



Careers Newsletter

19 August 2020

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 4377 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=fZoyckJwVg&feature=youtu.be>

Defence Careers Virtual Information Session

18 August 2020, 4:00 pm - 5:00 pm

Online

What career opportunities await you in the Australian Defence Force?

Register to attend a Virtual Information Session to find out about careers in the Navy, Army or Air Force, and work alongside like-minded, supportive, proud serving men and women.

Find out more: <https://www.defencejobs.gov.au/events/event/813ZY7K>

Year 12 Automotive Apprenticeship Information Session

19 August 2020, 9:30 am - 10:30 am

Online

If you have a passion for the Automotive industry, Apprenticeships Are Us can give you the skills and knowledge to turn your passion into a career. Join us to find out more information about becoming an Automotive Apprentice.

The session will take place online with a chance for Q&A. You will receive a link after your registration.

Find out more: <https://www.eventbrite.com.au/e/year-12-automotive-apprenticeship-information-session-north-sydney-registration-115666033219>

Super STEM Careers Q&A

19 August 2020, 4:00 pm - 5:00 pm

Online

Are you a high school student who wants to design, build or discover new things? Do you want to solve challenges of the future? Want to know what a STEM career really looks like, and how to get there?

Liberating Education

Join us this National Science Week on Wednesday 19 August 4-5pm (AEST) to get answers to your questions about careers in STEM!

We're hosting a free live streamed interactive Q&A where you can find out what it's like to be an astrophysicist, roboticist and epidemiologist – and how they started on their STEM career pathways.

Find out more: <https://www.eventbrite.com.au/e/super-stem-careers-qa-registration-113714978562>

genU Training | Virtual Future Expo

25 August 2020, 10:00 am - 26 August 2020, 2:30 pm

Online

genU Training's Virtual Future expo is an opportunity to look beyond what you see now; in humanity, the community and the career you have chosen to pave some insight into humanist industries, which are careers of the future.

Over two days you can watch live presentations from 10 inspirational speakers, talking about employment, mental health, disability and more.

Find out more: <https://futureexpo.genutraining.org.au/>

UOS | Science Student Panel

26 August 2020, 4:00 pm - 4:30 pm

Online

Thinking about pursuing a future in Science and want to know more? Join us to hear from our current Science students about what they are studying, their favourite subjects, and what it is like to be a University student.

You will hear from Ella who is studying Bachelor of Science and Bachelor of Advanced Studies, April and Gemma who are both studying Bachelor of Veterinary Biology and Doctor of Veterinary Medicine.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_je1d0gHgTcCzQdyD3Qp0cg

UOS | Your Future in Business

26 August 2020, 5:00 pm - 6:00 pm

Online

Join us to hear about how the Bachelor of Commerce at the University of Sydney will prepare you for your future in business. Hear directly from our Careers Services Manager and students to learn about the range of support available from our Careers and Employability Office, and how students can boost their employability skills, gain practical industry experience and access a variety of a real-world opportunities.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_7EV5wMp8TLmErRsTPnODGw

UOS | Scholarships Webinar

27 August 2020, 4:30 pm - 5:00 pm

Online

Get a brief overview of the types of scholarships available at the University of Sydney.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_rg_45RreS4WAojj5YZgrtg

UOS | Scholarships Workshop

27 August 2020, 5:30 pm - 6:00 pm

Online

Join us for a practical session on applying for scholarships, where we will look at the Sydney Scholars Award and work through exercises for building answers to the common questions you'll find in a scholarship application.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_bq6JXaKGS5m39kiDR3n-IA

UOS | 6 Reasons to Study Disability and Participation

2 September 2020, 4:00 pm - 4:30 pm

Online

Are you passionate about changing the way people with a disability are included and supported in communities? Dr Kim Bulkeley will outline how the Disability and Participation major can help you learn the skills and knowledge to create an inclusive society.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_Htel1vdHSPK43Tobf2VWZw

UOS | Pathways to Studying at the Business School

2 September 2020, 5:00 pm - 6:00 pm

Online

There is more than one pathway to the University of Sydney Business School. Join us to hear about the range of admission pathways available and from a current student who will share their journey and experience at the Business School.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_7LrSqlHDR4ypzWBa24Vf5w

TAFE NSW | Virtual Open Day

9 September 2020, 9:00 am - 10 September 2020, 5:00 pm

Online

TAFE NSW Virtual Open Day 2020 is on. Connect your way – from anywhere – with all the information and expert advice you need to find the career that's right for you.

