

# Careers Newsletter



BLUE MOUNTAINS  
GRAMMAR SCHOOL

## Tuesday, 6 August 2024

Jump to:

[What's On](#)

[Important Future Events](#)

[Free Money](#)

[Study](#)

[Work](#)

[Grow](#)

## What's On

### Upcoming Events

#### WSU | Discover Western Webinar – Uni 101

August 6, 2024

Our Uni 101 webinar will give you all the info you need to understand University. What's the difference between high school and uni? What's a Major? How many days per week will I need to be on campus? We answer all these questions and more.

[Find out more](#)

#### NAS | BFA Scholarships Information Session

August 6, 2024

Join our Scholarships session to learn all about the NAS First Peoples Scholarships and Ernest Heine Family Foundation BFA Scholarships. Our team will guide you through the eligibility criteria, application process and deadlines, which will be followed by a Q&A session so that you can ask any questions you may have, so tune in.

[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 GyMEA – GyMEA

[Find out more](#)

## Harding Miller 2024 Parents & Student Scholarship Information Webinar

August 6, 2024

This webinar will detail the process of applying for a Harding Miller Scholarship and is specifically designed for interested parents/guardians and students.

[Find out more](#)

## University of Sydney | Introducing the brand new Bachelor of Politics, Philosophy, and Economics

August 7, 2024

Join us for an enlightening discussion on Sydney's brand new Bachelor of Politics, Philosophy, and Economics (BPPE). This degree program is designed to equip students with a comprehensive understanding of the interconnected realms of politics, philosophy, political economy and economics. Come along and hear more about how this degree will hone your analytical skills, teach you how to think independently, and form and articulate judgements based on argument and evidence.

[Find out more](#)

## Code Like a Girl: Virtual Engineers Summit

August 8, 2024

The (online) destination to supercharge your tech career.

We've gathered top tech companies in AU/NZ to come for this once-a-year, half-day event so you can meaningfully upskill, learn from industry pros, and connect with women and non-binary people working in the tech industry.

[Find out more](#)



## University of Sydney | Meet the University of Sydney – Coffs Harbour

August 8, 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](#)

## Open Day 2024, Surry Hills

August 8, 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](#)

## 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)<sup>US</sup>.

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](#)

## Torrens | Ultimo Open Day 2024

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](#)



## Sydney Science Trail 2024

August 10 to August 18, 2024

Celebrate National Science Week with an adventure full of family-friendly science programs and excursions for primary and secondary students, presented from 10 – 18 August in collaboration with the Botanic Gardens of Sydney.

This annual program by the Australian Museum, Botanic Gardens of Sydney and their partners is an opportunity for curious kids of all ages and schools to think, talk and experience the science conducted at our organisations – from the study of the natural world and research into the effects of climate change, to exploration of the environmental knowledges of First Nations peoples.

[Find out more](#)

## Girls Day Out in STEM: Imagineering Adventure

August 10 to August 18, 2024

Get your imaginations ready to join us on our Imagineering Adventure!

This National Science Week 2024 sign up for the best metaverse adventure in cyberspace to discover so much more than just sustainability. Take the hero's path to enter our Imagineer-verse where you get to be the imagineer for a better world!

There are heaps of prizes to be won during our Imagineering Adventure – stay tuned about how to get your hands on one of those cool prizes! You could win an iPad from our wonderful friends at Telstra, or the latest and greatest, coolest Ray Ban XR glasses thanks to Meta.

The online event can be undertaken independently, with friends or family members, or as a school incursion for your class or even as a club activity. All our exciting challenges and engagements are either pre-recorded or embedded to create a child-safe space.

If you are 10-14 years old and would like to join, simply register to book your place. If you would like your school to be involved, just ask your teacher to register your class or club.

[Find out more](#)

## Science Showcase UOW

August 10 to August 18, 2024

National Science Week is Australia's annual celebration of science and technology. In 2024 it will be held from 10 – 18 August. As part of National Science Week, UOW will host several events to showcase the diverse and interesting science happening here.

UOW Science Showcase includes:

- Robotics, reptiles, a Fire & Ice Spectacular and more at UOW Shoalhaven & UOW Eurobodalla
- A live ABC Illawarra radio broadcast at UOW Wollongong
- A wide range of daytime activities and evening events at UOW Science Space, including a Future Science Comedy event

UOW scientists from across multiple scientific disciplines and different stages of their study or careers will share diverse and fun science content, suitable for people of all ages and walks of life.

[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](#)

## CSU | Albury-Wodonga Open Day 2024

August 11, 2024

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](#)

## SCU | Coffs Harbour Open Day 2024

August 11, 2024

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](#)

## La Trobe | Albury-Wodonga Open Day 2024

August 11, 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](#)



## Science in the Scrub

August 11, 2024

Celebrate National Science Week with free family fun at Western Sydney Parklands. Science in the Scrub returns to Lizard Log packed with science, fun and discovery.

Engage in hands-on experiments. Get up close with native animals. Meet real life scientists including geologists, zoologists, physicists and marine biologists. Say hello to our life-size dinosaur. Touch the world's biggest seed. Make a survival shelter or visit the pop-up ocean lab.

With over 30 awe-inspiring stalls, live shows and food trucks, there's science fun for everyone.

[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](#)

## CSU | 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](#)

## CGA Open Evening, North Shore

August 12, 2024

Are you seeking a dynamic alternative to traditional schooling or intrigued by the possibilities of online education?

Join us at this exclusive in-person event to explore why Crimson Global Academy could be an excellent choice for your child.

Discover first-hand CGA's personalised learning approach which empowers students to excel—whether they're aspiring athletes, academically driven, or thrive in inclusive environments.

- Learn how an online learning environment benefits athletic, ambitious, and neurodiverse students
- Connect directly with CGA's expert educators and get your questions answered
- Gain insight into life at CGA: online classes, flexible timetables, international curricula, and our incredible global community.

