



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 Ms Lee please email LLee@stpiusx.nsw.edu.au or call 7254 5472.

JobJump - Parents and students please watch YouTube video below 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>

Events

This Week's Events

Year 11 & 12 Subject Support Sessions

Organisation: University of Wollongong

Location: UOW Wollongong & Liverpool Campuses & Online

Date: May 12 to July 15, 2025

The University of Wollongong (UOW) is committed to providing additional resources and assistance to help students reach their potential in their final years of school.

The Year 11 & 12 Subject Support Sessions is designed to help students improve their knowledge and understanding of key subject content and discover what HSC exam markers are looking for.

In conjunction with InspirationED, experienced HSC teachers/markers and UOW staff will be running subject revision programs across May, June and July for current Year 11 and Year 12 students.

Participants will have the opportunity to ask questions and receive tips and strategies directly from the most qualified and experienced HSC markers in NSW.

Year 11 Webinar series, online

Dates: 12 to 14 May 2025

Year 12 Webinar series, online

Dates: 23 to 24 June 2025

Year 12 Bootcamp events, Wollongong campus

Dates: 8 to 10 July 2025

Year 11 & 12 Intensive Science events, Wollongong campus

Dates: 9 July 2025

Year 12 Bootcamp events, Liverpool campus

Dates: 15 July 2025

[Find out more and register](#)



Career Discovery Series

Organisation: Charles Sturt University

Location: Online

Date: May 13 to May 22, 2025

Join Charles Sturt University online to discover your dream career – and how to get there! Get a behind-the-scenes look at different industries, learn what it's really like to study with us and discover how to apply for your dream course.

What to expect:

- Hear from industry experts, academics, current students and graduates.
- Discover everything you need to know about the right course for you – including how to apply.
- Get your questions answered so you can kickstart your career with confidence.

[Find out more and register](#)

Your Path to Sydney – Year 10 Subject Selection Evening Online

Organisation: University of Sydney

Location: Online

Date: May 15, 2025

Join us online for a fun and informative session that's tailored specifically for Year 10 students to help you navigate the subject selection process and prepare for your journey to university.

Our expert staff, current University of Sydney students and a UAC representative will discuss important topics such as: what to consider when selecting your subjects for Year 11 and 12, the impact subject selection can have on adjustment factors, what the ATAR is and how it's calculated, prerequisites and assumed knowledge, tips for admission and scholarships, and key insights from our current students on their subject selection experiences and transition into university. The session will include a live Q&A.

This webinar is suitable for current domestic Year 10 students and both the parents/caregivers and teachers of domestic Year 10 students.

[Find out more and register](#)

Newcastle & Lake Macquarie Career Expo 2025

Organisation: Career Links

Location: Newcastle Racecourse

Date: May 15, 2025

The largest Career Expo for transitioning secondary students in the region welcomes years 10, 11 and 12 students accompanied by their Career Advisers and teachers, parents, guardians and support people.

The expo attracts a record number of local and interstate exhibitors including major universities, leading training colleges, businesses, industry representatives and community organisations.

[Find out more and register](#)

Meet the University of Sydney – Tamworth

Organisation: University of Sydney

Location: Powerhouse Hotel Tamworth by Rydges

Date: May 15, 2025

Join us for an information evening to find out about the University of Sydney!

Learn about our [Regional and Remote Entry Scheme](#) and [MySydney Scheme](#).

The session will also cover information about courses, admission requirements, entry schemes/pathways, fees, scholarships and accommodation, as well as the type of support available on campus. Uni students and alumni from Regional NSW will share stories, tips on moving away from home and advice about their journey to university and beyond.

You'll also get the chance to speak with staff and students and have your questions answered.

[Find out more and register](#)



SCCE Information Session Webinar

Organisation: Southern Cross Cultural Exchange

Location: Online

Date: May 15, 2025

Preparing for your exchange program is an important part of the process and is vital to continued program success. At these online meetings, an experienced member of our team will share an overview of the high school exchange programs with Southern Cross Cultural Exchange.

You'll learn more about living with a host family and how studying overseas can help you develop confidence and independence... and gain a lifetime of memories.

Explore your destinations, program options and ask questions about how you can immerse yourself into a new life, culture, family, and high school overseas.

[Find out more and register](#)

Tourism Insights Sydney 2025

Organisation: The Hotel School Australia

Location: Sydney Opera House

Date: May 17, 2025

An exclusive event for Year 12 students to explore Sydney Opera House, a leading tourism venue, to discover exciting career opportunities in the tourism industry.

This immersive experience includes a behind-the-scenes tour of Sydney Opera House, an interactive tourism workshop with a completion certificate, and insights from industry experts. You'll also have the chance to network with industry leaders, connect with current THS students, and get your questions answered by the THS team. Plus, enjoy a complimentary morning tea and lunch while engaging with like-minded peers.

[Find out more and register](#)

Discover Western Webinar – For Parents: Your Role and How You Can Help Guide Them to University

Organisation: Western Sydney University

Location: Online

Date: May 19, 2025

This webinar is for Parents and Supporters to learn how they can support their child through their HSC and while they make those big decisions about their future. Discover university entry options, careers and courses, and pathways they can explore should they not achieve their desired ATAR.

[Find out more and register](#)

Talk with Lawyers and Human Rights Advocates

Organisation: Australian Catholic University

Location: Online

Date: May 20, 2025

Now, more than ever, the world needs human rights advocates. With conflict across multiple countries, lawyers and human rights advocates are needed to bring positive change for the future.

Our ACU student and alumni panel discussion will allow you to hear from a range of experts, including a lawyer working in the human rights field as well as current human rights students. Take part in a Q&A session and get an insider's perspective on working in law and human rights.

[Find out more and register](#)

NSW Mining Wollongong Careers Dinner

Organisation: NSW Mining Careers

Location: Novotel Wollongong Northbeach

Date: May 20, 2025



NSW mining offers rewarding careers for a whole range of people in high-skilled jobs in mining regions, rural locations and metropolitan areas.

That's because it takes a lot of people in a lot of different jobs to keep our NSW mines working.

Learn about the different types of career pathways you could follow that match your interests and skills.

As always, NSW Mining Careers Dinners are free events, including a meal, and an expansive industry showcase with displays and guest speakers from local mining employers, universities, and training providers.

[Find out more and register](#)

Nursing and Paramedicine Guided Visit at ACU Blacktown

Organisation: Australian Catholic University

Location: ACU Blacktown Campus

Date: May 20, 2025

Did you want to take a deeper dive into Nursing or Midwifery at ACU?

Join us as you'll be shown around campus by a current health sciences student, meet academic staff, and get hands-on experience in our nursing and midwifery labs.

These Nursing and Midwifery guided tours are a great opportunity to learn why our ACU graduates are held in high regard for their clinical skills, quick thinking, and compassion.

[Find out more and register](#)

Sydney Writers' Festival – Student Sessions

Organisation: Sydney Writers' Festival

Location: Carriageworks, Eveleigh

Date: May 21, 2025

Student Sessions is a full-day program of engaging and lively discussions linked directly to the Stage 6 NSW English syllabus.

This is a unique opportunity to hear directly from the authors of prescribed texts and to learn writing skills from some of the world's most esteemed authors.

In 2025, there are two strands of sessions on offer, with each session running for 45 minutes. You can create your own schedule, combining sessions from either strand.

