

# BMGS CAREERS NEWSLETTER

Tuesday, 7 October 2021

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## Events

### [NIE | Free UCAT Information Session](#)

Monday 11 October 2021, 7:00 pm - 9:00 pm

Online

The National Institute of Education (NIE) is proud to present the free information seminar all about UCAT and the undergraduate pathways into medicine, dentistry, and some other health science programs. This is not a sales/advertising/promotional seminar. The session is packed with invaluable information during which we will be covering the following topics and more.

This forum is an excellent opportunity for teachers, students, and parents to find out about the UCAT and to have their questions answered by an expert who has been working in the field since 1999.

Find out more: <https://www.nie.edu.au/ucat-free/free-ucat-information-sessions>

### [Spark Festival 2021](#)

Wednesday 13 October 2021, 9:00 am - Thursday 28 October 2021, 5:00 pm

Spark Festival is the place where you can SPARK your big idea, your business, your career and your networks.

From October 13-28, join thousands of other ambitious Australians looking to learn and connect, to supercharge their creativity and uncover their purpose at Spark.

Find out more: <https://sparkfestival.co/>

## Scholarships

### [Charles Sturt Albury Wodonga Aboriginal Health Service Scholarship](#)

Value: \$10,000 AUD

Open/Closing Dates: September 1, 2021 – February 2, 2022

With a mission to improve health outcomes for the local Aboriginal community, the Albury Wodonga Aboriginal Health Service offers this scholarship to Aboriginal and Torres Strait Islander students commencing studies in Health and Rehabilitation, Speech Pathology, Nursing, Occupational Therapy, Physiotherapy or Podiatric Medicine on the Albury-Wodonga Campus.

[Find out more](#)

### **[UOW Vice-Chancellor's Elite Academic Scholarship](#)**

Value: \$10,000 AUD per year

Open/Closing Dates: July 19, 2021 – December 12, 2021

The Vice-Chancellor's Elite Academic Scholarship seeks to guide students who have demonstrated passion and potential to become ambassadors for the University of Wollongong.

[Find out more](#)

### **[National Summer Art Scholarship](#)**

Value: Development program

Open/Closing Dates: September 1, 2021 – October 11, 2021

If you are in Year 11 and interested in art, you can spend a week this summer at the National Gallery of Australia in Canberra.

Become one of 16 students selected from around the country – two from each state and territory – to participate in the 2022 National Summer Art Scholarship (16 – 22 January).

[Find out more](#)

### **[Rural Pharmacy Scholarship Scheme](#)**

Value: \$10,000 AUD per year

Open/Closing Dates: November 1, 2021 – January 31, 2022

The Rural Pharmacy Scholarship Scheme provides financial support to students from rural and remote communities to undertake undergraduate or postgraduate studies in pharmacy at university.

Scholarship holders are encouraged to seek employment in rural and remote areas following graduation.

[Find out more](#)

### **[University of Newcastle LGBTQIA+ Shaping Futures Scholarship](#)**

Value: \$4,000 AUD

Open/Closing Dates: September 1, 2021 – February 28, 2022

The Shaping Futures Scholarship Fund was established in 2011 with the aim of helping those students who are most in need. The LGBTQIA+ Shaping Futures Scholarship hopes to support a student who identifies as LGBTQIA+ and who is managing study alongside personal circumstances.

[Find out more](#)

### **[UNSW Mike Cannon-Brookes Endowed Scholarship](#)**

Value: \$10,000 AUD per year + 100% tuition fee remission

Open/Closing Dates: July 1, 2021 – September 30, 2021

The purpose of the Scholarship is to support students undertaking the Bachelor of Science/Bachelor of Science (Computer Science) program at UNSW.

To be eligible, applicants must:

- Be Domestic students (Australian Citizen, Permanent Resident (including Humanitarian Visa Holders) or New Zealand Citizen)
- Be commencing in the Bachelor of Science/Bachelor of Science (Computer Science) in Term 1, 2022.

If a suitable candidate can't be found from this program, then candidates from other dual Computer Science programs combined with a Science Faculty program can potentially be considered.

Applicants will be assessed on their ability to demonstrate:

- Academic Merit
- Leadership skills (school, workplace or community)
- Extra-curricular activities (sporting, cultural activities, volunteer/work experience)
- Aptitude and commitment to studies in Computer Science

[Find out more](#)

### **[Australian Indigenous Education Foundation – UTS Scholarship](#)**

Value: \$10,000 AUD per year + accommodation

Open/Closing Dates: January 1, 2021 – December 31, 2021

The Australian Indigenous Education Foundation (AIEF) – UTS Scholarship aims to provide support for Indigenous students with accommodation and living expenses and thereby enable Recipients to complete undergraduate or postgraduate study at UTS.

