



Careers Newsletter

23 October 2019

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

To contact Ms Janes please call 9414 4310 or email djanes@stpiusx.nsw.edu.au

➤ **JOBJUMP - PARENTS AND STUDENTS PLEASE WATCH YOUTUBE VIDEO AND SIGN UP**

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

To register go to <https://www.jobjump.com.au/>

Search school – St Pius X Chatswood

Register with an email address (use a private address, not spx)

Password – pius (lower case)

Parent information: <https://www.youtube.com/watch?v=fZoyckJwvVg&feature=youtu.be>

➤ **WORK CONNECTED**

24 October 2019, 12:30 pm - 3:00 pm

Wodonga TAFE

Work ConnectED is an interactive career event on the Border connecting students, job seekers and career changers with employers in the Albury Wodonga region.

With fun and interactive activities, Work ConnectED will give you the opportunity to discuss what career paths are available to you with potential future employers.

Discover a future career available to you right here in Albury Wodonga and create connections that can help you with your future!

Find out more: <http://www.workconnected.com.au/>

➤ **UOW | CAMPUS TOUR**

25 October 2019, 10:30 am - 11:30 am

University of Wollongong, Wollongong Campus

This free, hour-long tour of the campus allows you to see our facilities and meet people doing what they do best. It's your chance to check out UOW and ask as many questions as you like.

Find out

more: <https://studentcrm.uow.edu.au/Ellucian.ERecruiting.Web.External/Pages/EventLists.aspx?ID=1>

➤ **MACQUARIE UNIVERSITY | CAMPUS TOUR**

26 October 2019, 2:00 pm - 3:30 pm

Macquarie University

You can never truly know if a uni is right for you until you visit in person and get a feel for the campus.

What to expect on the day?

- tours usually take about 1.5h
- on every tour you'll see:
 - our various lecture theatres
 - our award-winning library
 - MUSE – our flexible and creative study space
 - the Sport and Aquatic Centre
 - the Campus Common, where you can explore the many dining options
- you will have the opportunity to ask a current student your questions while you walk
- following the tour, you will also get the opportunity for a private consultation to get all your Macquarie questions answered

Find out more: <https://www.mq.edu.au/study/high-school-students/parents/campus-tours>

➤ **HARVARD LAW SCHOOL | INTERNATIONAL STUDENTS AT HLS WEBINAR**

30 October 2019, 3:00 am - 4:00 am

Online

International students are an integral part of the HLS community, and each year we welcome students from across the globe to campus. Current international students will share their reflections on their transition to law school and provide insight on the differences of studying in the United States.

Find out more: <https://jdadmissions.law.harvard.edu/register/InternationalStudentsatHLS-2019>

➤ **YOUR CAREER IN HEALTH EXPO**

30 October 2019, 3:00 pm - 8:00 pm

Bankstown Sports Club

Career Opportunities in the Health field are plenty. Healthcare is one of Australia's fastest growing and essential industries. You will have the opportunity to speak with a range of exhibitors showcasing the careers opportunities and pathways, further study and training options, and support services.

Exhibitors include:

- Nursing & Allied Health
- Administration & more
- Hospitals
- Community & Support Services
- Aboriginal Services
- Universities
- Training Providers
- Government departments
- Apprenticeships, Traineeships & School Based Apprenticeships & Traineeships (SBATs)

Find out more: <https://www.eventbrite.com.au/e/your-career-in-health-expo-tickets-72901782193>

➤ **STUDENT EXCHANGE AUSTRALIA NEW ZEALAND | ONLINE INFORMATION SESSION**

30 October 2019, 5:30 pm - 6:30 pm - Online

The LIVE Online Info Session is conducted by a senior member of our staff using a service which allows us to meet online or over the telephone. You will be able to meet our representative over a video internet connection, ask any questions and watch a presentation.

Our LIVE online session will cover the following topics.

