

What's On in the Next Few Weeks

[Experience UniSC 2023](#)

June 6 to November 1, 2023

Experience UniSC is an exclusive day for Year 10 students to explore a range of career paths, speak with academics and current UniSC students, explore the campus and experience what uni life is like. Students will leave the day feeling inspired, informed, and motivated about their future.

The experience of the day will better prepare students for SET planning, so they can develop their understanding of how their high school studies and subjects will support their journey to university and create opportunities for future career pathways.

- Fraser Coast Campus: Tuesday 6 June
- Sunshine Coast Campus: Wednesday 7 and Thursday 8 June
- Moreton Bay Campus: Wednesday 1 November

[Find out more](#)

[TAFE QLD | Nursing Information Sessions – Gold Coast](#)

June 7 to June 14, 2023

With cutting-edge facilities at our Southport campus, there has never been a better time to study Nursing with TAFE Queensland!

When you study nursing with TAFE Queensland you'll have access to purpose-built specialised training facilities, experienced teachers, and vocational placement opportunities. After just 18 months you can be fully qualified in nursing care, patient health analysis and administration and monitoring medications.

Our information sessions are an opportunity to:

- Learn about our state-of-the-art technology with augmented reality hologram patients
- Hear about our flexible study options and how they can work for you
- Chat to us about Residential Schools at our Southport campus and ask our experienced teachers any questions you may have
- Find out how TAFE Queensland prepares students to provide the best quality care for their patients, and includes vocational placement from stage one of our training.

[Find out more](#)

[Bond | Health Experience Day](#)

June 10, 2023

Discover what it's like to manage the care of real patients from start to finish through Bond's Health Experience Day. This free event is your opportunity to consult with clinical doctors, physiotherapists, dietitians, occupational therapists, biomedical and exercise scientists, and

other allied health professionals, to gain a deeper understanding of the different career options available in the health sciences.

You will take on the fictional role of healthcare advisor, working with patients to consolidate all their primary and allied health practitioner's assessments, and will provide the next steps going forward in the management of these patients. Working with the health team and individual patients, you'll determine the optimal courses of treatment for the best outcome.

The best way to learn is to immerse yourself, so come along and see what it's like to work in a health professional team. While this event is complimentary, registrations are essential.

[Find out more](#)

Queensland Police | Recruiting Seminar – Brisbane

June 10, 2023

Police officers aren't born, they're made. And every little thing you've been through, made you. You're already ready.

The Queensland Police Service is recruiting real life experience, to make a real difference.

Not sure if you:

- Meet the requirements?
- Are the right person for the job?
- Get paid as a police recruit?
- How you progress in the QPS?
- What is expected during the recruiting process and the cost involved?

These and many more questions will be answered during this Recruiting Information Session.

This information session is conducted by experienced, current serving police officers. Not only will they explain the requirements for entry, but they may also give you an insight into their own experiences.

During the information session you are welcome to ask questions.

[Find out more](#)

The Hotel School | Brisbane Open Campus

June 10, 2023

Do you want to explore our CBD campus and see what The Hotel School has to offer?

Attend a Masterclass delivered by our Academics to experience life as a student at The Hotel School. Explore your dream career and connect with passionate industry experts!

Join us for an exciting Open Campus experience on Saturday, 10 June 2023.

- Meet faculty team members and the Head of Campus
- Discuss career opportunities with the Work Integrated Learning team
- Find out about our courses and the application process in detail
- Chat with our current student ambassadors

- Enjoy Barista coffee and light refreshments

[Find out more](#)

[Bond | BUFTA Student Academy](#)

June 11, 2023

The BUFTA Student Academy is an opportunity for high school students to meet and talk to our teaching staff and industry experts directly about film and television and to prepare them to enter BUFTA.

Students will have the choice between two workshops – one in camera tech and shooting and one in editing. These workshops are offered to students with all levels of filmmaking experience; from beginners to advanced.

[Find out more](#)

[CQUni | Year 12s, Parents and Supporters Webinar](#)

June 13, 2023

Graduating high school and starting university is an exciting time for Year 12 students. We understand you have questions about how to navigate this transition with so much information out there to find and filter through. Whether you're a student, or supporting a student in Year 12, we're here to help you get all the answers you need.

Join us at our Year 12s, Parents and Supporters Webinar where we will guide you through each step, and provide you with the information and resources you need. This webinar will give you a glimpse of what options students pursue after graduating Year 12 and provide helpful resources on making a career choice. You will also learn where to look for information on courses and entry requirements, as well as detailed information about how to apply.

At CQUniversity, we believe education should be accessible to everyone and we have a range of alternate pathways available. We will share details with you on each of these pathway options and discuss course fees, scholarships and what comes next after applying for university!

[Find out more](#)

[UQ | Career Advisers Conference](#)

June 14, 2023

Join the 2023 UQ Career Advisers' Conference, Engaging the Future, to equip yourself with knowledge of the latest trends and developments in the job market.

What's involved:

- Hear from an exciting line-up of keynote speakers, including the Vice-Chancellor, Jobs Queensland and subject matter experts from various faculties.
- Gain insights into emerging technologies and their impact on the job market.
- Understand strategies to prepare students for the future of work.

- Learn about the role of educational institutions in shaping the future of work.

The conference will provide ample opportunities for networking and knowledge sharing among fellow career advisers. You will also have the chance to interact with academic and industry professionals and gain valuable insights into the future of different industries.

[Find out more](#)

Black Dog Institute | Breaking Down Depression

June 14, 2023

Words like ‘depression’ and ‘anxiety’ are often misused and misunderstood. Understanding and talking about mental health in general can be a minefield for many of us too. That’s where we can help, our presentation has been developed by experts to give you the knowledge to:

- Identify the features of clinical depression
- Understand the types of mental illness
- Recognise the symptoms of depression and anxiety
- Know when it’s time to get professional help
- Understand the range of treatment options available
- Spot and monitor the warning signs (in yourself and others)

Our free, 45 minute sessions are presented by community members with lived experience of mental illness. The presenters speak from the heart, sharing their personal story as well as our expert knowledge.

