



To contact Ms. Hall please email chall@stpiusx.nsw.edu.au or call 9414 4733.

Events

THIS WEEK'S EVENTS

Why Study Business at the University of Sydney? Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: February 18, 2026

Discover how our Commerce degree prepares you for the future of work and a wide range of career opportunities.

You will learn about the range of study areas (or majors) available – such as Marketing, Finance, or Innovation and Entrepreneurship - and the many ways in which you can combine your interests, with over 100 study areas to select from our shared pools of majors and minors.

Find out more about internships, industry-focused experiences, and global mobility opportunities on offer to our Bachelor of Commerce students.

[Find out more](#)

Endeavour College Virtual Open Day

Organisation: Endeavour College of Natural Health

Location: Online

Date: February 19, 2026

Virtual open day is an opportunity to learn more about Endeavour courses and how you can start your career in Natural Health.

Discover Endeavour's natural health qualifications, explore your study options, and gain insight into career pathways in nutrition, naturopathy, acupuncture, and more.

[Find out more](#)

NEXT WEEK'S EVENTS

Social Media Age Restrictions Explained – A Webinar for Parents and Carers from the eSafety Commissioner

Organisation: eSafety Commissioner

Location: Online

Date: February 24, 2026

From 10 December 2025, certain social media platforms won't be allowed to let Australian children under 16 create or keep an account. Join our information session to understand the changes.

This 30-minute webinar will help parents and carers understand the upcoming changes to social media access for children under 16.

Join our information session to:

- understand the purpose of the new age restrictions and how they aim to protect young Australians
- understand which platforms will require users to be 16+ and what platforms they can still access
- get tips and resources to support your child's online safety and wellbeing through the transition.

Parents and carers will gain:



- a clear understanding of the new rules and their implications
- confidence in guiding their child through these changes
- access to trusted resources to support safe and positive online engagement.

This webinar is offered more than once, so you can select the date and time that works best for you.

[Find out more](#)

Studying Science at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: February 25, 2026

Are you an aspiring scientist keen to make a difference? From astrophysics to wildlife conservation, medicinal chemistry to the history and philosophy of science, a science degree can lead to diverse and rewarding careers.

Join our academic expert to discover studying science at the University of Sydney, including our wide range of majors, flexible and specialist pathways, research and industry opportunities, and vibrant student life.

[Find out more](#)

STEM + X: Science – Webinar for Students, Teachers & Parents

Organisation: Careers with STEM

Location: Online

Date: February 25, 2026

The world is changing so fast, but science skills are only gaining importance. There's huge demand from emerging science fields including quantum computing and genetic engineering. And existing science fields like ag science and astrophysics are transforming fast too. The question isn't 'why science', it's 'which science'?

Join Careers with STEM for a free STEM + X career webinar, supported by QUT, to hear from science aces blazing a trail from horse hoof disease to lithium ion battery tech, to growing crops in space!

[Find out more](#)

UniMelb Hansen Scholarship Program Information Session, Online

Organisation: University of Melbourne

Location: Online

Date: February 26, 2026

Talented year 12 students, parents, careers practitioners, and other support people are invited to join us for an information evening to learn more about the University's most generous undergraduate scholarship: the [Hansen Scholarship](#).

As a Hansen Scholar, you'll join a program that nurtures potential and provides a place where your ambition can grow, offering you access to a high-quality university education that might otherwise feel out of reach. Valued at up to \$108,000, this scholarship offers a fully funded place to call home at Little Hall for three years. Alongside the close-knit residential community, tailored mentoring, extracurricular activities and focused financial support will set you up for success.

In this one-hour session, we'll cover:

- Benefits of the program including the fully-funded offerings of Little Hall
- Eligibility and selection criteria
- Timelines and the application process
- Tips and advice on submitting a competitive application

You'll hear from a current Hansen Scholar who will share their experiences about the program and be available to answer your questions. A recording of the session will be made available for



registrants who can not tune in on the night.

