



Careers Newsletter

28 August 2019

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 Ms Janes please call 9414 4310 or email djanes@stpiusx.nsw.edu.au

➤ **JOBJUMP - PARENTS AND STUDENTS PLEASE WATCH YOUTUBE VIDEO AND SIGN UP**

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

To register go to <https://www.jobjump.com.au/>

Search school – St Pius X Chatswood

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

Password – pius (lower case)

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

➤ **UOW COLLEGE | INFORMATION EVENING**

4 September 2019, 5:30 pm - 7:00 pm

UOW College Australia, Keiraville

Are you thinking about applying to UOW College? Do you have an offer to study at UOW College already, but still have questions? Don't worry! UOW has got you covered. They have pathway programs to get you into University of Wollongong and vocational courses in Nursing and Fitness to get you job ready and set you up for the future. Come along to the information evening, meet with staff and students and find about courses offered and more at the Wollongong campus.

Find out more: http://mkto.uow.edu.au/20190904-Wollongong-UOWCInfoEvening_Registration.html

➤ **UTS | HIGH PERFORMANCE SPORTS CLUB 2020 INFORMATION EVENING**

20 September 2019, 7:00 pm - 9:00 pm

University of Technology Sydney

UTS Sport in association with the UTS Sports Clubs offer a range of sporting scholarships for prospective high performing athletes. Meet with club representatives for specific scholarship information and advice.

Students can also receive advice and guidance on how to submit their Elite Athletes and Performers Application.

Find out more: <https://activateuts.com.au/sport/hp-sports-clubs-info-evening>

➤ POLICE RECRUITMENT INFORMATION & PCT PRACTICE SESSION

7 September 2019, 8:00 am - 12:00 pm

PCYC Broken Hill

If you are interested in a career with the NSW Police Force the Recruitment Branch would like to invite you to an Information and Physical Capacity Test practice session.

The aim of the session is to provide you with a “try before you buy” insight into the NSW Police Force recruitment process and physical capacity testing day. This event is a practice session only and will not be recorded as an official result.

You will be provided with important recruitment information and an opportunity to gain hands on practice for each of the physical tests. Qualified NSW Police PTI's will be on hand to answer your test and fitness questions.

Find out more: <https://www.eventbrite.com.au/e/police-recruitment-information-pct-practice-session-broken-hill-tickets-67100608727>

➤ AIE | THE LUNCH AND LEARN SERIES: EAT, LEARN AND LEVEL UP YOUR INDUSTRY KNOWLEDGE

11 September 2019, 12:00 pm - 1:00 pm

Online

Hungry for both lunch and knowledge? Join the Academy of Interactive Entertainment online and hear from Industry Experts about what it takes to get started in:

- Games
- Corporate Gamification
- Film
- VR
- Game Programming
- Art and Animation

All whilst you eat your lunch! These events will only be made available to those who register.

Find out more: <https://aie.edu.au/workshop/the-lunch-and-learn-series-eat-learn-and-level-up-your-industry-knowledge/>

➤ TAFE NSW | OPEN DAY

14 September 2019, 9:00 am - 1:00 pm

Join us at TAFE NSW Open Day for interactive workshops, live demonstrations, explore our world-class facilities and meet your expert teachers!

If you're looking to kickstart your career with a diploma or degree, become an aspiring apprentice, launch your small business, or gain exciting new skills, TAFE NSW can help you be in a career you love.

The following campuses will be open:

- TAFE NSW Design Centre Enmore
- TAFE NSW Northern Beaches
- TAFE NSW Ultimo

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

➤ **NOTRE DAME | GETTING TO KNOW NURSING**

24 September 2019, 6:00 pm

The University of Notre Dame, Darlinghurst

Thinking of becoming a nurse? Start your journey at the University of Notre Dame's leading nursing school.

To explore the Darlinghurst campus and learn more about what to expect from the Bachelor of Nursing degree, come along to Notre Dame's "Getting to Know Nursing" information evening and hear from the experts.