- Introduction to Student Exchange, the regulatory environment & benefits
- Program options, destinations & eligibility
- Safety and Wellbeing, our support system & where you will stay
- Money Matters, including available discounts & scholarships
- Deadlines & how to apply
- Why choose Student Exchange?

Find out more: <https://studentexchange.org.au/info-sessions/live-online/>

➤ **WSU | CAMPUS TOUR, LIVERPOOL**

1 November 2019, 4:00 pm - 5:00 pm

Western Sydney University, Liverpool Campus

Come and explore all Western Sydney University has to offer. On the first Friday of each month we open our doors to prospective students, their family and the general public. Take one of our guided Campus Tours and see what life at Western is really like.

You'll take a tour of our lecture theatres and teaching facilities, stroll through our campus libraries, take in our various food outlets and have the opportunity to learn more about the various degrees on offer, course selection, living on campus and university life.

Find out more: <https://www.westernsydney.edu.au/future/student-life/events/campus-tours.html>

➤ **UNE LAW SCHOOL'S TAMWORTH COMMUNITY EVENT**

11 November 2019, 5:30 pm - 7:30 pm

University of New England, Tamworth Campus

Join members of UNE's Law School to get together and celebrate everything to do with the law and the legal profession.

You will hear how UNE Law alumni Dylan Reynolds and Julia Day use their law degree outside of legal practice. The event will provide you with an opportunity to informally chat with legal practitioners, academics, high school teachers, members of industry, law students and UNE Law alumni.

Find out more: <https://www.eventbrite.com.au/e/une-law-schools-tamworth-community-event-tickets-75095884813>

➤ **THE HOTEL SCHOOL | INFORMATION SESSION**

19 November 2019, 5:30 pm

The Hotel School, Sydney

If your interest is hospitality, tourism or business management and you want to explore a global career path then join us at our information session. The session is designed to provide you with information on the courses offered at The Hotel School, you can speak with the academic team and experience the campus. Come and discover how to make a start in the hospitality and tourism industry.

Find out more: <https://hotelschool.scu.edu.au/events/sydney-information-evening/>

➤ **ACAP | INFO SESSION**

27 November 2019, 6:00 pm

Australian College of Applied Psychology, Sydney

Interested in studying psychology, counselling, social work, criminology, coaching, or case management?

- Learn how ACAP can help you to change lives and make a difference!
- Meet ACAP staff, academics and current students.
- See our campus.
- Discover the courses we offer, flexible learning options and the benefits of studying at ACAP.

Find out more: <https://www.acap.edu.au/home/info-sessions/>

➤ **INTRO TO SCREENWRITING WORKSHOP**

26 October 2019, 2:00 pm - 5:00 pm. indiVisual Films, Ultimo

This workshop will demystify the craft of screenwriting for emerging writers

If you wish to know just how a screenplay is written from scratch, this is where you get introduced to the essentials of screenwriting. You will learn how to turn an idea into a synopsis, outline and a screenplay for feature films, TV series or web-series. This fun and engaging three-hour workshop will cover topics such as: key elements of a compelling screenplay, tips on how to write captivating scenes and effective dialogue, as well as introduction to screenwriting softwares.

Find out more: <https://www.eventbrite.com/e/intro-to-screenwriting-workshop-tickets-72362874305>

➤ **ROASTVILLE BARISTA WORKSHOP**

12 November 2019, 5:30 pm - 9:00 pm

Roastville Coffee, Marrickville

This three-hour barista introductory course covers the basic knowledge for you to enter the world of coffee. Designed and delivered by Andy Liu, NSW Barista Champion.

Our small classes ensure participants receive individual attention and are taught using state of the art equipment in our roastery/cafe.

During the class you will learn:

- Workplace management
- OHS and hygiene
- Introduction of machinery
- Grinder/Coffee Machine calibration
- Barista skills
- Workflow and routine development
- Quality control of espresso
- Texturing milk
- Basic latte art/Etching

Find out more: <https://www.eventbrite.com.au/e/barista-workshop-tickets-54570058514>

➤ **CRITICAL THINKING SKILLS FOR UNIVERSITY SUCCESS**

The University of Sydney is offering a free online course titled Critical Thinking Skills for University Success.