Student Sessions is recommended for Years 11 and 12 students.

[Find out more and register](#)

Talk with Teachers and Educators

Organisation: Australian Catholic University

Location: Online

Date: May 21, 2025

Working in education gives you the opportunity to shape minds, inspire ambition and impact the future.

Join us online to hear from ACU students and alumni. Take part in a Q&A session to learn about their experiences going from the lecture halls to the workforce, and how they make a difference to young people's lives.

[Find out more and register](#)

Year 12 & Beyond – With ADHD

Organisation: Claire Pech Careers

Location: Online

Date: May 21 to May 29, 2025

Hosted by Claire Pech, CICA-Accredited Careers Practitioner, and Amanda Krulis, endorsed Organisational Psychologist.

Targeted to students with ADHD in Year 12, this webinar will share insights and practical solutions for managing this critical year and beyond and making meaningful career decisions. If students cannot make it a recording will be sent to all ticket holders. Although it is interactive, students will remain anonymous on the webinar.

Topics covered:

- Redefining success - What is it to YOU?



- Finding and Owning your ADHD strengths
- Discovering what careers are aligned to your strengths
- Understanding the options for tertiary studies based on your interests and strengths
- Exploring the pathway options available and ways to get there using Action Plans
- Early Entry Considerations
- Quick guide to Educational Access Schemes (EAS) and adjustment points
- What is Procrastination - and how to tackle it?
- How to deal with stress and staying calm
- How to use technology to your advantage with ADHD
- Q&A

Webinar dates

Wednesday 21 May, 7.00pm - 8:30pm AEST

Thursday 29 May, 7.00pm - 8:30pm AEST

[Find out more and register](#)

Parents and Carers Info Session – Dubbo

Organisation: University of Newcastle

Location: Western Plains Cultural Centre

Date: May 21, 2025

If you have a child who is currently completing Year 12 we invite you to join us at our Parents and Carers Info Session on Wednesday 21 May at the Western Plains Cultural Centre, Dubbo.

Parents and Carers will have the opportunity to hear from knowledgeable university staff and current students, covering a range of different topics to assist you in supporting your child through their transition from high school to university including:

- Everything you need to know about entry schemes and pathways to university, including our Early Entry Program
- How to best support your child through the HSC as well as tips for managing wellbeing and stress
- Have the chance to speak to current University of Newcastle Student Ambassadors about their first-hand experience transitioning from school to university, student life, support services and much more

You'll also have the chance to speak one-on-one with our friendly teams to ensure you walk away feeling confident and informed.

[Find out more and register](#)

Greater Western Sydney Careers Market 2025

Organisation: Brett Carter Events

Location: Penrith Valley Regional Sports Centre

Date: May 21 to May 22, 2025

This event offers exhibitors the opportunity to speak to thousands of Greater Western Sydney high school students and careers advisers as these students explore career paths and further education options available to them.

Organisations such as Universities, Registered Training Organisations (RTO), Apprenticeship Centre's, Group training Organisations, Private Colleges, Professional Associations and Employers attend this event to inform students about everything they need to know, covering all questions about careers and educational options after high school.

[Find out more and register](#)

Science Information Evening

Organisation: University of New South Wales

Location: Online

Date: May 21, 2025

No matter what your passion is, you'll find a degree to launch your career with UNSW Science. From Aviation to Psychology, Mathematics to Environmental Sciences, we're creating the Science Leaders of tomorrow.



UNSW's Science Information Evening is for domestic high school students who are interested in pursuing an undergraduate degree in Science. Join us to hear about UNSW Science and what makes us different. We will provide information about our degree offerings, work integrated learning opportunities, industry partnerships, STEM career opportunities and much more.

[Find out more and register](#)

Life of an agricultural scientist

Organisation: University of Sydney

Location: Online

Date: May 21, 2025

Are you looking for a career that's impactful, future-focused, and vital to our nation's well-being? Then look no further than studying Agricultural Science at the University of Sydney.

Join this session with one of our very own agricultural scientists to learn about their career and what they get up to in a day. From agribusiness to influencing policy, sustainable practices, and improving the food crops that feed the world, you will discover what our newly launched 3-year Bachelor of Agricultural Science, and 4-year Bachelor of Agricultural Science Honours have to offer you and the diverse and rewarding career that lies ahead.

[Find out more and register](#)

Year 12 Information Evening

Organisation: University of Sydney

Location: Sydney Camperdown Campus

Date: May 21, 2025

Are you ready to take the next step?

Join us for an exclusive information evening, for Year 12 students and their caregivers, to answer all your questions about joining the vibrant Sydney University community next year.

- Explore our iconic campus, get a feel for the atmosphere and see the facilities.
- Discover the exciting range of degrees and programs we offer.
- Learn about our unique curriculum, study options and scholarships.
- Join our course advice exhibition to receive tailored advice from our degree specialist advisors, current students and staff. Get expert advice from UAC on entry requirements and the application process.

This Year 12 information evening is your chance to explore your options, get clear on the next steps, and chat to our current students and Sydney Future Students staff.

[Find out more and register](#)

Sleep and the developing brain

Organisation: Student Wellbeing Hub

Location: Online

Date: May 22, 2025

Explore the importance of sleep with Dr Moira Junge from the Sleep Health Foundation (SHF). This live webinar will focus on how sleep contributes to children and young people's brain development, including memory consolidation, emotional regulation, and cognitive functioning. Learn about how sleep can impact physical and mental health, as well as learning and academic performance.

This practical session is designed for educators and parents. It will unpack ways to foster a school culture that prioritises sleep and integrate sleep education into the curriculum. It will also include practical takeaways for improving sleep routines, including managing screen time, caffeine, stress and light exposure. Opportunity for Q&A and additional resources will also be provided.

[Find out more and register](#)

Sydney Writers' Festival – Secondary School Days

Organisation: Sydney Writers' Festival

Location: The Concourse, Chatswood & Sydney Town Hall

Date: May 22 to May 23, 2025



Over four presentations, students will be inspired and challenged through thoughtful discussion of literature and ideas. Authors will share insights into the writing process, invite students to consider new perspectives, and encourage them in their own creative pursuits.

The Secondary School Days program is programmed with students in Years 7 to 10 in mind, but is suitable for all high school students.

[Find out more and register](#)

Information Session and Tips & Tricks for a Successful Application

Organisation: NSW Police

Location: 2 Dawn Fraser Avenue, Sydney Olympic Park

Date: May 24, 2025

This is an event for those thinking about joining the NSW Police Force. We will provide tips and tricks for you to ensure you lodge your application properly.

This is also an opportunity to ask any questions about joining the NSW Police Force.

[Find out more and register](#)

Open Day, Sydney

Organisation: Academy of Interactive Entertainment

Location: AIE Sydney Campus

Date: May 24, 2025

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day. It's 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 and register](#)

BiG Day In, Parramatta

Organisation: ACS Foundation

Location: WSU Parramatta City Campus

Date: May 28, 2025

Join us at Parramatta CBD Campus Western Sydney University for BiG Day In Parramatta – hear from organisations including Microsoft, Google, Westpac, Wisetech Global & more to come about where a STEM career can take you.