Find out more: <https://www.notredame.edu.au/events-items/getting-to-know-nursing>

➤ **AIE | ONLINE INFORMATION EVENING**

25 September 2019, 7:00 pm - 9:00 pm

Online

Come along to our Online Information Evening and hear all about how AIE can help YOU get started in Games and Film!

Hear from our Industry Experienced Lecturers on the different disciplines at AIE, what you'll learn and what it will take to get started in the Games and Film Industry.

Find out more: <https://aie.edu.au/workshop/online-information-evening-how-to-start-your-career-in-games-film-without-quitting-your-job/>

➤ **WSU | CAMPBELLTOWN CAMPUS TOUR**

4 October 2019, 4:00 pm - 5:00 pm

Western Sydney University Campbelltown Campus

Come and explore all Western Sydney University has to offer. On the first Friday of each month WSU open their doors to prospective students, their family and the general public. Take one of their guided Campus Tours and see what life at Western is really like.

You'll take a tour of the lecture theatres and teaching facilities, stroll through campus libraries, take in various food outlets and have the opportunity to learn more about the various degrees on offer, course selection, living on campus and university life.

Find out more: <https://www.westernsydney.edu.au/future/student-life/events/campus-tours.html>

➤ **SOUTHERN CROSS CULTURAL EXCHANGE | ONLINE INFO SESSION**

17 October 2019, 6:00 pm

Online

At SCCE, we understand that there is a lot to consider when going on exchange.

If you can't find a suitable public information session near you, we are happy to offer our free monthly webinars which not only guide you through your program options, offer information about some of our incredible destinations while explaining your scholarship options, but also give you the opportunity to interact with members of our team and ask any questions you may have online.

Find out more: <https://scce.clickmeeting.com/oct-17-info-session-1/register>

➤ **CSU | EXPLORATIONS SERIES: SKY STORIES COMMUNITY OBSERVATION NIGHT**

10 September 2019, 5:00 pm - 8:30 pm

Charles Sturt University, Orange Campus

Western science meets Aboriginal knowledge. See our stars from both perspectives.

Sky Stories is a melding of Western science and Aboriginal knowledge – a chance to look at the stars and see them from two perspectives.

On the night there will be telescopes for viewing the night sky will be available and a free BBQ.

Sky Stories is a professional learning project initiated by Charles Sturt University and coordinated and co funded by Future Moves, designed to use astronomy to engage students in Science, Technology Engineering and Mathematics

Find out more: <https://about.csu.edu.au/community/events-and-lectures/events/upcoming/orange/explorations-series-sky-stories>

➤ **UON | WOO V SPENCER: ENDGAME**

11 September 2019, 9:20 am - 2:40 pm

University of Newcastle, Callaghan

The University of Newcastle's Faculty of Science in conjunction with the Cessnock Academy of STEM Excellence (CASE) invites Grade 5 – 10 students, families and the community to attend a special STEM event at the University's Great Hall.

Woo v Spencer: Endgame will bring together outstanding STEM experts from the University, Education and Industry, including of course the awesome Eddie Woo and Adam Spencer. Students will enjoy over 2 hours of fun with mathematics, problem solving, STEM careers information and much more.

Find out more: <https://www.eventbrite.com.au/e/woo-v-spencer-endgame-tickets-62964506534>

➤ **YOUNG ENTREPRENEUR SESSION: INTERACTIVE ARTWORK**

11 September 2019, 3:30 pm - 5:30 pm

Armidale War Memorial Library

Taking a passion to a startup can be quite a journey for a young entrepreneur – and we are so pleased to be bringing Jonathon Bolitho to Armidale to tell us all about it.

Join us to hear about Jonathon's startup journey and learn all about his projects, including his most recent project, "An Artist, A Farmer and a Scientist". This project has involved working with a soil scientist and farmer based in Inverell to create prototypical and interactive models/artworks of humus in soil.

We welcome students from Armidale and around New England to join us for this special event to learn how you can take your passion for music, art or tech into a successful startup.