The course helps you develop your critical thinking skills, something essential to successful university study.

➤ GET YOUR REMOTE PILOT LICENCE

If you want a career working with drones, or just think they're really cool, Aviassist offers a variety of courses for you to obtain your Remote Pilot Licence.

A Remote Pilot Licence lets you operate commercial drones anywhere in Australia.

Find a course on near you here: <https://www.aviassist.com.au/drone-training-courses/>

It can be done 100% online from anywhere in Australia, and is totally free.

Find out more and enrol here: <https://www.coursera.org/learn/critical-thinking-skills>

➤ 2020 UNSW SPORTS SCHOLARSHIPS

Value: Up to \$10,000

Open/Closing Dates: September 6, 2019 – November 30, 2019

The UNSW Sports Scholarship is open for 2019 High School Leavers and current UNSW Students who display outstanding ability in sport and are currently or will be undertaking an undergraduate coursework degree program in 2020.

To be eligible, applicants must:

- Be commencing or currently enrolled in a full-time undergraduate study (single or dual degree) at UNSW Sydney
- Be deemed to be at an elite level such as representing at State or National Level or similar

[Find out more](#)

➤ TORRENS 2020 HOSPITALITY SCHOLARSHIP

Value: Tuition fee waiver

Open/Closing Dates: January 1, 2019 – December 13, 2019

William Blue College of Hospitality Management has been continually developing future potential leaders of the hospitality industry for over 25 years, carving the way for the next generation. Each year we invite aspiring hospitality managers, event managers, tourism managers and executive chefs to apply for a William Blue Scholarship. The scholarship is an opportunity to not only become accredited in the industry but to launch a stellar hospitality career.

Application criteria:

- Recipients must be new William Blue students commencing studies in February 2020.
- Only open to Australian citizens and permanent residents
- Scholarships are only awarded for full-time students studying on campus
- Recipients must have completed their Higher School Certificate
- An ATAR of 60.0 or equivalent if applying for the Bachelor's degree

[Find out more](#)

➤ **BENDIGO AND ADELAIDE BANK SCHOLARSHIP FOR RURAL AND REGIONAL STUDENTS**

Value: \$5,000

Open/Closing Dates: December 2, 2019 – January 28, 2020

The Bendigo and Adelaide Bank Scholarship for rural and regional students aims to assist academically outstanding but disadvantaged students, from a rural or regional area, who have been offered a full-time place at an Australian University for the first time.

Eligibility requirements:

- This Scholarship is for students living in rural and regional Australia.
- Any subject can be studied under this scholarship provided that it is at undergraduate bachelor's degree level in an approved Australian course.
- You must be an Australian citizen or permanent resident.
- Only first-time, first year university students wishing to study full-time in 2020 can apply.
- You must demonstrate the disadvantage (economic and/or social) hindering your ability to undertake further study

[Find out more](#)

➤ **ACU LAW – EQUITY SCHOLARSHIP**

Value: \$5,000

Open/Closing Dates: September 9, 2019 – March 9, 2020

Established in 2012, the ACU Law – Equity Scholarship is intended to assist students from low socio-economic backgrounds.

This scholarship is open to applicants who meet all of the following criteria:

- Citizenship: Domestic students
- Faculty: Law
- Course: Any ACU Law degree
- Campus: Any
- Year level: First year
- Not a previous recipient of this scholarship.

[Find out more](#)

➤ **UNE RESIDENTIAL FINANCIAL ASSISTANCE SCHOLARSHIPS**

Value: 50% discount on residential fees

Open/Closing Dates: January 1, 2019 – December 31, 2019

The University of New England has established residential scholarships to encourage qualified and motivated students who may not otherwise have considered college living because of financial constraints, to reside in a UNE residential college and be involved in the college community.

