BMGS CAREERS NEWSLETTER Tuesday, 9 November 2021

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Work Experience

Open Days & Info Sessions

ADF | Women in Defence Information Session

Wednesday 10 November 2021, 5:30 pm - 7:30 pm

Defence Force Recruiting Centre Sydney

Consider a career in the Navy, Army or Air Force and work alongside like minded, supportive, proud serving men and women.

Join us for an info session soon and speak with current serving women in Defence about the many ways the Australian Defence Force can support you and your goals.

Find out more: https://www.defencejobs.gov.au/events/event/2UUR5XI

UAC | Schools Recommendation Scheme Q&A

Thursday 11 November 2021, 5:00 pm - 7:00 pm

Online

What is SRS, when should you expect to receive an offer, and what should you do when you receive one? Kim Paino, UAC General Manager, Marketing and Engagement will upload a video to explain all!

Then our team will be online for two hours from 5pm to 7pm to answer all your questions in real-time.

You can write a comment beneath the video post or chat with us on Facebook and Instagram.

Find out more: https://www.facebook.com/events/311860837019581/?ref=newsfeed

TAFE NSW | Launch Your Career in Animation and VFX

Tuesday 23 November 2021, 10:00 am - 11:00 am

Online

Launch your Career is a series of interactive Live Virtual Events connecting students in Years 9 – 12 with industry to identify future career job possibilities.

Join us to explore Animation and Virtual Effects (VFX), where students can get a first-hand look at roles within the Animation and VFX sector and discover the career opportunities that await them. Whether you are passionate about visual effects artistry, 2D or 3D animation, creating virtual worlds, or working in a creative team on cutting edge projects, the Animation and VFX industry provides a great start to your career.

Find out more: https://tafenswevents.eventsair.com/lycavfx/afx/Site/Register



AIE | Online Campus Day

Saturday 27 November 2021, 1:00 pm

Online

Discover the courses designed to get you started in game development, 3D animation and visual effects at the AIE Online Campus Day on Sat 27 November 2021. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering everything you need to know about the:

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

Find out more: https://aie.edu.au/aie_event/online-campus-day/

AIM | Start Me Up: An Introduction to the Music Industry

Saturday 27 November 2021, 2:00 pm - 4:00 pm

Online

Start Me Up is a two-hour music industry expert-led seminar dedicated to introducing you to the 21st century music business. You'll learn about careers in music – and discover how to start a career of your own.

You'll hear from a range of experts and artists about the skills required to succeed in the modern industry – including artist management, promotion, distribution and entrepreneurship. You'll hear from AIM students about how internship opportunities are connecting them with the music business before they even finish their degree.

Find out more: https://aim.edu.au/events/start-me-up-an-introduction-to-the-music-industry/

ACU | Bachelor of Arts (Western Civilisation) and Bachelor of Arts (Western

Civilisation)/Bachelor of Laws Webinar

Monday 6 December 2021, 7:00 pm - 8:00 pm

Online

Join us online to discover more about ACU's Bachelor of Arts (Western Civilisation) degrees and learn about the scholarships on offer valued at up to \$150,000.

Hear from current students about their experiences studying these degrees at ACU and from our academics about the interesting course content.

Find out more: <a href="https://www.acu.edu.au/about-acu/events/2021/december/bachelor-of-arts-western-civilisation-and-bachelor-of-arts-western-civilisatio

AIM | Open Day, Sydney

Wednesday 15 December 2021, 10:00 am - 3:00 pm

66 Harrington Street, The Rocks

Keen on a career in the music industry? Join us on Wednesday 15th December at the Australian Institute of Music's new Sydney campus in the Rocks for Open Day. Discover how AIM can set you up with the knowledge and training to excel in music. Performers, aspiring music industry professionals and entrepreneurs as well as HSC students considering their next step towards a creative career are encouraged to attend.