Virtual Open Day will take place across the 9-10 September, so you can create the timetable that best suits you. Explore live or pre-recorded video presentations, participate in group or one-to-one Q&A sessions and find the information you need to take the next step.

Connect with:

- Live & on demand information sessions
- Book a one-to-one session with our expert teachers
- 360° virtual tours of our state-of-the-art facilities
- Personalised consultations with student support services

Find out more: <https://www.tafensw.edu.au/open-day>

National Art School | Open Day 2020

26 September 2020, 10:00 am - 4:00 pm

National Art School, Darlinghurst

The National Art School is Australia's leading fine art school, with an unrivalled studio-based teaching model that has delivered a rich tradition of artistic practice and generations of world-renowned

alumni for the past 100 years. Leading into the 21st Century, NAS provides a progressive and holistic art education, and invites the public to join us on Open Day to share our creative community. In 2020, NAS Open Day is reconfigured so visitors can walk through campus in small, socially-distanced tour groups to meet teachers and students and watch live demonstrations across artistic disciplines, from ceramics to print making. The two-hour tours are designed to give an overview of the school as well as offering a detailed insight into the student experience. NAS's outstanding courses and facilities provide students with in-depth face-to-face training with teachers who are successful practicing artists with decades of experience.

Find out more: <https://nas.edu.au/open-day/>

Indigenous Painting Workshop Online

25 August 2020, 6:00 pm - 9 September 2020, 9:00 pm

Online

You're invited to join Aboriginal Artist, Renay Mills-Polak for a journey exploring Indigenous culture, painting and drawing practices.

Presented online, this interactive workshop will connect you with like minded people in a relaxed yarnning circle environment. You'll discover different traditional painting and drawing techniques whilst exploring Aboriginal and Torres Strait Islander culture. This includes creating your own Dreamtime canvas painting, face masks painting and honorary totem coaster set painting.

Find out more: <https://www.eventbrite.com.au/e/indigenous-painting-workshop-hosted-online-registration-116077094715>

Macquarie Alumni First in Family Scholarship

Value: \$5,000 AUD

Open/Closing Dates: August 14, 2020 – January 8, 2021

The Macquarie University First in Family Scholarship is available to support students who are the first of their immediate family (parent, sibling or grandparent) to attend University. It is awarded to a new undergraduate student in any discipline.

The successful applicants for this scholarship will be able to demonstrate:

- Academic merit
- That they are a Domestic student
- That they are a current school leaver. Students who have taken a gap year are also eligible
- Commitment to community service and extra-curricular activities
- Leadership qualities or leadership potential
- Commitment to study
- Financial and other disadvantages are also considered
- That they are the first of their immediate family (parent, sibling or grandparent) to receive a qualification from a university in Australia or overseas

[Find out more](#)

Macquarie Faculty of Science and Engineering Academic Achievement Entry Scholarships

Value: \$2,000 - \$10,000 AUD

Open/Closing Dates: August 14, 2020 – November 29, 2020

The Faculty of Science and Engineering offer a range of academic scholarships for students commencing studies in Session 1 2021 in one of a number of degrees within the Faculty.

Eligibility

- Receive an ATAR of 90+
- Meet any other criteria required in your UAC application into the relevant Macquarie program.
- Be a domestic student
- Be available to commence studies at Macquarie University in Session 1, 2021.
- Have the Macquarie Degree course listed as one of your top 2 UAC preferences in UAC offer round, **or** have received an offer to study an applicable Macquarie program through the Macquarie Leaders and Achievers early entry scheme.
- Have completed and submitted the scholarship application form, including the personal statement, resume and reference.
- Meet ongoing eligibility criteria, including satisfactory academic progress prior to receiving future payment.