[Find out more](#)

### **[University of Newcastle Helen Maslen Scholarship](#)**

Value: \$5,000 AUD

Open/Closing Dates: August 1, 2021 – February 28, 2022

This scholarship was established by Helen Maslen to support students who are survivors of domestic violence, empowering them to achieve their education ambitions and independence.

[Find out more](#)

### **[Australian Disability and Indigenous Peoples' Education Fund](#)**

Value: Up to \$2,500 AUD

Open/Closing Dates: April 1, 2021 – September 30, 2021

The Australian Disability & Indigenous Peoples' Education Fund (ADIPEF) has been established to assist people with disabilities from both indigenous and non-indigenous backgrounds.

People with disabilities of any age living in Australia may apply for any assistance to help with both formal and informal education. While people may need assistance to complete the application, we would like a letter in the persons own words telling us why they want to learn.

[Find out more](#)

### **[ACU Community Engagement Equity Scholarship](#)**

Value: \$4,000 AUD

Open/Closing Dates: September 9, 2021 – March 6, 2022

This scholarship supports students commencing undergraduate studies at ACU's Blacktown campus, who have demonstrated a commitment to community service and/or community engagement.

[Find out more](#)

### **[Macquarie Vinva Scholar Award](#)**

Value: \$10,000 AUD per year

Open/Closing Dates: August 14, 2021 – January 10, 2022

The aim of the Vinva Scholar Award is to fund scholars based on excellence and equity, supporting students who have the potential to make a positive impact in the future. The scholarships will be targeted at new students studying Science, Engineering, IT and Business degrees.

Preference will be given to students who can demonstrate that they have experienced hardship or disadvantage. Examples include, but not limited to: financial disadvantage; non-English speaking background; geographic disadvantage.

[Find out more](#)

### **[Melbourne Chancellors Scholarship](#)**

Value: 100% fee remission and \$17,500 - \$32,500 AUD

Open/Closing Dates: August 2, 2021 – September 30, 2021

This scholarship is awarded to talented students in recognition of their outstanding academic achievement during their Australian Year 12 or International Baccalaureate (IB).

No application is required. You will be automatically considered for this award.

[Find out more](#)

## Competitions

### [Little Stories Big Ideas Flash Fiction Competition for Secondary School Students](#)

Little Stories Big Ideas is a flash fiction competition where Australian Secondary School Students write a story to a theme in any literary form they like – poetry, prose, song, even haiku. FREE to enter with great prizes on offer from generous sponsors. The competition is split into a Junior Division (Years 7 to 9) and a Senior Division (Years 10 to 12) and runs every term. Term 3's theme is 'Alien' which students are free to interpret in any way they like.

Entries close Friday October 1 at Midnight. Cash prizes of \$100 plus Bookstore Vouchers and more.

[Find out more](#)

### [Owlypia Online Challenge](#)

Owlypia Online is an online knowledge competition in the form of a multiple-choice exam. Students aged 9-18 compete with others internationally, showing their knowledge and skills in their favourite subject areas.

Each participant receives a Certificate of Participation and a Report Card showing their individual scores.

Upcoming Owlypia Online Round Dates:

- 16 October 2021
- 11 December 2021
- 19 February 2022
- 2 April 2022
- 14 May 2022
- 16 July 2022

Find out more and register here: <https://www.owlypia.org/owlypia-online/>

### [Somerset National Poetry Prize](#)

As a part of the 2022 Somerset Storyfest, secondary school-aged students are invited to participate in the Somerset National Poetry Prize.

The purpose of the Somerset National Poetry Prize is to encourage a love of writing poetry amongst secondary school students, to affirm it as a worthwhile literary pursuit, and to stimulate excellence in writing. It also aims to inspire and enrich youth literature.

There are two categories to enter: a Junior Category for Years 7-9, and a Senior Category to 10-12.

Each category winner will be awarded:

- Cash prizes
- Flights and accommodation to the Gold Coast
- Tickets to attend Somerset Storyfest (15 to 17 March 2022)
- Exclusive access to meet with Australia's elite authors and publicists

Entries are open until Friday 3 December.

Find out more and enter here: <https://www.storyfest.com.au/poetry-prize>

### [Online Writing and Art Competition: Inclusion is!](#)

All Australian high school students in senior years are invited to participate in the CDS SSW High School Competition. Enter a written piece or a visual artwork that examines issues of disability injustice, exclusion and discrimination using a sociological lens.