Find out more: <https://www.eventbrite.com.au/e/young-entrepreneur-session-interactive-artwork-armidale-tickets-69688176211>

➤ **MACQUARIE UNIVERSITY | ASTRONOMY OPEN NIGHT**

11 September 2019, 6:30 pm - 10:00 pm

Macquarie University

Join us for an incredible night of astronomy, astrophysics, photonics, astrophotonics and all things physics – including a large outdoor area full of telescopes where you can observe celestial objects.

Weather permitting, there will be up to 30 telescopes aimed at the glittering night sky, operated by both Macquarie University astronomers and amateur astronomers alike. Meet and chat with real-life astronomers, observe stars, planets, nebulae, star clusters and much more, and discover the night sky like you never have before.

There will be a series of short talks about recent discoveries and new technology in astronomy, the role of radio astronomy, the impact of light pollution, and an illustrated talk from Macquarie University's Dr Richard McDermid about the hunt for supermassive black holes. View our full program [here](#).

Have fun at the Physics Magic Show, experience our universe in a Planetarium and see an exhibition of astrophotography. There will be plenty of food options available on the night and free parking onsite. Alternatively, catch the newly opened Metro to Macquarie University station.

Find out more: <https://www.mq.edu.au/about/events/view/astronomy-open-night-6/>

➤ **SCHOLARSHIPS**

UNSW | ACADEMIC ACHIEVEMENT AWARDS (AAA)

Value: \$5,000 AUD

Open/Closing Dates: July 1, 2019 – December 19, 2019

These Awards are provided to encourage academically gifted local Higher School Certificate (HSC) or equivalent students from NSW and ACT high schools to undertake undergraduate study at UNSW.

This award can be deferred for up to 2 years, if the offer of Admission is formally deferred and the student does not undertake any other tertiary study in the meantime.

The AAA cannot be held in conjunction with a UNSW Scientia Scholarship.

Payment of the award is made only if students are enrolled in a full-time undergraduate degree program at UNSW, as at Census date in the year of award.

AAA offers will be made by UNSW to students that achieve the highest ATAR (not including bonus points) at NSW and ACT high schools, excluding TAFE, and accept an offer and enrol at UNSW in a full-time undergraduate degree program. AAA's are automatically offered by UNSW based on Australian Year 12 results for students applying for admission via UAC commencing Term 1, 2020. UNSW must be at least one of the applicant's UAC preferences, as at ATAR release date, in order to be considered. AAA offers will be made by UNSW to students that achieve the highest raw ATAR (not including adjustment factor points) at NSW and ACT high schools.

How to apply: You do not need to submit a Scholarship application to be considered for this Scholarship. However, applicants will need to submit a [UAC Undergraduate Admission application](#) and list UNSW as a preference by 19 December 2019 for December Round 2 Offers. Eligible candidates will be identified through their UAC application. Interviews are not required for this Scholarship. Multiple students from the same high school may be made an offer.

[Find out more](#)

➤ 2020 GENERAL MERIT UNDERGRADUATE SCHOLARSHIPS FOR HIGH SCHOOL LEAVERS

Value: \$5,000

Open/Closing Dates: July 10, 2019 – October 1, 2019

The General Merit Undergraduate Scholarship is open for recent High School Leavers commencing any undergraduate coursework degree program in 2020, who seek to use their academic, leadership and community engagement experience to make a positive contribution to university life.

To be considered students must submit a scholarship online application and apply for admission to a UNSW undergraduate degree program for commencement in Term 1, 2020 (via UAC or by any other UNSW admission scheme). Applicants will be assessed on the basis of:

- Academic merit
- School and community leadership roles
- Commitment to extra-curricular activities (such as music, sport, debating, leadership programs, community and volunteer work etc)

[Find out more](#)

➤ COMPETITIONS: BLACKTOWN CITY ART PRIZE

Entries are now open for the 2019 Blacktown City Art Prize.