[Find out more](#)

## UniMelb | Meet Melbourne Albury

August 13, 2024

Our Future Students team are visiting Albury to meet with prospective undergraduate students like you to discuss your study options and the exciting campus life that awaits you at Melbourne.

Join us to learn more about:

- How our Melbourne curriculum supports you to explore your passions, follow your curiosity and find your path through our wide range of majors and breadth subjects
- Our special Entry Access Scheme (SEAS) Access Melbourne which takes into consideration your personal circumstances in your application – you may even be eligible for guaranteed entry



- The [Narrm Scholarship Program](#) which provides financial, academic and wellbeing support to eligible undergraduate students who apply through our Special Entry Access Scheme (SEAS), Access Melbourne. For Narrm Scholars who come from a regional or remote area, there are also relocation allowances to help reduce moving or transport costs
- Our University Accommodation options and student life initiatives to support you in making Melbourne your new home and feeling welcomed by our community
- How you can take advantage of opportunities in and out of the classroom, such as concurrent diplomas, work-integrated learning and internships, exchange programs, and peer mentoring.

You'll also have the chance to speak to us one-on-one and ask us any questions you may have. Don't miss this opportunity to uncover your Melbourne future. We look forward to meeting you in Albury.

[Find out more](#)

## Dr Karl National Science Week Q&A

August 13, 2024

As we celebrate National Science Week we are kicking off the newly formatted STEM 2024 professional learning series with Dr Karl Kruszelnicki. This year's National Science Week theme is "Species Survival – More Than Just Sustainability", so get your questions about threatened species, habitats and all manner of living things ready for Dr Karl!

This live and free event is the chance for students to ask Dr Karl the questions they have always wondered about. Dr Karl encourages curiosity and all questions from attendees are welcome!

[Find out more](#)

## Our Ocean Our Future

August 13, 2024

The ocean is a unique, irreplaceable environment that is home to many living things. This session builds on UNESCO's ocean literacy principles to help students understand why the ocean is important for all life on Earth. We'll discuss the pollution problem facing our ocean. We'll learn about real life examples of sustainability and brainstorm achievable ways to help the ocean in our everyday lives. This Inspiring Australia NSW initiative is supported by the Australian Government as part of National Science Week and proudly brought to you by Virtual Excursions Australia. [Find out more](#)

## University of Sydney | Design at Sydney: Your Pathway to Innovation and Creativity

August 14, 2024

Join us for an exciting webinar where we'll introduce you to the vibrant universe of studying Design at the University of Sydney. This webinar is your chance to discover how our Design degree can prepare you to shape the way we experience the world through technology, from digital interfaces to physical spaces, and everything in between!

[Find out more](#)





## Careers in STEM

August 14, 2024

Discover the diversity of careers in STEM this National Science Week! Are you interested in collecting rocks? Do you like taking things apart to see how they work? Are you always asking WHY or HOW. If so, join us for a different look into Careers in STEM

During the session there will be several short presentations about their journey to their career and what they love about their jobs. There will be an opportunity to ask questions too. Find out how your passion can lead to a career.

This Inspiring Australia NSW initiative is supported by the Australian Government as part of National Science Week and proudly brought to you by Virtual Excursions Australia.

[Find out more](#)

## The Species Showdown

August 14, 2024

Join us this National Science Week for The Species Showdown. Scientists will go head to head in the ultimate scientific rumble in the jungle.

Get ready to engage your mind and join us for some serious fun as six University of Sydney scientists face off in a battle of wits about the survival of species on our planet.

Different viewpoints will be explored, ideas exchanged, and assumptions challenged. Take your seats and settle in for an evening of thought-provoking discussion and lively sparring. It's time to throw down for The Species Showdown!

[Find out more](#)

## CGA Open Evening, Newcastle

August 14, 2024

Are you seeking a dynamic alternative to traditional schooling or intrigued by the possibilities of online education?

Join us at this exclusive in-person event to explore why Crimson Global Academy could be an excellent choice for your child.

Discover first-hand CGA's personalised learning approach which empowers students to excel—whether they're aspiring athletes, academically driven, or thrive in inclusive environments.

- Learn how an online learning environment benefits athletic, ambitious, and neurodiverse students
- Connect directly with CGA's expert educators and get your questions answered
- Gain insight into life at CGA: online classes, flexible timetables, international curricula, and our incredible global community.

[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](#)

## SciFest 2024

August 16, 2024

SciFest 2024 invites you to immerse yourself in a world where science meets art, where curiosity knows no bounds, and where discovery awaits at every turn.

The festival brings science to life – throwing open laboratory doors and transporting science into the everyday. Head back to science class with interactive activities, games, live stage shows and talks that showcase the wonders of science, technology, engineering, maths, medicine, and the arts.

Designed to appeal to all ages, from curious kids to inquisitive adults, the festival features an array of activities that will spark imagination and curiosity.

[Find out more](#)

## Big Ideas and Inspiring Careers: Make an impact with a career in biodiversity science

August 16, 2024

Don't miss this unique opportunity to connect with and learn from exceptional women who are addressing some of the most pressing environmental challenges of our time.

Our panellists are carving diverse and remarkable paths in the fields of wildlife biology, conservation, science communication and marine biology. They will share their career journey and the innovative approaches they are taking to develop successful and meaningful careers. If you want to be inspired to build an exciting career that makes a real difference, join us for this fantastic event!

[Find out more](#)

## First Nations Astronomy and Stargazing

August 16, 2024

The Albury LibraryMuseum is proud to present astrophysicist and science communicator Kirsten Banks, a Wiradjuri woman also known as AstroKirsten.

This event will ignite your curiosity and leave you in awe of the universe. Learn about the astronomical knowledge developed by First Nations people over thousands of years. Whether you're a seasoned stargazer or a curious novice, this event is perfect for anyone with a passion for learning.

Don't miss this opportunity to connect with the cosmos and expand your understanding of the universe.