This scholarship is open to Australian citizens, permanent residents and international students. Open to ALL new commencing students AND Open to continuing UNE students in any year of a degree/course who have not previously resided in a UNE college/residence AND Open to current recipients of a UNE Residential Financial Assistance scholarship seeking an extension of their scholarship.

- The applicant must be able to demonstrate financial need.
- The applicant is living or intending to live in a UNE Residential College (excludes St Alberts College)

[Find out more](#)

➤ THE VALERIE JOAN BEALE BEQUEST

Value: \$20,000 per year

Open/Closing Dates: September 1, 2019 – December 31, 2019

This scholarship supports commencing students experiencing financial hardship or other disadvantages.

You must:

- be an Australian citizen or permanent resident
- be commencing in a University of Sydney coursework degree
- apply for an Equity Scholarship via the UAC online portal.

[Find out more](#)

➤ NATIONAL SUMMER ART SCHOLARSHIP

Value: Development program

Open/Closing Dates: September 1, 2019 – October 28, 2019

The National Summer Art Scholarship is a week-long intensive bringing sixteen young people from across Australia to the National Gallery of Australia. If you are in year 11 in 2019 and passionate about art, you can enjoy a week of creative workshops and experiences this Summer.

To apply for the National Summer Art Scholarship, you must:

- Have permission from a parent/guardian
- Be an Australian citizen or permanent resident
- Be in Year 11 in 2019
- Be passionate about art
- Be comfortable meeting and working with new people
- Advocate for young people, proudly promoting a youth audience at the NGA by remaining respectful and engaged

[Find out more](#)

➤ THE REG RUSSOM MEMORIAL DRAWING PRIZE

The Reg Russom Memorial Drawing Prize was first awarded in 1955 to honour one of the early Head Teachers of the Newcastle Art School, Reg Russom. Emerging artists residing in the Hunter region are invited to submit a drawing of the human figure for entry in the Prize.

To be eligible, you must:

- Be an emerging artist residing in the Hunter region. An emerging artist is either an art student or artist in the formative stages of their career
- Submit 1 (one) drawing of the human figure in any drawing medium

Entries are open until Tuesday 29 October.

Find out more and enter here: <https://www.tafensw.edu.au/enrol/payment-funding/scholarships/reg-russom-memorial>

➤ APPLY FOR AUSTRALIAN SURVIVOR

Endemol Shine Australia are currently taking applications for the next season of Australian Survivor.

If you think you have what it takes to outwit, outlast and outplay the other contestants, you can apply now!

You must be 18 by 1 January 2020 to apply.

Find out more and apply

here: <https://esgau.etribez.com/a/esgau/australiansurvivor6/welcome>

➤ SUMMER JOBS

SUMMER JOBS PREP TIME

The start of Term 4 means it's not long until the summer break. Are you thinking about getting a summer job? If you are, now's the perfect time to start getting organised.

Ways to prepare

You could:

- Create or update your resume
- Work out how much time you'll have available to work
- Plan how you'll be able to get to and from work
- Read up on your rights and responsibilities
- Find out what you'll need (e.g. Tax file number and super account)
- Start looking out for jobs near you
- Read up about how to write great cover letters to go with your resume or application
- Start practising how to answer interview questions with friends or family members

Don't worry if you're not sure where to start, we'll be writing more posts over the next few weeks with details about how to go about each of the items above.

Benefits of summer jobs

You might be hoping to spend the entire summer holidays vegging out and relaxing, and that's perfectly understandable.

But if you are thinking about getting job, here's our top reasons to go ahead and take the plunge.

1. The most obvious is that you'll be earning money – you'll have some fun money to spend, or you could start saving up a big ticket item, travel, or uni.
2. You'll learn new skills
3. Build up your resume
4. Meet new people
5. Sample different jobs and industries
6. Boost your confidence

Remember, you don't have to work full time – a part time job could help you achieve all the benefits and still leave you with lots of free time to enjoy the summer.

