



Marist Career Information Bulletin

2025 - Edition 1

This newsletter provides Careers and VET information for students and families regarding Vocational Pathways, School-based Apprenticeships and Traineeships, Qld Certificate of Education, Tertiary courses and applications, Scholarships, and QTAC updates as well as Interstate and Overseas Study opportunities and other related career and study information.

Careers Resources

MCA Careers Website
<https://www.mcacareers.com.au/> provides extensive information and resources for students and their families.

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Key highlights in this edition

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Announcements

A new year

It is a new year, new school year, perhaps a new school. We all change as we move forward. Decide on how you want to move forward ... with regrets and fear of the unknown or with a positive mind, sense of excitement, courage and perseverance.

Quick and easy career information using Options Career Information App

As a member of your school community, you can access your school's Options Career Information subscription products through the Options Career Information App. The App is available through Apple Store and Google Play. The App gives you convenient access to career information and key calendar dates. Ask your Guidance Officer or School Counsellor for your school's access code.

Safer Internet Day

The 2025 Safer Internet Day's (SID) theme is "Together for a better internet". It is a global day of focus which will take place on Tuesday 11 February, with celebratory events taking place across the globe, throughout the whole month. Through this campaign, we call upon all stakeholders to join together to make the Internet a safer and better place for all and especially children and young people. Click [here](#) for more information.

Apprenticeships & Traineeships



About vocational education and training (VET)

Doing an ATAR program at school is not the only pathway to a rewarding career. A Vocational Education and Training pathway provides many quality and well-paid jobs and not all on them 'are on the tools' either! Click [here](#) to find answers to the following questions:

- What is VET?
- Is VET for me?
 - School students
 - Job seekers
 - Professional development
- Find a VET course
- Reporting, statistics and performance
- Related links

An Apprenticeship and Traineeship pathway - a great option!

Over 500 jobs, offer Australian apprenticeships in over 30 different industries. Completion of an apprenticeship:

- Required for skilled trade areas such as electrical, plumbing, carpentry, cabinetmaking, automotive, hairdressing, engineering fabrication, fire systems technician, etc.
- Can take up to four years to complete.
- Is a nationally recognised qualification.
- Is held in high regard in many overseas countries.

Completion of a traineeship:

- Required for vocational areas such as office administration, information technology, tourism, hospitality, beauty therapy, etc.
- Can take from one to three years to complete.
- Is a nationally recognised qualification.
- Is held in high regard in many overseas countries.

Click [here](#) for a list of Nationally accredited apprenticeships and traineeships. Visit Training information updates/news for related news including information on newly available apprenticeships and traineeships.



Australian Defence Force Information Sessions In Queensland

Upcoming ADF events and information sessions are listed below:

30/01/2025 [Brisbane New Year New Career Information Session](#)

04/02/2025 [Brisbane Army Reserve Information Session](#)

[Navy Careers Virtual Information Session](#)

10/02/2025 [Brisbane Defence Careers Information Session](#)

Defence Force work experience program

Try out an ADF job by doing a Defence Force work experience placement. You must be at least 15 years of age at the time of the placement. Click here for more information including:

[Information for students](#)

[Information for parents](#)

[Information for educators](#)

[How to apply](#)

[Student experiences](#)

Is the Defence Force for you?

Made up of the Navy, Army, and Air Force, the Australian Defence Force (ADF) is one of Australia's major employers. Click [here](#) to find out more about the Australian Defence Force and what they offer including:

- Defending our country and our interests
- Helping communities at home and abroad
- Protecting trade and commerce
- Adapting to complex strategic environments
- Choose how you serve in the Reserves



2025 School Leavers' Guide - Career options and information

The 2025 School Leavers' Guide provides information and resources to school leavers and senior students. It is a one-stop point for career resources and information. The electronic links provided easy access to resources and websites. Click [here](#) (click the download tab) to see the Guide which includes:

- Tools and resources to explore career options
- Vocational training and further study
- Subsidised training and incentives
- Industry specific career exploration
- Assistance with finding a job
- Gain on the job experience
- Mental and physical wellbeing support for young people
- Preparing for work

A career in the boating industry

The marine industry is dynamic and diverse, with a wide range of pathways for anyone with an interest in a career working around boats of all shapes and sizes, on or by some of the best waterways in the world. The industry values people with a wide range of backgrounds and with diverse skills, and can offer the opportunity to work with local, national and international companies.

Some of the opportunities include:

- small craft construction to superyachts and beyond
- engines to sails
- boat building to fit out and repair and maintenance
- marine equipment to marine electronics
- sales and marketing to management
- marina services and management to marine tourism.

The Boating Industry Association (BIA) has developed a [Marine Industry Careers Guide](#) to help identify the types of jobs or training available to help you pursue a career in the industry.