[Find out more](#)



## Important Future Events

### Powerhouse Museum Sydney Science Festival Family Day

August 17, 2024

Sydney Science Festival is an exciting and accessible program of science events presented by Powerhouse Parramatta and City of Parramatta.

A full day of free hands-on science fun for all ages, presented by Powerhouse Museum in August. It aims to inspire curiosity about what science is capable of – and criticism too – in a series of interactive performances, talks and exhibits across the city.

[Find out more](#)

### ACU | Open Days 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](#)

### UON | 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.

**Please note registrations close at 11:59 pm AEST on Sunday, 11 August 2024.**

[Find out more](#)

## William Angliss Institute | Open Day 2024, Sydney

August 17, 2024

Come join us and explore our Sydney campus! Get a glimpse of a day in the life of an Angliss student and find out more about your study options. Connect with expert faculty members and the vibrant Angliss community – we're looking forward to meeting you!

[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](#)

## Tocal College | Open Day

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](#)

## CQC<sup>2</sup>T Open Day

October 7, 2024

Showcasing the state-of-the-art facilities at the UNSW Kensington Campus, the Centre for Quantum Computation and Communication Technology (CQC<sup>2</sup>T) is opening our doors this September school holidays. Visit our Centre to be introduced to quantum physics and for many your first taste of university life.



This is a science-led day filled with talks and tours of our labs including practical demonstrations and an opportunity to speak to those currently working in this exciting field. This is the perfect opportunity for students contemplating STEM careers, with a passion for physics, maths, engineering or coding.

[Find out more](#)

## NIE | Future Doctors Australia, Sydney

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](#)

## Discover AI Magic with IT at ACU North Sydney

November 26, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Participate in interactive AI activities, chat with current students and learn what it's like studying a degree in IT at ACU.

[Find out more](#)

## Discover Exercise and Sports Science at ACU Blacktown

November 27, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Experience the range of cutting-edge equipment for training and rehabilitation that you will have access to as part of a sport and exercise science degree with ACU.

[Find out more](#)



## Discover Law and Criminology at ACU North Sydney

November 28, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Aspiring lawyers will have the chance to develop their analytical and courtroom skills in our law and criminology workshops. These hands-on activities will provide you with an insight into the Australian legal system and its functions.

[Find out more](#)

## Free Money

### Scholarships

#### Márta Svéd Scholarship

**Value:** \$5,000 AUD

**Open date:** July 19, 2024

**Closing date:** September 8, 2024

The Márta Svéd scholarship is an exciting opportunity established by the Discipline of Mathematical Sciences – within the School of Computer and Mathematical Sciences – to support three female undergraduate students who are looking to undertake a Bachelor of Mathematical Sciences or a Bachelor of Mathematical Sciences (Advanced) program at the University of Adelaide.

[Find out more](#)

#### UniSC Vice-Chancellor's Honours Scholarship

**Value:** \$5,000 AUD

UniSC Vice-Chancellor's Honours Scholarships are to encourage and support students commencing an Honours program, with a long-term view to enter the research field. This scholarship is intended to recognise, reward and encourage academic excellence.

[Find out more](#)

#### QUT Faculty of Science Scholarship for Women and Non-Binary People

**Value:** Up to \$10,000 AUD

**Closing date:** January 1, 2025

This scholarship aims to support high-achieving female and non-binary students who are starting their first year of an undergraduate degree in science, mathematics or IT. The scholarship also aims to foster leadership and networking by encouraging recipients to contribute to and participate in diversity, inclusion and belonging initiatives of the Faculty of Science and student clubs.

Scholarship offers will be made from mid-January 2025.

[Find out more](#)





## USYD Bill and Melia Hutchinson Scholarship

**Value:** Up to \$8,500 AUD p.a.

**No additional application is required.**

Up to \$8,500 p.a. scholarships to support undergraduate students at the Faculty of Engineering and Faculty of Medicine and Health.

The purpose of the MySydney Scheme and The Bill and Melia Hutchinson Scholarship is to address the educational disadvantage experienced by people living in areas affected by socio-economic disadvantage, by facilitating and supporting their participation in University of Sydney engineering or medicine and health courses.

[Find out more](#)

## USYD Margaret Hamer Scholarship for Women in Engineering

**Value:** \$6,000 AUD

**Open date:** July 1, 2024

**Closing date:** September 30, 2024

A \$6,000 undergraduate scholarship to encourage prospective female students with a strong academic record to pursue further studies in engineering.

[Find out more](#)

## Federation University 2025 Foundation GPG Scholarship

**Value:** \$10,000 AUD

**Open date:** January 6, 2025

**Closing date:** March 2, 2025

The Foundation GPG Scholarship is open to domestic, female or Aboriginal and/or Torres Strait Islander students undertaking one of the following courses at Federation University:

- Bachelor of Engineering, Bachelor of Information Technology
- Graduate Certificate in Community Energy & Micro Grid
- Master of Engineering Technology (Mechanical Engineering)
- Master of Engineering Technology (Renewable Energy and Electrical Power Systems)

[Find out more](#)

## Competitions

### Reedsy Weekly Writing Contest

**Value:** \$250 USD

Every Friday morning, Reedsy sends a newsletter that includes five themed writing prompts. Those five prompts will also appear at the top of our [Reedsy Prompts](#) page. Writers then have one week (until the following Friday), to write a story based on one of our prompts.

[Find out more](#)



## Study

### University

#### [Crafting the perfect personal statement](#)

If you've been looking for scholarships, applying for jobs, or preparing university applications, you might have been asked for something called a personal statement. But what exactly is it, and how can you make yours stand out? In this blog, we're going to break it down step by step, providing tips on crafting a personal statement that showcases your unique qualities and aspirations.

#### **Understanding the personal statement**

Think of a personal statement as your chance to introduce yourself beyond numbers and grades – almost like your personal highlight reel, where you get to shine a light on who you are, what you're passionate about, and why you're a perfect fit for that scholarship, job, or university program.

#### **Top tips for crafting a great personal statement**

Let's dive into the nitty-gritty of crafting a standout personal statement. These five tips will guide you through the process and hopefully leave you feel more confident about your applications.