[Resume readiness for summer job applications](#)

Before you start applying for jobs, it's a good idea to make sure that you have a resume ready to go and that it's up to date and looking schmick.

Updating your resume

If you already have a resume, but you haven't looked at it since you applied for a summer job last year – it could be due for a refresh.

- Check your contact and personal details are correct
- Add in any recent jobs you've not listed (including voluntary and community work)
- Revise your skills, awards, achievements and hobbies if necessary

You might like to review your skills and attributes section, the better you make it – the more likely you are to stand out.

Don't forget that if you're applying for a particular job, it's a good idea to edit your CV to reflect what the employer is looking for. **Never** make things up, but it's amazing how a little re-wording could make you more appealing as a prospective employee.

Creating a resume

Don't have a resume and you'll be applying for your first job, no problem, you've got some time to prepare one.

Include:

- Your name, age and contact details
- Your education details, including the names of your schools and a list of subjects you've studied
- Any jobs you've had, including volunteer work and work experience
- A list of your skills
- Any awards or achievements
- Your hobbies and interests

Keep it brief, simple, honest and easy to read.

These blogs "[It's all about the resume](#)" and "[Create your resume](#)" have a few more tips and ideas.

Tailor the details

Your resume and cover letter will determine whether you get an interview or not, so you've got to make them relevant and stand out.

If you're just planning on going around to businesses handing over your resume, keep it short and sweet.

Applying for specific jobs, you'll need to address skills or qualities listed in the advert.

If you really don't think you have many of the skills or experience they're looking for, but you're still keen on the job – say that in the cover letter. Tell them you're really keen to learn, it could make a difference.

Looking for a Summer Job?

Thinking about earning a bit of extra cash over the Summer holidays, but don't know where to look for a job?

Student Services Australia has put together a great database called Summer Jobs, containing a huge list of Christmas casual jobs from all around Australia.

Simply put in your suburb and find the jobs closest to you.

You can check it out here: <https://summerjobs.com.au/>

➤ FURTHER LEARNING

Information Management & Information Technology Traineeships with ASIO

The Australian Security Intelligence Organisation (ASIO) is currently seeking applications from graduating year 12 students for Information Management (IM) and Information Technology (IT) Traineeships at their office in Canberra.

If you are interested in IT, computers or security, this could be a great starting point for your career. You will learn about several areas of IT and IM within ASIO, as well as earning a Certificate IV in your field.

Even if you live outside of Canberra, people willing to relocate can get an assistance package to help with the costs.

Find out more here: <https://www.asio.gov.au/im-it-trainee.html>

Indigenous Fire and Rescue Employment Strategy

Applications for the 2020 Indigenous Fire and Rescue Employment Strategy (IFARES) are now open.

IFARES is a pathway for Indigenous and Torres Strait Islander people to become Fire and Rescue NSW firefighters.

The six-month program helps candidates to improve their skills, knowledge and fitness, and also earn a Certificate IV in Fitness with TAFE NSW.

Read more about the program here: <https://www.fire.nsw.gov.au/page.php?id=9202>

Apply here: tafensw.edu.au/IFARES

Australian Border Force Careers

If you're interested in a career that could be different every day, is challenging and rewarding, you could consider becoming a Border Control Officer.

You could be patrolling Australia's air and seaports, remote locations, mail and cargo centres and Australia's extended maritime domain. Officers also perform specialist functions relating to investigation, compliance and immigration detention operations.

Eligibility:

- be an Australian Citizen
- be aged 18 or older
- have Government security clearance (and maintain it)
- pass ABF physical fitness standards (and maintain them)

You'll then have to apply for the **Border Force Officer Recruit Training Program (BFORT)** where you'll be required to:

- complete Operational Safety Training, carry and use personal defence equipment, including a firearm, if required
- have completed a Year 12 education, or Year 10 with a trade certificate or Year 10 with a Cert IV and/or equivalent

Ensure you meet other entry requirements such as wearing a uniform, agree to be deployed at short notice, etc.