This is your chance to check out our new campus, sit in on some talks, watch live performances from our staff, students and alumni and chat with lecturers and students across all our study programs, from Contemporary and Classical to Composition and Production and Entertainment Management. Find out more: https://aim.edu.au/events/aim-sydney-open-day-2021/

UAC Digital | ATAR release, preferences and offers

Wednesday 15 December 2021, 6:00 pm

Online

This session is your one-stop shop for all things ATAR release, preferences and offers. We'll discuss:

- how to access your ATAR
- how to read your ATAR Advice Notice
- what to do once you receive your ATAR
- how to manage your preferences to maximise chances of an offer
- offer rounds and dates
- deferring and taking a gap year.

And we'll give answers to the most commonly asked questions!

Find out more: https://uacdigital.easywebinar.live/atarrelease

University of Sydney | Gadalung Live TV

Thursday 13 January 2022, 4:30 pm - 4:30 pm Online

Please join us for the Gadalung TV live stream held on Thursday 13 January for all Aboriginal and/or Torres Strait Islander students going into Years 10, 11 and 12 in 2022 across Australia. The live stream will provide access to all who are not able to join us for the physical event and will give them the opportunity to explore the University of Sydney from home.

Our current students, alumni and staff will share their journeys of choosing the University of Sydney and moving away from home and will also highlight the university's admission scheme; the Gadigal program, scholarships, accommodation, student life and services available for Aboriginal and/or Torres Strait Islander students on campus at The University of Sydney.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_ri5VmIneQDC3VZEdUBFVbQ

WSU | Discover Western: Your Early Offer and What You Can Do With Your ATAR Results

Thursday 20 January 2022, 3:00 pm - 5:00 pm

Online

Have you received an early offer from Western? How do you understand your ATAR and subject results and decide on the best program for you? We explain your options going forward. Speak directly with our current student support service centre team for advice and guidance. Our live information session will take you through the unlimited possibilities available at Western, including university life, the admissions and acceptance process and what you should do next to ensure future success!

Find out more: https://www.westernsydney.edu.au/future/student-life/events/western-webinars

Torrens University Australia | Virtual Open Day

Thursday 20 January 2022, 4:00 pm - 6:00 pm

Online

Jump online for our Virtual Open Day to get the information you need to turn today's dream into tomorrow's career.

You'll hear from academics who are leaders in their field; guest speakers who are trailblazers in their industries; and Course and Careers Advisors who know the ins and outs of our courses, internships, scholarships and campuses.

Find out more: <a href="https://www.torrens.edu.au/whats-on/open-day/virtual-open-day/virtu

Workshops and Courses

University of Sydney | Experience Sydney

Monday 8 November 2021, 4:00 pm - Thursday 11 November 2021, 5:30 pm Online

Join us at a taster class, sample some of our first-year lecture material and get a taste of university life. You can also connect with current students, hear their personal experiences and get your questions answered.

Find out more: https://www.sydney.edu.au/study/events-for-prospective-students/undergraduate.html#experiencesydney

NIE | Medical Interview Training - Advanced Studio

Saturday 27 November 2021, 11:00 am - Tuesday 30 November 2021, 9:00 pm Online

The Advanced Studio teaches correct approaches and mental models that allow for overanalysis, perfectionism, and overthinking to work for you as strengths, rather than against you as weaknesses that impede performance.

Candidates learn how to apply this theory in four ways, via:

- Mastering self-expression to address personal examples, motivations, strengths, weaknesses, and attributes inside an immersive studio environment.
- Mastering question context to develop the 'X-ray vision' they need to understand question types and the methodological patterns behind the marking criteria.
- Creating their own Toolkits, as a 'one-stop-shop' that includes examples of a candidate's own life events that serves to avoid danger zones and to highlight their most valuable assets.
- A mock medical interview where students get to try their new skills out in a simulated medical interview environment.

Find out more: https://www.nie.edu.au/products-listing/product/2891-medical-interview-training-advanced-studio

Enter the World of Le Cordon Bleu - Career Residential, Sydney

Tuesday 30 November 2021, 9:00 am - Thursday 2 December 2021, 3:00 pm Le Cordon Bleu Australia. Sydney

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like.