Career hurdles for doctors

Thinking about Medicine after school? It's a long, expensive journey but can be a very rewarding profession. It's best to go into medicine with your eyes open. Click [here](#) to read about some of the challenges that new doctors face. If you are thinking about medicine as your career, it's worth a read.

Casual jobs - advantages and disadvantages

Think a casual or short-term job isn't a 'real' job or that it doesn't count towards your career? Think again! Having a casual job or other short-term work can give you an edge when you apply for jobs in the future. Having a casual job can help you develop job/workplace skills, help you develop management skills, build your confidence and communication, provide some life balance and give you some pocket money! The Job Jumpstart has an interesting [article](#) that looks at the benefits of having a casual job and tips on how to get one.

Good Careers Guide 2025

The 2025 edition of The Good Careers Guide and The Good Universities Guide have been released. The e-book versions are free to download. A combined flip book is also available to purchase. It is two guides in one that will help you address the big questions that all people face during their career: What do I want to be? and How do I get there? Click [here](#) to access the Guide.

Help to guide your career choices

The Australian Government's Department of Employment and Workplace Relations has a guide to help you explore and work through your career choices. Click [here](#) to find useful information and resources to help you make an informed decision about your current or future career including:

- Help to make a decision on your current and future career
- Your education identifier
- Understanding the Australian Labour Market
- The National Careers Institute
- Exploring your future

How to ignore gender bias in occupations

At some point in your life, you may have been told: 'you can't do "X", you're a girl' or 'you can't do "X", you're a boy' ... I hope not! But why is this the case? After all, what does your gender have to do with your abilities and skills? Probably nothing, but people can be quick to tell you that certain toys, clothing and careers are for one gender only. Click [here](#) to read about where the idea that jobs were gender specific and how you can plan around this bias and get that job you want!

IT career paths

The dominance of IT careers is due to:

- The rapid growth of the Internet and e-commerce,
- Increased demand for cybersecurity specialists spurred by escalating attacks
- The advent of smarter applications that enable companies to analyze business data for unprecedented intelligence
- Cloud computing revolutionising the way IT departments operate
- The proliferation of mobile devices

Not sure what IT jobs actually are or involve? Click [here](#) to read IT Career Finder's overview of 26 key jobs in IT.

Is University the only 'right' choice after school?

Research from the University of Newcastle finds that young people are facing increasing pressure to attend university even if it's not required for their desired career, which can compound their mental ill-health. Click [here](#) and read the ABC News' article about their research. Always remember, research your pathway options throughout your Senior years. University may not be the best pathway for you to achieve your career dreams, so don't fall into the trap of locking yourself into the uni pathway option for all the wrong reasons.

The difference is between psychology, counselling and social work

Feeling drawn to a career that changes lives but stuck choosing between psychology, social work, or counselling? Each path offers a unique way to help others, but the differences can seem a bit obscure. What is the difference between psychology, counselling, and social work? Let's break it down to help you find the one that feels like it was made for you! So What's the Difference Between Psychology, Counselling, and Social Work? Understanding the difference between psychology, counselling, and social work is key to choosing the right career path. Here's a quick guide from ACAP University College:

- Psychology delves into understanding complex behaviours and mental health through scientific methods and therapeutic techniques.
- Counselling focuses on providing emotional support and guidance, helping individuals navigate personal challenges and foster emotional growth.
- Social Work aims to advocate for social change, connect people with vital resources and address broader social issues.

Will knowing about job clusters help?

The [Foundation for Young Australians \(FYA\)](#) researched 1,000 occupations and identified seven large job clusters based on similar skills wanted by employers. These clusters are:

- The Artisans (builders and maintainers)
- The Generators (sellers and servers)
- The Coordinators (balance the books and do repetitive tasks)

- The Informers (teach and provide information)
- The Designers (use expertise to construct or engineer things)
- The Carers (improve the wellbeing of others)
- The Technologists (understand and manipulate digital technology).

How will it help you? It's good to understand that all jobs will give you skills that will see you move forward on your career journey. Know that:

- The skills you get from working in one job could be transferred to 13 other jobs. It is important to recognise the skills you have and understand their transferability.
- With seven job clusters, you could choose a cluster based on your strengths and interests rather than on one dream job.
- You could get a 'foot-in-the-door' job in a job cluster as an entry level job and progress from there to other jobs in clusters that you find rewarding.
- Some job clusters have stronger prospects than others. It would be wise to consider clusters with strong job prospects and jobs that are most likely to grow.
- You could develop a portfolio of skills that will give you a broad range of options within the type of work you want to do in the future. This could future proof your employment.