[Find out more](#)

Basair | Pilot Career Seminar, Brisbane

June 15, 2023

Learn about career paths, salaries, entry level jobs, qualifications, pilot courses and everything you need to know about becoming a Commercial Pilot in less than a year at Basair.

[Find out more](#)

It Takes a Spark STEM Conference, Gold Coast

June 16, 2023

Most conferences currently being offered on STEM, STEAM and Entrepreneurship tend to be targeted towards teachers and involve a series of speakers and the occasional mini-workshops. This conference is designed to be different. This conference is designed by students and teachers for students and teachers.

The intent of the It Takes a Spark STEM Conference is to bring together Students (Year 4 to 10) and Teachers to connect with inspiring industry role models, share their current school based activities and projects using an authentic sharing and experiential model, create networks of teachers and student teams, and solve social justice design challenges.

[Find out more](#)

[Central Queensland Engineering Link Project 2023](#)

June 17, 2023

For 2023, the Engineering Link Project will be a one-day event on Saturday 17 June 2023 for Year 10, 11 and 12 students who are interested in finding out what engineering REALLY is! Everyone will participate in two workshops in different engineering disciplines. Each workshop is designed to challenge your creativity and knowledge of maths and science.

A professional engineer will outline their career and what a day in the life of an engineer is, then present you with a problem or scenario that you will have to solve in teams. You will test materials, complete design calculations, and submit a proposal. If approved, you will construct your solution. The engineer will evaluate each solution against the criteria and provide constructive feedback.

Participants can choose from up to 4 different activities, each providing unique and valuable insights into this exciting career.

At lunchtime, participants will have the opportunity to speak to visiting engineers in small groups. This opportunity is unique and provides valuable insights into the life of an engineer. Students will also experience CQUniversity Engineering by working in labs and getting a feel for university life.

[Find out more](#)

[Endeavour College | Natural Health Open Day](#)

June 17, 2023

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.

We are opening our campus doors for Open Day on Saturday 17 June. 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](#)

Important Future Events

[JCU | UniX Senior Cairns](#)

June 21 to June 22, 2023

Registration to attend the 2023 JCU UniX – Senior is now open. We invite schools to bring their Year 10, 11 and 12 students to check out a JCU campus for a morning or afternoon session.

Students will be immersed into the university environment and gain insight into the different courses and career opportunities that are available. Students will have the chance to talk to student ambassadors about what it's like to study at JCU as well as subject matter experts in our academic staff. They'll also be able to learn all about all the social aspect of uni life and all the support services that are available to them.

[Find out more](#)

[JMC Academy | Game Design Saturday Workshop Series, Brisbane](#)

June 24 to July 8, 2023

Week 1 – Introduction to Maya

Students will be introduced to the basic concepts of 3D modeling using Autodesk's Maya. Students will create several 3D assets for use in the Game Design Workshop (that will run in week 3 of the program).

Week 2 – Maya modeling and Substance Painter Texturing

Students will continue to explore 3D modeling using Maya to create game-ready assets. Students will also be introduced to Adobe Substance Painter and the concepts and techniques to add textures to 3D assets. Finding a pre-made rigged character online and using the skills from the previous week's class, they will be constructing a scene to go along with the character that they have chosen along with the assets made from week one.

Week 3 – Introduction to Unity and Game Design

Having spent two weeks creating game-ready 3D assets, students will now explore the design considerations and techniques required to create a simple game level. Using the Unity game engine students will populate their scene (game level) with 3D assets they have created as well as pre-made assets.

Please make sure you can commit to all 3 sessions in this workshop series.

Limited places are available and we will be in contact to confirm your place in the program.

[Find out more](#)

[UQ | InspireU Health Sciences Camp](#)

June 25 to July 1, 2023

Immerse yourself in a week-long university experience to learn about health sciences. You'll get to explore your potential study options and get practical insights into these disciplines.

You're eligible if you:

- Are of Aboriginal and/or Torres Strait Islander descent
- Are enrolled in high school at the time of application
- Are enrolled in ATAR subjects and eligible for an ATAR score
- Have a school attendance rate of 90% or greater.

As part of the camp you'll:

- participate in a week-long on-campus residential camp
- attend engaging sessions to further understand health science
- take part in practical, hands-on experiences
- explore UQ facilities and services
- connect with current Aboriginal and Torres Strait Islander university students
- meet fellow high school students

[Find out more](#)

UQ | Future Experiences in Agriculture, Science and Technology (FEAST)

June 25 to June 28, 2023

Future Experiences in Agriculture, Science and Technology (FEAST) is a four-day residential program to inspire high school students about rewarding science careers in the agriculture, animal, plant and food industries.

FEAST is open to students in years 11 and 12 and is held each June/July at UQ Gatton.

By participating in FEAST you'll get to:

- test-drive university and meet other students with similar interests
- explore science disciplines through hands-on activities and workshops
- meet UQ students and staff and attend industry-run sessions
- experience living in the UQ Halls of Residence and take part in social and sporting activities
- expand your knowledge of UQ Science [study options and programs](#)
- learn about current challenges faced by scientists, including climate change, biosecurity, feeding the world and protecting endangered wildlife.

Numbers are limited, and due to high demand, you can only attend FEAST once.

[Find out more](#)

JCU | Winter School for Australian Aboriginal and Torres Strait Islander Students

June 26 to June 30, 2023

Want to know what it's like to be a uni student? Then our residential preparatory program for high school students may be the program for you.

The JCU Winter School for Australian Aboriginal and Torres Strait Islander Students offers students in Year 10, 11 and 12 the chance to experience university life during the school holidays.