[Find out more](#)

AVCAT Scholarships

Value: \$4,000 AUD

Open/Closing Dates: August 18, 2020 – October 31, 2020

AVCAT is a national charity providing tertiary education scholarships and bursaries to children and grandchildren of ex-serving veterans. We assist scholars each year to reach their potential through achieving a range of academic and personal goals.

Eligibility for a scholarship include the following:

- Australian residency status
- Planning to enrol or enrolled in an undergraduate degree in Australia of one or more academic year's duration in a university, TAFE college or registered training organisation
- Be studying or planning to study full time online or face to face. Priority is given to those who have not previously undertaken tertiary education
- Applicants who are seeking a scholarship for a second degree, Masters or Doctorate degrees may be considered for a scholarship but will be treated as a lower priority. If an applicant has received a Long Tan Bursary, they cannot be considered for another Long Tan Bursary.

Liberating Education

- In receipt of or eligible to receive Centrelink payments including Youth Allowance, ABSTUDY, Austudy or an accepted government payment.
- Be a child or a grandchild as defined by AVCATs Constitution (adopted children, foster children, stepchildren and grandchildren). Stepchildren and foster children must have resided with or been financially supported by their veteran stepparent for 5 of the last 10 years.
- The veteran must be an Australian ex-serving veteran with operational service including eligible war service, war-like service and peacekeeping/peacemaking service OR 3 or more continuous years of full-time other service, as a member of the Australia Navy, Army or Air Force.
- People who are serving in the Reserve Forces are considered to be serving so the applicant is not eligible.

[Find out more](#)

[Redkite Dare to Dream Scholarship](#)

Value: Up to \$5,000 AUD

Open/Closing Dates: July 27, 2020 – September 6, 2020

Redkite and Coles are offering the Dare to Dream Scholarship to young people affected by cancer to help them achieve their goals. A goal is anything you wish to accomplish. It can be to do with your emotional or physical well-being, to further your education or to help you get on track for your career of choice. Previous recipients have used their scholarship on ballet lessons, music equipment, laptops, and so much more.

Eligibility: Any person living in Australia aged between 13 and 18 years old. The applicant either currently has cancer, or has had a diagnosis at any point in their life.

[Find out more](#)

[AVCAT Essay Prize 2020](#)

AVCAT presents the inaugural AVCAT Essay Prize in 2020, promoting recognition of the impact of the Vietnam War on veterans and their families and loved ones.

This year's prize will be presented on Remembrance Day for an essay, up to 2500 words, addressing the theme 'Impact of the Vietnam War on Family'.

The AVCAT Essay Prize is open to all entrants over the age of 18 as at the 18th August 2020.

- First Prize: \$500
- Second Prize \$200
- Third Prize \$100

Entries open on Vietnam Veterans' Day, 18 August 2020. **Entries are open until midnight 16 October 2020.**

Find out more and enter here: <https://avcat.org.au/essay/>

[Sony World Photography Awards Youth Competition](#)

Entries to the Sony World Photography Awards Youth Competition are open.

Each month there is a different theme, to which young photographers aged 12-19 from around the world. can submit up to three photographs. The winners from each month will go into the running to win *Youth Photographer of the Year*.

Alongside worldwide exposure with today's leading image-makers, the *Youth Photographer of the Year* receives a range of Sony digital imaging equipment to nurture their vision.

The competition runs until 31 December.

Find out more and enter here: <https://www.worldphoto.org/sony-world-photography-awards/youth>

[Anthology Magazine Poetry Prize](#)

Entries are now invited for the Anthology Magazine Poetry Prize. Established to recognise and encourage excellence in the craft of poetry writing and to provide a platform for publication, it is open to original and previously unpublished poems in the English language.

Entries are invited from poets of all nationalities, living anywhere in the world. Poems submitted must be on the theme of 'Expectations' and should not exceed 40 lines. There is no limit to entries per person.