Your written or artistic work should show the issue/s you are identifying as well as what needs to change to promote justice, inclusion, and participation of people with disability.

Visual artworks can be a drawing, painting, mixed media, photograph, video, three-dimensional sculpture or other artistic representation. Written submissions can be stories, poems, essays, songs or another original written work up to 600 words in length.

We encourage the submission of diverse expression at various levels of expertise and form. Your writing or artwork must be submitted in a digital version using the online submission form. All submissions will be publicly viewable online. Entry is free.

Prize packs for winners in each state and territory include:

- Student membership of The Australian Sociology Association
- A \$120 gift voucher for Officeworks
- A copy of the book "Growing up Disabled in Australia"

Entries close 10 October.

Find out more and enter here: [tasa.org.au](http://tasa.org.au)

### **Second Playground Challenge: A Fiction Short Story Competition**

Writers' Playground, LLC invites you to participate in our Second Playground Challenge: A Fiction Short Story Competition.

The contest will be a time constrained challenge that will start the writers off on an equal playing field by giving them prompts to choose from, and a fixed time period (10 days) to write a short story up to 3000 words (with a 100 word grace period). Writers will pay a \$20 dollar entry fee and all writers will receive feedback from the judges, and cash prizes for the top 5 entrants.

This competition is open to international participants, but all stories must be written in English.

The contest will run from October 28 – November 7, 2021.

Find out more and enter here: <https://www.writersplaygroundllc.com/>

### **yapang Emerging Art Prize**

The *yapang* Emerging Art Prize is an acquisitive art prize developed to celebrate, promote and support emerging Aboriginal and Torres Strait Islander artists from across the country.

Lake Macquarie City Council and Create NSW have committed \$15,000 to purchase the winning and highly commended works for the MAC *yapang* collection.

Entries close 22 October 2021.

Find out more and enter here: <https://lakemac.smartygrants.com.au/yapangPrize>

### **Books That Made Us: Youth Fiction Prize**

*Voiceworks* are excited to announce the Books That Made Us Youth Fiction Prize in collaboration with the ABC and The Wheeler Centre.

Students in Years 10–11 are invited to submit a short piece of fiction (up to 300 words) on the theme of Landscape. Australian fiction captures our everyday lives and dreams. It holds up a mirror to the nation, reflecting the good and the bad. You can reflect on people, power and place in any landscape, whether it's environmental, political, emotional or imaginative.

Eight–ten winners will have the opportunity to develop their stories for publication in a series of in-person and online workshops lead by experienced facilitators and Australian authors before sharing it with *Voiceworks* and ABC readers.

Entries close 4 October.

Find out more and enter here: <https://www.voiceworksmag.com.au/all/btmu>

## Careers & Jobs

### [Where to get a job in Health Care and Social Assistance](#)

We recently looked at industries with predicted strong growth to 2025 in our [Where the jobs are](#) article. But not all jobs (or employers) are the same. Some will offer entry level jobs with permanent positions, above award wages, and clear promotion pathways, but others prefer casual or contract staff. In this post we take a deep dive into one of the industries and take a look at some of the career options that won't necessarily require a university degree. We've found some preferred employers for low-skill, entry-level, school-leaver jobs the in-demand industry of Health Care and Social Assistance. These could be a good place for you to start your career search if you're thinking about starting work straight after high school.

### Entry Level Careers in Health Care

Within the Health Care Industry there are lots of entry level jobs to consider, they could help you to get a foot in the door, provide pathways into other careers or give you some insight into if there are other careers in this industry you'd like to pursue.

- **Data Entry** – entering patient information and updating records
- **Administrative Officers** – updating records, making appointments, sending out important documents and information
- **Patient Transport** – you'll need a full, clean, driver's license
- **Personal Care Assistants (PCAs)** – also known as caregivers or health aides, provide care to residents in homes or other patients who are unable to look after themselves. They work in aged care, disability or hospital services.
- **Home Health Aide** – take care of patients who are suffering from chronic illnesses or disabilities, or are elderly and need continuous care while living at home. Qualifications aren't usually a requirement and you'll get on-the-job training.
- **Medical Receptionist** – specific qualifications may not be required but skills or experience with office administration and IT are generally required. You'll also need to have great spelling (medical terminology can be tricky) as well as customer service and communication skills.
- **Medical Transcriptionist** – transcribe audio reports from health professionals into accurate, written records, reports or correspondence. Great typing and spelling skills will be essential.
- **Dental Assistant** – you'll most likely need to get a Certificate 3 in Dental Assisting to be eligible for these roles, but you could apply for a traineeship as a school leaver and start earning while you work.
- **Pharmacy Assistant** – working in a pharmacy team under the supervision of a registered pharmacist. You'd mainly be working in retail pharmacies selling pharmaceutical goods, managing stocks and greeting clients.