[Find out more](#)

Experience La Trobe Albury-Wodonga

Organisation: La Trobe University

Location: La Trobe University, Albury-Wodonga Campus

Date: February 26, 2026

Join us to experience life as a university student for a day. Explore different study options, get a taste of your dream course or try out something new. Whether you know what you want to study or you're still deciding, Experience La Trobe is a day made for you.

Get hands-on in our labs, meet current students, ask our experts and take a tour of our campus!

What's included for students?

- Free La Trobe tote bag and merchandise
- Presentation on university life
- Hands-on workshops in your chosen study area
- Chat with real students and our course experts
- Campus and accommodation tour
- Lunch provided

Choose from two of the below study areas to explore:

- Agriculture and Biological Sciences
- Biomedical Science
- Business
- Education
- Humanities and Social Sciences
- Nursing
- Psychology
- Social Work
- Sports and Exercise Science
- TAFE Pathways and Tour

[Find out more](#)

Year 12 & Beyond with ADHD – Webinar for Students & Parents

Organisation: Claire Pech Careers

Location: Online

Date: February 26, 2026

Targeted to parents of students with ADHD in Year 12, this webinar will share insights and practical solutions for managing this critical year and beyond and making meaningful career decisions.

Hosted by [Claire Pech](#), CICA-Accredited Careers Practitioner, and [Amanda Krulis](#), endorsed Organisational Psychologist.

View the [full series of webinars](#) for the ADHD community on all things careers, schooling and the workforce.

[Find out more](#)

FUTURE EVENTS

Admission Pathways and Entry Schemes to the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online



Date: March 4, 2026

There's more than one way to gain entry into your dream degree at the University of Sydney. Join us to learn how to prepare for UAC applications and explore the different pathways to study at the University of Sydney. We'll walk you through entry schemes that recognise your academic achievements, personal circumstances and more so you can understand all the options available to you before applications open.

[Find out more](#)

Year 10 & Beyond with ADHD – Webinar for Students & Parents

Organisation: Claire Pech Careers

Location: Online

Date: March 5, 2026

For parents of students with ADHD in Year 10, this webinar explores how to navigate the key decision points of the senior school years, support effective planning for post-school options, and help your teen build confidence in their future direction.

We'll unpack the unique challenges ADHD can bring to this stage — from planning and procrastination to emotional regulation — and explore how to make study and career decisions that align with your child's strengths, values, and readiness.

Hosted by [Claire Pech](#), CICA-Accredited Careers Practitioner, and [Amanda Krulis](#), endorsed Organisational Psychologist.

View the [full series of webinars](#) for the ADHD community on all things careers, schooling and the workforce.

[Find out more](#)

Understanding and Using Parental Controls to Help Protect Your Child Online – Webinar for Parents and Carers

Organisation: eSafety Commissioner

Location: Online

Date: March 5, 2026

Learn how parental controls can be used to prevent children accessing harmful content, manage time spent online and who they communicate with.

In this 45-minute webinar, we'll explore how parental controls can be used alongside other online safety strategies to protect your child online.

You'll learn:

- the types of parental controls available – including on smart devices, in gaming platforms and on apps
- how they can help prevent children accessing harmful content
- how to use them to complement other online safety strategies.

This session is suitable for parents and carers of young people in primary and secondary school.

[Find out more](#)

CSU Explore Day for Year 10, 11 & 12 Students, Albury-Wodonga

Organisation: Charles Sturt University

Location: Charles Sturt University, Albury-Wodonga Campus

Date: March 10, 2026

Are you in Year 10, 11 or 12? Get a feel for uni life at our hands-on Explore Day!

Our Albury-Wodonga campus is where the outdoors and study meet. From water sports on the Murray to skiing in Falls Creek, you'll never be bored.

Explore Day features lots of workshops you can take part in, based on careers and courses you're interested in. You'll need to book a spot in any workshop you'd like to attend.



