



'Motivate your mate'

Justice and Solidarity

Careers Newsletter

18 August 2021

Disclaimer – all information is printed in good faith

It is the responsibility of the student to confirm all details with the appropriate institution.

To contact Mr Madani please email jmadani@stpiusx.nsw.edu.au

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>

[Crimson Education | UK Application Workshop with Former Oxford Admissions Officer](#)

Tuesday 17 August 2021, 7:30 pm

Online

Join our latest webinar with Former Oxford Admissions Officer and Cambridge Alumni, Hannah Rowberry, who will share the ins and outs of the UK admissions process. Gain valuable insights on how you can get into the Top UK universities from Australia.

Find out more: <https://www.crimsoneducation.org/au/campaign/uk-application-workshop-with-former-oxford-admissions-officer/>

[ADF | Defence Careers Virtual Information Session](#)

Thursday 19 August 2021, 6:00 pm - 7:00 pm

Online

Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force.

Tune in for a virtual info session to speak with current serving members and ask your questions – is a career in the Australian Defence Force for you?

Find out more: <https://www.defencejobs.gov.au/events/events-detail/o3en751>

[Sydney Conservatorium of Music | Con-line Advice Sessions](#)

Monday 23 August 2021, 4:00 pm - Thursday 26 August 2021, 7:00 pm

Online

Future students interested in studying at the Conservatorium in 2022 can book a 15-minute session on Zoom with our academic staff in August. Register for a one-on-one chat to answer your questions about studying at the Con, or to gain advice and feedback on your portfolio.

Find out more: <https://linktr.ee/conlineadvice2021>

SCCE | Exchange Webinar

Tuesday 31 August 2021, 6:00 pm - 6:30 pm

Online

At SCCE, we understand that there is a lot to consider when going on exchange, which is why we are happy to offer these regular online information webinars to teach you all about your student exchange options.

Our online sessions go for approximately 30 minutes. They will guide you through everything from you need to know about our programs. There is also time at the end of the presentation to ask questions, providing a wonderful opportunity to interact with both our staff and other future exchange students.

Find out more: <https://scce.clickmeeting.com/tuesday-31-august-2021-info-session/register>

Endeavour College of Natural Health | Future of Wellness

Wednesday 1 September 2021, 9:00 am - Thursday 30 September 2021, 5:00 pm

Online

If you've been thinking about a career in natural health, then join us at our upcoming Future of Wellness – a free, online event dedicated to exploring the diverse and fulfilling world of natural health careers.

Visit our personalised Future of Wellness platform to register for as many events as you like.

Throughout the month you'll have access to:

- Live webinars
- Guest speaker sessions
- Natural health seminars
- Instagram take overs
- Q&As
- On-demand videos
- Articles

From Chinese medicine to naturopathy, nutrition to massage and more, a future in natural health is closer than you think.

Find out more: <https://www.endeavour.edu.au/events/future-of-wellness/>

University of Sydney | Discovering Advanced Computing

Wednesday 1 September 2021, 4:00 pm - 4:30 pm

Online

This webinar will cover what you will study in the Bachelor of Advanced Computing, the career outcomes and professional accreditation.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_w3cSkz7WSA2-HFISMeX4Ng

University of Sydney | Experience in Engineering

Wednesday 1 September 2021, 4:45 pm - 5:15 pm

Online

Learn about industry engagement at the Faculty of Engineering, the professional engagement program and scholarships. Discover the University of Sydney and what sets us apart.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_d_C100iSR-uqEmPFHWUkQ

UAC Digital | Let's Chat – Alternative pathways to university

Tuesday 7 September 2021, 6:00 pm

Online

Pathway courses are for applicants who don't meet the minimum requirements for entry into a bachelor degree. Learn about certificate, diploma and preparation courses.

In this session we'll be joined by a panel of admissions experts from various universities.