Click [here](#) to read FYA's article explaining the Job clusters approach to career decision making.



2025 Australian Geographic Nature Photographer of the Year competition

Entries for the 2025 Australian Geographic Nature Photographer of the Year competition are now open and will close on 6 February 2025. All photographs must be of natural fauna, flora or natural land/sky formations and must have been taken in the ANZANG bioregion. Click [here](#) for more information and entry details.

IM2C International Mathematical Modeling challenge

IM2C International Mathematical Modeling challenge is a team competition that aims to promote mathematical modelling to solve problems of real-world importance. In teams, students will solve a problem by devising and applying an original mathematical model. Registrations open on 4 February and close on 24 March. Click [here](#) for more information and registration details.

Lions Youth of the Year competition now open

If you are between 15 and 18 years of age as at the 30th of June in 2025, you can enter the Lions Youth of the Year public speaking competition. The competition recognises the achievements of young people in education, sports, community service and public speaking. Click [here](#) to find more competition details. If you want to enter the competition, talk to your Guidance Officer/School Counsellor or go directly to your local Lions Club. Entries close soon so don't miss out!

QUT's 2025 BlueShift Competition

BlueShift is a business case competition for high school students working in small teams to develop real business solutions for a real business. You will compete in teams of three or four to analyse the business challenge and prepare a written solution to a real business case. Teams with the best submissions present their ideas to a panel of judges at the BlueShift finals held at QUT's Gardens Point campus in Brisbane. Click [here](#) to find out more including eligibility and how to register your team. The Champions round will be held on Saturday 10 May 2025.

Disabilities



Disability Gateway

There are supports and services available to help you gain the skills and confidence to find and keep a job. Whether it's in an open or supported environment, there are supports that can help you at study and work. Click [here](#) to read about Disability Gateway's:

- Employment training
- Your employment rights
- Finding and keeping a job

Supported decision making

Supported decision making supports people to make good decisions and remain in control of their lives. Supported decision making involves building the skills and knowledge of people with disability, their friends, families, carers, peers and professionals. How much and what kind of support a person needs to make decisions can change from time to time. Click [here](#) to hear Luke from Inclusion Australia as he talks about what supported decision making is and how he was involved in the development of the policy.

Employment, Job and Labour Market Info



15 fast growing jobs in Australia

LinkedIn's 2025 list of Jobs on the Rise identifies 15 of the fastest-growing jobs over the past three years. Click [here](#) to check out their list of jobs.

A career in policing or security at all entry levels

If you are interested in a job in security or policing, there are several employing organisations you can investigate. These include:

- [Queensland Police Recruiting](#)
- [Australian Federal Police](#)
- [Australian Defence Force](#)
- [Australian Secret Intelligence Service](#)
- [Australian Security Intelligence Organisation](#)
- [Australian Border Force](#)
- [Queensland Corrective Services](#)
- [Queensland Boating and Fisheries Patrol](#)

At these websites, find out:

- What jobs (and job titles) do they have/recruit for?
- What tasks would you be doing and what skills do you need for each job?
- Entry requirements – age, education level, tests required, physical/medical requirements, criminal checks, driver's licence, etc.
- If you get the job, do you have to live away from home?
- Do they recommend you do specific university or TAFE courses?
- Would having a second language be an advantage?
- What is the recruitment process?
- Frequently Asked Questions
- Can you contact the organisation by email from the website regarding other questions you might have?

All about the Retail Industry

The retail trade industry is responsible for the display and sale of new or used goods to consumers, for personal or household consumption. More recently there has been a rise in convenience shopping, online trading and the growth of franchising. As it has grown, the retail trade industry has had to remain flexible to

cope with economic challenges, technological advances, consumer trends, new retail formats, globalisation and increasing competition. Click [here](#) to read more about how they are managing the change in how we shop.

Cool Jobs: Fire investigator

Fire investigators determine the causes of both accidental and deliberately lit fires. After a fire, investigators examine electrical and gas appliances (and other items) at the scene and in the laboratory to find the cause of the fire. Information gathered on the cause of fires is used to help prevent future fires. Check out the job [here](#).

Emerging Roles in the labour market

The Australian Governments Jobs and Skills Australia (JSA) website has valuable information covering current trends in the Australian Jobs Market. Emerging roles refer to those that have appeared in Australian job market data for the first time in recent years or are growing quickly from a small base. JSA has identified 37 emerging roles and four main themes:

- Health, Care and Medical e.g. health tech, medical tech
- Data and Technologies e.g. cybersecurity
- Net Zero e.g. sustainability, clean energy
- Science and Engineering e.g. biological and chemical science, engineering

Click [here](#) to read more about these themes and emerging jobs in each of the themed areas.