The Blacktown City Art Prize is a highly valued art prize, with cash prizes of \$20,000 and acquisitive awards. Local, regional and national artists are invited to submit entries in drawing, painting, sculpture, ceramics and mixed media.

The winner of the Blacktown City Art Prize will receive \$15,000. Three supporting prizes will also be awarded:

- Aboriginal Artist Prize (\$2,000)
- Local Artist Prize (\$2,000)
- People's Choice Prize (\$1,000)

Entries close Tuesday 8 October.

Find out more and enter here: <https://blacktownarts.com.au/entries-open-for-the-2019-blacktown-city-art-prize/>

➤ UNSW'S INDIGENOUS TUITION PROGRAM

The [Indigenous Tuition Program \(ITP\)](#) is a program that's funded by the Commonwealth Department of Prime Minister & Cabinet (DPMC) and administered by Nura Gili at [UNSW](#). If you're an indigenous student who is applying for a course at UNSW, or is already studying there, you could be eligible to receive up to 1 hour per week, per subject, additional tutorial assistance during the teaching period.

It's a program that's designed to improve educational outcomes for indigenous students, and make sure you graduate with the GPA possible.

Once you're accepted for a place at UNSW you'll have to [register](#) for your place.

➤ UNSW'S EAPL PROGRAM OPEN

What is EAPL?

If you're planning on applying to UNSW to study in 2020, and you've been excelling in a sport, academically, in leadership, and/or in music, and performing or competing at an elite level in Years 11 & 12. Then you could be eligible to apply for UNSW's Elite Athletes, Performers and Leaders (EAPL) Program.

How could it help you

It could mean you receive up to 5 adjustment factors (bonus points) on your application, that could help you get onto the university course of your choice.

AND

- flexibility in your study load and timetables to help you meet your sporting / performing commitments
- access to distance education to help you catch up on missed studies
- course completion extensions to help you meet your workload
- assessment extensions
- permission to take leave of absence if required
- cross-institutional study options (even inter-state)
- swap between online and campus modes of education
- option to sit exams externally
- minimum attendance at lectures, tutorials and practicals waived

If you think you're eligible and you'd like to apply, the applications for 2020 are **open now** and **close 11.59pm on 30 November 2019**.

You'll have to apply for the EAPL program through UNSW directly, and you'll still have to put in an application through UAC too.

We've got more information on our [Alternative Pathways](#) page.

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➤ WORK EXPERIENCE AT CSIRO

The Commonwealth Scientific and Industrial Research Organisation ([CSIRO](#)) are Australia's national science research agency.

They're using science to solve real issues that affect our communities, economy, and our planet.

Responsible for inventions like fast Wi-Fi, Aerogard and polymer banknotes – thanks guys.

Their current projects include: looking for the first gravitational waves in space, growing gluten-free grains, 3D-printing body parts and pioneering new renewable energy sources.

If you're a high school student with a passion for science or engineering, you could apply for one of their 5-day, work experience programs. You'll get first-hand experience in science and research (science or engineering fields), or with one of their support services.

Eligibility:

You must be a Year 10, 11 and 12 student enrolled in an Australian secondary school that has a work experience program.

Be able to get to and from work, and cover any costs incurred.

Benefits:

- get everyday work experience
- find out about the type of work that goes on
- learn more about some of the jobs available
- gain new skills
- explore your interests
- find out if you'd like to do further study or work in the fields

When

Placements usually take place between May and December (excluding school holidays).

How to apply

You'll have to apply by contacting a member of staff directly. If you know someone who works there, they can help you.

Otherwise you can search through the [staff directory](#) for someone working in a field that interests you. Then contact them directly to see if they are available to host you.

If you're successful, you'll need to send in a completed work experience agreement form that'll have to be signed by yourself, your school, your parent/guardian and your CSIRO Work Experience Host.

Applications for 2019 are now closed, but if you'd like to apply for 2020, keep your eye on the [CSIRO webpage](#) to find out when applications are open, or contact your chosen member of staff to find out more. This year they closed in mid-April and students found out if they'd been successful between May and June.