Meet lecturers and Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary arts with our chefs.

Find out more: https://www.cordonbleu.edu/sydney/enter-the-world-of-le-cordon-bleu/en

State Digital Drama Festival 2021 Workshop Series

Wednesday 1 December 2021, 12:00 am - 12:00 am

Online

The State Digital Drama Festival 2021 is offering individual NSW public school students the opportunity to participate in drama workshops via Zoom.

Workshops include:

- Primary: Improvisation 4 pm to 4:50 pm
- Primary and Secondary: The Actor's Toolkit 5 pm to 5:50 pm
- Secondary: Monologue workshop 6 pm to 6:50 pm
- Secondary: American accent workshop 7 pm to 7:50 pm

Applications will close on Thursday 25 November 2021.

Find out more: https://www.artsunit.nsw.edu.au/form/state-digital-drama-festival-202

University of Sydney | The Gadalung Summer Program

Thursday 13 January 2022, 9:00 am - Friday 14 January 2022, 5:00 pm

The University of Sydney, Camperdown Campus

Have you ever wondered what it would be like to go to university? The Gadalung Summer Program is a great way to find out! This two-day on-campus program is for Aboriginal and Torres Strait Islander students starting Years 10 – 12 in 2022 who want to explore their future at university.

This program gives you the chance to experience uni life, explore world-class facilities and meet current university students. You'll learn useful skills for your final years at school and get a heads up for your future at uni and beyond.

You will:

- Explore campus and see what life as a uni student is really like
- Meet other students thinking about uni after school
- Discover the opportunities a university degree can provide within your chosen area of interest
- Connect with mob and find out about our mentoring and learning support programs
- Learn about scholarships, entry pathways and more!

Find out more: https://astar.tv/post/gadalung

Experience Sofitel Sydney with The Hotel School - New Date

Saturday 22 January 2022, 9:30 am - 1:30 pm

Sofitel Sydney Darling Harbour

Experience one of Sydney's luxury 5-Star hotels through the eyes of a hospitality professional. Find out what it is like to work in this dynamic environment by immersing yourself in the behind the scenes operations of a luxury hotel.

The Hotel School is offering this unique, Fully interactive experience where you will meet professionals of key hotel departments and have Fan opportunity to understand their roles. This event sperfect for those wanting a better understanding for the complexities and depth of hospitality careers.

Find out more: https://www.eventbrite.com.au/e/experience-sofitel-sydney-with-the-hotel-school-tickets-198772543027



Scholarships

University of Newcastle Aboriginal and Torres Strait Islander Scholarship

Value: Up to \$40,000 AUD

Open/Closing Dates: October 1, 2021 - February 28, 2022

The Aboriginal and Torres Strait Islander Scholarship was established through contributions from the university, industry donors, community organisations and the annual Reconciliation Scholarship Dinner

Find out more

UNSW Scape Group Accommodation Scholarship

Value: Approx. \$25,663 AUD

Open/Closing Dates: October 29, 2021 - November 30, 2021

The Scholarship has been established to support commencing or currently enrolled rural students, in particular elite athletes, transitioning to UNSW with subsidised accommodation costs in partnership with accommodation provider, Scape Group.

Find out more

University of Sydney Jim Wolfensohn Scholarship

Value: \$8,000 AUD per year

Open/Closing Dates: April 1, 2021 - February 4, 2022

Supporting students from rural high schools experiencing financial hardship and other disadvantages to undertake an undergraduate degree at the University of Sydney.

Find out more

The FutureLearn Scholarship

Value: £5,000

Open/Closing Dates: October 1, 2021 - November 30, 2021

The FutureLearn Scholarship is an amazing opportunity for you to become the change you want to see in the world. You bring the groundbreaking ideas and raw talent – we'll bring the transformative online learning tools and mentorship.