#### **Be authentic**

Your personal statement should be, well, personal! Don't try to be someone you're not or just write what you think people want to hear. Be true to yourself. Share your experiences, interests, and dreams in your own voice – this is your chance to let your personality shine through.

#### **Tell your story**

Your personal statement should be a mini-story about you. Start with a compelling opening that grabs the reader's attention and take them on a journey through your experiences, challenges, and achievements. Show them how these moments have shaped you and led you to where you are now.

#### **Highlight your achievements and goals**

This is your time to brag a bit (but in a humble way, of course!). Talk about your accomplishments, both inside and outside the classroom or workplace. Whether it's winning a debate competition, leading a community service project, or overcoming a difficult situation, let your achievements speak for themselves. Don't forget to share your future goals and how this scholarship, job, or program could help you achieve them.



## **Be specific and concise**

Avoid being too vague or generic. Provide concrete examples and anecdotes to illustrate your points. Paint a vivid picture of who you are and why you're a great fit. On the other hand, remember to keep it concise. Admissions officers and employers can have a lot of statements to read, and sometimes there are strict word limits, so you need to make every word count.

## **Edit, edit, edit**

Once you've poured your heart onto the page, it's time to polish it up. Check for spelling and grammar errors (and don't just rely on Word to point them out for you). Read it aloud to make sure it flows smoothly. Have someone you trust, like a teacher, friend, or parent, read it and give feedback. A well-edited statement shows that you care about the details and are serious about your application.

## **Final thoughts and next steps**

Crafting a standout personal statement might seem like a big task, but with these tips, you're well on your way. Take every opportunity, whether successful or not, as a chance to learn and grow. Even if you apply but aren't accepted, you might receive some feedback that can make your next application even better.

If you're eager to explore more about your future study and career options, take a look at some of the other blogs on our [website](#). Or if you're ready to apply, you can search for [scholarships](#) or [experiences](#).

## Study Tips

### [How to stay focused while studying](#)

It can be hard to stay focused when studying. From the itch to check Instagram to staying comfortable in your chair, there can be lots of distractions keeping you from getting the job done. Luckily, there are plenty of tools and tricks out there that can help you stay focused and study hard – here are some of these methods.

### **Find a suitable environment**

Some people find it easiest to study in complete silence, while others might like a bit of background noise. Try some different places around the house, or even in your favourite coffee shop, to see what works best for you.

Regardless, there are some things that you need to have no matter where you are:

- Plenty of space and a flat surface for all your materials and tools
- An outlet to charge your devices – there's nothing worse than your battery going flat in the middle of writing an assignment when you haven't saved for a while!
- A comfortable chair or standing position

### **Create a study ritual**

Help yourself get into the mindset of study by creating a little ritual for yourself that you follow every day. Maybe you can clean your desk before you start, or go for a short walk. Having this ritual can help prepare your mind for the study to come.



## **Block distracting websites and apps**

We're all guilty of being distracted by our Facebook or Instagram feeds when we're supposed to be doing something else. But if it's becoming a bad habit, it might be time to step it up and block those websites and delete the apps from your phone. It might be tough, but it will do wonders for your study!

## **Divide up and space out study sessions**

Got lots of study to get through? It can seem daunting when you add it all up together. Make it less scary by dividing up your time into smaller, more manageable blocks, instead of trying to cram everything in at once.

## **Find the best tools**

There are tons of apps and websites out there designed to help you get the most out of your study sessions. From helping you get organised, to helping you focus, to build good habits, there's something for everyone. Here's a few that could help you to get started:

- [Quizlet](#)
- [SimpleMind](#)
- [Elevate](#)
- [Todoist](#)
- [Schooltraq](#)

There are some other great recommendations in [this video](#) too.

## **Focus on skills, not grades**

Learning is a skill that will last you a lifetime. Remember that while it might be important to do well on your exams and assignments, it's not the be all and end all. Building valuable study skills is important too – and feeling like you're accomplishing something just by learning can be very motivating.

## **Schedule downtime**

You don't have to be a study machine 24/7 – in fact, trying to cram everything in non-stop will probably be more harmful than good. Make sure you have some time to relax, unwind and take care of yourself as well. It will improve your learning in the long run.

## **Exercise**

Studying can involve a lot of sitting, and it's important that you get up and move. Even if it's just getting up from your chair every 30 minutes to have a stretch and walk to the fridge, something is better than nothing. Exercise doesn't just benefit your body – it can help reduce stress and anxiety and help you to focus better as well.

## **Review and adapt**

Tried something that you found just wasn't working? That's okay! Adapting to your changing schedule and needs is important, so make a list of tips and techniques you found worked wonders, and things that didn't work so well. Review your list over time to see if things need a bit of a shake-up.

You can find more study and wellbeing tips on our website [here](#).



## Work

### Job Spotlight

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

We all love a good DJ, but have you ever thought of making it your career?

DJs (or Disc Jockeys) are artists who play and mix exciting music to live audiences in all kinds of situations and events. They most commonly work in nightclubs, concerts, festivals, weddings, parties, and on the radio.

Passionate about music, know how to curate a good vibe, and enjoy working in the public eye? DJ-ing could be your absolute dream job.

#### **What skills do I need as a DJ?**

- Detailed knowledge & love of music
- Good technical skills
- Understanding of sound equipment & software
- Productions skills & creativity
- Excellent networking & social media skills
- Confident & easy-going
- Willing to work non-traditional hours
- Reliable & independent

#### **What does the job involve?**

- Selecting tracks for each set
- Curating music based on the audience or theme
- Scheduling and arranging the tracks to a strict time frame
- Ensure the tracks flow together well by mixing or fading
- Giving introductions or short commentary
- Preparing and conducting interviews
- Liaising with event co-ordinators and sound crews
- Setting up and operating kit
- Hosting and delivering shows

#### **What industries do DJ's typically work in?**

- Entertainment & Nightlife
- Radio & Programming
- Arts & Recreation



## What Career Cluster do DJs belong to?

Because of the highly creative and technical nature of the role, DJs are often [Innovators](#). They are also executors with great hands-on skillsets, so [Makers](#) are also often attracted to careers as DJs.