The winner will receive a €500 cash prize and the chance to see their work published in a future issue of Anthology Magazine, as well as a one year subscription to Anthology Magazine.

Early Bird entry closes on Wednesday 30 September, with the final deadline on Monday 30 November.

Find out more and enter here: <https://anthology-magazine.com/poetry-prize/>

[A Design Job at the Museum of Ice Cream](#)

Are you wondering where a career in design could take you?

Get inspired by USC graduate Lilli Collingwood's journey from uni student to designer at the Museum of Ice Cream in New York. At just 22 years old, she is the company's lead graphic designer in the museum's marketing team.

You can read her story here: <https://www.usc.edu.au/about/usc-news/news-archive/2020/august/a-design-job-at-the-museum-of-ice-cream-sweet>

[Listen to the Indigipreneur Podcast](#)

If you're Indigenous and thinking of starting up your own business, get some inspiration from the Indigipreneur Podcast.

Produced by Barayamal, the podcast interviews some of Australia's most successful Indigenous entrepreneurs. Find out about how they started their business and the success they have now.

Listen here: <https://barayamal.com.au/podcast/>

[Torrens University Australia – Early Entry Program](#)

Get in early, get a place and get ahead. Apply now for your place at Torrens University Australia through our Early Entry Program, with no obligation.

If eligible, you'll receive a conditional offer for 2021, before receiving your ATAR. Early Entry is open to all Year 12 students in NSW, QLD and SA.

Class sizes are small and fill up quickly, so get in early and get a place for peace of mind.

Advantages:

- There is no cost to apply
- There is no obligation to take up our offer
- Your offer can be deferred

Applications close 30 September.

Applying is easy; complete our online application: <https://www.torrens.edu.au/apply-online/early-entry-program>

[Medical Reception Job Ready Short Course Online](#)

If you would like an entry-level job in medicine and health, becoming a Medical Receptionist could be perfect for you.

Wesley Institute of Training is currently offering an online short course to prepare you to become a Medical Receptionist. Delivered fully online, the course can be started at any time from anywhere.

The short course can be completed in just 4-6 weeks. It can lead to a career in health, or you can continue your studies with a Certificate III in Business Administration (Medical).

Find out more here: <https://www.wesleytraining.edu.au/courses/medical-reception-and-terminology-course/>

Parks and Gardens Apprenticeship – Western Sydney

The Skilling and Employment Centre is recruiting on behalf of their employer for a Parks and Gardens Apprenticeship based in Western Sydney.

The Apprenticeship includes both on-the-job training and external training at a vocational provider. You will work towards earning a Certificate III in Parks and Gardens.

The job involves:

- Hedging and Pruning
- Mowing (Ride on and Push Mowing)
- Weed Control
- Turf Preparation and Laying
- Irrigation Installation
- Garden Planting and Mulching

Find out more and apply here:

<https://apply.jobadder.com/indeed/au2/2509/1041884/evzebnludotevnczhvhhtfa7ei?show=details>

WSU Global Leaders Program

Western Sydney University's Global Leaders Program is a pathway to university for high achieving students.

As well as an early offer into uni, the program offers several other benefits, including:

- Membership of [The Academy](#).
- A \$2,000 'Smart Start' scholarship.
- A university-sponsored overseas academic or leadership experience incorporating domestic or international travel.
- Advanced study of global citizenship, democracy and social change.

Applications for 2021 are open now and close on Monday 7 September.

Find out more and apply here: <https://www.westernsydney.edu.au/future/study/courses/the-academy/global-leaders-program.html>

How do I access Special Consideration?

Help for current Year 12's to get to uni

2020 has been brutal, but everyone recognises that it is a year unlike any other. In response plenty of institutions are rallying around to make sure that if you're in Year 12 right now and want to apply for uni in 2021, you *won't be disadvantaged*.

What is Special Consideration?

Special consideration is a pathway designed to help you get to uni, even if you've had a hard time and experienced some disruption to your education in Year 11 or 12 (through no fault of your own).

There are a few different categories that could make you eligible and in 2020 a few new ones have been added.