Find out more

Competitions

Billy Blue College of Design at Torrens University Australia - Bright Awards

A celebration of creative Year 10, 11 and 12 students, the Bright Awards recognise up-and-coming designers and support the future of the arts in high schools across Australia.

Whether you're just tapping into your talent or keen to show off your well-developed skills, Billy Blue College of Design's Bright Awards give you the chance to have your work recognised by industry experts. Plus, monetary prizes for both students and schools go towards kick-starting creative dreams.

Entries close 15 November.

Find out more and register: https://www.torrens.edu.au/studying-with-us/why-study-with-us/student-showcase/bright-awards



Science without Borders® International Student Art Contest

The Science Without Borders® Challenge is an international contest that engages students and teachers in ocean conservation through art.

This annual competition inspires students to be creative while promoting public awareness of the need to preserve, protect, and restore the world's oceans and aquatic resources.

The theme for this year's 10th annual Science without Borders® Challenge is "Ridge to Reef." Entries are open until 7 March 2022.

Find out more and enter here: https://www.livingoceansfoundation.org/education/science-without-borders-challenge/

Little Black Dress Spooky Story Competition

The KSP Writers' Centre is proud to present this annual spooky story competition, sponsored by Little Black Dress Productions.

The judges will be looking for good quality original, unpublished writing with engaging characters and a compelling narrative including an excellent beginning, middle and end. Entries must be rated PG and should address the set theme.

The deadline for entries is 24 March 2022.

Find out more and enter here: https://www.kspwriterscentre.com/spooky-story-competition

Work Experience

Blue Peanut Virtual Medicine Work Experience

A 7-week virtual medicine work experience placement with Hazelvalley Family practice. You will be seeing real patients, learning how to take a history and diagnose medical problems. Network with other students and fully qualified doctors.

The programme runs between 21 December 2021 and 28 January 2022 and is packed with live GP clinics and clinical training. All you need is a PC with a webcam and microphone and you can log in to the surgery from anywhere in the world.

Learn more

Careers & Jobs

The changing world of work

The world of work is changing. Not that long ago you could have expected to walk away from school into a job in a factory or office and stay there for 45 years. Between the end of WWII and the mid 1970's, so for about 35 years between 1940 and 1974, the <u>average unemployment rate in Australia was 1.9%</u>. This meant that workers were in high demand, and that employers had to look after their employees in order to keep them.

Since the 1970's, changes in government policy and organisational structures have kept the unemployment rate at around 7% on average. This means employers have more power over employees who may struggle to find work if they lose their jobs, and is part of the reason why people are willing to accept less secure work with fewer benefits, like gig work.



Advances in technology also mean that lots of the menial, repetitive tasks which used to be done by people are now handled by ever-more intelligent computers. Take the touch-screen ordering system at many fast food restaurants, or the self-serve checkouts at the supermarket – not so long ago these places provided many low-skill, entry-level jobs which are now being done by technology. It's not just low-skill jobs that are being affected – law firms no longer need teams of junior lawyers and legal secretaries to comb hardcopy legal documents, they have automated databases which can be searched by keyword. Librarians are being replaced by online search systems, and pharmacy assistants are getting replaced by robotic dispensing machines.

Technology is now moving at such a pace that we can expect work to look different again in just 5 years – but we can predict (to some extent) what will happen.

You'll need your human skills

These are skills that cannot be replaced by technology. Creativity, intuition, and innovation are human-specific, as are caring skills that help people feel comfortable. Mediators and negotiators, teachers, and salespeople will always be needed in our workforce.

If you're interested in the Future of Work check out this article or video.

It's not all doom and gloom

Sure, reading about this stuff can get a bit depressing, but it's actually not a bad thing. As robots take over some of our most dull jobs, that frees us up to do more satisfying roles. People in jobs that have been taken over by technology, such as factory line workers, are being supported to upskill and find new work in other areas which gives them more variety and challenges.