Over five days, students live on campus and take part in academic lectures and team-building activities in an interactive program that provides opportunities to meet University staff and students and form bonds with other students in the program.

On-campus accommodation allows for a complete university experience. Accommodation is in the residential colleges on campus and catering is provided for all participants while students

are on campus. JCU covers the cost of return travel, including flights, bus or train, for students outside of the Townsville region, within Australia.

[Find out more](#)

[Griffith | Film School Experience Week](#)

June 26 to July 7, 2023

The Griffith Film School prepares the next generation of filmmakers, animators and game designers for creative and exciting careers in the global industry. Our Experience Week is tailored to current Year 11 and 12 students considering future tertiary study at the Griffith Film School.

During the week-long program, participants will choose a study area and be taught by our highly skilled, industry connected teaching team and gain theoretical and practical skills. Participants will also complete a piece of work for their creative portfolio and get a feel for what it's like to study at the Griffith Film School.

In 2023, you will have the choice to attend Experience Week either 26–30 June 2023, or 3–7 July 2023.

[Find out more](#)

[Griffith | Design and Visual Arts Workshops](#)

June 26 to June 30, 2023

From 2024 Queensland College of Art will be offering the [option of portfolio admission](#). In this two-day workshop you will learn the do's and don'ts of a successful portfolio.

Come along to see how you can make a portfolio that expresses your unique creativity. The workshop is tailored to those in Year 10 and above.

Participants choose to work in either Design or Visual Arts and by the end of the workshop will:

- complete at least one piece of work for your creative portfolio
- understand how to photograph and present your work for maximum impact
- learn how to write about your own practice and creativity.

Design portfolio workshops are being offered at both the South Bank and Gold Coast Campuses. The Visual Arts portfolio workshop is **only** being offered at the South Bank Campus.

[Find out more](#)

Scholarships

[5 Scholarships for LGBTQIA+ Students in Australia](#)

As we launch into [International Pride Month](#), it's encouraging to see how the academic landscape is becoming more inclusive and supportive of diverse communities. Whether you're a

high school student dreaming of pursuing higher education or already enrolled in university, we've found some great scholarships for LGBTQIA+ students in Australia. Let's take a look.

Understanding LGBTQIA+ scholarships

LGBTQIA+ scholarships are specifically designed to support and empower students who identify as lesbian, gay, bisexual, transgender, queer/questioning, intersex, or asexual. These scholarships aim to create more inclusive and diverse learning environments by easing the financial burden of education.

Aside from financial assistance, these scholarships offer a range of other benefits too. They provide recognition and validation to LGBTQIA+ students, fostering a sense of belonging within the academic community. Plus, they often come with mentoring programs, networking opportunities, and access to LGBTQIA+ support services, allowing students to thrive both academically and personally.

Scholarships for LGBTQIA+ students

Australia has some incredible scholarships tailored specifically for LGBTQIA+ students, including:

- [The Pinnacle Foundation Scholarships](#): provides financial assistance, mentoring, and other opportunities for young LGBTIQ+ Australians.
- [ANSTO LGBTQIA+ STEM Leadership Scholarship](#): these grants help to inspire more diverse young people to consider a career in STEM.
- [University of Newcastle LGBTQIA+ Shaping Futures Scholarship](#): supports a student who identifies as LGBTQIA+ and who is managing study alongside challenging personal circumstances.
- [Monash MRS Queer Leadership scholarship](#): provides students of diverse genders and sexualities the capability to afford accommodation on campus at Monash.
- [University of Melbourne First Nations Pride Scholarship](#): financial assistance for Indigenous LGBTQIA+ students entering a degree within the Faculty of Fine Arts and Music.

Inclusive scholarships for all

While queer-specific scholarships are fantastic, don't forget that many scholarships in Australia are open to all students, including LGBTQIA+ individuals. These scholarships assess applicants based on academic achievements, extracurricular involvement, leadership potential, and personal circumstances.

Embrace your journey

Applying for scholarships isn't just about securing financial assistance; it's about embracing your journey and celebrating your identity. Remember, you're not alone — you can always reach out to mentors, counsellors, and support networks for guidance along the way. If you'd like to find more scholarships, you can search our comprehensive database [here](#).

Apprenticeships and Traineeships

[Aquaculture Apprenticeship Spotlight](#)

Do you want to work in the outdoors? Do you love the water and environment? If all these apply to you, you might like to consider a career in aquaculture. And one of the best ways to get there is by doing an aquaculture apprenticeship.

What is a career in aquaculture?

A career in aquaculture involves the cultivation and management of aquatic organisms, such as fish, shellfish, and aquatic plants, for commercial purposes. It is a multidisciplinary field that combines aspects of biology, ecology, business, and environmental management. There are many different roles in this field, including farm hands, boat operators, managers, divers, technicians, biologists, and more.

What skills do I need for a career in aquaculture?

Aquaculturists need an understanding of aquatic organisms, their biology, and management techniques. You'll need to have good problem solving skills to address challenges related to water quality, disease control, and production efficiency. As part of your job, you'll probably be expected to operate a variety of machines and equipment. Being adaptable to the changing conditions and regulations of the industry is also very important.

Why should I consider an aquaculture apprenticeship?

Apprenticeships are a great way to get your foot in the door with an employer and start building valuable skills. There are often lots of opportunities to continue working with your employer after your apprenticeship is complete, and even advance your career down the track. As part of an aquaculture apprenticeship, you will be doing real work for an employer while completing study with a TAFE or RTO. An aquaculture apprenticeship usually takes 2-3 years to complete, depending on whether you work and study full- or part-time.