We'll discuss:

- pathways you can take if you don't meet your dream course's selection criteria
- the benefits of taking a pathway course
- pathway course credits you can receive if you want to get into an undergraduate degree
- which unis offer pathway courses.

Find out more: <https://uacdigital.easywebinar.live/pathways-51>

UAC Digital | Scholarships

Wednesday 8 September 2021, 6:00 pm

Online

Equity scholarships can provide students from a low socio-economic background with financial support while studying. Learn about applying and key dates, and get answers to the most commonly asked questions.

We'll also discuss other scholarships that you can apply for direct to the university.

Find out more: <https://uacdigital.easywebinar.live/scholarships-52>

Whitehouse Institute of Design | Intro to Instagram Styling – Online

Saturday 21 August 2021, 10:00 am - 12:00 pm

Online

This online workshop is for aspiring Creative Directors and recommended as a starting point for those wishing to develop their digital skills and create a portfolio for an application to the Bachelor of Design program. In this 2-hour workshop, you will gain an understanding of how to create simple styling compositions and use industry software to edit photos to create a cohesive theme and take your Instagram to the next level.

This workshop focuses on the following areas of skill development including:

- Adobe Lightroom and Photoshop skills
- Creating cohesive colour themes and layouts
- Ways to Brainstorm post ideas

- Storytelling through your layout
- Developing a recognizable aesthetic
- Mastering engaging stories

Find out more: <https://www.eventbrite.com.au/e/intro-to-instagram-styling-tickets-166232360465?aff=ebdsoporgprofile>

[Whitehouse Institute of Design | Intro to SketchUp for Interior Designers – Online](#)

Saturday 28 August 2021, 10:00 am - 12:00 pm

Online

Have you ever wanted to learn how to bring your interior ideas to life? Well this interiors course is for you! This online mini course is for aspiring interior designers and recommended as a starting point for those wishing to develop their digital skills and create a portfolio for application to the Bachelor of Design program. In this 2-hour workshop, you will gain an understanding of how to turn your ideas from the sketchpad into 3D working models using the industry software SketchUp.

This workshop focuses on the following areas of skill development including:

- Generating ideas using digital design methods
- Navigating a 3D environment
- Using 2D and 3D tools
- Contextualising interior ideas
- Exploring basic rendering techniques for output options

Find out more: <https://www.eventbrite.com.au/e/intro-to-sketchup-for-interior-designers-tickets-166019385451?aff=ebdsoporgprofile>

[Whitehouse Institute of Design | Foundation Portfolio Workshop – Online](#)

Saturday 28 August 2021, 10:00 am - 12:00 pm

Online

This online workshop is for aspiring designers and recommended as a starting point for those wishing to develop their illustration skills and create a portfolio for application to the Bachelor of Design program. In this 2-hour workshop, you will gain an understanding of how to illustrate with Marker and Paper, experiment with different multi-media materials and learn techniques for presenting your creative ideas.

This workshop focuses on the following areas of skill development including:

- Illustration techniques
- Application of pencils, professional markers and felt-tip pens for professional rendering
- Brief analysis of trends and preparation of illustrations to compliment a Mood Board
- Exploring an individual design aesthetic
- Beginners portfolio development and learn how to present your work for application to the Bachelor of Design program.

Find out more: <https://www.eventbrite.com.au/e/foundation-portfolio-workshop-tickets-165859733929?aff=ebdsoporgprofile>

Faber Writing Scholarships

Value: See full value

Open/Closing Dates: August 2, 2021 – October 29, 2021

Each year, the Faber Writing Academy at Allen & Unwin awards scholarship places for our prestigious Writing a Novel program.

[Find out more](#)

KSCPP Essay Contest

To promote understanding and appreciation of Korean history and culture, the Korean Spirit and Culture Promotion Project is hosting its first Essay Contest in Australia.

The contest is open to students in Years 5-12. Entrants are required to read *Chung Hyo Ye* and answer one of the two following questions:

1. How could the values of Chung, Hyo and Ye be applied in your daily life?
2. Which of the three values illustrated in the book (Chung, Hyo, Ye) impressed you and why?