Using evidence supplied by you detailing how your studies have been impacted (potentially bringing your [ATAR](#) down), uni's or TACs can decide whether to be more lenient with their entry requirements or provide adjustment factors ([bonus points](#)) that could boost your [selection rank](#).

For example applying for special consideration could get you an offer with a lower selection rank than otherwise advertised.

But it's not a free ride, you'll still have to meet institutional and other course requirements. And once you're at uni you'll still have to maintain the expected GPA to keep your place.

Am I eligible for [Special Consideration](#)?

This year if you're in Year 12 anywhere in Australia, there's a high chance the answer is **YES** you are.

How do I access Special Consideration?

Lots of universities have implemented their own COVID Entry Pathways that could help you get into the uni or course you've been dreaming of, no matter how hard this year has been. You can see them all in the [Apply to Uni Guide 2021](#), or check out each institutions website.

TACs have also been busy making sure applications made through them will be assessed fairly. So whether you apply directly to a university or you'll be applying through a TAC, make sure you find out:

- If there's a special consideration pathway open to you
- Your eligibility to apply
- Application requirements
- Deadlines for your application to be submitted

Applying for Special Consideration through TACs

Some TACs (Tertiary Admissions Centres) have updated or added new categories that could make you eligible to apply for special consideration or access schemes:

[VTAC's Special Entry Access Scheme \(SEAS\)](#)

From [7 August 2020](#) VTAC introduced two additional SEAS sub-categories under [Category 4: Difficult Circumstances](#) to include:

- 2019-2020 bushfire impacts, or
- COVID-19 remote learning

There's even a streamlined application process for the COVID-19 category. You'll still need to lodge an application and indicate you're claiming the COVID-19 subsection, but you won't have to write a statement.

Your school will have to provide an assessment of how they think you would have ranked if COVID hadn't happened.

[UAC's Educational Access Scheme \(EAS\)](#)

From [1 August 2020](#) you could be eligible to claim disadvantage (under the financial hardship section of the application), if your parents have been claiming Job Keeper or Job Seeker.

Even if you're not eligible for either of the above categories, if you've been disadvantaged in 2020 (not necessarily COVID related), you could be eligible to apply for [EAS](#) under one of their other nine categories.

[QTAC Educational Access Scheme \(EAS\)](#)

QTAC have 6 categories under their [EAS scheme](#) and you can apply for as many as you like.

If your study has been negatively affected due to COVID-19, you may be eligible to apply for QTAC's EAS in one of the existing categories but they have stated "No COVID-19 specific categories will be created".

[SATAC](#)

You can apply to SATAC for [Adjustment Factors](#) and [Equity Scholarships](#) if you're eligible.

As of [7 August](#) no COVID specific pathways had been created. However "SATAC is working together with the SACE Board, the universities, TAFE SA, and our other stakeholders to ensure you are not disadvantaged in your further education." So watch this space.

[TISC Educational Access Scheme \(EAS\)](#)

TISC have now created an [EAS](#) pathway, there are 5 categories to consider. You can lodge an EAS application after you've submitted your initial TISC application (and paid the fee).

UTAS

UTAS are offering admission special consideration for students impacted by the [2019-2020 bushfires](#) and in response to [COVID-19](#).

Don't miss out

If you'd like to be assessed for special consideration, submit a separate completed document (if required) to the university or TAC where you've lodged your application to study.

Include all necessary information and attached documents and make sure you lodge it before the deadline.

TAC Deadlines for Special Consideration Applications are:

- **VTAC 5pm 9 October 2020**
- **UAC 20 November 2020** deadline for December Round 2 offers, or **25 December** for January Round 1 offers.
- **QTAC** submit EAS applications by **9 December 2020** for offer rounds on 23 December and 14 January
- **TISC 11pm 28 December 2020** for main round offers on 15 January.
- **UTAS 5 pm (AEDST) 8th January 2021.**

Note: Still unsure whether you can apply for special consideration after reading this blog? It's definitely worth giving the TAC or uni a call, find out all your options and key dates, then get your application sent.