### There's also jobs in other departments to explore

If you'd prefer to be less hands on, then you might like to consider non-clinical entry level roles in departments such as:

Human Resources, IT, trades, policy and project management, finance, purchasing, cleaning and food services, facilities management including grounds maintenance etc., operations, security, or regulatory services.

## Check working conditions and vacancies

When you're looking for vacancies, it's a good idea to look at the employers website and see what they offer their employees. Don't just take their word for it though. If you can look for testimonials from current or previous employees, search around to see what their reputation is like, or better still ask someone who works for the organisation what the work life balance, pay, and benefits are like.

### Health Care

Working within your state or territory-based Health organisation could be a great way to ensure that you're being provided with great working conditions, good job security and are able to access more opportunities that come up for internal applicants. You'll also be able to ask around and find out about other jobs and qualifications that you might be interested in down the track.

- [Australian Government Department of Health](#)
- [QLD Health](#)
- [NSW Health](#)
- [ACT Health](#)
- [VIC Health](#)
- [SA Health](#)
- [WA Health](#)
- [NT Health](#)
- [TAS Health](#)

### Aged Care

[Bupa](#) – part-time and full-time roles in all states except Tasmania.

[McKenzie](#) – permanent full-time or part-time in Queensland, New South Wales, and Victoria

[Regis Aged Care](#) – in all states and the Northern Territory

### Personal and disability carers

[Aruma](#) – full and part time jobs in New South Wales, Queensland, Victoria and the ACT

[Life Without Barriers](#) – full time and part time jobs across Australia

[Minda](#) – permanent full time in South Australia

### [The Genius Generation Podcast](#)

The Genius Generation podcast is a deep-dive into one incredible invention, entrepreneurial pursuit, or discovery per episode and the young person behind it.

Did you know that the trampoline was invented by a 16-year-old? That popsicles, snowmobiles, and even the Braille language were also invented by young people? In this podcast we're talking to innovative kids, tweens, and teens who run their own businesses, made a new discovery, or invented something new using science.

Host Danni Washington, a science communicator who is dedicated to inspiring and educating youth about all things science, is just as excited to interview these innovators and be inspired by them as the interviewees.

Listen here: <https://podcasts.apple.com/au/podcast/the-genius-generation/id1537010583>

## [Our take on Australian Jobs 2021](#)

The report gives us a great overview of the state of the labour market in Australia right now, and provides some key insights into where we might head (pending any other major global developments). Since the first lockdown in March last year, many of us have changed how we work. We've lost hours, gained hours, moved industries, and started new jobs, and come back A LOT quicker than we thought we would (in some areas, at least). Australian Jobs 2021 tells that story in the kind of detail us data nerds are looking for.

In Summary:

### **Lockdowns are bad, but we bounce back (relatively) well**

- People lose work whenever we go into lockdown (no surprise there)
- Once out of lockdown, more people find work quickly than we expected
- Young people have been affected more than other groups

### **Jobs by location**

- Health care workers are in demand pretty much everywhere, and for jobs in every skill level
- People in cities have higher post-school qualifications on average
- Around a third of people are employed part-time

### **Jobs by Industry**

Australian Jobs 2021 shows that the Top 5 Industries are continuing to dominate – over 50% of Australian workers are employed in one of these 5 industries:

1. Health Care and Social Assistance
2. Retail Trade
3. Construction
4. Professional, Scientific, and Technical Services
5. Education and Training

### **Jobs by Occupation**

- Human jobs are on the rise
- High-skill jobs are in professional, technical areas
- Lower-skill jobs are in hands-on caring roles (aged care, disability services, early childhood)

They also found that completing **Year 12 is a minimum basic requirement** for most employers – not completing Year 12 opens up questions about why, and when there are plenty of school leavers who have finished Year 12 it can be too easy for an employer to just look elsewhere.

Employers are more concerned about personal qualities than technical skills. Employers are aware that they can train someone to operate a piece of equipment, but that it's much harder to train them to turn up on time, be reliable, and speak politely with customers.

You can [download the report here](#).



