DON'T:** Over-accessorise or wear too much cologne or perfume. Strong scents or excessive jewellery can be distracting and may not be suitable for certain work environments.





# Dress for success

Starting your first job is all about learning new things, and that includes dressing professionally for the role you're going to be doing. While your personal style is important, adapting to the dress code shows respect for the workplace and makes a positive impression. Plus, being well-prepared with the right attire gives you one less thing to worry about so you can focus on doing a great job.

## Ask if you're unsure

If you're uncertain about what to wear, don't be afraid to ask. Everyone has had their share of first days and the chances are they worried about what to wear too. You can either reach out to your supervisor, check the employee handbook, or observe what others wear. It's much better to ask than turn up wearing something unsuitable.

Need more advice? We have heaps of other resources to help you prepare for work on our website.

## Indigenous career stories in law

Exploring a career in law can seem challenging, but hearing the stories of Indigenous people who have made their mark in the field can be both inspiring and eye-opening. From fighting for justice to protecting the rights of their communities, these trailblazers show how the law can be a powerful tool for change. In this blog, we'll look at the journeys of some Indigenous lawyers, judges, and legal advocates who've overcome barriers and made a difference. Whether you're interested in law or just curious about career paths, these stories offer a glimpse into what it's like to turn passion into purpose.

## Dr Terri Janke

Ever since she was a teenager, Wuthathi, Yadhaigana, and Meriam woman Terri Janke knew she wanted to do something that made a difference in the world. Having unfortunately faced prejudice, she was inspired by her sister to study law at UNSW.

Her journey hasn't always been easy, but she has since established her own law firm and is now an international authority on Indigenous Cultural and Intellectual Property.

"I realised that the world wasn't always fair. I was pretty shy and I experienced a lot of racism as a child. It really hurt me. I just wanted to do something that was different, that could make a difference in the world."

You can read more about Terri's story here.

#### Justice Michelle O'Bonsawin

Odanak woman Michelle O'Bonsawin became heavily involved with her community when she was a teenager. Her passion for Indigenous and women's issues was ignited after meeting with her father's cousin, a community Elder.

Since becoming a lawyer, she's worked in many different areas, including employment, mental health, and human rights. And in 2022, she was appointed as the first Indigenous judge of the Supreme Court of Canada.

"I have never been a conformist, and I have always told those whom I mentor to be yourself and don't forget who you are, because if you change who you are, you're not true to yourself in your beliefs and your values. The best piece of advice is to be yourself. Do not forget who you are and where you come from."

You can read more about Michelle's story here.

#### **Darcy Cohen-Hunter**

Wurundjeri man Darcy Cohen-Hunter didn't always know what he wanted to do once he left school. At first, his biggest concern was whether he would rather wear a suit or high-vis.

He ended up choosing a suit, and recently graduated from an Associate Degree in Legal Practice (Paralegal) at RMIT. Now, he's started working as a Law Clerk with Slater and Gordon's Abuse Law team – an area he's incredibly passionate about.





"As we're constantly seeing in the media, there is a long way to go to improve the representation of Indigenous people. One improvement I'd love to see in law is having specific teams or focus groups within big firms that provide First Nations clients with First Nations lawyers. I believe this would make any legal process for mob less stressful and less intimidating."

You can read more about Darcy's story here.

## Justice Michael Lundberg

Wajarri Yamatji man Michael Lundberg's passion for justice came from his mother, Dr Sue Gordon, who was the first Aboriginal magistrate in Western Australia and a member of the Stolen Generations. In September 2022 – following in his pioneering mother's footsteps – he was appointed the first Indigenous Supreme Court judge in Western Australia.

It's an achievement he didn't even know he wanted when he first completed his degree in commerce and law – but he's proud to be giving back to his community and would definitely describe it as his "dream job". Now, he wants to encourage other young Indigenous students to consider a career in law.

*"It's finding places within the legal community that may not be traditional but where Indigenous people can actually make a difference from the inside."* 

You can read more about Michael's story here.

## **Merinda Dutton**

Gumbaynggirr and Barkindji woman Merinda Dutton's passion for law came from the stories her dad would tell her about being a survivor of the Stolen Generations.

She graduated from UNSW in 2013 with a Bachelor of Jurisprudence/Bachelor of Laws, and is now a senior lawyer at Legal Aid NSW. She's also been the recipient of the National Indigenous Legal Professional of the Year Award, and is an emerging writer and co-founder of <u>Blackfulla Bookclub</u>.