Here are some qualifications you might want to look into:

- [Certificate III in Aquaculture](#)
- [Certificate IV in Aquaculture](#)
- [Diploma of Aquaculture](#)

- [Aquaculture Diver Skill Set](#)

There are tons of benefits to an apprenticeship, rather than just work or study alone, including:

- Getting paid while you learn – unlike uni, you can work and study without having to take on an insane work load.
- The opportunity to get hands-on experience, not just endless reading.
- The potential to connect with an employer and continue working with them after your traineeship is finished.
- Your qualification will be nationally recognised, meaning you can go anywhere with it.

Where can I find apprenticeship opportunities?

Just like searching for a job, there are lots of places you can go to find an apprenticeship. You can start your search on sites like [SEEK](#) and [Indeed](#). Take a look on social media like Facebook or LinkedIn to see if any local businesses are hiring. Sign up with an [Apprenticeship Network Provider or Group Training Organisation](#), or even go old fashioned and take a look in the local paper or give local businesses a call.

Here are some examples of the kinds of opportunities available in aquaculture:

- [Aquaculture Farm Hands](#), Darwin NT
- [Aquaculture Coxswains, Deckhands and Farmhands](#), Cowell, Whyalla & Eyre Peninsula SA
- [Aquaculture Diver](#), Strahan TAS
- [Senior Aquaculture Technician](#), Riverina NSW
- [Senior Research Officer \(Finfish Larval Rearing\)](#), Adelaide SA
- [Aquaculture Farmer](#), Townsville QLD
- [Aquaculture Technician](#), Exmouth WA

Getting Ready for Work

[7 Unusual Jobs for Business Enthusiasts](#)

The traditional 9-to-5 office grind isn't right for all of us. If you have a passion for business but are searching for something a bit more unconventional, this blog explores seven unusual jobs for business enthusiasts – see if there's one that might be right for you.

Business coach

Are you passionate about helping others unlock their full potential? Consider becoming a business coach. Many people out there have a great idea or possess exceptional talent but lack the business knowledge to monetise their work effectively. As a business coach, you can guide

them in developing marketing strategies, managing finances, and building their brand, while also providing the encouragement and support they need to thrive.

Ethical hacker

Do you have a knack for technology and a strong moral compass? If so, a career as an ethical hacker might be just what you're looking for. Ethical hackers, also known as white-hat hackers, work with organisations to identify and fix potential security vulnerabilities in their systems. By using your business and technical expertise, you can help companies safeguard their sensitive data and protect their reputation from cyber threats.

VR experience designer

Are you fascinated by the possibilities of virtual reality (VR)? Combine your love for business and technology by becoming a virtual reality experience designer. In this role, you'll create immersive virtual environments for various industries, such as real estate, tourism, construction, or education. By using your understanding of consumer behaviour and market trends, you can design VR experiences that drive engagement and boost brand recognition for your clients.

Influencer or celebrity social media manager

In the age of social media, being famous is a dream for many. However, behind every successful influencer and celebrity is a dedicated social media manager who handles their brand partnerships, negotiations, and overall business strategy. If you have excellent communication skills, a keen eye for trends, and a knack for relationship building, consider becoming a social media manager. This exciting job allows you to collaborate with talented celebrities and content creators and help shape their brand while ensuring their long-term success.

Futurist consultant

Are you a visionary thinker with a strong business knack? Embrace your forward-thinking mindset by becoming a futurist consultant. As a futurist, you'll analyse emerging trends, technological advancements, and societal shifts to predict the future of various industries. By providing valuable insights to businesses, you can help them make informed decisions, adapt to change, and gain a competitive edge in a rapidly evolving world.

Professional organiser

Are you naturally organised and enjoy creating order out of chaos? Becoming a professional organiser might be the perfect fit for you. As a professional organiser, you'll help individuals and businesses declutter their spaces, streamline their workflows, and optimise their productivity. Your business skills will come in handy as you develop customised organisational

systems, provide practical advice, and guide your clients towards a more efficient and harmonious environment.

Event marketing specialist

Are you the life of the party, with a knack for marketing and organising? Consider becoming an event marketing specialist. In this role, you'll plan and execute innovative marketing campaigns centred around events, conferences, or trade shows. By combining your creativity, strategic thinking, and business knowledge, you can create unforgettable experiences for attendees while generating valuable leads and boosting brand awareness for your clients.

Remember, the world of business is constantly evolving, and new opportunities are emerging every day – so don't be afraid to think outside the box and explore pathways that align with your passions.

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

Work Experience

How to Ask People About Their Jobs

Is there a job out there you think you would absolutely love? It can be hard to know exactly what a job is like unless you can get hands-on experience. Maybe you can't find anything suitable near you, or maybe you'd just like some assurance before jumping into a work experience placement. But you can do the next best thing – ask other people about their jobs!

Why should I ask other people about their jobs?

Getting advice on a career you're interested in is always a smart move. You can find out a lot you might not know, like pathways into the career, the ups and the downs, daily tasks, industry insights, and a whole lot more.

Then, you can use this valuable info to help steer you in the right direction. Think about what you learned and weigh up your options – is this still something you'd want to do, or has your perspective changed? It can also help you think about things you can do right now to get closer to your goal.

It's always helpful to get more than one perspective too (if possible). Talk to as many people as you can.

What should I ask?

Here are some questions that you might like to ask to get the most out of the experience:

- What does a normal day look like?

- What's your favourite (and least favourite) part of your job?
- How did you get this job?
- Is this what you wanted to do when you were younger?
- Do you have any advice for someone looking to get into the industry?

It's important to consider how well you know the person you're asking, and remember there are some things that could be inappropriate to ask (for example, asking how much money someone makes).

Some final tips

Take notes – you don't want to go to all this trouble only to forget everything a few days later. Ask follow-up questions – if there is something you don't quite understand, it's better to ask for clarification than to be left unsure. This is also a great way to show you've been actively listening.

Keep in touch – send the person a letter or email thanking them for their time and effort. This could be your chance to make a valuable connection for the future.