## [Meet the people working in Aged Care](#)

We know that jobs in health care are going to [grow like crazy over the next five years](#). And even within this industry, aged carers are some of the most in-demand people Australia-wide.

But did you know that there are actually a wide variety of jobs in aged care? It's not just nurses that are needed – you could be working as a dietician, housekeeper, lifestyle coordinator, or even a concierge. Regis Aged Care has some fantastic career spotlights from their workers, detailing the work they do and why they love it.

You can read them here: <https://www.regis.com.au/newsroom/career-news/>

## Further Learning

### [Why do people want to get an apprenticeship anyway?](#)

Careers look different to how they used to – once upon a time you picked uni, a trade, or a job, and that was pretty much it for the rest of your working life. Now, tradies get degrees in management, uni grads learn trades to round out their qualifications, and a quarter of all Australian students are learning part time while they work or raise a family.

Apprenticeships and traineeships are great because you generally don't need a lot of skills or knowledge when you start, you'll get quality on-the-job training as well as classroom based training. Plus, you'll be earning an income all along the way.

That way, when you finish you'll have all the skills you need to work independently, as well as a formal qualification to prove how awesome you are.

Skilling Australia Foundation found in 2019 that VET graduates had:

- Higher starting salaries – \$56k vs \$54k (uni grads)
- A much better chance of being in employment – 78% vs 68%
- And a **graduate employment rate of 92%**

Also consider for example, a carpenter's apprentice earns around \$130,000 over the course of a four-year apprenticeship, whereas university graduates will be left with a national average of [\\$23,380](#) of debt in HELP loans.

### *What's the difference between an apprenticeship and traineeship?*

**Apprenticeships** are structured so you learn a set number of skills over around 4 years. When you finish you'll have a nationally recognised qualification.

**Traineeships** are simply training agreements between you and your employer. They tend to last between 6 months and 2 years, and you may finish with a qualification.

**The main difference is usually the industry** – apprenticeships tend to be for more technical trades, while trainees might learn business skills or job-specific skills they need before they can be fully employed (and useful).

Read the article here - [studyworkgrow.com.au/2021/09/01/why-do-people-want-to-get-an-apprenticeship-anyway/](https://studyworkgrow.com.au/2021/09/01/why-do-people-want-to-get-an-apprenticeship-anyway/)

### **Early Offers for Year 12 Students | Wentworth Institute**

If you're feeling anxious about what lies ahead after high school, having an early offer in your pocket could take some of the pressure off.

In addition to your early offer, successful applicants will also benefit from 40 hours paid relevant work experience per semester. Which could help you to develop work ready skills, get industry networking, put your learning to use while you're still completing your degree, and look great on your resume.

You can choose to study one of the following:

- Bachelor of Business
- Bachelor of Business (Professional Accounting)
- Bachelor of Information Technology
- Bachelor of Interactive Media

### **Applications close 30 September 2021**

For more information head to <https://www.win.edu.au/> or call them on 02 8252 999. You can also email them at [info@win.edu.au](mailto:info@win.edu.au).

### **Learn the Fundamentals of Self-awareness with Grandshake**

Grandshake's 40-minute Fundamentals of Self-Awareness microprogram is a step-by-step guide to jumpstarting your personal development, and becoming the person you want to be.

Learn how to identify healthy and unhealthy patterns of behaviour and emotions; how to overcome common barriers to mindfulness; and how to accept yourself. This program contains practical strategies and exercises to help you incorporate self-awareness into your daily routine.

It's completely free for anyone aged 14-24.

Find out more and enrol here: <https://www.grandshake.co/product/the-fundamentals-of-self-awareness>

### **Start your apprenticeship journey with CareerGate**

Looking to start an apprenticeship? Whether you're a school leaver or someone looking for a career change, CareerGate is the perfect solution to find the right apprenticeship for you.

CareerGate is an online tool designed to help you find the right apprenticeship option based on a series of assessments around your skills and future career plans. The assessments take around 30-45 minutes to complete.

Once finished, you will be eligible for job matching and can start applying for vacancies listed on your CareerGate homepage.

Find out more and use the tool here: <https://www.careergate.org.au/>

### **La Trobe University's new Bachelor of Business**

La Trobe University's new Bachelor of Business is making it easier than ever for students to focus on the career they want. With a range of enhanced course options, they'll find majors and minors that let them specialise in a chosen field, from events management to marketing, sports management, tourism and more. They'll also graduate with that major on their transcript recognising their studies, like Human Resource Management or Economics as an example.