You can read all about what it takes to join the [Australian Border Force \(ABF\)](#) on their official website.

Applications for the **Border Force Officer Recruit Training Program** are currently closed. The next annual recruitment process is likely to be advertised in **January 2020**. You'll need to check [here](#) for updated information

➤ **TAFE AND VET FUNDING OPTIONS EXPLAINED**

If you've decided that TAFE or VET is the best option for you after leaving high school, but you're confused about the fees or just worried about whether you can afford it. There are options for you to investigate.

Subsidised Training

You may have come across the term "subsidised training". This means that either the Australian Government or a specific State Government has put money towards certain courses to reduce their costs for students.

You do need to meet some eligibility requirements to access subsidised training, which can vary from state to state. Take a look at the general requirements below:

NSW

- Australian or NZ Citizen
- 15 years or older
- Not at school
- Living or working in NSW, OR;
- A registered apprentice or trainee

Subsidised courses could mean either their fees are reduced so you'll have to pay a smaller amount, or in some cases the courses may be completely free.

Not every course is subsidised, and those that are differ between states depending on the current level of funding from the government. Most states will have a list of subsidised courses that are decided based on whether those skills are currently in demand. This means that the list of subsidised courses can change from year to year.

You can use the following resource to find subsidised courses:

- **NSW:** [Smart and Skilled website](#)

If you [search for a course](#) on the MySkills website, it will also tell you whether the course is subsidised or not.

VET Student Loans

VET Student Loans (VSLs) are another way to help with the costs of your course. To be eligible for a VSL, you will need to meet the following criteria:

- Enrolling in a Diploma or Advanced Diploma (foundation and certificate level studies are ineligible)
- Australian citizen or permanent resident
- Have finished year 12 or equivalent
- Have a Tax File Number (TFN)
- Have a USI

These loans work in a similar way to FEE-HELP loans for universities. The government will cover some or all of the cost of your course, which you don't have to repay until you start earning a certain amount.

Only some courses are eligible for VSLs. Searching for a course on the MySkills website will tell you whether the course you're interested in is eligible.

There is a limit to how much you can borrow under VSLs, called the "loan cap". The loan cap amount is different depending on the course you study. Some providers may offer courses that cost more than the loan cap. In these cases, you will need to pay the difference between the course cost and the loan cap.

For example, you might want to study a Diploma of Business. The loan cap for this course in 2019 is \$5,171. The place you want to study the course has a fee of \$6,000. Therefore, you will need to pay the \$829 difference directly to the course provider.

To apply for a VSL, you need to fill out an [electronic Commonwealth Assistance Form for VET Student Loans \(eCAF\)](#), and submit it before the course provider's census date.

You can find more information on VET Student Loans, including on how to apply, [here](#).

Concessions

Some course providers will reduce the cost of your course if you meet certain criteria. These can be things such as:

- You receive Centrelink benefits
- You or your family has a low income
- You come from a rural or regional area
- You have experienced family or domestic violence
- You live in social or public housing

Whether or not you can receive a concession will depend on the course you are studying and the course provider. You are usually asked to provide relevant information upon enrolling, so that the course provider can automatically determine whether you are eligible for a concession.

Once you've decided on a course, contact the providers directly to find out if you'd be eligible for any concessions and how to go about applying.

Scholarships

Just like university study, there are plenty of scholarships available out there for VET as well. Take a look at our [Scholarships Database](#) to find some that might be right for you. Many course providers also list any relevant scholarships on their website.

Don't give up

If you've explored all the funding options and you're still not sure if you're eligible for any help, contact training providers directly. They could suggest other options that might suit you or offer you a payment plan that's manageable. Once you've got your funding sorted, it's time to apply – find out the simple steps to applying in our [blog](#).