[Find out more and register](#)

Unlocking Careers in Sport and Health – Aboriginal and Torres Strait Islander Student Experience Day

Organisation: Western Sydney University

Location: WSU Parramatta South Campus

Date: May 28, 2025

This on campus event for Aboriginal and Torres Strait Islander High School students in Years 9-12, raises knowledge and aspiration for careers in the Sport and Health industries. 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 and register](#)



HSC and Careers Expo 2025

Organisation: Resources for Courses

Location: Royal Randwick Racecourse

Date: May 29 to May 31, 2025

The HSC and Careers Expo 2025 will be held on Thursday 29 May, Friday 30 May and Saturday 31 May, 9am-3pm at the Royal Randwick Racecourse.

On Thursday and Friday, students can attend seminars on subjects including English and Maths plus presentations on subject selection for Year 10 students, information on applying through UAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](#)

Open Day 2025

Organisation: Endeavour College of Natural Health

Location: Endeavour Adelaide, Brisbane, Gold Coast, Melbourne, Perth & Sydney Campuses

Date: May 31, 2025

Open Day is a unique opportunity to see your local campus first-hand and chat one-on-one with experts before you take the plunge and enrol.

Why not see what student life with Endeavour College looks like? Tour the facilities, learn about student life, and chat to our team of academics and admissions advisers on the day. Friends and family are welcome to accompany you.

[Find out more and register](#)

Online Campus Day

Organisation: Academy of Interactive Entertainment

Location: Online

Date: June 7, 2025

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 and register](#)

Year 12 Information Evening Online

Organisation: University of Sydney

Location: Online

Date: June 11, 2025

Join us online for an exclusive information evening for Year 12 students and their caregivers to answer all your questions about joining the vibrant Sydney University community next year.

Hear from our expert staff to learn about university entry, scholarships, study options, accommodation options, interstate-specific information and more.

Get expert advice on entry requirements and the application process from UAC and the Sydney Future Students team.

Discover the exciting journey that awaits you as a current student shares their own journey to university and their University of Sydney experience.

Have your questions answered during the live Q&A at the end of the session.

[Find out more and register](#)



Sydney Open Campus 2025

Organisation: The Hotel School

Location: The Hotel School Sydney Campus

Date: June 21, 2025

Join us for an inspiring day at The Hotel School Australia's Open Campus, where you'll experience student life first hand through an exclusive Masterclass, hear from a special industry guest speaker, meet our academic and support teams, explore course options, and discover career pathways with our Professional Learning team. You'll also have the chance to connect with current students and fellow attendees - all while enjoying light refreshments.

Whether you're a high school student, considering a transfer, or exploring new opportunities, this event is the perfect way to take the next step.

[Find out more and register](#)

Open Day 2025, Sydney

Organisation: Australian Institute of Music

Location: AIM Sydney Campus

Date: June 21, 2025

Join us for Open Day, and experience everything AIM has to offer. Register to save your spot today!

See our campus, get course advice, experience live performances, meet our academics and students, and get involved in activities that will give you a taste of student life here at AIM.

Whether you're ready to study now, or in five years, Open Day is open to all and a fantastic opportunity to discover how the Australian Institute of Music can help turn your passion for music into a career.

[Find out more and register](#)

UTS Tech Fest

Organisation: University of Technology Sydney

Location: UTS City Campus

Date: June 23 to July 4, 2025

Are you a high school student dreaming of a career in tech? Come and feed your curiosity at Tech Fest.

- Explore the study and career possibilities in Engineering and IT. Whether it's cybersecurity, civil engineering, robotics, or artificial intelligence, see the exciting opportunities in these areas and how you can be part of the next big thing!
- Hear from current students about their study journeys and career aspirations. Get an insight into the life of an engineering or IT student at UTS and discover the student societies you could join.
- We'll take you behind the scenes with exclusive lab tours. See how cutting-edge tech brings new ideas to life.

[Find out more and register](#)

Western Sydney Careers Expo 2025

Organisation: Resources for Courses

Location: Sydney Olympic Park

Date: June 26 to June 28, 2025

The Western Sydney Careers Expo 2025 will be held on Thursday 26 June, Friday 27 June and Saturday 28 June, 9am-3pm at Sydney Olympic Park.

On Thursday and Friday, students can attend seminars on subjects including English and Maths plus presentations on subject selection for Year 10 students, information on applying through UAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](#)

Open Day 2025

Organisation: Western Sydney University

Location: WSU Parramatta South Campus



Date: July 6, 2025

Open Day will be held Sunday, 6 July 2025 and is a great opportunity to discover all that Western has to offer. Explore course options, meet academics and find out about our pathway options.

[Find out more and register](#)

AMPA Dance Experience Day

Organisation: Academy of Music and Performing Arts

Location: AMPA Performing Arts Centre Alexandria

Date: July 7, 2025

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.

[Find out more and register](#)

NAS Winter School

Organisation: National Art School

Location: National Art School

Date: July 7 to July 11, 2025

NAS' short courses are for students of all levels of experience, from beginners to intermediate and advanced. Whether you're a complete beginner, reigniting former interests, or refining your practice, you'll enjoy this immersive week of artmaking at NAS.

[Find out more and register](#)

Holiday Workshop – The Art of Lyrics, Sydney

Organisation: Australian Institute of Music

Location: AIM Sydney Campus

Date: July 7 to July 8, 2025

Created for students in Years 9-12, AIM's new high school music workshops provide incredible opportunities to explore songwriting, mentored by AIM's own accomplished musicians and educators.

This songwriting workshop is essential for any high school students curious about writing songs and performing and is a golden opportunity to work with incredibly accomplished songwriters. Join us these school holidays and discover the songwriter and performer you were born to become.

[Find out more and register](#)

Holiday Workshop – Mastering Performance, Sydney

Organisation: Australian Institute of Music

Location: AIM Sydney Campus

Date: July 7 to July 8, 2025

AIM's new school holiday workshop is designed for high school students interested in music performance. Created for students in Years 9-12, the workshops provide incredible opportunities to experience playing and performing music, mentored by AIM's own accomplished musicians and educators.

Learn, practice and perform contemporary and classic pop, rock and soul tunes, under the expertise of Australia's leading music mentors.

[Find out more and register](#)

Campion Winter Program

Organisation: Campion College

Location: Campion College Toongabbie

Date: July 8 to July 11, 2025



Join us for Winter Program, a unique opportunity designed for Year 11 and 12 students who are earnestly contemplating enrolment at Campion College in 2026 or 2027.

Our immersive four-day program provides the opportunity to reside on campus and interact with like-minded peers. We have a fun-filled schedule including a bonfire night, movies, trivia, dancing and sports, as well as sample lectures from our history, literature, philosophy, theology and classics professors.

Given the specialised nature of this program, we have limited spots available to ensure a focused and enriching experience. We encourage interested parties to take a moment to seriously consider if this program aligns with their aspirations before registering.

[Find out more and register](#)

Designer for a Day Workshop

Organisation: Sydney Design School

Location: Sydney Design School, North Sydney

Date: July 8, 2025

Curious about what it might be like to work as an Interior Designer? We have developed the perfect one day workshop for students in Years 10, 11 and 12 to find out more. You'll get hands on in our studios experimenting with colour and materials. Find out what it takes to become a professional Interior Designer and understand what an average day looks like on the job! We've included a 3D modelling activity to give you an opportunity to create an interior space.