There is a top prize of \$500 up for grabs.

To enter, email entries to kscppcontestau@gmail.com with the subject heading "2021 Essay Contest". **Entries close 7 November.**

Find out more: <http://www.kscpp.net/default/02/02.php?top=2&sub=1>

Adelaide Fringe Schools Poster Competition 2022

Adelaide Fringe invites students (K-12) to enter the Schools Poster Competition for the chance to win a class excursion to an Adelaide Fringe 2022 show – thanks to Program Partner 9News! The winning artwork will appear on the cover of the 2022 Adelaide Fringe Schools Booking Guide and will shape our Schools Program branding.

The Schools Poster Competition is an opportunity for students to explore and experiment with line, shape, colour and texture. We encourage poster entries which investigate themes of inclusiveness, diversity and the overall excitement of Adelaide Fringe.

Eligibility:

- The competition is open to students in year levels K to Year 12 in Australia
- The students' parents/guardian or teacher must submit the artwork on their behalf
- Each student may submit as many entries as they wish, and group entries are welcome
- Artwork must be portrait A4 or A3

Schools Poster Competition closes 3 September 2021.

Find out more and enter here: <https://adelaidefringe.com.au/schools-competition>

2021 ACMF National Songwriting Competition

The 2021 ACMF National Songwriting Competition is now open.

Every year, students from schools across Australia are invited to put pen to paper and enter their original song in the competition.

Entry is free for students from Years K-12.

Winners receive prize-money which can be allocated towards musical equipment or tuition.

Entries for the competition close on September 16.

Find out more and enter here: <http://acmf.com.au/national-songwriting-competition/>

University of Sydney Future Innovators Awards

The Future Innovators Awards recognise and reward high achieving New South Wales Year 12 students for their leadership, critical thinking and interest in business studies.

The Future Innovators Awards aim to recognise the visionary leaders of the future. Submit your business solution to a social problem for a chance to receive a prize pack and award from the University of Sydney.

Future Innovators Awards winners who commence their studies at the University of Sydney Business School in 2022 will also:

- be considered for a [Sydney Scholars Award](#) valued at \$6,000
- receive exclusive access to leading alumni mentors, subscriptions to business news publications and career-building opportunities with our [Careers and Employability Office](#)

Applications close 30 September.

Find out more and apply here: <https://www.sydney.edu.au/business/study/undergraduate-courses/future-innovators-awards.html>

Enter SmartFone Flick Fest

SmartFone Flick Fest is Australia's international smartphone film festival for filmmakers of all ages. They are a world-wide festival open to anyone with a smartphone or tablet and a great idea for a short film.

SF3 provides a platform for budding, emerging and professional filmmakers to bring their ideas to life and have their films seen by a global audience, without the need for lots of fancy equipment or a big budget.

You can submit your movie any time before 1 September.

Find out more and enter here: <https://sf3.com.au/>

Grandshake Youth Surveys

Grandshake want to better understand young people's needs and wants when it comes to work experience, career pathways and opportunities beyond school. We'd like to learn how organisations, like us, can better support healthy career exploration – passions, interests and career aspiration discovery – for young people.

Over the next few weeks we will be conducting two surveys – one for high school students (14-18) & one for young people (18-24).

As a thank you, students who complete the survey go in the running to win a \$50 voucher!

Take the high school survey (14-18): <https://grandshake.typeform.com/schoolsurvey>

Take the young people survey (18-24): <https://grandshake.typeform.com/gradsurvey>

Proud to be a Chef Program

The Proud to be a Chef program recognises, develops and supports apprentice chefs to become the culinary leaders of tomorrow.

Proud to be a Chef is a diverse and fast-paced mentoring programme led by 3 inspirational Australian mentors. 32 finalists from across Australia will participate in an all expenses paid 4 day culinary journey in February 2022.