WORLD TEACHERS DAY

This Friday 25 October is World Teachers Day. The theme this year is "Young Teachers: The Future of the Profession".

This is a day to celebrate teachers and the work they do all across the country. Make sure you say thanks to your teachers this Friday!

You can find a bunch of resources for the day and find out more here: <https://www.worldteachersday.com.au/>

SINGING COULD BENEFIT YOUR HEALTH

If you're looking for easy, fun and natural ways to combat stress, sickness and even pain, then you're in luck.

The evidence is mounting up to show that singing could help improve your physical and mental health.

A few of the benefits listed are:

- increased tolerance to pain
- improve breathing, posture, linguistic ability, children's reading, dementia and respiratory issues
- and improvements in mental health

So do yourself a favour, try turning up the volume and belt out a few tunes.

Think we're pulling your leg? Here's the full article by [The Age](#).

9 STRATEGIES TO HELP COMBAT EXAM BURNOUT

No matter who you are, or what subjects you're taking, exams can be stressful.

Unfortunately we can't sit your exams for you, but we can keep reminding you of a few simple things that *could* help you get through the exam period a little bit more easily.

1. Avoid cramming

Staying up all night before an exam going over and over the same material could do you more harm than good, you could also struggle to focus in the exam if you're exhausted. Sure read through your notes, go through a few of the past papers to get a feel for the kinds of questions you might get. But at a reasonable hour, step back from your revision and take some time to wind down.

2. Take regular breaks

Even if you only take a break every 90 minutes, studies have shown that your attention and focus could be enhanced. So be kind to your bodies and get a drink, or a snack, go outside – do anything at all that gets you away from your books. (Try not to get too distracted you forget to go back to the books though).

3. Sleep

Of course, you predicted that one, didn't you? But it's true, getting a good quality night's sleep before your exams really will help you cope better both in the short and long term.

4. Change things up

Studying in different places and switching up your subjects could stop you getting bored and feeling like cabin fever is setting in, and help you concentrate more easily.

So maybe try studying different spots around the house, going outside, or taking a walk to the library.

5. Study with friends

Only try this one if you're able to exercise some self-control and actually knuckle down to some study.

The benefits could include:

- Motivating one another
- Improving your understanding
- quizzing each other
- pointing out gaps in each other's knowledge
- or making things a little competitive.

Plus, maybe it won't feel so much like work when you're hanging out with your mates.

6. Exam prep

Set your alarm, double check the location you'll be sitting the exam in, as well as what you'll need and are allowed to take in with you. That means there's less for you to stress out about in the morning.

7. Exam day

Even if your stomach is churning, make sure you eat something and have a big drink – you'll need the energy, your brain will be working hard. And you don't want to be distracted by hunger pangs mid-exam.

If your exam's not until later in the day, go over your notes in the morning and then take some time out to relax (have a shower or do some exercise maybe) before your exam.

8. During exams

Yep you've surely heard all this before too, but try and remember not to rush, read the question through a couple of times before you answer it.

Keep an eye on the time and if one question is stumping you – move on and come back to it later.

Try to leave a bit of time at the end of the exam, check your answers and answer any questions that you might have skipped.

9. After an exam

Hanging around listening to everyone talk about the exam could stress you out, if you gave different answers or found the exam to be easier (or harder) than them – so don't. Head off and get some well-earned chill out time before you prepare for the next exam.

Remember the exam period is a marathon not a sprint, so you **do** have time for a bit of rest and relaxation.

Hopefully, by implementing some of these ideas into your exam schedule could help you perform your best and leave you not feeling too drained once your exams are over.

JOB SPOTLIGHT

SECURITY INDUSTRY

The security industry in Australia generates around \$4.5 billion of revenue providing jobs to over 170,000 employees ([ASIAL](#)).

What type of person would this job suit?

