



Careers Newsletter

Disclaimer – all information is printed in good faith
It is the responsibility of the student to confirm all details with the appropriate institution.

To contact Mr Madani please email jmadani@stpiusx.nsw.edu.au or call 9414 4388.

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

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

To register go to <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>

University of Sydney | MySydney Entry and Scholarship Scheme

June 24, 2024

Find out how you can enter your dream degree with the MySydney Entry and Scholarship Scheme for students residing in low socio-economic areas. Hear about the great benefits offered, including entry on a reduced ATAR, a \$8,500 per annum scholarship and a range of ongoing support throughout your studies. Find out what you need to know about eligibility criteria, how to apply, frequently asked questions and more!

[Find out more](#)

University of Sydney | Regional and Remote Entry Scheme

June 24, 2024

Start planning your journey to university and find out how you can enter your dream degree with the Regional and Remote Entry Scheme for students who reside in regional or remote areas. Hear about the great benefits offered, including entry on a reduced ATAR and a range of ongoing support throughout your studies. Find out what you need to know about eligibility criteria, how to apply, scholarships for regional students and more!

[Find out more](#)

UNSW | Undergraduate Degrees at UNSW Canberra Information Evening

June 26, 2024

Discover all you need to know about our two campuses in Canberra – ADFA and Canberra City Campus and including the unique degrees offered for both trainee officers and civilians at ADFA and the new and exciting Bachelor of Cyber Security program for civilians at Canberra city.

Join us online where you will hear from our expert panel of academic staff and advisors to gain insights about our range of programs designed to equip you with the skills and knowledge needed to create progress today and tomorrow.

Additionally, you will find out detailed information on the application and admissions process for 2025 entry.

[Find out more](#)

University of Sydney | Architecture and design at Sydney: build your portfolio

June 26, 2024

A great portfolio could help you gain entry into your dream course. Hear from our Architecture and Design staff about our Portfolio Admission Pathway, including tips on how to build a creative portfolio that showcases your passion and potential.

[Find out more](#)

University of Sydney | Meet the University of Sydney - Wagga Wagga

June 27, 2024



Join us for an information evening to find out all you need to know 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, and scholarships, 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 get the chance to speak with staff and students and have all your University of Sydney questions answered.

[Find out more](#)

University of Sydney | ARTiculate Writing Skills Workshop - Writing for the Future: The Rhetorical Secrets that Prepare You for HSC and University Writing

June 27, 2024

This presentation brings together experts on writing and argumentation to improve your approach to communication. A/Prof Susan Thomas will show how rhetorical strategies developed by the ancient Greeks are still relevant to writing in a world where AI seems to be everywhere. Dr Benjamin Miller will reveal how these strategies can help you in your HSC writing, with tips for essay and exam writing. And Dr Chris Hartney will point to aspects of writing that HSC students need to develop as they move into University. Get a head start on writing for the future in this important workshop.

The ARTiculate Talk Series aims to provide senior high school students with additional support complementing the curriculum to enrich their understanding in HSC subjects related to arts, humanities, languages and social sciences.

[Find out more](#)

Western Sydney Careers Expo 2024

June 27 to June 29, 2024

Western Sydney Careers Expo celebrates its 14th year in 2024!

Our exhibitors include:

- universities, TAFE colleges and training providers
- providers of HSC resources, information and services
- organisations with apprenticeship information and opportunities
- organisations with employment opportunities
- organisations with cadetship opportunities
- career advisers and student support services
- providers of tutoring services, lecture and study skills programs
- providers of international exchange and GAP year programs
- providers of youth services and programs

Attend seminars on topics including:

- HSC subjects
- Subject selection advice for Year 10 students
- Tertiary courses
- Careers
- Employment opportunities
- Study advice
- Gap year options

[Find out more](#)

AIE | Film Production Workshop

June 29, 2024

Learn what it takes to plan and produce a film shoot in this intensive film production workshop. You will get



hands-on with cameras, lighting, and the latest in virtual production LED screens. Industry-experienced filmmakers will guide you in taking your script through the various production stages.

In this workshop, we will fast-track the film production process by choosing one scene and taking it through the pipeline from idea to finished shots. As part of this process, participants will be leveraging virtual production sets! This is an exclusive opportunity to learn more about this revolutionary technology which is empowering filmmakers.

This workshop is suited to participants 16 years+ that are interested in learning more about film, working in film crews and developing their own short films.

[Find out more](#)

WSU | Open Day 2024

June 30, 2024

Open Day will be held Sunday, 30 June 2024 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](#)

UOW | ACE your Early Admission Application webinar

July 1, 2024

UOW Early Admission is our early offer program for students completing Year 12 or the International Baccalaureate Diploma during 2024. This webinar is your chance to ask any questions and find out how to get an offer to uni before you sit your first exam.

[Find out more](#)

Sydney Design School | Information Session

July 2, 2024

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

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

[Find out more](#)

UNSW | Co-op Career Chat Sessions

From July 2 to July 4, 2024

Students are invited to attend our career information evenings hosted by the UNSW Co-op Scholarship Program. Explore potential career paths in Business, Technology, and Engineering, and learn how the UNSW Co-op Scholarship Program can help you achieve your goals. Attendees will hear from industry partners and sponsors, Co-op alumni, and current scholars. Key sessions include:

- **Business:** Tuesday, 2 July
- **Engineering:** Wednesday, 3 July
- **Technology:** Thursday, 4 July

[Find out more](#)

Crimson Global Academy | Virtual Open Evening

July 3, 2024

Join us for an exclusive opportunity to discover how CGA can transform your child's educational journey. Whether they're a young athlete professional, looking for academic acceleration, or a student in need of a supportive learning environment, explore the tailored options Crimson Global Academy has for you at our upcoming virtual open evening.