What happens if I start failing at uni?

In the [news](#) today it was announced that university students who fail more than half their subjects *could* face losing their government financial support.

Nothing is certain yet (it's been proposed before and hasn't happened yet). So if you're thinking about applying to university, then please don't let this announcement put you off. Read about some of your options if you're concerned about "what happens if I start failing at uni?"

1. Defer your starting date

After 13 years of schooling (and a pandemic chucked in) perhaps you need a brain break to renew your enthusiasm for learning. Deferring may be an option for you.

There are very few universities who won't let you [defer](#), but check when you're doing applications. There may be specific courses where you can't defer your enrolment, they tend to be the ones in high demand e.g. Medicine.

You may be able to defer for:

- 6 months and start mid-year
- 12 months (most common)
- 2 years in some instances

2. Take a [Pause](#)

Once you start your uni course, if you find that it's all becoming a bit too much speak to your tutors, faculty and admin staff about taking some time out. In many cases you could be allowed to put your studies on hold and start back when your head is back in the game.

If your personal circumstances change, finances are a problem, there's family issues, you experience a bereavement or long term illness – no matter what the problem, a pause could allow you deal with whatever is going and come back to continue your studies when you're ready.

3. Ask for special consideration

Universities know that if you're failing in one or more subject, then you're most likely not doing it on purpose.

Similar to the [special consideration](#) or educational access schemes that are available when you're applying to university (if you've had a hard time in Year 11 or 12 and it's impacted your studies); universities often offer [special consideration whilst you're studying at university](#).

Applicable to short term circumstances beyond your control – such as illness, an accident or injury, family bereavement, or natural disasters (bush fires or a pandemic for example). It could mean you'll be eligible to apply for special arrangements to be made regarding coursework, assignments, and exams. The solution could be unique to your case and will be up to the discretion of the university.

4. Apply for Extensions

Got a big assignment deadline looming and know that won't be able to complete the work or not to a great standard? Speak to your tutor and see if you can negotiate an [extension](#).

As long as you have a valid reason. For example, you've been sick, had to work some extra shifts, or had another couple of assignments due at the same time – they'll probably grant you an extension to the deadline.

5. Get Help

If you're finding the transition to university work difficult, or you can't get a handle on one or two subjects – speak to your tutors. If they can't help, they'll know where to direct you. You really won't need to struggle alone.

Most universities have a [student support](#) department if you'd like to go straight to them.

6. Consider changing courses

It can be hard to know in high school if the course you'd love to do will tick all your boxes.

If you're not enjoying your course because it's too hard, not engaging, or some other reason – universities could let you transfer onto a different course that you'll enjoy more and do better at.

You'll be able to get advice and more information about the process from staff on site including your personal academic advisors, lecturers, tutor, and the student services office.

Universities want to help you to succeed

Fails and dropouts may aren't great business for universities. So it's in their best interests to do everything to help you pass your subjects and course, ultimately graduating with a qualification.

So before you consider giving up and leaving uni, if you really do want to achieve your goal, be assured that there are lots of options for you to consider.

[Outward Bound Navigator Youth Development Program](#)

If you're just starting to think about your career or study path, don't make a decision until you learn more about the strengths and abilities you may not even know you have.

Navigator is a 12-day personal development program for youth aged 15-17. The Navigator program is full of adventure, wilderness, new friends and fun, whilst discovering and developing your potential.

The program is run in three locations across the ACT, VIC and WA during the September and January school holidays.

Find out more and sign up here: <https://www.outwardbound.org.au/school-holiday-programs/navigator-youth-development-program/>

[5 ways to get mental health support without talking on the phone](#)

We understand that calling people on the phone can sometimes be daunting. And if you're feeling stressed out, depressed or anxious, it can be even harder. But did you know that there are plenty of ways you can connect with mental health support services and professionals without having to ring someone? Here are some of the best ways we've found.

1. Text and Online Chat

A lot of mental health support services now offer text message and online chat options. This means you can talk to someone at any time of the day or night through text instead of talking.