The other thing to remember is that most of us pivot at one point or another anyway. For example, apprentices become employees who might go on to start their own business, or manage a team of tradespeople – which requires vastly different skills to those they learnt as an apprentice. And people change jobs all the time; sometimes because we have to, but often because we get bored and want to find a new challenge. If you're interested in how often we change jobs check out the FYA New Work Order Series for more details.

You don't want to be a robot

It's easy for technology to replace the jobs with lots of repetitive, predictable tasks, which is why factories no longer employ armies of small children and now look like something from a science-fiction movie instead. Working 'like a machine' isn't a good thing – it's boring, tiring, and never gets any better, so if there's a robot that can do that job then that means you are free to move on to something else. The loss of all the robot jobs is being replaced by increased demand for human jobs at all skill levels – just look at the demand for aged care workers as one example. You can't automate caring for other people or mediating conflict – these things require humanity, and jobs that require these skills are often highly rewarding.

How does this apply to my future?

For the past few weeks we've been looking at your possible future selves (check out our articles on <u>Life Maps</u> and <u>Workshopping Your Future</u>). These are the possible future life paths you could go down – while we can't predict exactly what they'll look like, we can get a pretty good idea if we take a look at what you're already doing and interested in, and project that forward.

Not all of us will be negatively affected by the changes to the world of work – in fact, if you're aware of what's happening you could use these changes to design a future that works for you – one where you don't work like a robot doing the same thing every day.



The place to start is with the possible futures you can identify for yourself – take each one, then analyse it through the lens of 'Will robots take my job?' There <u>is literally a website when you can ask</u> this – the safer it is, the less likely you'll find yourself needing to pivot into something else down the track.

The jobs least and most likely to be taken over by robots

Technology has been changing the way we work for a long time.

But which jobs are most likely to become automated, and which will we still need to have that personal touch for?

We've created a handy infographic showcasing the 5 least likely and 5 most likely jobs to be taken over by robots.

Take a look here.

Further Learning

before-starting-a-degree

The importance of completing an Internship before starting a Degree

You have probably heard of University students and recent graduates signing up for internships, but did you know that it is also super beneficial for high school students? It is definitely something you should consider before starting a degree. According to The Society for Human Resource Management, 90% of employers agreed that high school internship programs can help students get into better colleges! An internship program is a great way to trial a field or industry before committing to a degree and a career in a specific area. It is a lot like a work experience/mentorship program with support and monitoring. Tasks and projects are entry-level and designed in a way that allows applicants to be exposed to the real-life professional setting and on the job training. Students will learn and develop a variety of soft skills as well as practical skills in the area/industry of their interest.

Read the top 4 reasons you should consider doing an internship in high school on Australian Internships' blog here: https://www.internships.com.au/career-advice/the-importance-of-completing-an-internship-

Macquarie University's free service to kick-start students' careers

Macquarie University equips their students to be job-ready by supporting them through the MQ Student Employment (MQSE) service. Whether a student is searching for work on or off-campus while studying, MQSE provides Macquarie students with access to job opportunities and coaching sessions to get them comfortable and confident in the recruitment process. Situated in the heart of Australia's largest high-tech precinct, Macquarie students can network and find employment with partner organisations!

Find out how Macquarie University has helped their students here.

Resources

Technology of the future – today

All this talk of robots taking our jobs, artificial intelligence, and machine learning can seem a bit fanciful. It's all way off in the future, right?

Well, there are some pretty incredible things being done right now. Let's take a look.



Will robots take my job – worksheet

Recently we've been talking about technological advancements and how they're changing the way we work.

We've even discussed the idea of <u>robots taking our jobs in the future</u>. If there's a career you have in mind, you might be wondering whether or not it's at risk of being automated.

There's no way to know for sure, but we've developed a quick activity you can do that might steer you in the right direction.

Find the worksheet here.

Job Spotlight

How to become a Personal Trainer

Help people reach their health goals

What do Personal Trainers do?