Join our interactive Zoom session to:

- Meet CGA's students, educators, and academic team.
- Learn how CGA can help your child reach their goals.
- Discover the benefits an online school offers over traditional schools.
- Understand CGA's commitment to students' social well-being.



- Get your curriculum choice questions answered.

[Find out more](#)

The Hotel School | Sydney Open Campus 2024

July 6, 2024

Join us for a day filled with excitement and exploration at our University Open Campus, where you'll get to experience life as a student at The Hotel School. Here's what awaits you:

- Experience studying at THS firsthand by participating in a special Masterclass
- Meet The Hotel School team and explore our diverse range of courses and application process
- Discuss career opportunities with the Work Integrated Learning team
- Connect with our current students and fellow attendees
- Enjoy light refreshments

[Find out more](#)

SAE | Create for a Day

July 6, 2024

SAE is opening its doors this July for a one-day program, designed to expand your skills and get you working on inspiring creative projects in the fields of Animation, Audio, Design, Film, Games or Electronic Music Production.

Don't miss out on your chance to experience life as an SAE student and discover what it means to be a creative professional, in state-of-the-art facilities with industry experts by your side.

During the workshop, attendees will learn valuable practical and collaborative skills to build a creative piece of work. They will also receive a certificate of participation to acknowledge the creative project they have undertaken.

[Find out more](#)

AIM | Holiday Workshop – Performance, Sydney

July 8 to July 9, 2024

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](#)

AIM | Holiday Workshop – Songwriting, Sydney

July 8 to July 9, 2024

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](#)

UTS | Trace Day: Discover Forensic Science

July 9, 2024

Preparing to study with UTS Science in 2025? Take a deep dive into forensic science practice in our engaging workshops, hear about diverse careers options from industry speakers and meet academic teachers & students of our leading Bachelor of Forensic Science degree.

Solve a crime using trace evidence, explore our crime scene and specialist lab facilities & discover your future in forensic science.



[Find out more](#)

Campion | Winter Program

July 9 to July 12, 2024

Join us for Winter Program, a unique opportunity designed for individuals who are earnestly contemplating enrolment at Campion College in 2024, 2025, or 2026.

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.

[Find out more](#)

AIE | Industry Experience Day

July 10, 2024

AIE's Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

[Find out more](#)

UTAS | Nursing Taster Day, Sydney

July 10, 2024

This immersive workshop will provide Year 11 and 12 students with an opportunity to explore real-world examples of research, study, and careers in Nursing.

Students will work alongside academics and researchers and experience hands-on activities, work through scenarios, and ask questions about career pathways and opportunities.

[Find out more](#)

AMPA | Dance Experience Day

July 10, 2024

Academy of Music and Performing Arts (AMPA) invites dancers 16 & above 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](#)

AMPA | Music Theatre/Classical Experience Day

July 10, 2024

Academy of Music and Performing Arts (AMPA) invites aspiring Music Theatre and Classical musicians 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](#)

AMPA | Contemporary/Music Production/Composition

July 11, 2024

Academy of Music and Performing Arts (AMPA) invites aspiring Contemporary musicians, Music Creators 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. Parents also welcome to attend.

[Find out more](#)

Sydney Design School | Designer for a Day Workshop

July 11, 2024

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](#)

AIM | HSC Masterclass, Sydney

July 11 to July 12, 2024

What style(s) of music will you be performing? AIM's HSC Performance Workshop is designed exclusively for Year 12 Music 1 and 2 students who are interested in improving and polishing their performance works for their assessments, trial performances and HSC.

[Find out more](#)

Tocal College | Open Day

July 12, 2024

Our College Open Days are a wonderful opportunity to visit Tocal and experience first hand all that it can offer students who are eager for a rewarding career in agriculture, agribusiness or horse breeding and training. Open Days provide prospective students, their families and carers an ideal forum to visit the College and get a feel for what life as a student is really like.

Each day's activities include:

- an overview of full-time courses,
- a description of career opportunities,
- information on fees and financial assistance,
- inspection of College campus facilities,
- tour of Tocal's commercial farms and training facilities,
- opportunities to chat with staff and also undertake an informal interview (if desired).

[Find out more](#)

AIT | Open Day

July 13, 2024

AIT's Open Day is perfect for those wanting to explore the endless opportunities available in the growing creative industries. This fun and interactive day is a great way to get further information on our curriculum, course requirements and study pathways. Our friendly staff & students will also be there to talk to and get advice from.

On the day you can expect to:

- Learn about our degrees in film, 2D and 3D animation, game design, and IT.
- Hear more about careers and study paths.
- Take a tour of our campus.
- Lunch included on the day.

[Find out more](#)



NYSF STEM Hub, Sydney/Newcastle

July 16 to July 18, 2024

The National Youth Science Forum (NYSF) STEM Hubs are designed to give students a broader understanding of the diverse study and career options available in science, technology, engineering and mathematics (STEM) and to encourage continued studies in these fields.

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!

If you have completed Year 12 in 2023 or are currently a Year 12 student (or equivalent) in Australia with an interest in STEM, we welcome you to the NYSF STEM Hubs!

Registrations will close at 12pm on 19 June 2024.