[Find out more and register](#)

AMPA Music Theatre Experience Day

Organisation: Academy of Music and Performing Arts

Location: AMPA Surry Hills Campus

Date: July 9, 2025

Academy of Music and Performing Arts (AMPA) invites aspiring Music Theatre majors 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 and register](#)

Event Creation: The Ultimate High School Workshop

Organisation: International College of Management Sydney

Location: ICMS Sydney

Date: July 10, 2025

Join us for an exciting hands-on workshop where you'll dive into the world of event planning! Whether you dream of organising epic school formals, unforgettable parties, or community events, this workshop is your chance to learn the ins and outs of creating experiences that leave a lasting impression.

[Find out more and register](#)

NYSF STEM Hub, Sydney

Organisation: National Youth Science Forum

Location: Sydney

Date: July 14 to July 18, 2025

A STEM Hub is a non-residential STEM experience where you can connect with STEM pathways and careers around Australia. You'll join exclusive behind-the-scenes experiences typically inaccessible to the public and connect with STEM professionals—a crucial networking opportunity for your future.

Whether you're passionate about robotics, biomedicine, astronomy, biology, or anything in between, there's a STEM Hub waiting to show you what a STEM career is really like!

[Find out more and register](#)



AMPA Classical Performance & Composition Experience Day

Organisation: Academy of Music and Performing Arts

Location: AMPA Surry Hills Campus

Date: July 14, 2025

Academy of Music and Performing Arts (AMPA) invites aspiring 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.

[Find out more and register](#)

AMPA Contemporary Music Performance & Music Production Experience Day

Organisation: Academy of Music and Performing Arts

Location: AMPA Surry Hills Campus

Date: July 17, 2025

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 and register](#)

Building Your Fashion Empire: From Vision to Vogue

Organisation: International College of Management Sydney

Location: ICMS Sydney

Date: July 17, 2025

Designed for high school students, this hands-on workshop is your chance to dive into the exciting world of fashion and global brand management. Through expert insights and practical exercises, you'll learn how to craft a unique brand identity, understand your target audience, and master key marketing strategies.

[Find out more and register](#)

This is MUSIC@WESTERN

Organisation: Western Sydney University

Location: WSU Kingswood Campus

Date: July 18, 2025

Interested in studying MUSIC@WESTERN? Whether you are a player, a maker, or just interested to see what we do? This is MUSIC@WESTERN day.

See our current students perform. Engage in performance, production and career workshops. Have lunch (on us) with staff and students, parents and teachers.

Everyone is welcome!

After lunch you are invited to interview for course entry. Interviews from 1pm. Get an early offer for 2026.

[Find out more and register](#)

2025 NYSF National Youth STEM Summit

Organisation: National Youth Science Forum

Location: Melbourne

Date: July 19 to July 21, 2025

Returning in 2025, the National Youth STEM Summit is an exclusive three-day conference-style event specifically designed to help you smash your study goals and secure your dream job.

The program boasts a diverse range of sessions, including:

- Keynote presentations from some of Australia's foremost STEM leaders
- Panel discussions exploring a range of topics, disciplines, and study and career pathways



- Workshops that offer practical strategies to help you thrive in your studies and/or career
- Networking opportunities to connect with like-minded peers and key government, industry and academic professionals

This Summit is aimed at young people between 18-25 who have completed high school and are making decisions about their futures in STEM.

Registrations will open in mid-April, and equity pricing is available for individuals who are full-time students, Aboriginal or Torres Strait Islanders, from rural or remote regions, have a disability, or are experiencing financial hardship.

[Find out more and register](#)

Open Day 2025, Sydney

Organisation: Academy of Interactive Technology

Location: AIT Sydney Campus

Date: July 19, 2025

AIT's Open Day is perfect for those wanting to explore the endless opportunities available in the growing creative industries and to get your questions answered for the Feb 2026 intake.

On the day you'll enjoy:

- Exploring the Careers and Courses: Discover our degrees plus insights into careers and study paths.
- Our Hands-On Creative Workshops: Watch live demos led by our expert educators
- A Guided Campus Tour: Explore our campus and the state-of-the-art facilities
- Discovering Our Facilities: Experience our well equipped Post Production Studio and Green Screen Room
- Chatting with Our Experts: Engage with course advisors, educators and current students to have all your questions answered.

[Find out more and register](#)

Open Day 2025, Liverpool

Organisation: University of Wollongong

Location: UOW Liverpool Campus

Date: July 26, 2025

The University of Wollongong (UOW) Open Day is the perfect opportunity to visit our Liverpool campus, speak with our staff and students, and see why UOW is ranked as one of the best universities for student experience.

Whether you are looking at your next steps after Year 12, or you finished school some time ago and are looking for a pathway into university, Open Day is for you.

[Find out more and register](#)

Open Day 2025, Blacktown

Organisation: Australian Catholic University

Location: ACU Blacktown Campus

Date: July 26, 2025

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more and register](#)

2025 Apprenticeship/Traineeship & Jobs Expo – Parramatta & Hills District

Organisation: Brett Carter Events

Location: Wentley Leagues

Date: August 5, 2025

Our Apprenticeship/Traineeship & Jobs Expos are held annually and have grown to a status where they are widely accepted as the premier events of their kind in NSW. The timing of the expos is a hit with families as they allow parents to attend with their children and have those all-important career chats with industry experts.



The Expos provide our career/job seekers, business and industry, education providers and employers with the opportunities to all come together under the one roof where exhibitors also get the chance to collect resumes and promote their organisation for upcoming recruitment drives.

[Find out more and register](#)

Open Day 2025, Coffs Harbour

Organisation: Southern Cross University

Location: SCU Coffs Harbour Campus

Date: August 10, 2025

Open Day at Southern Cross University is a perfect opportunity to discover which courses spark your interest and the campus or study mode that works best for you.

Our friendly study specialists will be on hand to step you through the process of applying for your dream course and answer any questions you have about studying with us.

[Find out more and register](#)

Sydney Careers & Employment Expo 2025

Organisation: Kym Jones Exhibitions

Location: Hordern Pavilion, Moore Park

Date: August 15 to August 16, 2025

Sydney's Careers & Employment Event will open on August 15 & 16, 2025, at the Hordern Pavilion, Moore Park. The Expo will showcase over 120 organisations and employers with career opportunities for all ages. Entry is free.

The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new opportunities.

[Find out more and register](#)

Open Day 2025

Organisation: Macquarie University

Location: Macquarie Wallumattagal Campus

Date: August 16, 2025

We can't wait to welcome you to our campus in 2025!

What you can do on Open Day:

- Attend an info session on some of our most popular degrees
- Speak with our academics about our degrees, majors and specialisations, and how they'll uniquely prepare you for your first career, or help you upskill or reskill if your career is already underway
- Learn about our scholarships, adjustment factors and pathways; and RPL (recognition of prior learning) if you've studied before
- Chat with current students about uni life
- Jump on a campus tour and check out our awesome facilities

Open Day is an experience made for (YOU)^{us}.

<https://youtu.be/uYH0yfYWQZY>

[Find out more and register](#)

Newcastle Open Day 2025

Organisation: University of Newcastle

Location: UON, Callaghan & City Campuses

Date: August 16, 2025

Open Day is packed with everything you need to know about going to the University of Newcastle. Participate in degree presentations, info sessions and tours of the campus.

Enjoy a hands-on experience with our program activations, and ask our student ambassadors questions about uni life.