Some majors in this course are offered with StudyFlex, so students can add online study to their on-campus degree – or the other way round.

Regional students studying online benefit from the Regional Connect Program. They'll find the support they need to connect to larger networks as they build their future and have access to a range of support services.

This course is available at La Trobe's Melbourne, Bendigo, Online and Sydney campuses.

[Find out more](#)

## **Bond Medical Program – 2022 Intake Key Dates**

The Bond University Medical Program is designed to equip graduates with the foundational knowledge, skills and attributes required to safely and effectively practise medicine in today's complex healthcare environment.

Due to Bonds tri-semester structure, graduating students will have the advantage of entering the workforce as a Doctor in only 14 semesters (4 years, 8 months) and will experience personalised learning in small class sizes with access to state-of-the-art equipment.

Applications must be made via QTAC, and applications **open for the Medical Program on Thursday, 13 January and close on Thursday, 27 January, 2022.**

Keep an eye out for online information sessions on 22 November and 13 January. Please visit Bond's website for FAQ's, prerequisites, entry requirements and selection criteria here: <https://bond.edu.au/program/medical-program>

## **Resources**

### **UNSW Girls in Engineering Club**

The Girls in Engineering Club is a fun, inspiring community for high school girls who are interested in STEM, study maths or science at school, or who just want to explore what engineering is all about. You can connect and share ideas with fellow high school girls who are also discovering the possibilities of a career in engineering. You will hear from inspiring role models, from UNSW engineering students to female engineers already making their mark on the world. They can't wait to share their stories with you and answer your questions!

Find out more here: <https://www.unsw.edu.au/engineering/study/girls-engineering-club>

### **Avid Research – Australian STEM Stories**

Avid Research is a podcast created by Amelia, a web developer who's been a STEM Educator, Park Ranger and long time student. Amelia has studied Geography, Geographic Information Systems, Polar Science and Teaching, accumulating 4 degrees in the process.

The guests on the show are people from all kinds of backgrounds, with all sorts of knowledge and experiences, and they're all experts in their own ways. Avid Research is an opportunity to share cool stories and fun findings about the world, and to talk to cool people doing awesome stuff!

You can listen to the podcast here: <https://avidresearch.com.au/>

### **SEEK Salary and Pay Calculator**

Did you know that SEEK has a handy tool that helps you calculate your pay?

You can enter how much you earn in lots of different increments (from hourly to annually), and it will give you a breakdown that shows you how much tax you'll pay, how much goes to your super, and how much goes into your pocket.

You can even compare your pay with a variety of roles.

Take a look here: <https://www.seek.com.au/career-advice/page/salary-calculator>

## **9 Study Tips for Term 4**

Looking for some study tips to help you get through Term 4? We've put together an article with our top tips; here's the summary:

### **1. Get into your groove**

We're talking about finding the best styles and times for you to study, that give the maximum results.

### **2. Focus on one thing at a time**

We're actually far less effective when we're juggling multiple things at once. So, turn off social, put your phone in a drawer and focus on the task in hand.

### **3. Check the syllabus**

If you understand the syllabus and the expectations for each subject, it will be easier to focus on studying the right things, rather than just studying everything in the subject textbook.

### **4. Become a note-taking ninja**

Making notes may seem old-school, but for lots of people the physical action of writing down information can help to cement it in your brain.

### **5. Practising self-care IS a study tool**

You need to get back to basics. Sleep (8-10 hours a night). Drink 2L of water a day (at least). EXERCISE (yeah!).

### **6. Practise, practise, practise**

Doing things repetitively not only helps us learn, it also gives us confidence and can help combat those pesky stress symptoms.

### **7. Check off some goals**

For example, if you stick to your study schedule all week then how about a trip to the movies or just hang out with friends at the weekend?

### **8. Every little counts**

If you lead a super busy life and you're struggling to schedule in big study sessions every day, don't be discouraged. Doing a little each day adds up to a whole heap at the end.

### **9. Have faith in yourself**

You've done heaps of exams before right? And you're OK – you'll be OK after these ones too.

Read the full article with all 9 tips here - [studyworkgrow.com.au/2021/09/21/our-top-9-study-tips/](https://studyworkgrow.com.au/2021/09/21/our-top-9-study-tips/)

## [World Mental Health Day 2021](#)

The COVID-19 pandemic has been a challenging time for managing our mental health. Lockdowns, social distancing requirements, travel restrictions, and the constantly changing position we find ourselves in is stressful. This makes prioritising our mental health and wellbeing more important than ever.