[Find out more](#)

UTAS | Paramedicine Taster Day, Sydney

July 17, 2024

This immersive workshop will provide Year 11 and 12 students with an opportunity to explore real-world examples of research, study, and careers in Paramedicine.

Students will work alongside academics and researchers and experience hands-on activities, work through scenarios, and ask questions about career pathways and opportunities.

[Find out more](#)

NIE | Future Doctors Australia, Sydney

July 18 to July 21, 2024

October 10 to October 13, 2024

Gaining medical work experience is essential for young people considering a career in medicine. It provides insight into the field, helps develop skills and attributes, and provides networking opportunities. However, obtaining medical work experience can be challenging due to various restrictions such as limited opportunities, safety concerns, and confidentiality issues.

That's why NIE has developed the "Future Doctors Australia" program. It is an engaging and high-impact 4-day program that provides young people with a unique opportunity to gain medical work experience in a safe and structured environment. Participants will have the opportunity to spend time with current junior and senior medical students. They will also have the rare opportunity to spend time with more senior clinicians and various medical specialists. You will get to learn about clinical specialist's relevant fields of work, ask them questions, and learn some hands-on skills from them.

- Over 15 hours of face-to-face interaction with leading specialists and clinicians
- Meet current medical students
- Develop advanced communication and team working skills
- Create new friendships with like-minded, highly driven young individuals
- Learn about the admission process into various medical universities in Australia
- Morning tea and lunch included

[Find out more](#)

UTS | Discover Nursing

July 18, 2024

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

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

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

[Find out more](#)



Tocal College | Open Day

July 19, 2024

October 4, 2024

October 11, 2024

Our College Open Days are a wonderful opportunity to visit Tocal and experience first hand all that it can offer students who are eager for a rewarding career in agriculture, agribusiness or horse breeding and training.

Open Days provide prospective students, their families and carers an ideal forum to visit the College and get a feel for what life as a student is really like.

Each day's activities include:

- an overview of full-time courses,
- a description of career opportunities,
- information on fees and financial assistance,
- inspection of College campus facilities,
- tour of Tocal's commercial farms and training facilities,
- opportunities to chat with staff and also undertake an informal interview (if desired).

[Find out more](#)

UOW | Open Day 2024, Liverpool

July 27, 2024

Our Liverpool campus will be holding Open Day on Saturday 27 July. Attend information sessions, watch a demonstration, visit the Early Admission application help hub or go on a campus tour. There will be plenty of opportunities to get all your questions answered and ensure you're making a confident decision about your studies in 2025.

[Find out more](#)

ACU | Open Days 2024

Blacktown: July 27, 2024

Strathfield: August 17, 2024

North Sydney: September 7, 2024

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](#)

Charles Sturt | Open Days 2024

Port Macquarie: Sunday 28 July

Wagga Wagga: Sunday 4 August

Albury-Wodonga: Sunday 11 August

Bathurst: Sunday 18 August

Orange: Sunday 25 August

What is Open Day? It's your opportunity to discover what life at Charles Sturt is all about. Open Day isn't just for students – parents and carers are welcome too!

Be inspired by our academics, explore our facilities and chat to current students about what studying with us is really like. From information sessions and campus tours to free food, entertainment and giveaways – there's something for everyone.

[Find out more](#)

Charles Sturt | Connections First Nations Direct Entry Program - Science and Technology

July 29 to August 2, 2024

Charles Sturt University is excited to host an immersive direct entry program for First Nations people interested in a study and career pathway in the world of science and technology.

Join us for our five-day Connections program alongside people with industry experience.



- Get advice and yarn about pathway options.
- Meet like-minded people and complete activities.
- Successfully complete the program and you'll be guaranteed entry into many of our bachelor's degrees, or a preparation program.

[Find out more](#)

Northern Rivers Careers Expo 2024

From July 30, 2024

Held annually in July, the Northern Rivers Careers Expo is the region's premier careers event. Showcasing Career Advice, Further Education, Jobs and Training, it is an opportunity for local school leavers, job seekers and workers to develop genuine long-term career prospects.

[Find out more](#)

UTAS | Open Day 2024, Rozelle

August 3, 2024

Visit us at our Open Day 2024 event in Sydney. You will get to explore our campus, talk about your study options, and see how studying at the University of Tasmania could be the right fit for you.

[Find out more](#)

SCU | Open Days 2024

Northern Rivers: August 4

Coffs Harbour: August 11

Gold Coast: August 18

Want to check out Southern Cross University campuses in person? Come to our Open Days at the Gold Coast, Northern Rivers, and Coffs Harbour campuses in August 2024.

[Find out more](#)

2024 Apprenticeship/Traineeship & Jobs Expos

August 6 to September 10, 2024

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.

Upcoming events:

- **Parramatta & Hills District:** Tuesday 6 August | 3pm to 7pm | Wenty Leagues – Wentworthville
- **Central Coast:** Tuesday 13 August | 3pm to 7pm | Mingara Recreation Club – Tumbi Umbi
- **Newcastle & Hunter:** Tuesday 20 August | 3pm to 7pm | NEX – Newcastle Exhibition & Convention Centre – Newcastle West
- **South Western Sydney/Macarthur:** Tuesday 27 August | 3pm to 7pm | Liverpool Catholic Club – Prestons
- **Western Sydney:** Tuesday 3 September | 3pm to 7pm | Penrith Valley Regional Sports Centre – Cambridge Park
- **Sutherland Shire:** Tuesday 10 September | 3pm to 7pm | Tradies Gynea – Gynea

[Find out more](#)

Torrens | Open Days 2024

Surry Hills: August 8, 2024

Ultimo: August 10, 2024

Come and meet our academics and Future Student Advisors, who will be able to answer all your questions



about scholarships, entry pathways and our world-class facilities. Explore our campus and find out firsthand how exciting studying in Sydney can be.