## What kind of lifestyle can I expect?

As a DJ, your lifestyle can be exciting and dynamic but also demanding. DJs often work late nights, weekends, and holidays, and it's way more common for DJs to work part-time. Gigs at clubs, bars, and events typically start in the evening and go into the early morning hours, so your schedule could be challenging but also rewarding for those night owls among us. Many DJs travel extensively, performing at venues in different cities and countries. This can be an exciting way to see the world and experience diverse cultures, but it also means being constantly on the move, and not being at home very much. It's a non-traditional lifestyle, but a very rewarding one for those who are super passionate about music and performance. For a snapshot of what it might be like, check out [this day in the life of a DJ](#).

## How to become a DJ

With the necessary skills and equipment, and lots of dedication and practise, you could become a DJ without any formal qualifications. Completing Year 10 with a focus on English and Maths will definitely be useful, and completing Year 12 could provide you with further opportunities and make you a more competitive DJ.

If you want to progress fast, it's a good idea to get relevant vocational qualification with at least some practical experience, such as a [Certificate III or IV in Music Industry \(Sound Production\)](#). You could also think about getting a [Diploma of Music Industry \(Sound Production\)](#) to enhance your knowledge and promote your skills.

There are also lots of short courses and workshops you could take that will provide you with insight and experience in DJ-ing, such as mixing and mastering, music production, and sound design.

You might also like to consider doing a Bachelor's or postgraduate degree if you'd like to learn in-depth or want to get ahead professionally. Some examples include:

- [Bachelor of Music \(Music Technology\)](#)
- [Bachelor of Creative Arts \(Music\)](#)
- [Master of Music Technology](#)

Some DJs also choose to specialise in one particular area, such as club DJ-ing, radio DJ-ing, mobile DJ-ing for events, or music production.

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

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

- Find a reputable DJ in your area and see if you can shadow them for a day or train under them. This hands-on experience can be awesome for gaining practical skills and learning the tools of the trade.
- If you haven't already, immerse yourself in the world of music. This is the most important step toward becoming a DJ. Listen to different genres, attend live events, and observe different DJ-ing styles.



- Volunteer or take on part-time jobs at music events or radio stations. You should be prepared to do lots of setup and breakdown of equipment, as well as assisting with sound checks.

## Where can I find out more?

Find out more about how to become a DJ here:

- [Ditto Music](#)
- [Musicians Institute](#)
- [DJ Revolution](#)
- [Digital DJ](#)
- [ZipDJ](#)
- [Experimedia](#)
- [Gov.UK](#)
- [London Sound Academy](#)

## Similar careers to DJ

- [Music Therapist](#)
- [Radio Presenter](#)
- Music Teacher
- Music Producer
- Event Organiser

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

## Jobs & Careers

### [10 jobs for sporty people](#)

Are you passionate about sports? Looking for a career that will let you stay active and engaged in the world of athletics? You're not just limited to being an athlete for a living – there are tons of jobs out there that can combine your love for sport with a fulfilling and stable profession.

Here are ten exciting jobs for sporty people just like you.

#### 1. Personal Trainer

If you've ever been to the gym for the first time and needed a little guidance, you know the importance of a [personal trainer](#). Whether they're helping people who're new to the gym figure out equipment and workout routines, or using their qualifications to boost the performance of professional athletes, personal trainers are highly respected and coveted. As a personal trainer, you'll help clients achieve their fitness goals by designing personalised workout plans and providing counsel on exercise techniques and nutrition. Personal trainers work in gyms, fitness centres, or even as independent consultants.



## 2. Sports Coach

Want to work with the likes of [Cristiano Ronaldo](#) or [Serena Williams](#)? Always been the type to take on a leadership role, and enjoy supporting others? You could have the makings of a perfect sports coach. Coaches work with teams or individual athletes to develop their skills, strategy, and performance in their chosen sport.

Coaches often have backgrounds as athletes themselves and typically start by coaching at the youth or amateur level before moving up to higher levels of competition.

## 3. Physical Education Teacher

We all know of that one awesome P.E. teacher at school – they give us a lesson to look forward to, make sure we're getting active, and support all our physical education needs. If you want to be that inspiring individual for someone else, you could be perfect as a physical education teacher.

As a P.E. teacher, you'll motivate students to stay active and teach them about the importance of physical fitness. P.E. teachers work in schools, organising and leading sports and fitness activities.

## 4. Athletic Trainer

Are you someone who's into science, but also sports? Maybe you're a [Guardian](#) and get your kicks from helping others maintain their health and wellbeing. If this is the case, you might like to consider a career as an athletic trainer.

Athletic trainers work with athletes to prevent, diagnose, and treat sports-related injuries. They often work for sports teams, schools, or healthcare facilities, providing immediate care and developing rehabilitation programs.

To become an athletic trainer, you'll need a [degree in athletic training](#) and [certification](#). Then, you'll be able to put your highly specified skills to use.

## 5. Sports Nutritionist

If you're into sports, you probably already know that nutrition plays a massive role in how well athletes perform. Depending on their field, athletes may need to maintain, gain, or lose weight, and as a sports nutritionist it would be your role to ensure they do this in a safe and healthy manner.

Sports nutritionists help athletes optimise their performance by designing nutrition plans tailored to their specific needs, and provide advice on diet, supplements, and hydration to ensure athletes are fuelling their bodies correctly.

[A degree in nutrition](#) or [dietetics](#), along with [specialised knowledge in sports nutrition](#), is typically required for this role.

## 6. Sports Journalist

Do you love reading about sports just as much as you like watching them? Want to engage with the best of the best and bring these athletes into the public eye? If you love writing and have a passion for athletics, you might like to consider a career as a sports journalist.