Labour Force Data - December 2024

From the Australian Bureau of Statistics - In seasonally adjusted terms, in December 2024:

- unemployment rate increased to 4.0%.
- participation rate increased to 67.1%.
- employment increased to 14,584,400.
- employment to population ratio increased to 64.5%.
- underemployment rate decreased to 6.0%.
- monthly hours worked increased to 1,976 million.
- full-time employment decreased by 23,700 to 10,037,600 people.
- part-time employment increased by 80,000 to 4,546,800 people.

Randstad's best jobs in australia 2025

In 2025, skills are in high demand, with a surge in hiring across the nation. A significant 76% of Australian professionals are contemplating job changes this year, as highlighted by LinkedIn research. The Australian job market in 2025 is set to be defined by technological advancements, sustainability and workforce

adaptability. Randstad offers insights on trending roles, necessary qualifications and a personalised job search. Click [here](#) to find out more about their predicted jobs in demand.

Renewable energy: discovering new opportunities

Click [here](#) to read about Benjamin Mynott, a project origination manager with Windlab one of Australia's leading renewable energy developers. He will answer the following questions:

- What is your current occupation?
- What interested you in this occupation in the first place?
- What subjects did you study in secondary school? What did you like about them? How did they (if at all) influence your chosen pathway?
- What education and training did you take after school?
- What advice would you give to others considering pursuing this career?

Financial Assistance & Scholarships



Commonwealth Regional Scholarship

The Commonwealth Regional Scholarship Program is a pilot program. It provides scholarships to boarding school students from regional, rural and remote communities in Australia. Scholarships will assist with secondary school boarding fees and associated costs. Click [here](#) to find out more about:

- What is the Commonwealth Regional Scholarship Program?
- How many scholarships will be available?
- Who will administer scholarships for this program?
- What are the eligibility and selection criteria for scholarships?
- How can I apply?
- What are the Administrative Program Guidelines?

Managing your money - the quicker the better!

Whether you have a job or receive an allowance, understanding how to manage your money can help you survive and thrive. The Queensland Government has tips and useful advice to help get control of your money and achieve your goals. Click [here](#) to find out about:

- Money management
- Banking
- Budgeting
- Credit and debt
- Financial counselling
- First job
- Getting a car
- Getting a pet
- Insurance
- Investing
- Mobile phone deals and plans
- Moving out of home
- Online transactions
- Saving
- Scams
- Study costs
- Superannuation
- Tax
 - Getting a tax file number
 - Lodging your tax return

- Income and deductions
- Getting a tax refund

Scholarship research now!

Universities, TAFE Queensland, private education providers, the Commonwealth and Queensland governments, some professional associations and industry groups offer scholarships. Common categories include:

- Sporting scholarships
- Equity scholarships for low-income students, students with disability, women and First Nations peoples
- Scholarships for specific fields of study
- Financial hardship scholarships
- Campus scholarships
- International student scholarships
- Academic scholarships.

A scholarship can help with course fees, textbooks, accommodation costs, transport and living expenses. No matter what your further education and training goals are, it's worth finding out what's available. You can get scholarship information from:

- Scholarship pages on University, TAFE Queensland and other education institute websites by clicking on their search tab and type in Scholarships (keep in mind they are often updated throughout the year)
- Study Assist website
- The Good Universities Guide
- Your School Guidance Officer/Counsellor.

Scholarship information for the following year is generally available from Term 2 but start gathering your supporting documents and information.

Tuckwell scholarship 2026

Click [here](#) to access the Australian National University (ANU) 2026 Tuckwell Scholarship guide. The guide may be updated so make sure that you have read the latest version before submitting your application or lodging an enquiry. The guide contains information on:

- Overview
- What we offer
- Scholarship eligibility
- Candidacy requirements
- Key dates
- How to apply
- ANU Direct Applications
- Tuckwell Scholarship Application Process Overview
- Tuckwell Scholarship Application

- Stage 1
- Stage 2
- Stage 3
- Attributes of a Tuckwell Scholar
- Contact us

Applications open early March and close on 14 April 2025.

First Nations Peoples



Indigenous Careers with the Australian Government Development Program

The Indigenous Careers [website](#) connects Aboriginal and Torres Strait Islander people with Australian Government Jobs career development opportunities and networks. The website contains a range of useful information and links including:

- [APSjobs](#) - search the latest jobs
- [Indigenous Graduate Pathway](#) - A rewarding career in the Australian Public Service for recent Aboriginal and Torres Strait Islander tertiary graduates.
- [Traineeships and Apprenticeships](#) - Traineeship or Apprenticeship programs available across the Australian Public Service
- [Aboriginal and Torres Strait Islander Networks](#) - APS wide networks that support progressing the employment and retention of Aboriginal and Torres Strait Islander employees across the across the service

QUT Indigenous Australian Accommodation Program

The Indigenous Australian Accommodation Program (IAAP) is a twelve-month transition support program available to Aboriginal and Torres Strait Islander students who are relocating from regional, remote or interstate to QUT for their first year of study. Click [here](#) to read about subsidised accommodation and more.