To apply, you'll need create an original recipe and tell us why you are passionate about food and cookery, where you would like your apprenticeship to take you and what you are hoping to get out of the mentoring program.

To be eligible for entry you must be:

- An apprentice chef aged 18 years or older as of 21 February 2021
- Enrolled in a Government recognised cooking course at the date of entry into the competition
- A resident of Australia
- Successful applicants may be subject to reference checks as part of the entry criteria

Find out more and enter here: <https://www.proudtobeachef.com/au/en.html>

[AFS Global You Changemaker Program](#)

AFS Global You Changemaker is a 12-week interactive virtual exchange program for teens (age 15-17) anywhere in the world, to develop global competence skills, create innovative social impact projects, and earn certification from the University of Pennsylvania Center for Social Impact Strategy.

This is a global program and it is 100% online. It's designed for students from 15 to 17 years old, who are looking to change their community and the world. If you:

- are creative, curious and committed
- would like to create a positive change in the world
- want to develop your own social impact project
- want to make connections with global peers around the world
- have an advanced written and verbal understanding of English language

Then this program is for you.

The next program will run from September 7 to November 30, 2021.

Find out more and register: <https://afs.org/changemaker>

[Three tips to find life balance as a student](#)

Life is a balancing act, and high school students need to become master acrobats in order to navigate their menagerie of tasks and roles. Between school, study, work, chores, family, friends, and maintaining a social life, there's a lot to keep track of each week.

It's easy to fall out of balance – the evidence shows that most working adults in Australia only get [around three and a half hours](#) of non-work-or-sleep time each day (and women get around 30 minutes less than men). If you want to see how you compare [check out this article from the ABC](#).

What happens when you're not in balance

It's easy to write off life balance as a luxury or something airy fairy. But having a good balance in your life could not only make you happier and healthier, in the long run you could accomplish more and do better.

The impacts of lack of balance in your life could include:

- [Burnout](#)
- Loss of motivation
- Lack of 'thinking' time
- Mental health issues

- Physical health issues

Signs you could be out of balance

If you generally feel happy, contented, healthy, and well rested; then you're probably already doing a pretty great job at the whole balance thing. Of course, there'll be times when you don't feel great like exam stress, or trying to juggle multiple assignments, working extra shifts to earn more cash, or periods of illness – that's normal.

If you often feel tired, low, or that every day is a struggle, then it could be time to reassess your priorities and manage your time a bit better. If you don't feel like the problem is going away, or if you have any concerns about your mental health then please see a professional.

Here's a few things to look out for:

- You wake up tired
- You find it hard to get to sleep
- You often get sick
- You're missing your friends/family/hobbies
- You no longer enjoy school or study
- You often feel anxious, stressed, or miserable
- Boredom is an issue for you

How to get back in balance

There's no one-size fits all solution to finding balance in your life. The amount we need to work, rest, and play depends on how you operate – in other words, you need to find the right balance for your life, not what you think you're supposed to be doing.

If you're not feeling in balance then there are a couple of things you can try:

Tip 1 – Work out where you are

Make a list of what really **needs** to get done (homework or revision), what you would **like** to get done (less urgent), and what you **want** to do (perhaps exercise or seeing friends).

For example, you might include:

- Sleep
- School
- Chores – laundry, house cleaning, gardening, washing the car, taking the bins out, washing up, cooking
- Homework / revision / other study
- Paid work or volunteering
- Sports and other extra-curricular commitments
- Hobbies
- Social – time spent with family and friends
- Life admin – this includes things like eating your meals, essential shopping, washing yourself, paying bills, reading emails
- Time spent on your phone or other device – you can find out your average daily screen time on an [Android](#) or [Apple](#)

You don't have to go into that much detail, but the more you work out, the more wiggle room you might find. Then think about the number of hours you spend doing these things and jot them down.

You could use the [Life Balance Worksheet](#) to help you keep track – [download it here](#).