[Find out more](#)

Whitehouse Institute of Design | Open House 2024, Sydney

August 10, 2024

Are you excited by design and dreaming of a creative career? Whitehouse Institute of Design, Australia invites you to Open House, a day where you can explore our courses and the endless possibilities within the world of design.

Explore your study options, meet our incredible team, and tour Whitehouse's unique facilities. Whether you're interested in Fashion Design, Interior Design or Creative Direction and Styling, this is your chance to see what makes Whitehouse has to offer.

[Find out more](#)

Macquarie | Open Day 2024

August 10, 2024

We can't wait to welcome you to our campus in 2024!

As we get closer to the event, we'll update you with more details. But in the meantime, here's a taster of what you can expect at our Open Day – an experience made for (YOU)^{us}.

What you can do on Open Day:

- Attend an info session
- Speak 1:1 with our academics
- Learn about our entry options, adjustment factors, pathways and scholarships
- Chat to current students and Alumni
- Jump on campus and faculty tours
- Engage in faculty-led workshops
- Participate in hands-on social activities
- Enjoy entertainment, cool giveaways and much more!

[Find out more](#)

La Trobe | Open Days 2024

Albury-Wodonga: August 11, 2024

Sydney: August 22, 2024

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](#)

AIE | Open Day

August 11, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra, and Adelaide from 10am to 3pm.

AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything



you need to know about the:

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

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

[Find out more](#)

Charles Sturt | Connections First Nations Direct Entry Program - Health

August 12 to August 16, 2024

Charles Sturt University is excited to host an immersive direct entry program for First Nations people interested in a study and career pathway in a range of health professions.

Join us for our five-day Connections program alongside deadly people with industry experience.

- Get advice and yarn about pathway options.
- Meet like-minded people and complete activities.
- Successfully complete the program and you'll be guaranteed entry into many of our bachelor's degrees, or a preparation program.

[Find out more](#)

UNSW x National Science Week 2024

August 12 to August 27, 2024

The electrifying UNSW x National Science Week program illuminates groundbreaking advancements in science, medicine, tech, and engineering.

In 2024, learn about the celestial ballet of exploding supernovae and cosmic whispers of gravitational waves, delve into the invaluable lessons on managing disaster risks through cooperation, community and even playfulness, and dissect the myths and misinformation about the female anatomy.

Want even more? During the National Science Week dates explore a series of on demand content – podcasts, videos, articles – or head to SciFest for a taste of everything!

[Find out more](#)

Sydney Careers & Employment Expo 2024

August 16 to August 17, 2024

Sydney's New Careers & Employment Event will open on August 16 & 17, 2024, 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](#)

University of Newcastle | Open Day 2024

Central Coast: August 17, 2024

Newcastle: August 31, 2024

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](#)

ICMS | Open Day 2024

August 17, 2024

The International College of Management, Sydney (ICMS) is a leader in career-focused education, offering internationally recognised undergraduate bachelor's degrees and postgraduate master's degrees at our Manly and Sydney City campuses. 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!

[Find out more](#)

2024 NYSF National Youth STEM Summit

August 17 to August 19, 2024

The NYSF National Youth STEM Summit is an exclusive three-day event, held annually in Canberra and designed for young Australians after they have left school, have started their first degree or training, and before they become more senior in their science and technology careers.

The STEM Summit is a conference-style event designed to support delegates' next steps in their career journeys. It enables delegates to connect with government, industry and academia and provides professional development opportunities through workshops, keynote presentations, networking events, a Careers and Study Expo, and discussions on the latest developments in STEM fields.

During the STEM Summit, there will be a number of opportunities for delegates to network with each other as well as with the wider STEM community. The STEM Summit will cumulate with a Gala Dinner at the Australian Parliament House to celebrate the 40th Anniversary of the National Youth Science Forum.

The STEM Summit is open to people between 18 – 25 (who have completed high school), regardless of whether they have completed previous NYSF programs.

[Find out more](#)

ACAP | Open Days 2024

Byron Bay: August 24, 2024

Sydney: August 24, 2024

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](#)

SAE Institute | Open Days 2024

Byron Bay: August 24, 2024

Sydney: August 24, 2024

Come along to SAE's Open Day and find your future in creative media!

Open Day is your ticket to everything SAE – get a taste of our courses in workshops, explore activations on campus and get some hands-on experience with our state of the art facilities.

[Find out more](#)

University of Sydney | Open Day 2024

August 31, 2024

Join us at the University of Sydney Open Day on Saturday 31 August 2024. Experience our vibrant student life on campus, hear from academics and current students and discover what makes us different.

[Find out more](#)

UTS | Open Day 2024

August 31, 2024

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](#)



AIM | Open Day 2024, Sydney

September 7, 2024

Join us for Open Day, and experience everything AIM has to offer!

See our campus, get course advice, experience live performances, meet our teachers and students, and take part 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' time, 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](#)

UNSW | Open Day 2024

September 7, 2024

Save the date for Open Day – Saturday, 7 September 2024! Get ready to explore our campus, connect with students and faculties, and discover the progress you can make at UNSW.

[Find out more](#)

NAS | Open Day 2024

September 7, 2024

Ever wondered what it's like studying at art school? Peek behind the historic sandstone walls of NAS and find out at Open Day!