➤ **OPEN DAYS | 26 – 1 SEPTEMBER 2019**

Are you up to your eyeballs in free goody bags from Uni Open days yet?

If not, there's still more chances to grab some loot.

And if you're thinking you've missed the boat, don't worry, it's not too late – we've listed the open days happening near you this week.

(And don't forget, if you've missed the open days for your top choice Unis, call them. Many of them offer campus tours and informal sessions, so you can still explore and find out more about them).

Online:

[Torrens University | Virtual Open Day](#) Tuesday 27 August | 12:00 pm – 2:00 pm

[CQUniversity | Online Open Day](#) Wednesday 28 August | 3:00 pm – 6:00 pm

[Academy of Interactive Entertainment | Virtual Open Day](#) Saturday 31 August | 12:00 pm – 4:00 pm

NSW:

[CSU Open Day | Dubbo](#) Friday 30 August | 8:00 am – 5:00 pm

[UTS Open Day](#) Saturday 31 August | 9:00 am – 4:00 pm

[University of Sydney | Open Day](#) Saturday 31 August | 9:00 am – 3:00 pm

[University of Newcastle | Callaghan and NeW Space Open Day 2019](#) Saturday 31 August | 9:00 am – 2:00 pm

[University of Notre Dame Open Day – Sydney](#) Saturday 31 August | 10:00 am – 2:00 pm

[UTAS | Sydney Open Day 2019](#) Sunday 1 September | 10:00 am – 3:00 pm

➤ VOLUNTEER AT THE TOYOTA COUNTRY MUSIC FESTIVAL IN TAMWORTH

The Tamworth Regional Council is currently seeking volunteers to assist with the running of the Toyota Country Music Festival in Tamworth. The festival will run from Friday 17 to Sunday 26 January in 2020.

This is an exciting opportunity to be involved in one of the largest music festivals in Australia. Learn skills in event management and communications, and make friends along the way! Find out more and apply [here](#).

➤ 6 TIPS FOR BETTER SLEEP

It's recommended that in your teens you average between 8-10 hours per day of good quality sleep. But recent studies have shown that Aussie teens are only getting 6.5-7.5 hours a night.

Why do you need sleep?

Sleep is good for your overall physical and mental health

- Your body repairs itself and carries out essential maintenance when you sleep
- You grow when you're asleep
- Your brain processes information while you sleep (so it definitely helps you memory and learning skills too)
- Sleep allows you to function effectively the next day, by improving your concentration and having higher energy levels
- Sleep is a mood enhancer (just see how cranky your parents are after too little sleep, or watch a toddler going into melt-down when they're over tired)

What is good sleep?

According to the [National Sleep Foundation](#), good quality sleep is summarised as:

- You sleep a total of seven to nine hours in a 24-hour period, more often than not
- Falling asleep in 30 minutes or less
- Waking up no more than once per night, or for no more than 20 minutes in total
- You feel refreshed when you wake up (not immediately – those people are a rare breed – but once you've had time to fully wake up)
- You feel alert productive during the day

If you're not getting quality sleep, here's **6 ideas** to try:

1. Get comfy

Make sure you have a comfy mattress and pillow that suits your body type.

If you're a light sleeper consider using black out curtains, eye masks and even ear plugs (make sure there's someone around to wake you up if you sleep through your alarm).

Get the temperature right for you by making sure you're not going to get too hot or too cold.

2. Establish a good bedtime routine

Back in our cave dwelling years the signal for humans to sleep was when it got dark, but that's not so practical in our modern lifestyles.

But you can help your body to recognise it's nearly time to sleep. Which could help you get to sleep earlier, more quickly, and get that better quality sleep.

Warm milky drinks, almond milk, chamomile or valerian tea, coconut water, banana smoothies and tart cherry juice are all reputed to induce better sleep. Do a bit of yoga / meditation / light stretches, have a relaxing bath or shower, read a book.