Gap Year Program News



A gap year option

The National Farmers Federation provides Gap Year programs in Australian Agriculture. Click [here](#) to find out about the benefits of taking a gap year and working on the land. It may be a great option for you!

Considering a gap year? Arielle Gatotos

Arielle Gatotos says “life is an experiment, not a test”. People used to tell me I could do nearly anything and succeed. Yet, as a high-stress high school student, that message morphed into: "If you don't excel in life, you must have done something wrong. Choose wisely." The limitless possibilities quickly became a heavy burden and rather than inspiring me to chase my dreams, they deepened my anxiety about a future I had yet to figure out. Many young people feel this pressure no matter what your results are. Click [here](#) and read about Arielle's journey out of school and into a wonderful and successful adult and work life.

Gap Year an option you're thinking about?

Thinking about taking a gap year to try something new? You are best to start your research about your options now. *Your Career* has put together some pointers to help you to explore short-term opportunities and answer some of your questions including:

- [Are you unsure of your next steps?](#)
- [Find a career that suits your interests](#)
- [Looking for something different?](#)
- [Alumni who took a gap year](#)
- [Want to apply for a job now?](#)
- [Explore different journeys for school leavers](#)
- [Additional supporting resources](#)

Open Days, Expos & Career Markets



2025 Sunshine Coast Daily Careers Expo

The 2025 Sunshine Coast Daily Careers Expo will be held on Tuesday 22 July from 9am - 2:30pm. The Expo offers a wealth of information including:

- Access to the latest careers, course study and employment options.
- Advice on enrollment procedures.
- Talk to local and national employers.
- Opportunity to talk to admissions staff.
- Meet with interstate and overseas exhibitors.
- Info on bursaries, scholarships and application procedures.
- Compare courses from different providers.
- Students' services, GAP and exchange programs.

Click [here](#) for more information and venue location.

2025 TSXPO Tertiary Studies Expo

The 2025 Tertiary Studies Expo (TSXPO) will be held on Saturday 19 and Sunday 20 July 2025 from 10am - 4pm at the Brisbane Showgrounds, Bowen Hills. Find out about your options for your transition from school to study or employment. Click [here](#) to find out the following information and go prepared to get the most out of your visit:

- Visitors
- Exhibitor Directory
- Seminars
- Downloads
- Getting Here
- Competitions



Private Provider Updates

NIDA courses in Brisbane

NIDA Open are offering [short courses](#) in Brisbane. Open classes in Brisbane include:

- [Courses for children](#)
- [Courses for young people](#)
- [Courses for adults](#)

SAE University College's International Study tour ... perhaps an option for you

It's not just Unis that offer international travel and study to their students. SAE has introduced a new unit – the International Study Tour in Berlin, running in March and October 2025. If you are interested in SAE University College then know that they provide international experiences and learning for their current students. Click [here](#) to find out more.

Project, Leadership and Entrepreneur Opportunities



Sail on the Young Endeavour in 2025

Young Endeavour offers 16 - 23 year olds' the opportunity to embark on an 11-day journey learning how to sail a square-rigged tall ship and how to lead, support others and work together as a team. A crew of nine specially trained Royal Australian Navy Staff Crew are also on board. A voyage in Young Endeavour is fun but you will be required to be an active member of the crew and contribute to the voyage. Click [here](#) to find out more information along with the application process. You can also subscribe to their [newsletter](#) to be the first to hear about new voyage dates.

World Science Festival Brisbane (WSFB)

World Science Festival Brisbane and Queensland programming for schools will be held from 21 - 30 March 2025. It is designed to engage students in stimulating and inspiring experiences that showcase careers in STEM, including discussions with scientists, hands-on activities and exciting science shows. You can also engage with the wonders of science through their curated program of livestreamed and pre-recorded, digital conversations, plus podcasts, online resources and more! Click [here](#) for more information.

QTAC & Tertiary Entry



How to apply to uni in 2025

In Queensland, you apply for most tertiary courses through the [Queensland Tertiary Admissions Centre](#) (QTAC). QTAC calculates the ATAR (Australian Tertiary Admissions Rank) for all eligible students and then processes study applications on behalf of Queensland universities, some interstate universities, TAFE Queensland and some private colleges.