[Find out more and register](#)



Open Day 2025

Organisation: International College of Management Sydney

Location: ICMS Manly Campus

Date: August 16, 2025

At the ICMS Open Day you will learn about all the degrees offered and discover why ICMS's personal mentoring approach could make all the difference to your future career success – and help you to make the most of your student years!

- Learn about Undergraduate and Postgraduate Degrees
- Attend Degree Course Briefings with Lecturers
- Get insights from Current Students
- Find out about Scholarships, Early Entry, the Leadership Entry Program and the Elite Athlete Program
- Learn about our Work Integrated Learning (Internship) Program
- Speak personally to Admissions

[Find out more and register](#)

Open Day 2025, Sydney

Organisation: ACAP University College

Location: ACAP Sydney Campus

Date: August 16, 2025

Open Day is your chance to experience the ACAP difference, and find your path in the applied professions. Whether you're interested in Counselling, Psychology, Social Work, Criminology, Law, or Business, ACAP is your pathway to making a difference.

Be part of a workshop, meet our industry-renowned facilitators, and hear all about life as an ACAP student. Join us for a day of exploration and inspiration!

[Find out more and register](#)

Open Day 2025, Byron Bay

Organisation: ACAP University College

Location: ACAP Byron Bay Campus

Date: August 16, 2025

Open Day is your chance to experience the ACAP difference, and find your path in the applied professions. Whether you're interested in Counselling, Psychology, Social Work, Criminology, Law, or Business, ACAP is your pathway to making a difference.

Be part of a workshop, meet our industry-renowned facilitators, and hear all about life as an ACAP student. Join us for a day of exploration and inspiration!

[Find out more and register](#)

Open Day 2025, Byron Bay

Organisation: SAE University College

Location: SAE Byron Bay Campus

Date: August 16, 2025

We're opening the doors to the campus for our biggest event of the year – Open Day!

Come and tour our facilities, speak to faculty members, meet current students, and find out everything you need to know about studying at SAE.

If you're considering studying creative media, come along to SAE's Open Day to speak to our experienced team and learn how you can pursue your passion in this dynamic and expanding industry.

[Find out more and register](#)

Open Day 2025, Sydney

Organisation: SAE University College

Location: SAE Sydney Campus



Date: August 16, 2025

We're opening the doors to the campus for our biggest event of the year – Open Day!

Come and tour our facilities, speak to faculty members, meet current students, and find out everything you need to know about studying at SAE.

If you're considering studying creative media, come along to SAE's Open Day to speak to our experienced team and learn how you can pursue your passion in this dynamic and expanding industry.

[Find out more and register](#)

Open Day 2025, Sydney

Organisation: La Trobe University

Location: La Trobe Sydney Campus

Date: August 16, 2025

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more and register](#)

Open Day 2025, Northern Rivers

Organisation: Southern Cross University

Location: SCU Northern Rivers Campus

Date: August 17, 2025

Open Day at Southern Cross University is a perfect opportunity to discover which courses spark your interest and the campus or study mode that works best for you.

Our friendly study specialists will be on hand to step you through the process of applying for your dream course and answer any questions you have about studying with us.

[Find out more and register](#)

Open Day 2025, Albury-Wodonga

Organisation: Charles Sturt University

Location: CSU Albury-Wodonga Campus

Date: August 17, 2025

Discover what uni life is like! Whether you're in high school, looking to upskill, want to change careers, or are a parent, teacher or carer – there's something for everyone.

- Jump on a campus tour – explore our facilities and accommodation.
- Get detailed info about courses.
- Chat to current students about Charles Sturt life.
- Be inspired by our expert teaching staff.
- Discover the social side of life at Charles Sturt.
- Enjoy live entertainment, giveaways, competitions and free food!

Plus, you can explore our expo, info, and career and skills hubs. Chat to our friendly teams about our support services, early offer programs and how to boost your hiring potential.

[Find out more and register](#)

Open Day 2025, Strathfield

Organisation: Australian Catholic University

Location: ACU Strathfield Campus



Date: August 17, 2025

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more and register](#)

Open Day 2025, Albury-Wodonga

Organisation: La Trobe University

Location: La Trobe Albury-Wodonga Campus

Date: August 17, 2025

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more and register](#)

2025 Apprenticeship/Traineeship & Jobs Expo – Newcastle & Hunter

Organisation: Brett Carter Events

Location: TBA Newcastle

Date: August 19, 2025

Our Apprenticeship/Traineeship & Jobs Expos are held annually and have grown to a status where they are widely accepted as the premier events of their kind in NSW. The timing of the expos is a hit with families as they allow parents to attend with their children and have those all-important career chats with industry experts. The Expos provide our career/job seekers, business and industry, education providers and employers with the opportunities to all come together under the one roof where exhibitors also get the chance to collect resumes and promote their organisation for upcoming recruitment drives.

[Find out more and register](#)

2025 Apprenticeship/Traineeship & Jobs Expo – South Western Sydney & Macarthur

Organisation: Brett Carter Events

Location: Liverpool Catholic Club

Date: August 26, 2025

Our Apprenticeship/Traineeship & Jobs Expos are held annually and have grown to a status where they are widely accepted as the premier events of their kind in NSW. The timing of the expos is a hit with families as they allow parents to attend with their children and have those all-important career chats with industry experts. The Expos provide our career/job seekers, business and industry, education providers and employers with the opportunities to all come together under the one roof where exhibitors also get the chance to collect resumes and promote their organisation for upcoming recruitment drives.

[Find out more and register](#)

Central Coast Open Day 2025

Organisation: University of Newcastle

Location: UON Ourimbah & Gosford Campuses

Date: August 30, 2025

Open Day is packed with everything you need to know about going to the University of Newcastle. Participate in degree presentations, info sessions and tours of the campus.



Enjoy a hands-on experience with our program activations, and ask our student ambassadors questions about uni life.

[Find out more and register](#)

Open Day 2025

Organisation: University of Sydney

Location: Sydney Camperdown Campus

Date: August 30, 2025

Join us at the University of Sydney Open Day on Saturday 30 August 2025. Experience our vibrant student life on campus, hear from academics and current students and discover what makes us different.

[Find out more and register](#)

Open Day 2025

Organisation: University of Technology Sydney

Location: UTS City Campus

Date: August 30, 2025

Info sessions, campus tours, workshops, dancing robots – UTS Open Day has it all. Get a taste of what students can expect at Australia's #1 young uni.

[Find out more and register](#)

Open Day 2025, Orange

Organisation: Charles Sturt University

Location: CSU Orange Campus

Date: August 31, 2025

Discover what uni life is like! Whether you're in high school, looking to upskill, want to change careers, or are a parent, teacher or carer – there's something for everyone.

- Jump on a campus tour – explore our facilities and accommodation.
- Get detailed info about courses.
- Chat to current students about Charles Sturt life.
- Be inspired by our expert teaching staff.
- Discover the social side of life at Charles Sturt.
- Enjoy live entertainment, giveaways, competitions and free food!

Plus, you can explore our expo, info, and career and skills hubs. Chat to our friendly teams about our support services, early offer programs and how to boost your hiring potential.

[Find out more and register](#)

2026 National Youth Science Forum Year 12 Program

Organisation: National Youth Science Forum

Location: ANU Acton Campus & UQ St Lucia Campus

Date: January 6 to January 21, 2026

Are you in Year 11 in 2025? Apply now to join us in January!