3. Exercise

Getting enough exercise during the day could definitely improve your sleep. There's no right and wrong exercise, so whatever you enjoy; bike riding, walking, running, skate boarding, swimming, or playing cricket – just try and do a little bit every day.

4. Get outside

Sometimes you might not see the daylight all that often. Between school, study, downtime etc., it can be tricky.

But letting your body get more exposure to daylight could help your brain figure out when it should be awake, and conversely... when it should be asleep.

So even if you just study on the patio, or near a window. Maybe walk to school instead of taking the bus (you've just done your exercise for the day too), take your breakfast outside and enjoy some sun on your face. It costs you nothing and is definitely worth a shot.

5. Avoid

There are some things that are counter-productive to sleeping. You won't have to avoid them all the time, maybe just try cutting them out (or down) in the hours before bedtime, and see if it makes a difference.

- Stimulants like caffeine after mid-afternoon, and chocolate's also a potential stimulant so you could *try* and avoid that too
- Heavy meals and other indigestion triggers close to bedtime
- Emotionally upsetting conversations – put them off until the morning if you can
- Too much activity just before you want to nod off
- Excessive screen time

6. Use tools to help you

There are lots of people out there who suffer with insomnia and other sleep issues. While that kind of sucks (especially when you're one of them), the good news is that there are lots of apps that could benefit you.

- [Calm](#) has a range of guided meditation, sleep stories and music all designed to help you sleep more easily and better
- [Pzizz](#) uses [psychoacoustics](#) (combinations of sounds that affect the body's responses – from heart rate, to breathing etc.), to help you fall asleep faster and stay asleep
- [Noisli](#) is perfect for those who can't sleep when it's too quiet, where you can create the perfect ambient background sounds for you
- [Headspace](#) can help you learn to meditate, which could also help you improve your ability to relax better and therefore get better sleep
- [Sleep cycle](#) will monitor your sleep, and could improve your sleep by helping you to find problem areas and establish better routines. It also has an alarm which will wake you up when you're in a light sleep rather than a deep sleep, which might make the waking up process easier and more pleasant.

If you can't avoid the temptation of screen time (or you're using an app), then you could try reducing the brightness of your screen, while you're at it try reducing the brightness of the lighting in your bedroom too.

It's also great to set your phone on night mode, it will automatically turn on at night and off in the morning (you select the times) and you won't receive notifications or alerts during that time (yes, your alarm will still work).

Ultimately, improving your sleep habits, could make you happier, healthier, and find studying easier.

➤ TIME MANAGEMENT HACK | THE POMODORO TECHNIQUE

If you're struggling to be productive, finish assignments, meet deadlines and get your revision going smoothly, the [Pomodoro Technique](#) might help you out.

Developed by Francesco Cirillo in the late 1980s, he used this technique while at Uni. It could help you get more done – and that includes more fun. It's all about breaking tasks and time down in short, manageable chunks and taking regular breaks.

Get ready

You'll need to be a little bit organised. Work out what you want to achieve, and figure out what time you have available to complete your tasks. And you'll also need a timer – old school kitchen timers will do the job, or use what's available on your phone or computer. If you find you're loving this technique, you can download the official [Pomodoro timer](#) to your phone for \$1.99.

Begin

- Choose the task you'll be focusing on
- Set the time for 25 minutes and commit yourself to work on the task without interruption. If something else pops in to your head while your working jot it down so you don't forget, but don't allow yourself to deviate.
- When the buzzer goes, stop working & take a break. Don't be tempted to keep working – walk away from your desk for at least 5 minutes.
- One whole cycle of work and a break is a Pomodoro – keep track of how many cycles you've completed by making a note on a piece of paper (it'll help you realise how long you need to accomplish tasks in the future)
- Go back to your task and repeat the Pomodoro cycle.
- After 4 or 5 cycles, take a longer break. 20-30 minutes at least.
- Start the process again
- Use a few minutes out of the last Pomodoro to go over all the work you've done, and assess your progress. Stop when your task is complete, or when you've run out of time for the day, whichever suits you best.