Tip 2 – Work out where you want to be

Once you've worked out how you're spending your time, the next step is to think about how you would like your week to look. You've got 168 hours in a week.

If you sleep the recommended 8 hours a day, go to school 9am-3pm 5 days a week, travel an hour for school (there and back), and allow an hour for eating & an hour for other life admin each day, that leaves you with **63 hours** a week to spare. This number is just a guesstimate – work out your number then use that for the rest of the calculations.

Now you need to work out what your priorities are.

Go back to the list you made in step 1 and decide which of the *optional* activities you have listed is most important.

Then, on the same list, allocate hours to the things you **want** or **need** to do and tally them up. If you get to 63 (or your number of 'spare' hours) and there are still things on the list then you'll need to think about what matters most – so work out which activities you don't need as much and work out a way to do less of them.

If you find you have loads of free time left – great! You don't have to fill every minute or schedule every hour. Or if there's a club you've been itching to join, or a skill you've been wanting to learn, perhaps now is a good time to allocated to giving it a go.

Tip 3 – Build a plan to help you get there

When you've got to this point congrats that's a huge hurdle out of the way. Now you have to make the changes in order to redress the balance and lead the life you want.

Here are some tips that could help you to achieve your end goals:

- Use a planner, calendar, diary or app to write down your new timetable, it could help you stay in check and create new habits instead of slipping back into the old routine
- [Set goals](#) and then break them down into manageable milestones and give them dates.
- Incorporate time limits into your schedule. If you want to play games or go through social media, do it. Just set an alarm to remind you it's time to hop off. Got lots of study to do? Set a timer and if you haven't got it done, speak to your teacher about an extension or some help.
- Speak to your family. If there's high expectations of you at home, working out exactly what needs to be done and figuring out a schedule could really help.
- Work out which activities on your list you can get rid of on a daily or weekly basis. If you volunteer but it's taking up too much time, ask if you can help out on a more casual basis. If you're doing lots of extra-curricular stuff, is it time to drop something for a bit?
- Be flexible – some days or weeks you might have less school work or other commitments, some days you might feel more exhausted, so it's always OK to change your schedule around
- Take breaks
- Get enough rest and look after your body
- Unplug from social media and other screens from time to time (after a little while, you seriously won't miss it)
- Practice mindfulness which includes being grateful, being present, helping out around home or with friends, spend more time making better connections with people who make you feel good
- Be active

- Learn to say “no” (nicely)
- Ask for help if you need it

Getting balance in your life is well worth it and is a great skill to use throughout life.

Tools that can help

- [Life Career Rainbows](#) by Study Work Grow (you’ll need Canva)
- Life Balance Worksheet ([download it here](#))
- [Goal Generator](#)
- Taking time out
- Keeping a journal
- Asking a friend or family member to check in with you and keep you accountable
- [Meditation](#)
- [Study Plan](#)
- [Space app](#) – tracks time spent on your devices
- [Todoist](#) – calendar and life organiser app
- [Tick Tick](#) – organisational and check list app

How to become a Paramedic

Attend emergencies and save lives

What do Paramedics do?

Paramedics respond swiftly to medical emergencies, assess the state of and attend to injured people, and provide transport to medical facilities if necessary. They work in high-pressure situations and are required to use their medical knowledge and training to make important decisions to save people’s lives.

If you work well under pressure, are a confident and quick decision-maker, and want a career that will help you save lives, you might want to consider becoming a Paramedic.