Everyone is welcome at Open Day, from those considering art as a career to anyone simply curious about what happens behind the school's historic sandstone walls.

It's a busy and active day-long program offering plenty of opportunity to see what life is like for students at NAS, with art demonstrations in the studios, and shows in our exhibition spaces.

Interested in applying to study at NAS? Attend an info session to find out more about studying at NAS. Meet with a member of our faculty and learn about our admissions process including advice on preparing your portfolio.

[Find out more](#)

ACPE | Open Day 2024

September 28, 2024

Exploring your study options for a career in the sport industry? Join us on campus. See where you will study, meet our students and lecturers, and participate in info sessions and practical sessions to take the next step with confidence.

[Find out more](#)

WSU | Bizfluencers Workshop

September 30, 2024

Bizfluencers is an exciting school holiday workshop program offered by the School of Business at Western Sydney University, targeted at high school students in Years 9 – 10. The program aims to connect aspiring Business Influencers ('Bizfluencers') with business leaders, researchers and practitioners in the 1PSQ Business Lab to explore the future of business.

Registration closes Monday, 16 September 2024.

[Find out more](#)

WSU | Free Online HSC Study Sessions

September 30 to October 4, 2024

From Monday 30th September to Friday 4th October 2024, Western Sydney University will be offering a range of online study sessions to assist Year 12 students in their preparations for the HSC.

Delivered by highly qualified senior teachers with 24 free sessions across 15 key HSC subject areas, the sessions will include content analysis, tips and strategies, and a detailed exploration of key syllabus and curriculum areas.

Students also have the opportunity to sit a practice exam and deconstruction, with feedback and advice from experts.

[Find out more](#)



Macquarie Cooperative Education Program in Actuarial Studies

Opens: April 3, 2024

Closes: September 12, 2024

Macquarie's Actuarial Studies Co-op Program is a highly competitive full-time honours degree. You'll graduate with practical knowledge, strong professional networks and enhanced employability in your chosen field.

Co-op students alternate between classroom studies and workplace experience in the form of three industry placements of up to three to six months combined with on-campus preparatory and reflective practice components.

[Find out more](#)

Friends of Zainab Tertiary Scholarship

Opens: June 1, 2024

Closes: August 13, 2024

The Public Education Foundation's Friends of Zainab Tertiary Scholarship is for refugee students currently in Year 12 in 2024 intending to enter university or TAFE in 2025.

[Find out more](#)

[Low ATAR course options at Australian universities](#)

If you're finishing up Year 12 this year and you're ATAR eligible, then you already know that you can apply to go to university. But what if you're worried that your exams might not go well and your ATAR could be lower than expected? Or perhaps your predicted ATAR is low and you'd love to go to university, but you're stressing that you won't receive an offer to your dream course.

Well, we have good news for you. There are more courses than ever being offered by Australian universities that have low ATAR requirements. Let's take a look at a few.

Low ATAR course options at Australian universities

When we searched [Course Seeker](#) for courses that required an ATAR between 30 and 60, it came up with a whopping **1477** courses to choose from.

Here are just a few examples:

- First, the [Bachelor of Animal and Veterinary Biosciences](#) at La Trobe University – 46.45 was the lowest rank to receive an offer for this course in 2023.
- The [Bachelor of Animation](#) at Swinburne University requires a minimum ATAR of 53 to be eligible for an offer.
- Entry to Deakin University's [Bachelor of Forensic Science](#) is possible with an ATAR of 50.14.
- Federation University made offers to their [Bachelor of Education \(Early Childhood Education\)](#) to applicants with an ATAR of 36.15.
- The [Bachelor of Exercise and Sports Science](#) is an option at Australian Catholic University if you have an ATAR of 57.35 and above.
- The [Bachelor of Environmental Science](#) at the University of the Sunshine Coast only requires an ATAR of 50.7.

So if you are keen to pursue a career in almost any field imaginable but you are expecting or receive a low ATAR, remember there are still plenty of courses that you could receive an offer for.

If you don't have any low ATAR options listed on your [preferences](#), or you have them listed but they're not at the top, you can always change them before the cut-off dates for offer rounds. This could increase your chances of receiving an offer (or offers) that you really want.

You'll still have a choice about where you study too

With 25 institutions on Course Seeker offering course options with low ATAR requirements, you may not even be limited by where you want to study. There are also online options to consider, allowing you to apply for courses with universities in other states and complete your studies remotely.



Find out what's possible

Perhaps a course you really want to do at a specific university is out of reach if your ATAR doesn't quite hit the mark. What can you do?

Again, you'll still have options. Firstly, it's worth calling the university directly and having a chat with someone in the Future Students team. They can identify similar courses with lower entry requirements, find bridging or tertiary preparation courses that could do the trick, or explain how internal transfers could work in your favour. Don't forget there are lots of [alternative pathways](#) to university that don't require an ATAR at all – plus [heaps of other options](#) you can take after school other than uni too.

Learn more

Keen to see all your low ATAR university course options? Have a browse on [Course Seeker](#) or take a look at university websites to find out your options.

If you want to learn more about your potential study pathways, we have heaps of other blogs you might like to read [here](#).

[4 benefits of studying overseas](#)

Moving away to a completely new country might seem a bit daunting, but it's also incredibly exciting. Lots of students decide to take the plunge and experience learning and life in another part of the world, and there are certainly some great benefits to doing so. We've gone through some of the benefits of studying overseas – take a look and see if it's something that might interest you.

Why would I want to study overseas?