If you feel like you're ready to jump in and get some experience, you can search for work experience positions on our website [here](#).

Ideas for Work Experience

[Kennedys Virtual Work Experience](#)

[Work Experience with Bell Shakespeare](#)

Closes: June 30, 2023

[Work Experience with Rockhampton Regional Council](#)

Competitions

[Dorothea Mackellar Poetry Awards](#)

Entries to the Dorothea Mackellar Poetry Awards are now open for 2023.

Students in all years from kindergarten to Year 12 can enter.

This year the optional theme is "The Winding Road."

Entries are open until 30 June.

Find out more and enter here: <https://dorothea.com.au/how-to-enter/>

[History Makers School Video Challenge](#)

Share the defining moment that matters to you to be in the running to win \$2,000 for your school.

Choose a defining moment

Research a moment that matters to your class, school, community or the nation. You might be inspired by these websites:

- [Defining Moments in Australian History](#)
- [Australian's Defining Moments Digital Classroom](#)
- [Momentous](#)

Or tell us about a moment that is unique to your local area.

Create a video

Collaborate with your classmates to produce a video about your defining moment. Stage a play, perform a dance, film an artwork, make a documentary, produce an animation or surprise us with your creativity. Your video must be at least 30 seconds long and no longer than 4 minutes.

Share your video with us and the world!

Submit your video to History Makers. We will share it on our Digital Classroom website and your school will be in the running to win \$2,000. Teachers must submit all entries on behalf of their students or school.

Open to Australian school students (K–12). **Entries close 15 September 2023.**

Find out more and enter here: <https://digital-classroom.nma.gov.au/history-makers>

Resources

[3 Tips to Find Life Balance as a Student](#)

Life is a balancing act, and high school 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.

It's easy to fall out of balance – the evidence shows that most working adults in Australia only get [around three and a half hours](#) of non-work-or-sleep time each day (and women get around 30 minutes less than men). If you want to see how you compare [check out this article from the ABC](#).

What happens when you're not in balance?

It's easy to write off life balance as a luxury or something airy fairy. But having a good balance in your life could not only make you happier and healthier, in the long run you could accomplish more and do better.

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, contented, healthy, and well rested, then you're probably already doing a pretty great job at the whole balance thing. Of course, there'll be times when you don't feel great, like exam stress, or trying to juggle multiple assignments, working extra shifts to earn more cash, or periods of illness – 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's 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

How to get back in balance

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 your life, not what you think you're supposed to be doing.

If you're not feeling in balance, then there are a couple of things you can try:

Tip 1 – Work out where you are

Make a list of what really *needs* to get done (homework or revision), what you would *like* to get done (less urgent), and what you *want* to do (perhaps exercise or seeing friends).

For example, you might include:

- Sleep
- School
- Chores – laundry, house cleaning, gardening, washing the car, taking the bins out, washing up, cooking
- Homework/revision/other study
- Paid work or volunteering

- Sports and other extra-curricular commitments
- Hobbies
- Social – time spent with family and friends
- Life admin – this includes things like eating your meals, essential shopping, washing yourself, paying bills, reading emails
- Time spent on your phone or other device – you can find out your average daily screen time on an [Android](#) or [Apple](#)

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.

You could use the [Life Balance Worksheet](#) to help you keep track.

Tip 2 – 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. You've got 168 hours in a week.

If you sleep the recommended 8 hours a day, go to school 9am-3pm 5 days a week, travel an hour for school (there and back), and allow an hour for eating & 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 decide which of the *optional* activities you have listed is most important.

Then, on the same list, allocate hours to the things you *want* or *need* to do and tally them up. 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.

Tip 3 – Build a plan to help you get there

When you've got to 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; it could help you stay in check and create new habits instead of slipping back into the old routine.

- [Set goals](#) and then break them down into manageable milestones and give them dates.
- Incorporate time limits into your schedule. If you want to play games or go through social media, do it. 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 got it done, speak to your teacher about an extension or some 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, some days you might feel more exhausted, so it's always OK to change your schedule around.
- Take breaks.
- Get enough rest and look 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.
- Be active.
- 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.

Tools that can help

- Life Balance Worksheet ([download it here](#))
- [Goal Generator](#)
- Taking time out
- Keeping a journal
- Asking a friend or family member to check in with you and keep you accountable
- [Meditation](#)
- [Study Plan](#)
- [Todoist](#) – calendar and life organiser app
- [Tick Tick](#) – organisational and check list app

[Why Learner Passports Are More Important Than Ever](#)

This blog was written by guest contributor Charlie Mills from Student Edge.

When hiring, recruiting, or evaluating potential young recruits, understanding the whole person holistically is more important than ever.

It's impossible to capture the essence and experience of an individual by just looking at their ATAR Scores.

All that four-digit number represents is how they fared in Year 12 academically.

But it ignores key aspects of the experience of a young life.

With so many young Aussies diving into work experience, volunteering, sport, community involvement and so much more, a Learner Passport is key to highlighting the *whole* student.

But what is a Learner Passport?

A Learner Passport works a bit like a CV or Resume but goes even further than those do.

It collates all the relevant info in a young person's life – their past experiences, any work they've done, volunteering, all alongside their academic achievements.

Like a CV, it's an essential document in gaining employment and entering university.

In a nutshell, it's the digital footprint of everything a student is and has done.

What's included on a Learner Passport?

Basically, anything that highlights a student's unique abilities.

This generally includes:

- Education history, i.e. university, high school.
- Work experience including casual jobs, internships, programs and others.
- Extra-curricular activities (in and outside of school), i.e. sport, music and public speaking.
- Volunteering history including responsibilities and an opportunity to add personal reflection.
- Examples of past work, i.e. any projects and presentations that can be shared publicly.