About you:

- Confident and decisive
- Works well under pressure
- Empathetic and kind
- Able to handle traumatic situations and sights
- Willing to be on-call 24/7
- Great communicator
- Trustworthy and reliable
- Physically and emotionally resilient

The job:

- Attending accidents and emergencies
- Assessing the health and needs of patients
- Performing emergency medical procedures, including resuscitation
- Transporting patients to hospital in ambulances
- Providing emotional support to patients and family members in distress
- Attending events where injuries may occur as a precautionary measure
- Instructing people in first aid
- Ensuring ambulances are maintained and stocked

Lifestyle Impact: High

- Part Time opportunities: Low – only around 16% of Paramedics work part-time (source: joboutlook.gov.au).
- Average hours for full-time workers: 48 hours a week, which is above average (source: joboutlook.gov.au).
- Paramedics' salary (average) \$110,000* per year (source: seek.com.au). *Salaries vary depending on your skills and experience.
- Future career growth: Strong (source: joboutlook.gov.au).
- You will be working in almost any setting imaginable, as accidents can take place anywhere. You will also need a high level of emotional and physical resilience, as you will be dealing with traumatic situations and people in distress.

Paramedics are most in demand in these locations:

This is a medium-sized occupation, with around 16,700 people working as Paramedics in 2020 (source: joboutlook.gov.au), with strong growth expected over the next five years. Demand for Paramedics is spread fairly evenly across Australia, with slightly higher than average demand in Victoria and Queensland. Most paramedics work in the Healthcare and Social Assistance industry.

There is a huge demand for healthcare professionals across the world, especially since the COVID pandemic. Your skills and knowledge as a Paramedic will be useful no matter where you are in the world.

How to become a Paramedic in Australia

In order to work as a Paramedic in Australia, you will need to complete an accredited qualification, and register with the Paramedicine Board of Australia. You will also need to hold an unrestricted C class driver's license.

Step 1 – Complete Year 12 with a strong focus on English, Maths and Science.

Step 2 – Try and find work experience in health-related setting, such as at a hospital or aged care facility.

Step 3 – Complete an accredited qualification, which is usually a Bachelor of Paramedicine or Bachelor of Paramedic Science. You can see the full list of accredited qualifications on [Ahpra's website here](http://ahpra.gov.au).

Step 4 – Register with the Paramedicine Board of Australia.

Step 5 – Start working as a Paramedic, and make sure your registration stays current, including undergoing Continuing Professional Development (CPD).

Find out more here –

<https://www.paramedicineboard.gov.au/>

<https://www.ahpra.gov.au/>

Similar Careers to Paramedic

[Registered Nurse](#)

[Medical Doctor](#)

[Surgeon](#)

[Midwife](#)

[Aged Care Worker](#)

[Dentist](#)

[Sonographer](#)

[Speech Pathologist](#)

[Occupational Therapist](#)

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

Frequently Asked Questions (FAQs)

What do Paramedics do?

Paramedics attend emergency situations and provide medical care to people who have been injured, both on-site and in the ambulance.

Which industries employ Paramedics?

Paramedics are usually employed in the Healthcare and Social Assistance industry.

What options are there for career progression?

You could start working as a volunteer paramedic, and then become qualified to move into paid roles. If you'd like, you can upskill down the track to move into other health careers, such as becoming a doctor.

Do I need to go to university to become a Paramedic?

Yes, you will need to complete an accredited tertiary-level qualification to be able to work as a Paramedic in Australia. You will also need an unrestricted C class driver's license.

Where do Paramedics work?

Paramedics work all across the country, and you can expect to be called out to almost any location, including people's homes, work sites, roads, and more. You will also do some work in hospitals and medical facilities as well.

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

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

1. Try and get work experience in a healthcare setting, such as in a hospital or even aged care home. This will get you some exposure to the industry and start building essential skills.

2. Consider starting to build your knowledge and skills by taking a first aid course.
3. Work on improving your physical and mental health so you know you will be up to the challenges of the job.

Mr Madani

COLLEGE ● 35 Anderson Street, Chatswood NSW 2067 P(02) 9411 4733 F(02) 9413 1860

TREACY COMPLEX ● Dreadnought Road, Oxford Falls NSW 2100 P(02) 9451 7375

E admin@stpiousx.nsw.edu.au www.spx.nsw.edu.au

ABN 50 451 308 630