This year, World Mental Health Day is on October 10. The message is simple: “Look after your mental health, Australia.”

Mental Health Australia has developed a ton of great resources that you can share with family and friends to help bring awareness for World Mental Health Day. You can find them here: <https://lookafteryourmentalhealthaustralia.org.au/resources-to-share/>

If you need help, there is always someone to talk to:

- **Lifeline** – 13 11 14
- **Lifeline Text** – 0477 13 11 14
- **Beyond Blue** – 1300 22 4636
- **Butterfly Foundation National Helpline** 1800 334 673
- **Suicide Call Back Service** – 1300 659 467
- **Kids Helpline** – 1800 55 1800
- **In an emergency, ring 000**

## [7 ways volunteering could benefit you](#)

Volunteering your precious free time to help worthy causes is a really noble undertaking. You won't earn big bucks, but there are plenty of other ways that becoming a volunteer could be of value.

Read the article here – [studyworkgrow.com.au/2021/09/24/7-ways-volunteering-could-benefit-you/](https://studyworkgrow.com.au/2021/09/24/7-ways-volunteering-could-benefit-you/)

## [Taking a Gap Year during a Pandemic](#)

Google trends shows that the term “gap year” is as popular as ever, which means that you're definitely not the only person still considering a gap year right now.

*“It's been postulated that students who take a gap year in this era are going to see radically high leadership and independence traits” – Ethan Knight, Director of the Gap Year Association.*

In Australia right now the thought of international travel may seem as fictional as unicorns. However, the world is opening up for travel again and there are overseas gap year programs taking registrations (and filling up fast).

You'll have to weigh up the risks. Find out if you have family support and figure out what additional costs you might incur. Then decide if international travel is something you're willing to lock in.

If you're looking for more ideas or you'd like a conversation starter to kick things off with your family, grab a copy of the [Gap Year Guide](#) it's out now, bursting with information about turning your Gap Year from a pipe dream into a reality.

### **Volunteer with Allity Aged Care**

Allity Aged Care are interested in hearing from people with all kinds of life experiences. If you bring a special skill or experience that their residents might enjoy, they would love to talk with you about how they can best utilise your experience.

- Support their lifestyle programs & help residents stay socially connected
- Sing, dance or entertain
- Run a pet therapy program
- Provide pastoral or spiritual support
- Run a men's shed
- Be a green thumb and help things grow
- Be creative, cook, do crafts or arrange flowers

To volunteer you need to be between the ages of 16 and 85.

Allity have homes across NSW, VIC, QLD and SA.

Find out more here: <https://www.allity.com.au/volunteer-students>

### **Halogen Australia's One Minute Wisdom Videos**

Halogen Australia have put together a collection of short videos to give you just a little bit of life wisdom without interrupting your day. You can find the full collection here – [youtube.com/playlist](https://youtube.com/playlist).

Here are some of our favourites:

- [Bindi Irwin](#)
- [Rove McManus](#)
- [Eamon Sullivan](#)
- [Cal Wilson](#)
- [Erin Molan](#)
- [Leisel Jones](#)
- [Dr Fiona Wood](#)

### **Become a Citizen Scientist**

Citizen scientists are normal people who volunteer to contribute to scientific experiments and research. It's a great option for anyone considering a STEM career – get out there and take part in a real-life project to help you make a more informed decision about science as a pathway.

You won't just be volunteering as an assistant, you'll be responsible for collecting valuable data in collaboration with professional scientists. Most citizen science projects lead to a formal acknowledgement like a certificate of participation, so you can include your involvement on your resume as a form of work experience.

There are thousands of Citizen Science projects across Australia, and you can find something near you here – [citizenscience.org.au/ala-project-finder/](https://citizenscience.org.au/ala-project-finder/)

More resources:

- [Australian Citizen Science Association](#)
- [Citizen Science NSW](#)
- [Inspiring Victoria](#)
- [EPA Victoria](#)
- [The Great Australian Platypus Search](#)
- [Queensland Chief Scientist](#)
- [Marine UQ](#)
- [Landscape SA](#)
- [UniSA](#)
- [Adelaide Sustainability Centre](#)

- [Climate Watch](#)
- [Questagame](#)
- [Scitech WA](#)
- [Great Southern Science Council](#)
- [Dolphin Watch](#)
- [TasLand](#)
- [Institute for Marine and Antarctic Studies](#)

## Job Spotlight

### [How to become a Mechanic](#)

*Repair vehicles to keep us moving*

#### What do Mechanics do?

Mechanics use their skills and tools to repair and maintain vehicle engines and other related mechanical components. They can specialise to work on a variety of different vehicles, including cars, motorbikes, trucks, boats, and farm machinery.