In July, QTAC will distribute the 2026 QTAC Guide or you can access it online. The Guide contains information about the application and offer process as well as over 1,600 courses on offer through QTAC in 2026. You should double check the Guide's information on the QTAC and particular institutions' websites as things can change throughout the year.

Applications open online in early August and close in December for most offer rounds although some courses have earlier closing dates and entry requirements. You can apply for up to six courses across different institutions, however you will only receive one course offer. QTAC makes offers to students from November through to February. You can change your course preferences (for most courses) but this must be done within the specified QTAC guidelines/timeframe set out in the QTAC book and on their website.

Connect with QTAC on [Facebook](#), [X](#), [Instagram](#) and [YouTube](#) for important news updates.

You can apply directly to Queensland educational institutions not associated with QTAC. Queensland students can apply for interstate courses through interstate tertiary admissions centres (the exception is Tasmania where you apply directly to the University of Tasmania). To find out more about universities in Australia and the courses they offer, you can visit:

- [Course Seeker](#)
- [QILT](#)
- [The Good Universities Guide](#)
- [Rate your Uni](#)

Study Skills and Wellbeing



10 tips for students to survive Year 12

Surviving Year 12 is so much easier when you have a plan of attack. Following are Torrens University's top 10 survival tips for Year 12 students that are proven to take the pressure off. Click [here](#) to read about:

1. Get enough sleep
2. Don't skip meals
3. Take regular breaks
4. Be organised
5. Don't cram
6. Review your notes
7. Study with friends
8. Turn your phone off
9. Maintain perspective
10. Ask for help

Attitude - the power of a positive attitude

As the new year starts it is a good time to put in place some positive measures so that you start well. Below are four things to think about that may assist you to start with a winning attitude:

- Empathy will take you a long way - understand where other people (especially your teachers) are coming from and meet them halfway. It's the start of the new year for everyone.
- In today's world, your attitude is as important as your aptitude - although grades are important, your attitude will make a great deal of difference to your success and happiness.
- You must trade being fragile for being agile - being adaptable and pliable will see you managing whatever comes your way at school, at home, in the world. Resilience is the key.
- You are strong enough to flourish, not flounder - don't believe the messages, particularly from social media channels, which tell you that life is awful, because it isn't. It just needs you to have a 'can do' attitude, a bit of positive thinking and to back yourself to do the hard yards.
- Effectively managing all the things in your life - school, study, family, work, sport, social life etc will take a lot of stress off your shoulders and you will achieve much better personal and educational outcomes.

Enjoy 2025 everyone!

Re-adjust to school after the holidays

Kick-starting a new routine and schedule is difficult because in the holidays you:

- did lots of sleeping in
- could do what you wanted when you wanted to
- gave your smart phone a hammering
- became first best friends with the streaming channels!

Whatever you did you now have classes to attend, homework, house chores and maybe you're back at sport and/or cultural commitments or a job. So, how can you return to all that in the best possible way? Click [here](#) to read about:

- Plan, plan and plan
- Set your alarms
- Prepare your clothes before hand
- Sleeping and Eating - get that energy right
- Give it time

Start 2025 well!

Start your year well! This is the perfect time to polish your study skills. The following checklist will help get you started:

- **Learning environment:** find a place to study without distractions. It should be somewhere quiet, without TV/Online media, loud distracting music, social media or mobile
- **Focus and structure:** consider studying the hard subjects first when you're most alert and focused
- **Time management:** have a specific time of the day for studying and make it the same time every day if possible. Let friends and family know your allocated daily study time so you're not disturbed.
- **Concentration and breaks:** work out how long you can concentrate before you lose focus. Keep track of your ideal concentration time and take 5 to 10 minutes breaks when you're approaching your limit
- **Preparation:** ensure you have everything you need close by (e.g. books, notes, pens, pads, charged devices, good net connection etc.)
- **Healthy Eating:** avoid eating a large meal before studying, as it can make you drowsy
- **Get started:** start studying when you say you will. Delaying the start will only make the task harder
- **One thing at a time:** multitasking may sound smart, but it means you're not giving each task your full attention
- **Get in early:** never study too close to going to sleep. Give yourself at least half an hour of relaxation before turning in. Sleep is essential to achieving your best.

Start 2025 as you plan to finish - organised, committed and balanced!

Why is emotional intelligence important for students?