"I hope that I can get to the end of my legal career and say that I have been fearless in seeking justice and truth and that I have played a part in supporting Aboriginal people and communities to be self-determining."

You can read more about Merinda's story here.

## **Rosie Abbott**

Rosie Abbott is a wahine Māori barrister, passionate about using her cultural values to connect with offenders. While volunteering for Hoani Waititi Marae as a law student, she was exposed to an indigenous way of mitigating crime that aligned with her values – Te Whānau Awhina.

Now, she has pioneered a restorative justice program that helps troubled young people resolve their issues and avoid incarceration, Te Whare Whakapiki Wairua.

"I was able to speak my language and there is this connection to people – whakawhanaungatanga – that you don't get in the other courts. Families are also involved every step of the way."

Read more about Rosie's story here.

## Finding your own path

The stories of these Indigenous law professionals remind us that the path to a meaningful career is not always easy, but it's filled with opportunities to make a difference. Whether they're advocating for Indigenous rights, shaping policies, or helping individuals find justice, they prove that the law can instead be a powerful tool for positive change.

Hopefully these experiences have inspired you to think about the difference you can make in your own career,





whether it's in law, arts, health, business, or any field you're passionate about. Want to learn more about different careers? You can read heaps of other blogs on our website <u>here</u>.

## 5 ways to spend your gap year

Taking a gap year before the next stage of your journey, whether that's further studies, a trade, or entering the workforce, or changing careers, can be an incredible opportunity. It's a chance to stop and smell the roses, gain life experience, build valuable skills, or discover new passions. There are lots of ways you could choose to spend a gap year, but to help inspire you, here are just 5 meaningful ways you can make the most of yours.

#### Travel and volunteer abroad

Travelling to new places is one of the best ways to expand your world-view, especially when combined with volunteering. By helping in local communities with projects like teaching, wildlife conservation, or community development, you're not only giving back but also gaining insight into other cultures and ways of life.

- What you'll gain: Cultural awareness, language skills, adaptability, and new friendships from around the world.
- How to get started: Look into organisations that align with causes you care about. Some programs even offer extras like accommodation, which can be helpful if you're on a budget. Organisations like <u>Workaway</u>, <u>International Volunteer HQ</u>, <u>Projects Abroad</u>, and <u>WWOOF</u> (or <u>WWOOF Australia</u>) offer volunteer and work exchange programs all over the world.

## Get work experience and try out different jobs

If you're not yet sure what career path you want to take, trying out different jobs could help you get a better idea of what you enjoy. From working in retail or hospitality to trying out internships in fields like marketing, graphic design, or IT, the skills and experience you'll gain can be invaluable.

- What you'll gain: Work skills, financial independence, confidence, and connections that might lead to future job offers.
- **How to get started:** Look for job openings in your local area or apply for cadetships and internships in fields you're curious about. You could even give gig work or freelance opportunities a go, giving you the flexibility to explore different interests at the same time.

#### Learn a new skill or pursue a passion project

A gap year can be a great time to dive deep into a skill or passion project you might not have had time for during high school (or afterwards). If you've always wanted to learn a language, master an instrument, learn to scuba dive, develop coding skills, or start producing blogs or podcasts, this could be the perfect time to give it a go and unlock new talents.

- What you'll gain: Dedication, creative skills, time management, and a portfolio that could set you apart in applications and interviews.
- How to get started: Find online courses on platforms like <u>Coursera</u>, <u>Skillshare</u>, <u>Openlearning</u>, or even <u>YouTube</u>. Many platforms offer one or two free courses, a free trial period, or are are always free like <u>Khan Academy</u> and <u>Duolingo</u>. Look for local classes or clubs that align with your interests, too. Set personal goals and track your progress to keep your motivation high. Short courses, <u>microcredentials</u>, or certifications from platforms like <u>LinkedIn Learning</u>, edX, or <u>Udacity</u> are affordable options in a variety of subjects that could also help you to be prepared if you decide higher education is right for you.

## Start a small business or side hustle

If you've ever been curious about <u>entrepreneurship</u>, a gap year is the perfect time to dive in and try your hand at running a small business or side hustle. This could be anything from selling handmade crafts online, offering freelance services (like graphic design, photography, or tutoring), or even running a small pet-sitting or dogwalking business in your local area. Or if you have a big idea, be bold and look for investors, join incubators and prepare to launch your brand. Even if you choose not to continue, entrepreneurship is a crash course in everything from budgeting to marketing, and it can help you develop a sense of responsibility and creativity





that can be used in all walks of life.