Benefits

You'll start learning to anticipate how long tasks will take you, and how much time you need to accomplish it. Improving your planning and time management skills, are great to add to your CV.

Learn to avoid interruptions, so you can deal with them at a more suitable time (includes text messages, emails and notifications from your mates).

Establish a great work ethic which could help you out now, but will continue to be useful later in life too.

Taking breaks regularly could stop you feeling stressed and frazzled at the end of the day, it could also help you take in more of what you're learning.

You might have to try it out for a few days to get used to it and decide whether you find it useful or not. But it could be well worth a try if you're struggling to check off your to-do list.

➤ BE AN AU PAIR

Wondering what do with the gap year you're keen to take, or how to make it possible financially?

There are lots of options, but if you'd like to travel, immerse yourself in everyday life in another country, and experience things other travellers won't necessarily get chance too. You could consider becoming an Au Pair.

What will be expected of you?

You'll live with a host family. In return for your accommodation and food, and usually a little bit of spending money, you'll look after their children and maybe do some light household chores.

Benefits include:

You get to travel safely.

Living with a family, you'll make new friends, get to learn more about other languages, cultures, try new food and see how people really live in other parts of the world.

You'll be financially stable while you travel.

And you'll be getting valuable work experience, that will look great on your CV too.

Who would it suit?

If you love children, are sociable, responsible, and willing to be flexible and get stuck in, then being an au pair could be perfect for you.

Get started

There are lots of different agencies who will happily sign you up as an au pair.

Spend a bit of time researching the companies, their track records, and find out what the differences are.

Once you've made your choice, you'll have to register (there will most likely be a fee involved). Then search for an available host family in the country you'd like to visit.

Have an online interview with the family to see if you suit one another. Ask questions, find out what's expected of you and make sure you're happy with the situation.

If you go ahead, you'll then need to sign a contract and fill out any necessary paperwork. You might need to get a police check, and apply for a visa if necessary.

Then get ready for your trip.

Here's some Au Pair companies

To start you off on your au pair journey, check out:

AuPair.com

AuPairWorld

[Year 13](http://Year13)

STA Travel

Global Work and Travel Co.

Au Pair in America

➤ JOB SPOTLIGHT

CHILDCARE / EARLY CHILDHOOD EDUCATION

People best suited to a career in early childhood sectors should:

- Be **passionate** about working with and caring for children
- Be able to **relate** to and **communicate** with people of all ages. Including babies, infants, toddlers and pre-schoolers, colleagues (senior and junior), parents and other industry professionals
- Have lots of **patience**, **compassion** and **creativity**
- Work well in a **team**, and be **flexible** and **willing** to do a variety of activities and jobs, and work different shifts
- Be physically **fit** and healthy, to lift children and equipment. And stay **active** for long periods, whilst remaining **alert** and **observant**

- Have the ability to keep **calm** under pressure and in emergency situations
- Possess **good judgement** and **emotional intelligence**
- Bring lots of **energy** and **enthusiasm** on a daily basis

Industries where you find early childhood workers and educators:

- Daycare
- Education
- Before and after school care
- Healthcare
- Training

Pathways

If you're thinking you have all the right skills and attributes, and would really like to work with children, you'll have lots of choices to make about what job you'd like to do and the qualifications you'll need to get there.

You could go to University and obtain a degree which would qualify you to work as a teacher for pre-school aged children.

Graduate from a [Bachelor of Early Childhood Education at VU](#), including completion of supervised work experience. You'll then be eligible to register with the [Australian Children's Education and Care Quality Authority \(ACECQA\)](#) and your local state or territory registration authority e.g. [Victorian Institute for Teaching \(VIT\)](#). You'd be qualified to teach children aged 0-5 years old.

Complete a [Bachelor of Education \(Early Childhood and Primary\)](#) at ACU and you could graduate with the option of teaching any ages between 0-12years.