As a sports journalist, you'd cover sporting events, interview athletes, and write articles or create multimedia content for newspapers, magazines, websites, or broadcast media. Plus, you'd always be up to date on the latest in sporting news, or on the sidelines so you never miss a game.





## 7. Sports Event Manager

Are you the friend who's always making stuff happen? Do you love attending games, and have great organisation skills? That's all in the making of a sports event manager.

Sports event managers organise and oversee sporting events, from local tournaments to international competitions. They handle logistics, marketing, sponsorships, and ensure that events run smoothly. When you're watching an awesome sporting event, or even the Olympics, know that sports event managers have a major hand in making it possible.

A [degree in sports management](#) or [event planning](#) can help you get started in this field, along with experience in organising events of any kind.

## 8. Sports Psychologist

Interested in psychology, but don't want to step away from the world of sport? Sport psychology combines the two in a way that's incredibly important for those on the field.

Sports psychologists work with athletes to improve their mental game, helping them manage stress, enhance focus, and overcome mental barriers. They play a crucial role in ensuring top athletes perform at their best, but the job can also extend to a variety of settings like helping children or working in clinical environments.

A degree in psychology with a focus on [sports psychology](#), along with [certification](#), is required for this career.

## 9. Fitness Instructor

Fitness instructors are a little different from personal trainers – instead of working one-on-one, they lead group exercise classes, such as aerobics, spinning, yoga, or Pilates. Their job is to create fun and engaging workouts that help participants stay motivated and reach their fitness goals.

If you're outgoing, great in groups, and love fitness, you might be the perfect fit for this job.

## 10. Sports marketing specialist

Do you think you'd be good at promoting your favourite team, or making people want to go to a game? If so, sports marketing might be right up your alley.

Sports marketing specialists promote teams, events, and products. They create marketing campaigns, manage social media accounts, and work on sponsorship deals to increase visibility and engagement.

If you want to pursue this career, a degree in [marketing](#) or [sports management](#) would definitely be essential. In the meantime, you could spend your time thinking about what kind of ads or promotions catch your attention the most, or coming up with new ideas.

## Want more career options?

Check out our blog [11 careers you may never have heard of](#). Whether you're looking for inspiration or specific career advice, there's lots more to explore on our website [here](#).



## Skills for Work

### [LinkedIn for students: Creating a professional profile](#)

These days, most of us probably look for work online. Whether it's browsing a job database, asking in a Facebook group, or even just doing a quick Google search, there's no doubt that the internet has certainly changed the way we search for jobs. So how can you make your online presence work in your favour, and actually help you find (and secure) a job?

That's where professional social media sites like [LinkedIn](#) come in. LinkedIn is a social media site that focuses on jobs, career development, and even skill building. Using LinkedIn as a student can help you appeal to potential employers, network with your peers and mentors, and help build a name for yourself in the professional world.

### **Why do I need a LinkedIn profile as a student?**

You might be thinking that this all sounds well and good, but I'm just in high school or my first year of uni – why do I need a professional profile?

Student or not, if you apply for a job, chances are [your potential future employer will look you up online](#). And if they can't find anything (or don't like what they see), this might actually affect your chances of being hired.

Additionally, job seeking isn't the only reason to have a LinkedIn profile. It's also a great place to explore, network, connect with like-minded people, and even [learn new things](#). Plus, it's free, so why not give it a go?

*One quick note – according to LinkedIn's [User Agreement](#), you need to be at least 16 years old to open an account.*

### **LinkedIn profile basics**

Ready to go ahead and make a LinkedIn account? Here are some tips to consider when creating your profile.

#### **Use a personal email address**

If you're still studying, you probably have an email associated with your school or university. While it might be tempting to use this email, you should use a personal one instead – this way you will have access to your LinkedIn account long after you graduate. Don't have a personal email account? [Gmail](#) is a free and easy option.

#### **Add a profile picture**

It's always good to be able to put a face to a name, and LinkedIn is no different. People are [more likely to respond](#) (and it seems less spammy) if your profile includes a picture. But unlike Instagram or TikTok, there are a few things to keep in mind when picking the perfect LinkedIn profile pic:

- **It needs to be of you**, of course! LinkedIn might [remove your picture](#) if it's a cute snap of your dog, for example.
- **Wear something nice** – like what you would wear to an interview or work.
- **Selfies aren't totally off-limits**, but it's best to ask a friend to take the photo for you.
- Make sure you get a **good angle** and **nice lighting**.

There are some other useful tips to keep in mind in [this video](#).



## About you

This is where a lot of students get tripped up when making a LinkedIn profile. If you haven't had a job before or only have casual experience, what else are you supposed to add to fill out your profile?

While LinkedIn is a platform for jobs, it's not the be-all and end-all – in fact, there are probably lots of things you've done and achieved throughout school and university that you can add to your profile, including:

- Awards you've received or competitions you've won
- Clubs you've been a part of (e.g. debating, chess, sports, robotics, etc.)
- Unpaid or volunteer work you've done (e.g. working the canteen at the local sporting grounds, participating in advisory/advocacy groups, etc.)
- Projects you've done or participated in (e.g. building a website, organising a charity drive for your school, etc.)
- Your leadership roles (e.g. school captain, student body leader, etc.)
- Your top skills and strengths
- Your favourite/best classes or subjects
- Short courses, workshops, or microcredentials you've done
- Qualifications you already have (even things like First Aid)
- Tools and programs you're proficient with (e.g. Microsoft Word, using power tools, etc.)
- Languages you know (whether you're fully fluent or not)

There is also a section where you can add a little summary about yourself too. This could include things like your future goals and dreams, your hobbies and interests, things that inspire you, and even a bit about your journey so far. If you need a hand getting started, here are some [examples of great LinkedIn profile summaries](#).