The National Youth Science Forum (NYSF) Year 12 Program gives students that are about to start Year 12 a broader understanding of study and career options available in science, technology, engineering and mathematics (STEM).

Staying on campus at university colleges, students are immersed in science and technology. Participants:

- participate in tours of science and technology facilities,
- learn about cutting-edge research,
- engage with industry partners and research providers,
- learn about university, training and STEM career pathways,
- mix with like-minded students their age from all over Australia,
- participate in social and team building activities, and
- network with former NYSF participants.

In January 2026, the NYSF Year 12 Program will run two summer sessions at:



- The Australian National University, Canberra (6 –14 January 2026)
- The University of Queensland, Brisbane (13 – 21 January 2026)

As part of the application process, any students experiencing financial hardship or another disadvantage that negatively impacts their ability to attend the program may apply for an [NYSF Access and Equity Scholarship](#). We also encourage students to seek financial support from NYSF's founding partner, Rotary. Many Rotary Clubs are familiar with the NYSF and able to offer some level of funding or assist students to fundraise to attend. You can use the [Rotary Club Finder](#) to search for your local Club.

Applications close 20 June 2025. You will be advised of the outcome of your application by mid-August.

[Find out more and register](#)

Scholarships

King & Amy O'Malley Trust Undergraduate Scholarship

Organisation: King & Amy O'Malley Trust

Location: Australia

Value: Up to \$9,500 AUD per year

Open Date: April 1, 2025

Close Date: July 25, 2025

[Find out more](#)

Macquarie Leaders and Achievers Scholarship

Organisation: Macquarie University

Location: Australia

Value: \$10,000 AUD per year

Open Date: June 16, 2025

Close Date: September 2, 2025

[Find out more](#)

Competitions

Dymocks Beyond Words Competition

Organisation: Dymocks Tutoring

Location: Australia

Value: \$20,000 AUD prize pool

Open Date: March 1, 2025

Close Date: June 1, 2025

[Find out more](#)

Paxi Space Gallery Competition 2025

Organisation: European Space Agency

Location: All

Value: See details

Open Date: May 1, 2025

Close Date: May 31, 2025

[Find out more](#)



Weekly Posts

Families

High school subject selection – A guide for parents

Watching your child navigate subject selection can be both exciting and challenging. This pivotal moment in their academic journey carries real weight, even for students who feel confident about their future plans. As a parent or carer, your most valuable role is to provide support while they work through options to make decisions that truly fit them.

Why Subject Selection matters

Throughout most of middle and high school, your child has been building learning foundations across diverse learning areas. Now, they're approaching an important transition and the opportunity to specialise in and explore subjects they're interested in on a deeper level.

This shift from broad education to focused study helps prepare them for future pathways while giving them agency in their learning journey.

7 ways parents can support their child's Subject Selection

We've pulled together our top tips for supporting your child so they can make the best possible choices.

Empower their decision-making

Although it's hard to see them struggle or make mistakes (or what we can perceive as mistakes), your role is to guide and support, not to choose for them. Help them think through their options, but remember that ownership of the final decision builds confidence and commitment.

Understand prerequisites and their limitations

If your child is considering university, have them research prerequisites for courses they're interested in. Even when specific prerequisites aren't listed, understanding the assumed knowledge for university programs could help them prepare effectively - not only could they be more likely to receive an offer, but it will also help them to keep up once they start the course.

Be cautious about selecting subjects solely to meet prerequisites if they genuinely dislike the content. This approach typically leads to reduced engagement in high school and could set them on a path toward career choices that don't align with their interests or strengths.

Focus on strengths and keep options open

Year 10 students aren't known for their rational decision-making skills, and 45% don't have a clear career aspiration ([Yu & Warren, 2019](#)). This is where you can guide them and help them stay on track.

Here are a few examples of some *less-than-ideal* decision making when it comes to subject selection:

- Choosing subjects they think will scale better or are "easier" in the hopes that might help them to get a better ATAR
- Selecting subjects they think will look better on their resumes
- Avoiding subjects they enjoy because they think they're too easy or aren't linked to a career path that's been visible to them

Instead, encourage them to lean into their strengths and consider subjects that they enjoy, they're interested in, and that they're really good at. Assessment results and teacher feedback can both provide objective insights into where they excel and help encourage this approach.

"Choose the enabling subjects, the ones that will keep the doors of opportunity open..."

[Dr Alan Finkel](#), Australian Chief Scientist 2016-2020



Utilise school resources

Direct communication between students, parents, and school staff can significantly simplify the subject selection process. Book appointments with Career Practitioners or Guidance Officers and attend information sessions to access expert advice and support.

Consider local employment realities

Research the local job market to help your child develop realistic expectations. Sometimes students think that if they study certain subjects at school and uni, they'll be able to enter their chosen career straight away. Which might be true for certain cases, but it's also heavily dependent on where they'll be living and what opportunities are available locally.

If opportunities in their preferred field are limited locally but they're really enthusiastic about a specific career, expand your research to nearby regions or broader geographic areas.

Rather than discouraging them from taking subjects they're passionate about, help them identify all the career paths and opportunities where their skills, strengths, values and qualifications could be valuable.

Chat frequently

Conversations with your child are always the best way to find out where their heads are and what their struggles might be. Whether it's micro-conversations in the car or long chats over dinner, talking openly and honestly can be incredibly valuable and help your teen feel reassured in their decisions.

Provide balanced support

Your role in subject selection involves both encouraging their interests and asking questions that help your child to consider practical implications. This balanced approach could help them make decisions they can commit to with confidence.

Find out more

If you're looking for other resources, we've published a [workbook](#) (the updated version for 2025 will be available soon) to help high school students to scaffold their thinking processes and work out what they're good at and what they enjoy. If your child's school is a Study Work Grow member, they can access the workbook for free as part of their membership - they just need to ask their Careers Advisor.

Or you can read more information about subject selection on our website [here](#), or learn more about diverse careers [on this page](#) or in the [job spotlights section](#).

Work Experience

5 work experience ideas for students who love music

Are you a high school student who lives and breathes music? Whether you're jamming with friends or creating playlists that perfectly capture every mood, your passion could become more than just a hobby. Work experience in the music industry can give you valuable insights into potential career paths while letting you explore what you love. Here are five exciting music industry work experience ideas that could help you turn your passion into future opportunities.

Music studio assistant

Local recording studios are often looking for enthusiastic young people to help out. As a studio assistant, you might:

- Help set up equipment for recording sessions
- Observe professional sound engineers at work
- Learn the basics of recording software
- Assist with organising studio schedules

Reach out to local music studios or recording facilities and express your interest in work experience. Don't be afraid to contact smaller studios either - they're often more open to having high school students help out.



Music event planning

Connecting with event organisers or music festivals in your area can give you a chance to help with tasks like scheduling, logistics coordination, or promotional activities. This experience could involve:

- Helping coordinate performers and stage schedules
- Setting up equipment and spaces
- Assisting with promotion on social media
- Learning about event safety and management

This behind-the-scenes look shows you how much planning goes into the concerts and festivals you love attending.