Some skills aren't taught in school, but that doesn't stop them from being important. Emotional intelligence (EI) can give you an edge in your academics now and set you up for success in your future career. But why is

emotional intelligence important for students specifically? What even *is* emotional intelligence anyway? UQ has put together information that explores all this and more (including tips for improving your EI):

- [What is emotional intelligence?](#)
- [Why is emotional intelligence important in high school?](#)
- [Why is emotional intelligence important for students in university?](#)
- [Why is emotional intelligence important in the workplace?](#)
- [How to develop emotional intelligence.](#)



The Good Universities Guide's 2025 Rankings

The [Good Universities Guide 2025 rankings](#) have been updated with the latest student experience ratings. The rankings are high-level indicators and should be used to gain comparative insights into the varying strengths and characteristics of each institution. Click on the *University* you are interested in and then on *Rankings*. Some Rankings include:

- Learning resources
- Overall experience
- Skill development
- student support
- Teaching quality
- Social equity
- First generation
- Graduate salary

Australian Catholic University

ACU Guarantee, entry programs and pathways - start researching!

Click [here](#) to listen to ACU's ACU Guarantee, entry programs and pathways webinar. Although it was recorded last year, the information will be valuable as you consider your after school options. Click [here](#) for more info with updates during the year.

Guided campus tours

Knowing about the university you are interested in attending is essential. Click [here](#) to book a 30 - 60 minute guided tour to explore the [Brisbane Campus](#). Registrations are essential as places fill quickly. If you would like a guided tour on a different date, please contact futurestudy.bne@acu.edu.au to arrange.

New courses at ACU

Click [here](#) to keep up with what courses ACU are offering. Some of the courses listed are brand new, others have been revised to ensure they meet new best practices and some are being introduced on a particular campus for the first time. Check it out as there may be the course you are looking for!

Central Queensland University

CQU YouTube site

CQU has videos on its CQU [You Tube site](#) with information on its locations and courses. They are brief and will give you a good overview of CQU and what it offers.

CQUiversity locations

CQU has 10 Queensland campuses including Brisbane, Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville and regional university study hub partners. Click [here](#) and scroll down for links to the various campuses where you will find more valuable information.

From Undergraduate degrees to VET courses to Apprenticeships and Trainees at CQU

CQU offers [Apprenticeships and Traineeships](#), [TAFE courses](#) and university programs. Visit the home page of the CQU [website](#) for links to the fields of study available. Modes of study include on-campus, full-time, part-time and distance education depending on the course.

[Pathway Courses](#) are pathways into degrees at CQU. These include certificate and diploma vocational courses and the [Skills for Tertiary Education Preparatory Studies](#) (STEPS).

Start Uni Now (SUN)

SUN enables students completing Year 10 or who are in Years 11 and 12 to study CQU subjects while still at school. The application closing date for Term 1 is 17 February 2025. You may be eligible for direct entry into a degree program at the end of Year 12 if you pass at least one SUN subject from a degree program. Visit the [SUN website](#) to see if SUN is for you, semester dates and application closing dates for Term 1, 2 and 3, 2025.

Griffith University

Head Start program - On- Campus or Online

Griffith Uni's Head Start program gives you the opportunity to study a course (subject) at Griffith while completing your high school studies:-

- It's free
- Sample university life

- Stretch your academic boundaries
- Guarantees admission to one of more than 70 single and double degrees (on successful completion of course and Year 12 studies)
- You don't have to be ATAR eligible to apply
- Only Year 12 students can join the Trimester 1, 2025 program
- Click [here](#) to find out more about:
 - eligibility
 - entry requirements,
 - application details.

Applications close on 10 February 2025.

What's on offer at Griffith

Start your exploration of Griffith University on the Study at Griffith [webpage](#). Learn about Griffith campuses and courses, university life and much more including:

- Find your degree
- Choose your pathway
- You may also like ...
- Scholarships
- Choose Griffith
- Download a study guide
- Life at Griffith/accommodation

James Cook University

Campus tours

You are welcome to visit the JCU campuses. To book a [campus tour](#), complete the registration form and they'll be in contact with you to confirm. You can take a virtual tour of [Cairns](#) and [Townsville](#) campuses with the [interactive maps](#) to help you navigate your way around the campuses. You can also access [accommodation options](#) available.

Is JCU for you?

JCU is one of the world's leading institutions focusing on the tropics. It offers many course options with campuses in Cairns and Townsville and smaller campuses in Brisbane (which offers courses to international students), Mackay, Mount Isa, Thursday Island and Singapore. Courses prepare students for issues facing northern Australia and the tropics. Check out the JCU homepage to see courses and visit the Campuses page for more information about their locations.

Queensland University of Technology

Accommodation service

The QUT accommodation service provides students with information and advice on finding and securing accommodation. [QUT Accommodation Service](#) has a list of accommodation providers and a self-help rental guide to help you plan and prepare for a rental journey. QUT Studystays [website](#) has a large collection of accommodation options and includes all the major commercial accommodation providers in Brisbane. To find out more, visit QUT's Living in Brisbane [webpage](#) or email accommodation@qut.edu.au.