A Learner Passport can also include other elements of individual including, such as:

- Personal qualities and values.
- Qualifications and licenses.
- Awards and honours.
- Micro-credentials (i.e. short course qualifications).
- Personal references.

What makes it stand out among resumes?

A Learner Passport has the distinct ability to display a student's uniqueness.

It can highlight their attributes, strengths and skillsets that combine to make that student one-of-a-kind.

But the biggest distinction also comes from the Learner Passport's ability to showcase aspirations, not just experience.

While a CV looks back on previous experiences, most Learner Passports have the option to include work, study and life dreams, that can give employers a better understanding of where the candidate is heading.

A big advantage of a Learner Passport is also the sharing capability.

While CVs are commonly created in Word and exported as PDFs, most Learner Passports are hosted digitally, which means they can be easily shared and transformed into a resume on the fly.

This has the added bonus of opening doors more easily and streamlining application processes. Student Edge has their own industry-standard Learner Passport that's mobile-first, easy to use and free for students. It also generates a resume with the click of a button.

About Student Edge

[Student Edge](#) is Australia's largest student membership organisation.

Founded in 2003, Student Edge strives to give students the edge through education and career support, study tools, student news, discounts, and surveys.

285,000 students across Australia have already created their [Student Edge Passport](#) and are on the way to securing employment and future opportunities.

Thanks again to Charlie from Student Edge for writing this guest blog for us.

5 Tips to Boost Your Study Motivation

As students, finding the motivation to study can sometimes feel like an uphill battle. With numerous distractions and competing priorities, it's easy to lose focus – but fear not. We've got you covered with five simple yet effective tips to boost your study motivation and help you reach your academic goals. Let's take a look.

Set clear and attainable goals

Setting goals gives you a sense of direction and purpose, which can be incredibly motivating. Start by identifying what you want to achieve in the short-term (e.g., ace a test, complete an assignment), as well as in the long-term (e.g., get into a preferred uni, pursue a specific career). Break down these goals into smaller, actionable steps, and celebrate each milestone along the way. Remember, every small victory brings you closer to your ultimate objective.

Create a study schedule

Procrastination is the arch-nemesis of motivation. To combat it, establish a study schedule that suits your lifestyle and learning style. Designate specific times for studying each day, and be consistent with it. Find a quiet and comfortable study space where you can concentrate without

distractions. By having a structured routine, you'll train your mind to associate those study hours with productivity and focus, making it easier to dive into your work.

Find what works for you

Everyone learns differently, so it's important to identify the study methods that work best for you. Experiment with various techniques such as summarising notes, creating flashcards, the [Pomodoro technique](#), or teaching the material to a friend. Use online resources, educational apps, and interactive study platforms to make learning more engaging and enjoyable. When you find the methods that resonate with your learning style, studying becomes less of a chore and more of an exciting exploration of knowledge.

Surround yourself with supportive peers

Motivation can be contagious, so surround yourself with friends who are also focused on their studies. Form a study group where you can share insights, discuss challenging concepts, and help each other stay on track. Collaborative learning not only enhances your understanding but also creates a positive and supportive environment. Together, you can conquer difficult subjects and celebrate each other's accomplishments, as well as boost your motivation.

Take breaks and practice self-care

Overloading yourself with non-stop studying can lead to burnout and diminished motivation. Remember to take regular breaks during your study sessions to recharge your mind. Engage in activities you enjoy, whether it's taking a walk, listening to music, or pursuing a hobby. Prioritise self-care by getting enough sleep, eating nutritious meals, and staying active. When you take care of your overall wellbeing, you'll have the energy and enthusiasm to tackle your studies with renewed motivation.

Staying motivated to study can be a challenge, but by implementing these five tips, you can empower yourself to overcome obstacles and achieve academic success. Remember, motivation isn't a constant state but rather a skill that can be nurtured and cultivated – so even if you're not feeling it today, you can always pick yourself up and try again tomorrow.

Find more study tips on our website [here](#).

[5 Tips for Open Day Success](#)

Open days are heaps of fun, and apart from the food and coffee, they're totally free. You'll be able to explore your future education options and get a first-hand experience of what each institution has to offer. But with so much going on in a single day, how can you make sure you get the most out of the experience? In this blog, we have some tips for open day success you might like to read. Let's get started.

Be prepared

You might be fed up of hearing the words “get organised”, but honestly, a little bit of preparation can make a huge difference to how your open days go and what you get out of them.

There are bound to be conflicting dates for open days, and we don't recommend trying to get to more than one a day. Spending some time studying the university websites and reading about the [courses](#) you're interested in could help you decide which open days are the must-dos.

Once you've decided which ones you'd like to go to, make sure that you register, then add the dates and directions to your calendar or reminders.

Next, you could print out or download the open day programs. Highlight any info sessions, workshops or other events that you don't want to miss. You won't be able to cram every single talk and info session into your itinerary, so prioritise sessions that align with your interests. Research some parking options or organise your public transport routes and timetables before the day.

Consider taking a friend or family member along for support, second opinions, seat saving, and re-caffeinating duties.

Use the time between information sessions and tours to speak to lecturers and students, check out clubs, or get a feel for accommodation options, cafés, shops, and the local area in general. You may have to find your way around campuses or around the city to attend different sessions. So wear comfortable clothes and shoes, and make sure you have a way of finding out where you are and where you're going (Google maps is perfect for this).

Talking is good

There'll be loads of people on hand to help at open days, including staff, researchers, and current students. They're not there for decoration – they'll be ready and willing to answer your questions and help you to choose the best options for you.

Try and find the lecturers and faculty staff you might be thinking about studying with and ask them about the courses you're interested in, as well as any options you haven't come across that might suit you.