Personal Trainers work with individual clients, developing exercise and diet plans to help them reach their health goals. They help people seeking a variety of outcomes, including weight loss, strength, flexibility, general fitness, and even rehabilitation.

If you're fit and active, are a great coach and motivator, and want a job that will help people feel their best, becoming a Personal Trainer could be perfect for you.

About you:

- Active and energetic
- Excellent fitness level
- Fantastic communication skills
- Kind and compassionate
- Motivating and encouraging
- Works well independently
- Good problem-solver
- Can think outside the box

The job:

- Assessing a client's current health and fitness level
- Developing exercise plans appropriate to a client's wants and needs
- Providing basic nutrition advice
- Demonstrating movements and exercises for a client
- Teaching clients how to use equipment
- Consulting with other health professionals
- Setting up, monitoring, and cleaning fitness equipment
- Maintaining appropriate workplace health and safety practices



Lifestyle Impact: Moderate

- Part Time opportunities: High around 71% of Personal Trainers work part-time (source: joboutlook.gov.au).
- Average hours for full-time workers: 45 hours a week, which is around average (source: joboutlook.gov.au).
- Personal Trainers' salary (average) \$60,000* per year (source: seek.com.au). *Salaries vary depending on your skills and experience.
- Future career growth: Strong (source: joboutlook.gov.au).
- You will most likely have to work on weekends, early mornings, and evenings to fit around your client's schedule.

Personal Trainers are most in demand in these locations:

This is a medium sized occupation, with around 24,300 people working as Personal Trainers in Australia in 2020 (source: joboutlook.com.au). There is demand spread fairly evenly across Australia. Most Personal Trainers work in the Arts and Recreation industry.

Personal Trainers can work in a huge variety of locations, including gyms, fitness centres, parks, sporting clubs, lifestyle retreats, hotels, and even from your own home.

How to become a Personal Trainer in Australia

Although it's not strictly necessary, it would be hugely beneficial to complete a VET course if you want to work as a Personal Trainer in Australia.

Step 1 - Complete Year 12 with a strong focus on English and PE.

Step 2 - Complete a relevant qualification, such as:

- <u>Certificate III</u> or <u>IV</u> in Fitness
- Diploma of Fitness
- You could even consider a university qualification such as a <u>Bachelor of Exercise Science</u>

Step 3 – Register for professional membership with <u>Fitness Australia</u>, <u>Physical Activity Australia</u> or FITREC.

Step 4 – Make sure you have any other qualifications or licences needed to start working, such as indemnity insurance or First Aid qualifications.

Step 5 – Choose a particular area to specialise in, such as weight loss, sports training, rehabilitation, or more.

Find out more here -

https://fitness.org.au/

https://www.physicalactivityaustralia.org.au/

https://fitrec.org/



Similar Careers to Personal Trainer

Lifeguard

Physiotherapist

Occupational Therapist

Music Therapist

Park Ranger

Outdoor Educator

Sportsperson

Tour Guide

Find out more about alternative careers.

Frequently Asked Questions (FAQs)

What do Personal Trainers do?

Personal Trainers develop and implement exercise and wellbeing plans based on a client's wants and needs.

Which industries employ Personal Trainers?

Personal Trainers are mostly employed in the Arts and Recreation Services industry.

What options are there for career progression?

You can start out working as a general trainer, then move into a specialised area, such as strength and conditioning, rehabilitation, or working with older clients.

Do I need to go to university to become a Personal Trainer?

No, but you will usually need to complete a relevant VET qualification.

Where do Personal Trainers work?

Personal Trainers are needed all across Australia (and the world).

What are 3 things I can do right now to help me become a Personal Trainer?

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

- 1. Volunteer in your community or find work experience in a gym or fitness centre to start building valuable skills and making connections for the future.
- 2. See if you can talk to a Personal Trainer to see what a day in their life is like.
- 3. Start working on your fitness and motivation skills see if you can get a parent or sibling to start exercising with you and cheer them on.

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