- What you'll gain: Potentially a life long career and passion. Also, business and marketing skills, financial literacy, problem-solving, and a stronger work ethic. With the added bonus that any income you make can support future studies or personal goals.
- How to get started: Think about what you enjoy and what skills you have that people might pay for. You could sell items on platforms like <u>Etsy</u>, start a blog or YouTube channel, or offer local services. There are tons of resources online to help you start small, so take it one step at a time and watch your side hustle grow!

## Engage in personal growth and wellbeing

Personal growth might not sound like a "to-do" list item, but taking a break to focus on your mental, emotional, and physical health is incredibly valuable. You could use the time to establish healthy habits, start journaling, learn how to meditate, join mindfulness or fitness classes, or simply find balance after the demands of high school.

- What you'll gain: Emotional resilience, self-understanding, and positive habits that could help to keep you healthy and grounded throughout life.
- How to get started: Start small. Try yoga or meditation apps, read personal growth books, or look into joining local fitness groups. Set simple goals to make this period a time of meaningful self-reflection and growth.

#### Make your gap year your own

Ultimately, your gap year is about finding what's best for you and creating a journey that will enrich your life. So, try things that align with your goals, whether it's travelling, gaining work experience, or building new skills. With a bit of planning and an open mind, your gap year could be the most rewarding adventure of all. Find more information about gap years on our website <u>here</u>.

#### How to nail your scholarship interview

Being invited to a scholarship interview is exciting, but it can also feel pretty overwhelming – after all, there could be thousands of dollars on the line! But with some preparation and practice, you can walk into that interview feeling confident and ready to show them why you're the perfect candidate. In this blog, we'll provide you with some tips and tricks to help you nail your scholarship interview.

#### Why do some scholarships have interviews?

Scholarship interviews help the selection panel get to know you beyond what's on paper. They want to see your personality, understand your goals, and figure out if you're a good fit for their program. Think of it as your chance to bring your application to life.

Not all scholarships will require you to attend an interview – they're typically more common for very prestigious scholarships or those that come with work experience opportunities.

#### How to prepare for your scholarship interview

The key to a successful scholarship interview is preparation, so here are some tips to help you get ready for the big day.

#### Do your homework

Before you even step into the interview room, make sure you know what the scholarship is all about and who's offering it. Understanding their values and what they're looking for in candidates will help you present yourself as the ideal choice.

Take some time to research how much the scholarship is worth and what it covers too – this shows you're genuinely interested in the opportunity.

#### Get your achievements ready





Make a list of things you're proud of, including academic achievements, leadership roles, and times you've overcome challenges. Having specific examples ready makes it easier to answer questions about your experiences and skills. Remember to think about how these achievements relate to what the scholarship provider is looking for.

## Practice common questions

During the interview, you can definitely expect to be <u>asked questions by the interviewers</u> that will help them decide what makes you stand out from other candidates. Here are some questions that often come up in scholarship interviews:

- Why do you want this scholarship?
- What are your educational and career goals?
- How will this scholarship help you achieve these goals?
- What makes you stand out from other candidates?
- Can you tell us about a time you showed leadership/overcame a challenge?

Try practicing your answers with family or friends – the more you practice, the more natural your responses will feel.

#### Tips for interview day

You've done all the preparation, and now it's time for the interview itself. Here are some key things to remember to help you make a great impression.

#### Look the part

First impressions count – dress professionally but comfortably. You don't need to wear a suit, but avoid anything too casual like jeans or sandals.

#### Show confidence (even if you're nervous)

It's totally normal to feel nervous, but there are ways to appear confident. Make eye contact, smile, and sit up straight. Remember to speak clearly and listen carefully to questions before answering. The interview panel isn't trying to trip you up – they just want to get to know you better.

#### Have questions ready

Prepare some thoughtful questions to ask at the end of the interview (if you're given the opportunity). You could ask about what a typical day looks like for a scholarship recipient, or what special opportunities might be available. This shows you're interested and engaged with the program.

#### After the interview

Send a thank you email to your interviewers and follow up if you haven't heard back within their stated timeframe. Most importantly, stay positive – if you don't get this one, there are always more opportunities out there.

#### Want to know more?

You can find more scholarship tips and opportunities on our website, or check out our other blogs about study.