Here's some example questions that might help you out:

- Are there any prerequisites or assumed knowledge for this course?
- What are the core units/modules?
- What are the majors I can choose from?
- How is the course taught and assessed?
- How satisfied are current students with the course?
- How many hours of teaching are involved each week?
- What are job outcomes like for graduates?

- What opportunities are there for work experience placements or internships?
- Is it manageable to have a casual or part-time job and study full-time?
- Are there scholarships I can apply for?
- Are there any overseas studies opportunities?
- If I'm struggling, are there any learning support services available?
- If I don't get the ATAR I need, what alternative pathways could get me into this course?

Talking to current students is the best way to learn what university is *really* like. They'll be able to tell you about their first-hand experiences and provide some insider tips (from where to get the best coffee to finding the best accommodation and the ultimate money saving hacks).

Between students and the administrative staff, you can probably find answers to all your questions about uni life. Here's some example questions:

- What facilities are located on campus and in town?
- What sort of student support services are available?
- Are there part-time job opportunities available for students?
- What sort of financial help is available if I run out of money?
- How do HELP loans work?
- What types of accommodation are available?
- What's the most popular accommodation option?
- What are some of the events throughout the year I could look forward to?
- What do you think are the best things about this uni/course?
- Did you make any rookie errors that I could avoid?

Don't be shy; there's no such thing as a silly question. Having a list of pre-prepared questions is a great way to guarantee you remember them all on the day.

Explore

Open days allow you to explore where you'll be studying and really familiarise yourself with the campus and facilities, as well as the surrounding areas and the city it's located in. Lecture theatres, labs, libraries, and other learning spaces will all be open for you to view.

You might even get to participate in some activities or workshops that'll give you a hands-on learning experience using the technology and facilities available.

Sign up for a campus tour if it's on offer; a guided walk let you take it all in without worrying about getting hopelessly lost.

Between all the scheduled bits and bobs you might attend, you can also get a peek to see if the uni has cafés, bars, restaurants, gyms, sporting facilities, internet access, computer labs, or any other areas that you might be able to use.

Compare

If you're pretty certain you already know the uni you would like to go to, we still recommend attending a couple of other open days too. This way, you'll have something to compare your preferred choice to. Either it'll confirm your first choice, or it could open your eyes to possibilities you hadn't considered.

If you're not sure, then after you've been to a couple of open days you'll have the information you need to make an informed decision about which unis and courses to apply for.

You could create a checklist of the most important aspects of uni to you. It's a simple way to compare the differences between unis.

You'll be spending a few years and significant amount of money on your uni education, so it's important that you feel comfortable with your choice.

Have fun

Most importantly, open days are a great day out, so enjoy yourself.

There's bound to be entertainment, goody bags, free activities, food trucks (sometimes food is *free*), and competitions with some great prizes. Get amongst it all, find out if the vibe gels with you, and experience all that the uni has to offer.

Open days are by far the best way to find out if a uni is going to be a good match for you.

If you want an easy way to find out which open days are coming up, take a look at our events calendar [here](#).

Workplace Spotlight

What is it Like to Work in a Movie Studio?

Movie studios are places where workers come together to bring stories to life on the big screen. Movie studios have various departments and teams, such as writers, directors, producers, actors, and technicians, who work collaboratively to make films. They handle everything from developing scripts, casting actors, and designing sets, to shooting scenes, editing the final product, and marketing films to the public.

Each movie studio is different, but they do tend to have some things in common:

1. Lots of collaboration – movies are only made with the effort of lots of different people working together.
2. A high-tech environment – filmmaking and post-processing technology is always advancing, and you'll get access to the latest and greatest.
3. Working closely with people – face-to-face interaction and effective communication are still important parts of the movie industry.

Key Outcome

Provide entertainment through film

The main outcome of a movie studio is to write, produce, and shoot films to entertain the public.

Key Tasks

- Write scripts and develop story ideas
- Direct actors and guide performances
- Manage production logistics and schedules
- Design sets, costumes, and props
- Shoot and capture scenes on camera
- Edit footage and refine the final product
- Coordinate post-production tasks (e.g. sound and visual effects)
- Market and promote films to reach audiences
- Collaborate with various departments and professionals

Industry

You can find movie studios in the arts and recreation services industry

Movie studios are generally found in the arts and recreation services industry. There are a few different kinds of movie studios including major studios, independent studios, animation studios, and genre-specific studios.

Work Environment

You can expect flexible hours and on-site work

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

Movie studios often operate on extended hours to accommodate various aspects of production (such as scenes that must be filmed at night, etc.). Different departments within the studio might have varying schedules and working hours based on their specific roles and responsibilities.

While some aspects of the work in a movie studio can be done remotely or from home, many tasks require on-site presence and collaboration, particularly during the production phase.

Movie studios are found far more commonly in metropolitan areas, so there may be limited opportunities for work in regional and rural locations.

The Career Clusters you'll find in a movie studio

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

Where do Makers work in a movie studio?

Makers in a movie studio work behind the scenes, collaborating with directors, designers, and artists to fabricate props, sets, costumes, and special effects that contribute to the visual and immersive storytelling experience on the big screen. They also operate and maintain the physical and technical equipment used in filmmaking.

- Camera Operators
- Set Builders
- Prop/Costume Makers
- Special Effects Technicians

Responsibilities of a Linker in a movie studio

Linkers are the people in a movie studio who scout for talent and suitable locations for filming, bringing together the necessary people and places to begin the production process. They are also responsible for creating positive buzz for upcoming movies to build excitement, as well as organising press events and interviews.

- Talent Agents
- Location Scouts
- Marketing Managers
- Publicists

What do Coordinators do in a movie studio?

Coordinators play a crucial role in managing timelines, budgets, and logistics, allowing the creative teams to focus on their artistic work. They are responsible for organising auditions, liaising between departments, negotiating contracts, allocating resources, and ensuring production meets required deadlines and budgets. They might also handle paperwork and other administrative duties.