Packing up and heading across the world isn't a decision to take lightly, so there should be some motivation behind your choice to study overseas. A few of the reasons students choose to study abroad include:

- To travel and experience other cultures
- To learn another language
- To become independent
- To step out of their comfort zone and do something new

If any of these apply to you, studying overseas could be something you might like to look into.

The benefits of studying overseas

Whatever your reason, there are heaps of benefits you can gain from studying overseas. Here are 3 of the top advantages:

Develop a global mindset

Studying and living abroad exposes you to different cultures, customs, and ways of thinking. You'll have the opportunity to interact with people from diverse backgrounds, learn new languages, and experience a different way of life.

All of this will help you develop a more global mindset, something that is highly valuable in today's job market. Many businesses and organisations operate on a global scale or have clients and customers from all over the world, so being sensitive and knowledgeable on other cultures can put you ahead of the pack.

Access specialised courses and knowledge

Overseas universities might offer unique programs or research opportunities that aren't available or accessible in your home country. For example, if you're interested in sustainable urban planning, you might choose to study at a university in [the Netherlands](#), a country known for its innovative approaches to urban design, cycling infrastructure, and water management.

You could gain first-hand exposure to cutting-edge practices and techniques that could be applied back at home, and become a leader in your field.

Expand your career opportunities

Studying abroad can significantly expand your professional network and open up new career opportunities too. For example, pursuing a business degree in the United States can provide access to internships at globally-renown corporations, or opportunities to collaborate with professionals from industries that aren't as big in your home country.

And if you do decide to return home, the experience and connections you made during your studies can give



you an edge in the job market, and potentially lead to more diverse career options.

Challenge yourself and build skills

Like we said earlier, hopping on a plane and heading overseas is a pretty big decision. To make it work, you'll need to be dedicated and confident, as well as having a well-thought-out plan and the finances to boot. Just the work that goes into planning and saving for study abroad demonstrates important skills.

You'll be living independently away from your parents, so you'll be responsible for managing your money and taking care of yourself – and you'll be building heaps of valuable soft skills at the same time.

Find out more

Want to find out more about your study options and opportunities? Take a look at our website [here](#).

[How to become a Firefighter](#)

Firefighters respond to emergency calls for a variety of disasters, including fires, chemical spills, gas leaks, rescue missions, and accidents. Their main job is to protect lives and property. They may also help by spreading awareness and education to the wider community about fire safety.

If you can work well under extreme pressure, are fit and healthy, and want to give back to your community, a career as a firefighter could be perfect for you.

What skills do I need as a firefighter?

- Resilient & confident
- Responsible & reliable
- Can work well under extreme pressure
- Very fit & healthy
- Team player
- Can remain calm in extremely stressful situations
- Great communicator & leader
- Prepared to work on-call & on holidays

What does the job involve?

- Attend fires & extinguish them
- Rescue & evacuate people in dangerous situations
- Operate pumps, hoses, ladders, oxygen tanks & other equipment
- Participate in search & rescue missions
- Work with other emergency services personnel
- Administer first aid
- Maintain tools & equipment
- Train recruits in procedures & practices
- Educate the community on fire safety
- Implement fire safety plans & procedures in offices, schools & other places

What industries do firefighters typically work in?

- Public Administration and Safety
- Transport, Postal and Warehousing
- Construction

What Career Cluster do firefighters belong to?

Firefighters are dedicated to protecting our safety and wellbeing, so they make excellent [Guardians](#).

What kind of lifestyle can I expect?



There are very few part-time opportunities available for firefighters, and you'll need to be prepared to work on-call any time of the day or night, as well as on holidays and weekends. Expect to work an average of around 47 hours a week.

Working as a firefighter comes with a huge level of responsibility, and you may have to see confronting situations. You need to be prepared to jump into action at any time. You won't be able to work from home or remotely as a firefighter, as you need to be on-site to perform all the required duties.

Most firefighters earn an average salary each year, but this can vary depending on experience and location.

How to become a firefighter

There are typically no educational requirements to become a firefighter, but you will likely need to go through a thorough recruitment and training process before you can start work.

The recruitment process usually involves a combination of fitness tests, personality and/or psychometric testing, interviews and background checks, and medical assessments. You will also need to hold a full driver's license. If you make it through this process successfully, you will then undergo a rigorous course of training, which can take anywhere from a few weeks up to several months in length.

On successful completion of the recruit training course, you will then be able to work as a firefighter. In some cases, you may need to undergo a probationary period before you are offered a full-time contract.

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

1. Work on your fitness, resilience and leadership skills. You can do this through volunteering in your local community, participating in team sports, and even through casual work.
2. See if you can find work experience or volunteer with your local fire station. Some even offer cadet and youth programs that can help you get a head-start on your training and experience.
3. Talk to a firefighter and see if it sounds like a job you could do. The job comes with a lot of responsibility and can be extremely stressful, but it can also be very rewarding.

Where can I find more information?

You can read detailed information on the recruitment and training process for firefighters in your location here:

- [Fire and Rescue NSW](#)
- [Fire Rescue Victoria](#)
- [Queensland Fire and Emergency Services](#)
- [ACT Fire & Rescue](#)
- [South Australian Metropolitan Fire Service](#)
- [WA Department of Fire and Emergency Services](#)
- [Northern Territory Fire and Rescue Service](#)
- [Tasmania Fire Service](#)

Similar careers to firefighter

- Paramedic
- Police officer
- Emergency services worker
- Workplace health & safety officer
- Emergency nurse
- Security officer
- Disaster management officer
- Emergency call operator

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

Why your soft skills matter

When you apply for a job, you know you'll need to have the right qualifications and technical skills before you can hopefully secure an interview. But they're not the only thing you need – what about your soft skills? How do they factor into the recruitment process, and ultimately your success at work? Let's find out why your soft skills matter and how you can improve yours to boost your chances of finding work.