- [Lifeline](#) offers a Crisis Text service from 6.00pm – 12.00am.
- [BeyondBlue](#) has an online chat service that runs from 3.00pm – 12.00am.
- [KidsHelpine's WebChat Counselling](#) is open 24/7, 365 days a year.
- [headspace](#) allows you to connect with a clinician over messenger.
- [Suicide Call Back Service](#) has 24/7 online chat available for people aged 15 and older.

2. Online Clinics and Programs

Online clinics and programs offer a self-guided form of help through questionnaires, modules, information and resources. They can help you recognise when something is going wrong and ways you can help yourself before going to a professional.

- [MindSpot Clinic](#) has a range of personalised courses based on your needs.
- [This Way Up](#) offers online courses, resources and action plans.
- [Black Dog Institute's Online Clinic](#) gives you a personalised report and suggests free and low-cost resources.

3. Peer Support Forums

Sometimes you might feel like nobody out there understands how you feel. But they do! Many services also have peer support forums where you can chat with other real people going through tough times, just like you.

- [The SANE Forums](#) are moderated forums for people over the age of 18. You can chat anonymously if you would like.
- [BeyondBlue](#) has a variety of moderated forums, including one for young people aged 12-25.
- [headspace](#) offer scheduled group chats where you can discuss a topic with other young people and professionals.

4. Smartphone Apps

There are heaps of apps out there that can help you with mindfulness, meditation and general wellbeing. Many of them are free to use as well.

- [The Headspace app](#) is great for beginners learning how to meditate. It's available on Apple and Android devices.
- [Smiling Mind](#) offers guided meditation and wellness exercises, created especially for young people. It's available on Apple and Android devices.
- [MoodMission](#) is an app designed to help you cope with stress, low-mood and anxiety. It's available on Apple and Android devices.

5. Chat Bots

Maybe sometimes you don't want to talk to anyone, but you need to get something off your chest. That's what chat bots are for.

- [Woebot](#) is a smartphone app that uses AI to respond to your messages.
- [Wysa](#) is another AI chat app that also offers self-care exercises.

Remember, if you're feeling depressed, anxious or stressed out, there is always a place to reach out and get help. If you need help right away, you can always call the following services:

- Lifeline on 13 11 14
- Kids Helpline on 1800 55 1800
- Beyond Blue on 1300 22 4636
- Suicide Call Back Service on 1300 659 467
- Call 000 in an emergency

You can also find more mental health and wellbeing resources on [Study Work Grow here](#).

[Aurora High School Program](#)

Aurora Education Foundation's High School Program provides intensive academic support over a 6-year period to Indigenous high school students.

The Program seeks out young people with an interest in learning and the potential to undertake higher education. It helps students to realise their full academic potential.

Delivered by specialist Aboriginal and Torres Strait Islander staff, mentors and Elders, the Program provides each student with over 200 hours of wrap-around support each year. This includes 20 days of residential academic camps, tutoring, mentoring, well-being support, academic equipment (for example, laptops and Wi-Fi), as well as post Year 12 transition support.

Find out more here: <https://theaspirationinitiative.com.au/high-school-program>

[How Volunteering Can Launch a Career](#)

These days there can be lots of competition when applying for jobs. It can be difficult to find a way to make your application stand out from the crowd.

Two Australian students have used volunteering as a way to launch their careers. Seek has interviewed them to find out about how volunteering experience can give you the edge.

Read the full blog here: <https://www.volunteer.com.au/advice-and-tips/how-volunteering-experience-helped-these-students-secure-their-dream-jobs>

[Online Volunteering Opportunities](#)

Volunteering can be a great way to gain experience and boost your confidence. But it can be difficult to find opportunities at the moment.

Did you know that you can volunteer online? Seek has a variety of online volunteering opportunities listed on their website. They include opportunities in aged care, social media, graphic design and more.

Take a look at them here: <https://www.volunteer.com.au/volunteering?suitablefor=12>

Job Spotlight

[How to become a Cleaner](#)

What do Cleaners do?