## Using LinkedIn – the basics

Once you've set up your profile, you can now start using the rest of the site's features. There are quite a few and it might seem a bit intimidating at first, but here are the most useful:

### Connections

Connections are just like friend requests, allowing you to connect with other LinkedIn users and see their posts and information. LinkedIn usually starts out by suggesting some connections for you based on the information you provide in your profile – people who went to your school/university, live in the same town, work in similar fields, etc.

Most of the time, we suggest only connecting with people you know personally. Some people might feel a bit awkward connecting with someone they don't know; and conversely, you might also not want a stranger seeing your full profile.

But what if there's someone you think is really cool and you want to know more about them? Well, there's a solution for that...

### Following

This feature works basically like any other social media. You can follow people, organisations, and even pages on specific topics, and their activity will show up on your feed. It's a great way of expanding your network without needing to connect with people you don't know.



You might not see all of someone's information as a follower, but you can still read and interact with their posts.

Still not sure of the difference? Take a look at this [quick video](#).

## **Messaging**

LinkedIn only allows you to send and receive messages to and from people you're connected with. They do have another service (InMail) that allows you to message people you're not connected with, but it's part of their paid service.

If you don't want people you don't know to send you InMail, you can [turn InMail requests off in your account settings](#).

## **Your feed**

Just like when you open Facebook, Instagram, or TikTok, the first thing you see on LinkedIn is your feed. You'll see things like posts from your network (connections and follows), trending and recommended content, and sponsored content.

## **How should I use LinkedIn as a student?**

Here are some things you can do as a student on LinkedIn to grow your network and find jobs.

### **Follow lots of people and pages**

Try and follow a variety of people from all walks of life, not just people from your local area or your friends from school. This can help you gain a better understanding of work and careers all around the world and listen to different perspectives and opinions.

Browse the page of your future university or company you'd like to work for and learn more about their impact, see courses and jobs on offer, and find affiliated people to connect with or follow.

### **Interact with people**

You can leave reactions and comments on people's posts on LinkedIn. Engaging with someone's post, particularly by leaving relevant and friendly comments, can be a great way to start a conversation, and may even lead to further connection down the track.

### **Do lots of searching**

Use the search bar to browse to your heart's content. Search for a topic that interests you and see what's out there – see what people in that field are doing, read and watch articles and videos about the topic, and find groups to join based on your interests.

### **Find jobs**

LinkedIn has an entire section dedicated to [finding and applying for jobs](#). You can use it to search for listings, get help and advice on resume and skill building, and even ask your connections to endorse your skills.

### **Keep your profile updated**

Don't forget to take some time every now and then to make sure your profile details are all still current. Add news jobs, skills, and experiences; share your own posts and insights with your network; or if you've had a major appearance change, upload a new profile picture.



## Stay professional

While it is technically social media, remember that LinkedIn is a professional platform – so it's probably not the place to be sharing your holiday pics or details of last night's date. When engaging with others, remember to keep your language polite and formal, even if it's someone you know in real life.

## Find out more

You can read more about how LinkedIn and other social media can be beneficial for students in our blog [here](#), or find heaps more resources about the world of work [here](#).

## Grow

### Health & Wellbeing

#### [5 Olympic sports you've probably never heard of](#)

As the 2024 Paris Olympic Games gets off to a smashing [start](#), we all have our favourite sections we're just dying to watch. The Olympics are known for showcasing some of the most popular sports in the world, like athletics, swimming, and gymnastics. However, the Games also feature many lesser-known sports that are equally exciting and challenging, and might just leave you wanting more.

Let's dive into some of these hidden gems and discover the unique rules, history, and skills required to compete in them.

#### 1. Modern Pentathlon

The [Modern Pentathlon](#) was introduced at the 1912 Stockholm Olympics, inspired by the skills needed by a 19th-century cavalry soldier. It's the only sport that's actually been created specifically for the Olympic Games, and combines five distinct sports: fencing, swimming, equestrian show jumping, shooting, and running.

The Modern Pentathlon used to be separated into 5 different days for the 5 different sections, but now it's all held on the one day. The sport is intended to test an athlete's fitness, courage and skill by putting them through these varying sections.

#### 2. Canoe Slalom

Basically competitive canoeing, Canoe Slalom made its Olympic debut in 1972 in Munich, and became permanent in the 1992 Barcelona Games. For this sport, athletes navigate a decked canoe (or kayak) through a course of hanging gates on river rapids in the fastest time possible. To excel at this sport, you've got to have excellent boat control, agility, and strength to manoeuvre through turbulent waters. Precision and quick decision-making are also super important if you want to avoid penalties.

#### 3. Handball

Ok, so you've probably heard of handball before, but we're not talking about the kind you and your mate play on cement slabs with some random rubber ball.



Handball is an actual Olympic sport, and has been part of the Olympic program since the 1936 Berlin Games. The official Olympic version of handball is a fast-paced team sport that combines elements of basketball, soccer, and hockey. It has 2 teams of 7 players each, and both sides compete to score goals by throwing a ball into the opposing team's net.

#### 4. Trampoline Gymnastics

Yep, it's just what it sounds like: gymnastics, but on a trampoline. Trampoline gymnastics debuted semi-recently at the 2000 Sydney Olympics, and involves athletes performing acrobatic moves while bouncing on a trampoline, aiming for height, complexity, and precision. If participating in the trampoline gymnastics segment, you have to perform two routines: one compulsory and one voluntary. The routines are then judged based on difficulty, execution, and time of flight (height).

#### 5. Race Walking

It's walking...but it's a race. Race walking has been an Olympic event since the early 20th century, and it's a long-distance discipline with strict rules on technique. Basically, Athletes have to maintain contact with the ground at all times, and keep their leading leg straight until it passes under the body – that's what makes it different from running. It's actually really hard to do, especially when distances for the sport in the Olympics range from 20 kilometres to 50 kilometres.

#### Want more?

The Olympics are a super exciting time to be cheering on the champions of the sporting world, but have you ever wanted to make sports a career for yourself? Why not check out our blog on [10 jobs for sporty people](#), or [how to make study fun](#) by incorporating fitness. We've also got tons more study tips and advice on [alternative careers](#) on our website [here](#).