- You'll need to be **physically fit** with good **reflexes**
- Possess exceptional **emotional intelligence and self-control**
- Be **observant**, able to remain **alert** and **focused** for long periods
- Be a **quick and critical thinker** who remains **calm** under pressure
- Have good **communication skills** – verbal, non-verbal and written, as well as other **customer service** skills
- Be able to remain **objective** and **professional** at all times

Other industries security workers might be employed:

- Law enforcement, defence and intelligence
- Law and corrections
- Travel and transport
- Events and entertainment
- Personal Protection
- Business and Retail
- Border control and Biosecurity

Pathways

If a career working in security interests you, you'll have lots of options about which career and industry in which you'd like to work. Plus, there's a variety of pathways to get you there. If you've completed Year 10 at high school and would like to enter the workplace as a security officer, the absolute minimum you'll need is a [Certificate II in Security Operations](#) from a registered RTO. You may even be able to complete some of your training online.

You may also need to obtain a security license, the requirements vary between jobs, states and territories. So you'll have to [check](#) if you will need one before you can apply.

If you'd like to go to University, there are plenty of degrees that could qualify you for roles within this industry. Completing a degree (especially if you get work experience through an internship or cadetship), could allow you to apply for more senior and professional roles once you graduate.

Completing a [Bachelor of Public and Safety Security from Charles Sturt](#) could pave the way for a career in policing, law enforcement, corrections, probation and parole, or juvenile and social justice.

The [Bachelor of Security Studies from Macquarie](#) is also designed to qualify you for a range of careers in security and intelligence, policymaking and criminal justice.

Levels

Security Guard

Certificate II & Security License

Protecting assets including property, equipment, personnel or money from damage, theft and other criminal or unsafe activities.

You could be working on-site, patrolling, monitoring alarm systems and surveillance equipment, or taking action to prevent and minimise danger or threats.

You could expect to earn over \$50,000 per year but this could vary hugely depending on your skills, experience and employer.

Jobs:

[Security Officer in Melbourne Western Suburbs](#)

[Security Guard / Crowd Controller in Sydney](#)

Installations Technician

Apprenticeship or traineeship

Install, set up, maintain and repair security systems in homes, businesses and public settings.

Technicians earn an average of \$60,000 per year.

Jobs:

[Security Service Technician in Syndal, VIC](#)

[Communications / Security Technician in Emerald, QLD](#)

CCTV Operator

Certificate III

Works in centralised control rooms, monitoring and controlling a bank of screens linked to surveillance cameras placed in public places, buildings and places. Monitoring and reporting any unusual or illegal activity.

The average salary for this role is \$63,000 per year.

Jobs:

[Security Monitoring Officer in Brisbane, QLD](#)

[Control Room Operator in Sydney, NSW](#)

Border Force Officer

Completed Year 12 / Year 10 with a trade certificate /Year 10 with a Cert IV and/or equivalent **and** then complete Border Force Officer Recruit Training Program (BFORT) Manage the security of Australia's borders, working at international airports, seaports or outposts along the coast. Preventing the illegal entry into Australia of people, animals and prohibited, quarantined or dutiable goods.

As a trainee or cadet you could expect to earn an average of \$45,000 per year, as a graduate the average salary is \$60,000 depending on specialisation and experience.

Jobs:

[Border Force Supervising Officer ACT & NSW](#)

Security Operations Manager

Diploma (e.g. of Security and Risk Management)

Oversee all aspects of an organisation's security, with responsibility for the safety of staff, the organisation and its assets. With supervisory and advisory functions. Interviewing, hiring, training, managing, and evaluating security staff.

Reporting to upper management and working in conjunction with the organisational needs to plan and implement security and public safety measures for an organisation. Analyse and assess safety and security protocols and procedures, recommend and implement changes or improvements.

The average salary for this role is \$100,000 per year.

Jobs:

[Security Operations Manager in Melbourne CBD](#)

[Security Operations Manager in Brisbane, QLD](#)

Growth in this industry is **strong** and expected to remain so.

Ms D Janes – Year 11 Coordinator and Careers Adviser

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