Music journalism and blogging

Consider reaching out to music magazines, websites, or blogs to propose contributing articles or reviews about local bands, concerts, or music trends. This experience helps you:

- Develop writing and communication skills
- Build a portfolio of published work
- Connect with artists and industry professionals
- Stay up-to-date with the local music scene

Many online publications are happy to have young contributors who bring fresh perspectives on new music and artists - but don't forget about smaller local publishers as well.

Instrument repair and maintenance

Working with skilled technicians at music stores or repair workshops can teach you valuable skills in instrument care and maintenance. You might learn:

- Basic repair techniques for different instruments
- How to properly clean and maintain equipment
- The differences between instrument brands and models
- Customer service skills when dealing with musicians

This practical knowledge is incredibly useful if you're a musician yourself or interested in the technical side of music. Reach out to local retailers or repair shops and see if they have room to take you on. The experience could even lead to a part-time or casual work opportunity.

Music education

This experience not only strengthens your own musical knowledge but could spark an interest in teaching or music therapy careers. Your tasks might range from setting up instruments to helping students during practice sessions. You could:

- Help younger students with basic instrument skills
- Assist music teachers during group lessons
- Organise sheet music and learning materials
- Help with school concerts or performances

Local schools or private music academies often welcome assistance with their music programs.

Finding opportunities

When looking for music industry work experience:

- Start with your own connections - your school music teacher might have industry contacts
- Research local businesses and reach out directly with a polite email or phone call
- Check if your school has an existing work experience program with music industry partners
- Follow local music venues and studios on social media for volunteer opportunities
- Be prepared to start with simple tasks to prove your reliability

Remember to approach potential placements with enthusiasm, professionalism, and a willingness to learn - your positive attitude could leave a lasting impression.

Learn more

[You can find more information about work experience opportunities and how to apply on our website.](#)



Health & Wellbeing

3 tips to find life balance as a student

Life is a balancing act, and students need to become master acrobats in order to navigate their menagerie of tasks and roles. Between school, study, work, chores, family, friends, and maintaining a social life, there's a lot to keep track of each week. If you're feeling like you don't have enough hours in the week to get things done, we have some tips to help you find life balance.

What happens when you're not in balance?

It's easy to fall out of balance – most working adults in only get [around 15 hours](#) of leisure (or non-work) time each day, including sleep. So once we take out the recommended 8 hours we should be snoozing each night, that only leaves 7 hours for everything else. If you want to see how you compare, [check out this article from the ABC](#). Lots of people write-off life balance as a luxury or a made up fad. But having good balance in your life can not only make you happier and healthier, but also help you accomplish more in the long run. The impacts of lack of balance in your life could include:

- [Burnout](#)
- Loss of motivation
- Lack of 'thinking' time
- Mental health issues
- Physical health issues

Signs you could be out of balance

If you generally feel happy, healthy, and well-rested, then you're probably already doing a pretty great job at the whole balance thing. Of course, there are always times when you don't feel great, like when exams are coming up, you're working extra shifts to earn more cash, or if you're sick – that's normal.

If you often feel tired, low, or that every day is a struggle, then it could be time to reassess your priorities and manage your time a bit better. If you don't feel like the problem is going away, or if you have any concerns about your mental health, then please see a professional.

Here are a few things to look out for:

- You wake up tired
- You find it hard to get to sleep
- You often get sick
- You're missing your friends/family/hobbies
- You no longer enjoy school or study
- You often feel anxious, stressed, or miserable
- Boredom is an issue for you

Life balance tips for students

There's no "one-size-fits-all" solution to finding balance in your life. The amount we need to work, rest, and play depends on how you operate – in other words, you need to find the right balance for you, not what you think you're supposed to be doing.

If you're not feeling in balance, here's what we recommend you do:

Work out where you are

Make a list of what needs to get done (think school, sleep, or chores) and what you would like to get done (think playing games, exercise, or volunteering). For example, you might include:

- Sleep
- School
- Chores
- Homework and other study
- Work or volunteering
- Extra-curricular commitments



- Hobbies
- Social time
- Life admin
- Time spent on your phone or other device

You don't have to go into that much detail, but the more you work out, the more wiggle room you might find. Then think about the number of hours you spend doing these things and jot them down.

Work out where you want to be

Once you've worked out how you're spending your time, the next step is to think about how you would like your week to look.

We all have 168 hours in a week. If you sleep the recommended 8 hours a day, go to school from 9am to 3pm 5 days a week, travel an hour for school (there and back), allow an hour for eating, and spend an hour for other life admin each day, that leaves you with **63 hours** a week to spare. This number is just an estimate – work out your number then use that for the rest of the calculations.

Now you need to work out what your priorities are. Go back to the list you made in step 1 and add up the things you both need and want to do each week. If you get to 63 (or your number of 'spare' hours) and there are still things on the list, then you'll need to think about what matters most – so work out which activities you don't need as much and work out a way to do less of them.

If you find you have loads of free time left – great! You don't have to fill every minute or schedule every hour. But if there's a club you've been itching to join, or a skill you've been wanting to learn, perhaps now is a good time to give it a go.

Build a plan to help you get there

Once you've reached this point, congrats! That's a huge hurdle out of the way. Now you have to make the changes in order to address the balance problems and lead the life you want.

Here are some tips that could help you to achieve your end goals:

- Use a planner, calendar, diary or app to write down your new timetable. This can help you stay in-check and create new habits instead of slipping back into your old routine.
- [Set goals](#) and then break them down into manageable milestones.
- Incorporate time limits into your schedule. If you want to play games or spend time social media, you don't need to cut them out completely - just set an alarm to remind you it's time to hop off. Got lots of study to do? Set a timer, and if you haven't finished in the allocated time, reassess your study patterns and habits, or consider asking for help.
- Speak to your family. If there's high expectations of you at home, working out exactly what needs to be done and figuring out a schedule could really help.
- Work out which activities on your list you can get rid of on a daily or weekly basis. If you volunteer but it's taking up too much time, ask if you can help out on a more casual basis. If you're doing lots of extra-curricular stuff, is it time to drop something for a bit?
- Be flexible – some days or weeks you might have less school work or other commitments, or some days you might just feel more exhausted, so it's always OK to change your schedule around.
- Take breaks when you need them. You should never feel guilty about resting and looking after your body.
- Unplug from social media and other screens from time to time (after a little while, you seriously won't miss it).
- Practice mindfulness, which includes being grateful, being present, helping out around home or with friends, or spend more time making better connections with people who make you feel good.
- Try to stay active. You don't need to take up marathon running, but even going for a quick walk each day can do a world of good for your health.
- Learn to say "no" (nicely).
- Ask for help if you need it.

Getting balance in your life is well worth it and is a great skill to use throughout life.

Find out more

[We have heaps of other blogs for students on our website about health, wellbeing, life balance, and more here.](#)



University

Open days: Your ultimate guide to campus visits

Pondering life after high school can feel overwhelming, but in your quest to make the best decision for you, there's one opportunity you definitely shouldn't miss: [open days](#).

Whether you're thinking of heading off to university, college, or another tertiary institution, these events are your chance to explore campus life, meet current students and staff, and get a real feel for what studying at a particular institution might be like. So let's take a quick look at why they matter and how to make the most of them.

Why open days are worth your time

There's something about experiencing a university firsthand that just hits different. You know that feeling when you walk into a place and think "yep, I could belong here"? That's what you're looking for at an open day.