What are soft skills?

Soft skills aren't specific to any particular job – hence why they're also known as transferrable skills, because you carry them with you throughout your career. They go beyond what you learn at school or university – they aren't generally taught but are really important in creating a well-rounded employee. They're the skills you use to work effectively in teams, solve all kinds of problems, and thrive in changing environments.

Soft skills include things like:

- Communication
- Problem solving
- Collaboration
- Adaptability
- Critical thinking
- Decision making
- Creativity
- Time management
- And more

Along with your technical skills, they're the key to your success in the workplace.

Who really needs soft skills?

The short answer: *everyone*.

It doesn't matter what kind of job you're applying for or what career you're chasing – the more soft skills you possess, the higher your chances of landing a job and becoming a valued employee. Whether you're academically gifted or more of a hands-on type of person, working on your soft skills is something that you should put on the top of your priority list.

Why do employers like candidates with soft skills?

"If you can't work in a team effectively, utilising other soft skills like creativity and innovation with your technical skills, then the organisation you work for is either not going to be competitive, or it's not going to be effective."

[Dr Marion Steel](#), Course Director for the Bachelor of Commerce at Deakin University

Imagine you're an employer – you have two candidates for a job opening with the exact same qualifications and technical skills. One of them is more positive, adaptable, a great team player, and always receives good feedback from customers and colleagues. There's nothing wrong with the the second person's skills and ability to get the job done, but they never go the extra mile. You can only choose one for the job...who would you choose?

If you don't have soft skills, let's face it, you might as well be replaced by a robot. But there are some jobs and tasks that just can't be replicated by AI. People still need human interaction, so the more soft skills you have, the more likely you are to be a valuable team member.

A team of workers who all have great soft skills are more likely to create a better working environment, positive customer experiences, a good business reputation or image, and increased productivity.

How to improve your soft skills

Now that you're aware of soft skills and what they are, you can determine what your strengths and weaknesses are, then work on improving them.

For example, if you're shy and need to work on your communication, then focus on maintaining eye contact, speaking clearly, and feeling confident. Put yourself in situations where you need to meet people and speak up, like joining a debate team.

Like any other skills, soft skills are learnt, so practise, practise, practise. If you're not sure what you need to work on, you could ask your parents, friends, or teachers for their input (seeking and accepting feedback from others demonstrates good leadership and collaboration skills, by the way).



Here are a few other ideas to help you work on your soft skills:

- Watch and observe – see how other people communicate, manage their time, show leadership, and work in teams. You'll find ideas about what to do, as well as what *not* to do.
- Join clubs, take on extra projects, volunteer, find a part-time job, or help out at school with mentoring and coaching. Not only will your existing skills improve, you'll learn new ones too.
- There are even personal and professional development courses available if you're really keen. Have a look at these ones from [Udemy](#) to get an idea of what's available.

Remember to highlight soft skills on your resume

Soft skills are notoriously tricky to teach, so by showing prospective employers that you are already aware of what they are and that you possess them, you could really stand out from the crowd.

Remember to list your soft skills on your resume and, if applicable, mention them in your cover letter too. If you get to the interview stage, you'll probably be asked to provide examples of when you used these skills, so don't make a list you can't back up.

Find out more

If you're interested to learn more, you can read heaps of other blogs on the world of work on our website [here](#).

[7 tips for a successful first day at work](#)

First day nerves? The good news is we've all been there, and we've all made it through OK. Everyone understands how you're feeling and nobody expects you to turn up on day one and know everything, make zero mistakes, and churn out a ton of work. But if you still need a bit more convincing, here are our top tips for a successful first day at work.

Be prepared

Do a bit of reading about the place and people you'll be working for – you can look at their website and you can read through any information you've been given along with your contract. Familiarising yourself with the products or services they offer and history behind the business could help you feel more comfortable on day one. And as a bonus, it also shows the boss you're keen.

Get a great night's sleep – it'll help you manage your emotions more easily, focus better, and generally feel more in control. Don't forget to set your alarm and wake up with plenty of time to prepare.

Have your commute details all worked out in advance too. If you're not rushing, then you're less likely to forget something and you'll start off feeling more relaxed.

Make a good first impression

First impressions definitely do count. Wear something appropriate for the job (if a uniform hasn't been provided) and look smart. Take the extra time to iron your clothes, have a shave, do your hair, and clean your shoes. If you look professional, you'll feel more professional.

Make sure you arrive on time, if not a little bit early. Employers will look favourably on good timekeeping; it shows commitment and enthusiasm as well indicating that you're reliable.

Show confidence

Even if you're quaking in your boots, keep a smile on your face, give your colleagues eye contact when they speak to you, and shake hands firmly. Try and remember to speak up so that people don't have to ask you to repeat yourself. Even just [acting confident can give you real confidence](#).

Be enthusiastic

Pay attention to everything you're told or shown. You won't be expected to remember it all, but your colleagues will appreciate that you're trying. You can always ask for a pen and paper and jot down any notes you can refer back to later.

Make sure you fully understand what your job is and what is expected of you, and don't be afraid to ask questions.

Check your work

When you've been shown how to complete a task, take a minute to check everything is correct before you



move on to the next one.