### Personal Skills

#### [7 life skills every school leaver should have](#)

Leaving school is a huge milestone, and at this time of the year it's getting nearer and nearer to becoming a reality. We know better than anyone that you're probably buzzing with excitement, possibilities, and maybe a little bit of nerves too. No matter if you're moving out or not, you're gonna to have to start adulting once you leave high school – but don't worry, because we've been there before and we're here to help.

Here are 7 essential life skills every school leaver should have.

#### 1. Managing money

One of the most daunting parts of becoming independent is having to understand and handle your own finances. Whether it's saving up for something special, budgeting for daily expenses, or planning for the future, good money management skills will always come in handy. It's best to start good habits as early as possible, so we've got a few tips to kickstart your journey to getting on top of your finances.



- **Budgeting:** Learn to create a [budget](#) to track your income and expenses.
- **Saving:** Start a [savings habit](#), no matter how small. There are tons of [apps](#) out there that can be a big help with this.
- **Avoiding debt:** Use [credit](#) responsibly and understand the implications of [debt](#) – [don't rely on buy now, pay later services](#) either, because they can quickly spiral out of control.

## 2. Cooking basic meals

We all love Mums cooking, but you might not have that luxury for much longer. Being able to cook for yourself is not only healthier but also more cost-effective than eating out all the time. You don't need to be a Masterchef; just having a few basic recipes under your belt can go a long way.

- **Meal prep:** [Plan your meals ahead](#) to save time and money.
- **Basic recipes:** [Learn simple dishes](#) like pasta, stir-fry, and rice.
- **Kitchen utensils:** Understand [what utensils you need](#) and how to use them.

## 3. Doing laundry

Knowing how to wash, dry, and fold your clothes properly is a must, but we know that it's probably not something you think about at the moment. You've got to be clean and presentable, so knowing how to do your own laundry will seriously be a lifesaver.

- **Sorting clothes:** Separate whites from colours to avoid mishaps. Trust us, you really don't want to be that person who washes their red sock with their white shirt.
- **Reading labels:** If you're not quite sure the best way to deal with your clothes, check the washing instructions on your clothing tags. If there's specific instructions, it's best to follow them.
- **Folding:** Learn the best way to fold clothes to keep them wrinkle-free – not because you love folding, but because you love *not* having to iron.

## 4. Time management

Balancing study, work, and personal time can be super challenging, but there are some great techniques you can implement to help out in that department. Good time management skills help you stay organised and productive, so you can get everything done without experiencing [burnout](#).

- **Prioritising tasks:** Focus on what's most important first, so you can reduce your stress levels. Some people find it helpful to make lists from most important to least important tasks.
- **Using a planner:** Keep track of deadlines and appointments in a planner – this can be a physical or digital diary, planner or calendar, whichever works best for you.
- **Avoiding procrastination:** Break tasks into smaller steps to avoid feeling overwhelmed and stop yourself from succumbing to [procrastination](#).



## 5. Basic first aid

Look, it happens – no matter if you burn yourself on the stove trying to cook for the first time, or if your term paper gives you a nasty papercut, it's best to have some basic first aid under your belt. Knowing how to handle minor injuries and emergencies is important for your wellbeing, and to keep you from freaking out if something does happen.

- **First aid kit:** Keep [a well-stocked first aid kit](#) at home.
- **CPR and Heimlich Manoeuvre:** Learn the life-saving techniques of [CPR](#) and [Heimlich Manoeuvre](#), just in case.
- **Handling cuts and burns:** Know [the basics of treating common injuries](#) like cuts and burns, so you can handle it calmly if it happens to you.

## 6. Communication skills

Having to go out into the big wide world, make new friends and talk to people you don't know can be really scary, and we totally get that. Especially if you're neurodivergent, it can be hard to know how to go about expressing yourself and communicating with others.

It's ok if you don't know how to communicate well yet – everyone's gotta start somewhere, and we all had to learn how to communicate effectively at some point in our life. With practise and dedication, you'll be an awesome communicator in no time. Here are some tips to get you started:

- **Active listening:** This seriously makes all the difference. If you pay attention and respond thoughtfully, the person you're talking to will appreciate the effort.
- **Clear speaking:** Try to be clear and concise when you're talking, but it's ok to backtrack and say "let me try that again." Trust us, no one will think anything of it.
- **Non-verbal communication:** This is definitely way harder if you're neurodivergent, but [understanding body language and tone](#) can really help carry a conversation. If it doesn't come naturally to you, you can teach yourself – there are tons of videos and [resources](#) out there to help with this too.

## 7. Job search skills

Of course, getting a job is key to seizing your independence and being able to support yourself financially. That being said, landing your first job can be a challenge, but with the right skills, you can make a great impression and secure a position. Luckily for you, we've got a whole [website](#) dedicated to helping you become [career ready](#) and giving you [skills for work](#).

Here are a few to get you started:

- **Resume writing:** Creating a professional and concise resume will go wonders toward nabbing you that golden job opportunity – check out our [resume guide](#) for more.
- **Interview preparation:** Whether you've got to have your interview in-person or [virtually](#), practicing [common interview questions](#) and answers beforehand can be a huge help.
- **Networking:** We think [networking is super important](#) no matter how old you are, so focus on building connections with people in your desired field.





## Want more?

Learning these essential life skills will not only help you navigate the adult world but also give you confidence as you embark on this new journey. Remember, it's okay to make mistakes and learn along the way. Each step you take brings you closer to becoming a capable and independent adult.

For more tips and advice on life after school, check out our other blog posts on our website [here](#).

## The Study Work Grow Research Team

Unit 6/149 English St, Manunda, QLD 4870

Phone: 07 4039 3862

Email: [info@studyworkgrow.com](mailto:info@studyworkgrow.com)

Find us online: [www.studyworkgrow.com](http://www.studyworkgrow.com)

Copyright © 2024, Study Work Grow | All rights reserved