Cleaners perform different functions that keep a variety of environments dust, dirt, and germ free depending on what's required.

If you're good at managing your time, punctual and trustworthy, looking for a career where you're on the go all the time and able to work on your own or as part of a team, becoming a cleaner could be worth considering.

About you:

- Methodical, efficient and attentive – ensuring that nothing is missed
- Honest, reliable and proactive; entrusted to access all areas, lock up, and deal with any problems that could arise
- Practical with a reasonable level of fitness and stamina

The job:

- Dusting, vacuuming, mopping, sanitising, emptying bins
- Refilling supplies, cleaning up after spills and breakages
- Co-ordinating duties with other team members and the client
- Replacing and reordering cleaning supplies, operation of equipment
- Following health & safety procedures and other job specific protocols
- Responsible for leaving premises secure at the end of each job

Lifestyle Impact: Medium

- Part Time opportunities: High (67% workers are part time – Source: joboutlook.gov.au)
- Below average hours for full-time workers (average 42 per week)
- Cleaner salary (average) \$60,000 per year* (Source: indeed.com) *Calculated based on full time hours, varies depending on the type of cleaning job, hours per week and location.
- Future career growth: Moderate* (Source: joboutlook.gov.au) *The cleaning industry is predicted to grow post COVID-19
- You'll have to be on site to do the job and often work outside of normal business hours including nights and weekends

Cleaners are in demand in these locations:

New South Wales, Victoria, Queensland and Western Australia (source: seek.com.au)

How to become a Cleaner in Australia

There are no formal qualification requirements for most cleaning jobs in Australia.

Step 1 – Successfully complete Year 10

Step 2 – Try and get some relevant work experience, add it to your resume and ask for someone to be a reference

Step 3 – There's often a requirement to have a [National Police Check](#) as you may be working in secure or private environments, trusted with access to all areas and responsible for locking up

Step 4 – Consider obtaining a relevant qualification or undertaking a traineeship (where you'll receive training that could count towards work experience). For example:

[Cleaning Operations Level III](#)

Step 5 – You may also need to apply for the relevant working with children card if you're applying for jobs in childcare centres, schools and hospitals.

If you're working on industrial and commercial sites you may need to do workplace health & safety courses or induction training.

Some cleaning jobs might also require you to have a driver's license or be trained to safely use specific pieces of equipment.

To work as a Trauma / Crime Scene Cleaner, in addition to police clearance (and a strong stomach), you may need:

- Biohazard waste training
- Medical-grade chemicals handling training
- Additional screening from hospitals or other institutions

Step 6 – Potential to become a business owner and start your own business, purchase a franchise, or study and apply for promotions within the office team.

Find out more here –

<https://bscaa.com/>

<https://www.incleanmag.com.au/tag/australian-cleaning-contractors-alliance/>

<https://www.fma.com.au/>

<https://www.pehn.org/>

Similar Careers to Cleaner

Housekeeper

Janitor

Handyman

Window Cleaner

Car Detailer

Kitchen-hand

Support Worker

Cook

Laundry Worker

Carpet Cleaner

Pest Control

Trauma / Crime Scene Cleaner

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

Frequently Asked Questions (FAQ's)

- **Do I need qualifications to become a Cleaner in Australia?**

No, most cleaning jobs won't require formal qualifications and may provide on-the-job training.

Having qualifications and work experience could make you a more appealing candidate when you're applying though.

- **Where do Cleaners work?**

Cleaners work everywhere – in private homes, councils, churches, gyms, hotels, resorts, retail, restaurants, hospitals, childcare centres, schools, offices, laboratories, manufacturing plants, industrial and construction sites, and in a variety of other commercial settings.

- **Are cleaners all the same?**

No there are lots of different types of cleaners, with specialist skills and who work in different areas.

A few include:

- Domestic / Residential Cleaners
- Commercial Cleaners

Liberating Education

- Industrial Cleaners
- Carpet Cleaners
- Dry Cleaners
- Car Detailers
- Window Cleaners
- Pool Cleaners
- Crime Scene or Trauma Cleaners

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