Nobody is infallible, and especially not on your first day. If you can find and correct any errors, it'll boost your self-esteem and build your colleagues' confidence in your abilities.

If you're really stumped, or if you think you have made a mistake you can't fix, don't sit there stewing on it – just ask for help. Most people are only too happy to help out the newbie and would rather show you how to do it right than have to fix something later down the track.

Take your time before you leave

Don't be the first person to rush out the door. If you haven't finished your last task, just take that bit of extra time to finish up – it'll save you time in the morning and your effort will be appreciated. Make sure you tidy up your work area before you leave too.

Thank everyone who has helped you on your first day – not only is it polite, but it's a great way to ensure they're still keen to help you in future.

Think positive

You've been hired for the job above all the other applicants because your employer saw the potential in you and must have thought you would make a good addition to the team. So remember – you can do this!

By the time you walk through the door on your second day, everything will already feel a whole lot more familiar and it won't be nearly as daunting.

Learn more

We have lots more tips and information on the world of work on our website [here](#).

[Ready to set some goals?](#)

Let's face it; if you don't know where you're going, it's unlikely you'll get anywhere. Imagine hopping in the car or on the bus without knowing where you want to go – you'd be wasting your time, right? That's why we set goals. They give us a sense of direction and focus for our future so we can get there faster and with less stress. Going through the process of setting goals could help you to combat anxiety, improve your mental focus, and increase your chances of successfully getting what you want. If you're keen to make a start, take a look at the types of goals you can set and how to go about it.

There are three types of goals

At their most basic, you can split your goals into short-, medium-, or long-term.

Long-term goals

Think 5 to 10 years into the future, or even further, to set your long-term goals. While you're still in high school, your long-term goals might include establishing a career that you'll love, buying a house, or traveling overseas. This is your chance to really aim high, because you have the most time to prepare.

Medium-term goals

We're talking between 1 and 5 years here. Work out needs to happen in the next few years to help you achieve your longer-term goals. In high school, medium term goals might include:

- Saving up for a car
- Finding a part-time job
- Being selected for school captain
- Achieving better marks
- Heading off to study
- Planning a [gap year](#)

Short-term goals



What do you want to achieve in the next few weeks or months? Short-term goals should be clear and achievable, and can include things like learning a new skill, passing an upcoming exam, or even just cleaning out your room.

Setting goals is a simple process

You've probably already realised that having some goals is a good idea, so how do you actually go about setting them? Let's go through the process step-by-step.

Step 1: Find somewhere quiet

Switch your phone to silent, turn off the television, and find a place you can work without distractions. Take a notepad and pen or your laptop to write down your goals. You might also want to have a calendar handy, so you can work out what needs to happen and when.

Step 2: Imagine what you want your life to look like in the long-term

Are you busy and active or do you want to settle down? Have you travelled to lots of different places? Do you work behind a desk or do you want to work with your hands? Do you have any personal goals that will take a long time to achieve, like climbing Mount Everest or running a successful company? Write down your long-term goals, whatever they are.

Step 3: Work out what you need or want to do in the short- and medium-term

What do you need to achieve in the short- and medium-term in order to reach your long-term goals? Say you want to become an electrician; do you need to do any pre-apprenticeship courses, or should you build your resume before applying for apprenticeships?

Plus, think about any other goals you want to achieve that won't take as long, like learning how to cook or topping the league with your sports team, and write them down too.

Step 4: Create a plan

Goals are all good, but without a plan you might find it hard to get there. A goal is your destination, while the plan is the directions.

Start by working out how long you think it'll take to achieve your medium and long-term goals. If you have definite start and end dates (e.g. a course application deadline), write that down as well.

Then work out the little steps you'll need to take along the way. You may need to enrol in a course or start training. Put due dates on these items and add them to your calendar and to-do lists. If you don't already have a to-do list, try using an app like [Google Keep](#) to help you to set and stick to your goals.

Step 5: Tell someone else

Telling others about your goals, particularly if it's someone you care about or whose opinion you value, is a great way to seek additional ideas and feedback. It's also good to have someone who can check in and hold you accountable. Plus, it's a proven fact that you'll have a [much better chance of success if you tell others about your goals](#).

Step 6: Check in frequently to stay on track

Put your list of goals somewhere you can see it all the time, like on the wall in your room, to remind yourself of where you're headed.

Cross off any short- and medium-term goals as you achieve them, or revise your goals and change the steps if you need to. Remember, it's OK to change your goals if they're no longer working for you or you've had a change of heart.

When goals go bad

We've just spent all this time talking about how great goals are, but unfortunately not all goals are helpful. Be careful of the following:

- Setting goals way too high, which means they're destined for failure.
- Having too many goals, especially ones that conflict with each other. You can't expect to travel the world and finish your degree in record time all at once.
- Setting vague goals that aren't backed by a solid plan.
- Becoming obsessed with achieving your goals to the detriment of other parts of your life.



Balance is the key, so make sure your goals suit the lifestyle you want to lead, and you'll avoid becoming stressed or anxious if things don't go to plan.

Goal setting resources

If you're ready to start setting some goals of your own but want a bit more help first, here are some resources you might like to check out:

- Healthdirect has some [great goal-setting resources and links to others](#)
- UNSW published [this article](#) on motivation and goals
- [StickK](#) is an app that helps you make accountable goals and stick to them
- [GoalsOnTrack](#) is serious software for serious goals, and can also help you break goals down into achievable milestones
- [Balanced](#) is an app that helps you set goals related to wellbeing and developing positive behaviours

We also have lots of other blogs on goal setting you can read on our website [here](#).