If you like working with your hands, are analytical and a great problem-solver, and want a job that will keep you on your feet, you might want to consider becoming a Mechanic.

#### About you:

- Works well with their hands
- Analytical and thorough
- Good communicator
- Trustworthy and reliable
- Great problem-solver
- Can work independently and as part of a team
- Strong mathematic skills

#### The job:

- Detecting and diagnosing problems and faults
- Repairing and replacing missing or broken parts
- Disassembling and reassembling complex parts, such as engines, transmissions, steering mechanisms, and more
- Performing routine maintenance on vehicles
- Communicating to clients about issues, costs and solutions
- Testing parts to make sure they work correctly
- Working with a variety of tools and machinery

## Lifestyle Impact: High

- Part Time opportunities: Very low – only 10% of Mechanics work part-time (source: [joboutlook.gov.au](http://joboutlook.gov.au)).
- Average hours for full-time workers: 44 hours a week, which is average (source: [joboutlook.gov.au](http://joboutlook.gov.au)).
- Mechanics' salary (average) \$60,000\* per year (source: [com.au](http://com.au)). \*Salaries vary depending on your skills and experience.
- Future career growth: Stable (source: [joboutlook.gov.au](http://joboutlook.gov.au)).
- You will be doing a lot of physical work and spend most of the day on your feet. Being fit and healthy is a huge advantage. You might also expect to work overtime on urgent jobs and on weekends.

## Mechanics are most in demand in these locations:

This is a very large occupation, with around 107,300 people working as Mechanics in 2019 (source: [joboutlook.gov.au](http://joboutlook.gov.au)). Demand is spread evenly across Australia. Most work in the trades and transport industries.

There are jobs available around Australia and globally. You'll need to be on site to do most of your work, so there are few opportunities to work remotely or from home.

## How to become a Mechanic in Australia

To work as a Mechanic, you will need to complete a relevant VET qualification. These are usually done as apprenticeships, giving you the opportunity to gain valuable experience while you learn.

Step 1 – Complete Year 10 at the least, focusing on Maths and Sciences.

Step 2 – See if you can get work experience as a mechanic or working with machines.

Step 3 – Completing a relevant VET-level qualification, depending on the particular field you'd like to work in. Some options include:

- [Certificate III in Heavy Commercial Vehicle Mechanical Technology](#)
- [Certificate III in Light Vehicle Mechanical Technology](#)
- [Certificate III in Marine Mechanical Technology](#)
- [Certificate III in Motorcycle Mechanical Technology](#)
- [Certificate III in Agricultural Mechanical Technology](#)

Most of these qualifications can be undertaken as an apprenticeship, so you can earn while you learn.

Step 4 – Make sure you have all the relevant licensing and other requirements necessary to start working.

Step 5 – Consider starting up your own business and employing other apprentices and workers.

Find out more here –

<https://www.mtaa.com.au/>



## Similar Careers to Mechanic

Plumber

[Electrician](#)

[Mechanical Engineer](#)

[Joiner](#)

[Builder](#)

[Tiler](#)

[Technician](#)

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

## What do Mechanics do?

Mechanics repair and maintain a variety of vehicles by detecting any faults and replacing or repairing defective parts or components. They may also perform other routine maintenance work on vehicles.

## Which industries employ Mechanics?

Most Mechanics work in the trades and transport industries.

## What options are there for career progression?

You can start out as an apprentice, and once you graduate work as a fully qualified Mechanic. Once you have lots of experience, you could consider starting up your own business or working freelance.

## Do I need to go to university to become a Mechanic?

No. To become a Mechanic you only need to complete a relevant VET-level qualification.

## Where do Mechanics work?

Mechanics are employed all across Australia. Most of your work will be done in garages and workshops, though on some occasions you may also have to travel to a specific site to repair broken down vehicles that can't be moved.

## What are 3 things I can do right now to help me become a Mechanic?

If you're in high school and you'd like to find out if a career as a Mechanic is right for you, here's a few things you could do right now:

1. Start tinkering with broken objects around the home and see if you can repair them. Ask friends and family if they have anything they might like you to try and fix.
2. Try and get work experience as a Mechanic. This is a great way to start building your skills and can help you decide whether or not it's the right career choice for you.
3. Consider taking short courses and workshops to build on your skills and knowledge, or talk to a Mechanic and find out what the job is like.

## The Study Work Grow Research Team

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