Guaranteed course offers

If you are researching options for after school, a valuable piece of information to assist you will be QUT's guarantee course offers thresholds so that you know what to aim for. If you receive an ATAR or selection rank equal to or higher than the offer guarantee, you are guaranteed a place in the course regardless of the final threshold determined each January. Once you receive your ATAR or know your selection rank you can check your eligibility for a QUT course before offers are made. Click [here](#) for more information.

QUT's High School moot competition

The QUT High School Moot Competition is an opportunity for Year 11 and 12 students to engage with the law. Competitors:

- Are provided with a fictional client problem
- Must prepare a 2 page written argument and a 20 minute oral argument
- Present to real-world lawyers and judges
- Compete against each other across the course of one weekend

Click [here](#) to register your interest for more 2025 competition details and application process. Preliminary rounds will be held 1 - 3 August 2025.

Science 360

Interested in studying science at QUT? You can experience QUT through their 360° world. Interact with their online environments and hear from students who've undertaken a QUT degree. Experience [360 degrees of QUT](#).

Thinking about study options at QUT?

As a Year 12 student, it's not too early for you to begin exploring your tertiary options for 2024. The QUT website section for high school students will help you start your exploration of the options available at QUT. You can find out about:

- [Undergraduate applying: a step-by-step guide](#)
- [Scholarships](#)
- [Year 12 Early Offer scheme](#)
- [Advanced standing \(credit\)](#)
- [Adjustment schemes](#)
- [Support for students](#)
- [Uni social life](#)

Southern Cross University

Campus tours

Southern Cross Uni is holding campus tours on 30 January from 2pm - 4pm at all their campuses. Getting to know a campus helps you sort out if the Uni is a good fit for you. Click [here](#) to register to attend one of their tours.

The University of Queensland

Engineering, Design and Computing High School Ambassador Program

Year 11 students interested in engineering, design, architecture or computing will be interested in the Ambassador Program. Advantages of joining the program include:

- Improving your knowledge
- Raising the profile of engineering, design or computing in your school
- Challenge you to develop your leadership abilities and communication skills
- Connecting with like-minded students across Queensland and Northern NSW.

Nominations close early in the year so check [here](#) for more information and registration details.

FEAST (Future Experiences in Agriculture, Science, and Technology)

UQ's FEAST is a four-day residential program inspiring high school students to pursue rewarding careers in the agriculture, animal, plant and food industries. It is open to students in Years 10, 11, and 12 and will take place between 29 June and 2 July 2025 at UQ Gatton. You will:

- Experience university life and connect with other students who share similar interests.
- Explore various science disciplines through interactive activities and workshops.
- Meet UQ students and staff, and attend sessions hosted by industry professionals.
- Live in UQ's Halls of Residence and engage in social and recreational activities.
- Gain insights into UQ's science programs and study options.
- Learn about current global challenges facing scientists, such as climate change, biosecurity, food security, and wildlife conservation.

Click [here](#) for more information including cost and registration details.

Thinking about UQ after school?

Access the Future Students [page](#) on UQ's website to start your exploration of courses available at UQ. Find out about pathways to UQ and the activities you can participate in as a high school student.

UQ Science Ambassador Program

Raise the profile of science within your school asking your teachers to nominate you as a UQ Science Ambassador. Ambassadors will champion science at their school by developing and delivering events, including National Science Week activities and encouraging other senior science students to share their experiences with students in all years. 2025 nominations are now open and close at the end of March 2025. The program begins in Term 2. Click [here](#) for more information.

Torrens University Australia

Enrolments open for Semester 1 2025

The next trimester at Torrens University Australia commences on 14 February and applications are still open. They offer courses in:

- Design
- Health
- Business
- Hospitality
- Technology
- Education

University of Southern Queensland

Head Start at the University of Southern Queensland

USQ's Head Start program gives Years 10, 11 and 12 students an opportunity to study a university subject while still at school. Successful completion of certain subjects could lead to guaranteed entry and academic credit into related degrees at USQ. Click [here](#) for Key dates including the closing date. Applications for Trimester 1, 2025 close on 3 February 2025.

Upcoming Events



Date	Event
30/01/2025	ADF: Brisbane New Year New Career Information Session
03/02/2025	UniSQ Head Start Trim 1 applications close
04/02/2025	ADF: Brisbane Army Reserve Information Session
04/02/2025	ADF: Navy Careers Virtual Information Session
06/02/2025	2025 Australian Geographic Nature Photographer of the Year competition entries close
10/02/2025	ADF: Brisbane Defence Careers Information Session
10/02/2025	Griffith Uni's Head Start program for Trimester 1 2025 close
10/02/2025	Griffith Uni's Trimester 1 Head Start program applications close
11/02/2025	Safer Internet Day