The [3 + 2 Teaching Pathway from UWA](#) is an example of a University course that would give you all the qualifications you'd need to get you a great head start on your career advancement after graduating. You could work in any government or independent school, plus other early childhood settings, both nationally and internationally.

Alternatively, you can start out at TAFE or other RTO (registered training organisation) and gain a Cert III or IV, or a Diploma in Early Childhood Education and Care. Get some work experience and decide if you'd like to study further, to qualify for promotions.

The [Certificate III in Early Childhood Education and Care](#) completed through any RTO (see details on the [My Skills](#) site), in conjunction with a traineeship (NSW, TAS, VIC, QLD, SA & WA), or apprenticeship (NT), could qualify you to work as an Early Childhood Educator within 12 months. You'll also be able to work while you study.

Levels

Kindergarten or Early Childhood Teacher

Bachelor Degree

Introduce young children to literacy and numeracy, build confidence and social skills through creative lessons like art, storytelling and drama.

Lesson planning, recording and reporting on children's progress, communicating with parents are the major elements of this job.

The average wage for pre-school teachers is \$72,000 per year.

Jobs:

[Early Childhood Teacher in Victoria](#)

[Early Childhood Teacher – Penrith, NSW](#)

[Early Childhood Teacher- Huon Valley, TAS](#)

Child Care Centre Manager / Director / Coordinator

Minimum Diploma of Early Childhood Education and Care is required

Managers have ensure their centre runs in accordance with laws, best practises and a budget. They're responsible for the welfare of the children attending, and manage the staff in the centre.

They might have to create programs and activities for the kids, create staff rosters, carry out book keeping and administrative duties, enrol new families and deal with any problems or complaints that arise.

The average salary of centre managers in Australia is \$66,144 per year.

Jobs:

[Centre Manager – Regional Queensland](#)

[Centre Director – Sydney, NSW](#)

[Early Childhood Education Leader – Maroondah, VIC](#)

Early Childhood Educator

Minimum Certificate III required

You'd be engaging with the children at the centre all day, every day. Implementing programs and completing documentation. You'll set up equipment, do activities with the children, supervise them at all times (including when they're sleeping, eating and in the bathroom).

You'd report to the centre manager and have to communicate daily with the children's families / carers.

The average wage for Educators is \$41,600.

Jobs:

[Early Childhood Educator – Malabar, NSW](#)

[Childcare Worker – Darwin, NT](#)

Out of School Hours Care (OSHC) Worker

Certificate III or Diploma (depends on the service)

OSHC workers have split shifts (early mornings and mid-afternoon through to early evenings) during the term time, and long days during the holidays.

They keep the children entertained, implement fun programs for them and make sure they are safely supervised.

The average salary of an OSHC Worker is \$44,000 per year (but varies with level of education and responsibility).

Jobs

[OSHC Assistant – Melbourne, VIC](#)

[Childcare Assistant – Nuriootpa, SA](#)

[OSHC Assistant Coordinator – Brisbane, QLD](#)

Authorised Officer

Some knowledge and experience of the National Quality Standard + complete ACEQA's (or other body) assessment and rating training.

Employed by state and territory regulatory authorities.

They monitor education and care services, enforce compliance, assess applications for approval, conducting assessment and rating visits, investigate reported incidents and complaints, and provide advice and guidance.

Salary is variable, Senior Officers can expect to receive around \$77,000 per year.

Jobs:

[Early Childhood Officer – Wide Bay, QLD](#)

[Community Liaison Officer – Sydney, NSW](#)

[ACEQA Senior Officer – Sydney, NSW](#)

Additional requirements:

In most states and territories, when working with children it is often required that you have the following additional qualifications:

- First Aid certificate
- anaphylaxis management certificate
- asthma management certificate
- Working with Children Check (WWCC)
- National Police Certificate

Future growth in this industry is **very strong**, as the population grows and it becomes more necessary, or desirable, for parents to return to work.

Ms D Janes – Year 11 Coordinator and Careers Adviser

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