- Directors
- Production Managers
- Casting Coordinators
- Administration Assistants

Where you'll find Informers in a movie studio

Informers contribute their knowledge to enhance the storytelling, technical execution, and overall quality of a film. They guide and educate the production team on aspects of the film that can include historical accuracy, diversity and cultural sensitivities, and regional and linguistic accuracy. They might also provide advice on any legal requirements and copyright processes and issues.

- Script Consultants
- Special Effects Consultants
- Historical/Cultural/Language Consultants
- Lawyers

The role of Innovators in a movie studio

Innovators in a movie studio are responsible for developing and designing scripts, production techniques, and technical aspects of films. They use their creativity in combination with cutting-edge technology to enhance a film's quality and experience and provide the talent that brings characters to life on our screens.

- Script Writers
- Actors
- Set/Prop/Costume Designers
- Sound Engineers
- Visual Effects (VFX) Designers

What do Guardians do in a movie studio?

Guardians prioritise the safety of cast and crew, ensure the physical security of workers and equipment, and oversee compliance with industry regulations and guidelines. They ensure that necessary measures are taken to prevent accidents and protect other workers in the studio. In a busy and stressful work environment, Guardians also help to maintain the health and wellness of other staff.

- Safety Coordinators
- Stunt Coordinators
- Security Officers
- Health and Wellness Advisors

How do we expect working in a movie studio to change in the future?

The COVID-19 pandemic accelerated the adoption of remote work and virtual collaboration tools in the film industry. While things have mostly gone back to normal, there is increased flexibility in certain areas of pre- and post-production, allowing for collaboration across distances.

The growing popularity of streaming platforms and on-demand content has already altered the industry landscape. Movie studios may increasingly prioritise producing content specifically for streaming platforms, impacting distribution models and creative decision-making.

There is also a greater emphasis on diversity and inclusion, both in front of and behind the camera. This shift will lead to more inclusive stories, diverse representation, and increased opportunities for underrepresented groups within movie studios.

And of course, continued advancements in technology, such as virtual reality, augmented reality, and artificial intelligence, could revolutionise certain aspects of filmmaking, including production techniques, visual effects, and immersive storytelling.

Job Spotlight

How to become a Costume Designer

Costume Designers design and create costumes for actors in film, television and on stage. They enhance authenticity and encourage imagination by creating costumes accurate to individual settings and time periods. Costume Designers also design costumes for fancy dress and specific events (e.g. Halloween) and costumes sold in retail outlets.

Are you creative with an eye for detail and work well under pressure? A career as a costume designer could be perfect for you.

About you:

- Artistic with good colour and design sense
- Knowledge of fashion, pattern making and sewing
- Works to strict deadlines and thrives under pressure

The job:

- Work with customers or directors to determine the style of costumes and budget
- Research to ensure you get the details right
- Take accurate measurements and prepare materials for production
- Undertake or supervise the creation, alteration, and repair of costumes

Lifestyle Impact: Low

- Part Time opportunities: Moderate – around 28% of Costume Designers work part-time (source: labourmarketinsights.gov.au).
- Average hours for full-time workers: 46 hours a week, which is just above average (source: labourmarketinsights.gov.au).
- Costume Designers' salary (average) \$53,500* per year (source: ato.gov.au). *Salaries vary depending on your skills and experience.
- Future career growth: Very strong (source: labourmarketinsights.gov.au).
- You will be doing most of your work indoors, in studios or offices.
- You might work in-house for a company, or freelance out of your own home or studio.

Costume Designers are most in demand in these locations:

Demand for Costume Designers is highest in Victoria and New South Wales. Most work in the Professional, Scientific and Technical Services, and Manufacturing industries.

How to become a Costume Designer in Australia

A degree isn't essential for entry to this career, but some formal training may be preferred by employers unless you have an amazing resume and portfolio of your works.

Step 1 – Study English, Maths, and any creative classes that inspire you at high school.

Step 2 – Get relevant work experience by volunteering at your local theatre or film company.

Step 3 – Choose and complete a relevant qualification. Consider VET pathways. Examples include:

- [Bachelor of Fine Arts \(Design for Performance\)](#) from NIDA
- [Bachelor of Fine Arts \(Production\)](#) from the University of Melbourne
- [Certificate III in Apparel, Fashion and Textiles](#)
- [Diploma of Live Production and Technical Services](#)

Step 4 – Find an internship or mentor and gain further work experience. Make useful industry contacts and keep an up to date portfolio of your works.

Step 5 – Continue to build on your skills through professional experience and short courses.

Find out more here –

<https://www.design.org.au/>

Similar Careers to Costume Designer

[Fashion Stylist](#)

[Event Planner](#)

[Interior Designer](#)

[Makeup Artist](#)

[Food Stylist](#)

Location Scout

Corporate Stylist

[Visual Merchandiser](#)

Set Designer

[Photographer](#)

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

Frequently Asked Questions (FAQs)

How long does it take to become a Costume Designer?

Becoming a costume designer could take 4 to 5 years after leaving high school if you do a degree. Otherwise you could start in a junior role as soon as you leave school and work your way up.

Where do Costume Designers work?

Costume designers work as part of a team for theatre and film companies, television stations, and video production houses – often working alongside the director, make-up artists, set designers and other creatives. You could find yourself working on set, backstage, in an office, or in a workshop.

Do I need to go to university to become a Costume Designer?

No, you don't have to go to university. But relevant qualifications and lots of work experience could fast track your career and open up more opportunities.

Is Costume Design a good career to aim for?

If you love the creative arts and would like a career that could be flexible and varied, costume design could be a rewarding career for you.

The Study Work Grow Research Team

PO Box 109, Redlynch, QLD 4870

Phone: 0432 860 108

Email: lucy@studyworkgrow.com.au

Find us online – www.studyworkgrow.com.au

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