Open days give you direct access to the people who know the institution best. You can chat with actual students (who'll give you the unfiltered tea about what studying there is really like), professors who are passionate about their subjects, and advisors who can help you navigate everything from applications and scholarships, to course options, accommodation, clubs, and support services.

When do open days happen?

Universities [around the world](#) typically hold their open days during the months leading up to application deadlines. In the northern hemisphere, this often means spring and early summer, while in the southern hemisphere, it's usually mid-to-late winter.

Most universities plan these events well in advance and publish dates on their websites at the beginning of the year. Mark them in your calendar as soon as you know them, as sometimes you'll need to register in order to attend and the popular sessions can fill up fast.

The good news is they're completely free and there's often food, entertainment, and competitions happening - so while you might have to factor in travel costs, you could walk away better off than when you go in.

Preparing an open day action plan

The key to [getting the most out of an open day](#) is a bit of preparation. Don't stress - we're not talking about studying or anything too taxing. Just take a little time to:

Register for the event

Check out the university's website and register for the open day online. Most universities will send you a program and updates once you're registered.

Think about what matters

Have a think about what really matters to you in a university. Is it the course content? The campus vibe? Sports facilities? Support services? Internship opportunities? Everyone's different, and knowing your priorities will help you focus on what's most important to you.

Prepare your questions

Jot down any questions that you can't find answers to online. There's no point wasting your open day asking things you could have Googled, right?

Know who to go with

Also, consider who you want to bring along. Parents can be great for a second opinion, but sometimes they ask different questions than you would. Friends can make the day more fun, but might distract you from your mission. Choose wisely!

Sort out what to bring



Keep it simple - a notebook or your phone for notes, comfortable shoes (campus tours involve a lot of walking), a water bottle, and a bag for any goodies should be all you need. You might also need some funds for travel, parking, or other costs like food on the day.

Questions to ask on open day

When you're chatting with university staff and current students, here are some conversations worth having:

About courses

- Are there any prerequisites for applying or any subject knowledge I should have before starting?
- How much of this course is theoretical vs. practical hands-on learning?
- Do you offer part-time, online, or flexible study options?
- Can I customise my degree with electives I'm interested in?
- What do graduates from this program typically do after finishing?
- What are the costs for this course?
- Do you offer any work experience, placements, or networking opportunities?

About support services

- What's the support like here? Who helped you when you needed it?
- Are there services for students with specific learning needs?
- How would you be able to accommodate my needs?
- Do you offer mentoring programs, study groups, or academic support?
- Is there any financial help available if I need it?

About campus life

- What societies and/or clubs are available to join?
- What facilities and services are available on campus?
- What's the best way to get around the campus and city?
- What accommodation options do you offer?
- What's the surrounding area like and is there stuff to do off-campus?

Virtual open days

Living too far away? Dealing with a disability that makes travel difficult? Or just can't make the scheduled date? No worries - if you can't attend in person, there are often [online or virtual open days](#), webinars, and information sessions that you can sign up for instead.

Many universities now offer amazing virtual open day experiences. They can include video campus tours, live-streamed information sessions, chat functions to ask questions in real-time, or even immersive virtual reality experiences.

Even if you miss the live event, lots of universities make their session recordings available afterward, so you can catch up in your own time.

Finding open day dates and information

Here's how to stay in the loop about upcoming open days:

- Follow universities on social media
- Sign up for email updates from universities you're interested in
- Check websites that compile open day calendars ([like ours](#))
- Ask your school's careers advisor what's coming up

Pro tip: Create your own dedicated calendar or document to track open day dates for all the universities you're considering, along with details, registration information, and how to get there.

Next steps

Once you've attended each open day, it's important to take some time to reflect. Here are some things to think about to help you make your final decision and prepare for applications:

- Which campus felt most comfortable or exciting?



- Were there any new courses or career paths you discovered that you want to learn more about?
- Do you need to book a follow-up visit or conversation to clarify anything?
- Are there any upcoming application deadlines?

Remember that if you're still unsure, you can always reach out the future student teams with any follow-up questions.

Ready to go?

There's no perfect university that works for everyone. The "best" university is the one that's right for you - your goals, your learning style, and your interests.

Open days are your chance to go beyond the glossy prospectuses and Instagram-worthy campus shots to discover what universities are really like. Whether you attend in person or virtually, your future self will thank you for putting in the effort now.

Want more information on your future study options? [We have heaps more to discover on our website here.](#)

Job Spotlights

How to become a Scrum Master

Scrum masters lead teams using [Scrum](#) frameworks when working on complex projects that can change a lot during their progress. They manage communications between team members and departments, increase productivity and accountability, and remove obstacles and distractions to ensure projects stay on track and are completed on time. If you have excellent interpersonal and communication skills, are a great problem-solver, and you're looking for a job that will be varied and challenging, then a career as a scrum master could be highly rewarding.

What skills do I need as a scrum master?

- Knowledge of Scrum theory
- Strong communicator
- Great team worker
- Effective coach & mentor
- Adaptable & organised
- Excellent problem-solver
- Creative & critical thinker
- Strong time management

What does the job involve?

- Determining project goals & timelines
- Splitting up projects into "sprints"
- Ensuring flow of information between teams
- Organising regular meetings
- Mentoring others on agile processes
- Solving problems & conflicts within teams
- Motivating team members who are stuck
- Reporting on project progress

What industries do scrum masters typically work in?

- Professional, Scientific & Technical Services
- Public Administration & Safety
- Financial & Insurance Services

What Career Cluster do scrum masters belong to?

Scrum masters are typically strong [Coordinators](#), skilled at strategic planning, leading teams, and keeping things organised.

They also share some traits with the [Informer Cluster](#), using their skills to guide and mentor other people.



What kind of lifestyle can I expect?

Scrum masters can work in lots of different industries, from retail and construction to finance and IT. Roles are generally office-based as you'll need to meet with people and be on-hand to help out at all times.

You can expect to earn an above average salary throughout your career.

There are very few part-time opportunities for scrum masters. Most of your work will be done during regular business hours, but there's a high probability you may have to work overtime to overcome problems and meet tight deadlines.

How to become a scrum master

There are no formal qualification requirements to become a scrum master, but without lots of relevant work experience and some form of recognised certification, you might find it difficult to be successful applying for these roles.

- Finish high school with English and Maths. Taking business and IT subjects may also be helpful.
- Consider completing a relevant tertiary qualification, typically in project management or business.
- Work in a business environment and gain lots of relevant experience and insight into project management.
- Complete workshops, short courses, or certified training in [Scrum frameworks](#) or [agile delivery](#).

What can I do right now to work towards this career?

If you're in high school and you'd like to find out if becoming a scrum master is right for you, here are a few things you could do right now:

- Volunteer as a mentor and get involved with any coaching and training opportunities. You'll develop your interpersonal and communication skills, as well as develop an awareness of your own mentoring style.
- Find work experience in a project management setting.
- Read up about what scrum masters do, watch videos about the processes they manage, or talk to a scrum master about what a day in their life is like.

Where can I find more information?

- [Scrum.org](#)
- [The Scrum Guide](#)
- [Scrum Alliance](#)

Similar careers to scrum master

- Project Manager
- Business Analyst
- [Financial Manager](#)
- [Business Development Manager](#)
- Data Analyst
- Software Developer
- Statistician
- Systems Analyst

Find out more about alternative careers on [our Job Spotlights page](#).