You'll be able to:

- talk to academics about courses and careers.
- attend tours of facilities and social spaces.
- enjoy a delicious morning tea on arrival and a free lunch.
- bring along your parents or carers, teachers and friends. All our buildings are accessible, so if you're a person with disabilities, you'll be able to take part in everything.

[Find out more](#)

Pathways to Studying Law at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: March 11, 2026

Did you know, there are many pathways to studying law at the University of Sydney? Hear from a current students who joined the law community at Sydney through an alternate pathway, such as transferring or studying graduate entry law.

[Find out more](#)

National Fashion College Open Day, Sydney

Organisation: National Fashion College

Location: National Fashion College, Sydney Campus

Date: March 11, 2026

Unlock a world of limitless possibilities at National Fashion College, where your fashion journey begins at our iconic Sydney Campus!

Step into a realm of unmatched creativity and immerse yourself in the forefront of fashion innovation. Our pioneering courses, dynamic internship opportunities, and exclusive access to the buzz of Australian, New York, and London Fashion Weeks will propel you into the heart of the global fashion scene. Get ready to be inspired, challenged, and transformed - we can't wait to welcome you!

If these times don't suit you, you can always [book in for a private appointment or tour instead](#).

[Find out more](#)

AIE Information Evening for Future Students, Sydney

Organisation: Academy of Interactive Entertainment

Location: Academy of Interactive Entertainment, Sydney Campus

Date: March 12, 2026

Discover the courses designed to get you started in game development, film, 3D animation and visual effects at the AIE Information Evening.

The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. We will be showing off AIE student work and our staff and teachers will be available to chat with you about our courses and how AIE can get you into a creative career.

[Find out more](#)

AIE Information Evening for Future Students, Online

Organisation: Academy of Interactive Entertainment

Location: Online

Date: March 12, 2026

Discover the courses designed to get you started in game development, film, 3D animation and visual effects at the AIE Information Evening.



The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. We will be showing off AIE student work and our staff and teachers will be available to chat with you about our courses and how AIE can get you into a creative career.

[Find out more](#)

CSU Explore Day for Year 10, 11 & 12 Students, Bathurst

Organisation: Charles Sturt University

Location: Charles Sturt University, Bathurst Campus

Date: March 17, 2026

Are you in Year 10, 11 or 12? Get a feel for uni life at our hands-on Explore Day!

Looking for the perfect blend of city meets country vibes? From cafés and wineries to festivals and galleries, you'll get the best of both worlds in Bathurst.

Explore Day features lots of workshops you can take part in, based on careers and courses you're interested in. You'll need to book a spot in any workshop you'd like to attend.

You'll be able to:

- talk to academics about courses and careers.
- attend tours of facilities and social spaces.
- enjoy a delicious morning tea on arrival and a free lunch.
- bring along your parents or carers, teachers and friends. All our buildings are accessible, so if you're a person with disabilities, you'll be able to take part in everything.

[Find out more](#)

Study Biomedicine and Health at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: March 18, 2026

Wondering about a career in health or biomedicine? Or a path that leads to—research, medicine, public health, or something entirely new?

Join our webinar to uncover the possibilities with the Bachelor of Biomedicine and Health, delivered at the heart of a world-class health and research hub at Westmead. Learn how this degree opens doors to careers in health, hospital services, and public health, and serves as a pathway to medicine, dentistry, pharmacy, and allied health programs. Discover how this degree opens doors to exciting careers and future study options.

[Find out more](#)

UQ Medicine Information Evening, Online

Organisation: University of Queensland

Location: Online

Date: March 18, 2026

Attend our information session to learn about studying medicine at The University of Queensland (UQ).

Hear from UQ Medical School staff, UQ alumni and current students on the changing medical climate, how to apply for medicine at UQ, and tips for success.

What's involved:

- Learn about admission requirements and how to apply for the Doctor of Medicine (MD).
- Gain insight into UQ's MD program structure, clinical placements, learning experiences and student support.
- Explore entry pathways, including partnerships with CQUniversity and UniSQ.



- Hear from UQ Medical School academics about UQ's new medical pathway.
- Hear insights from recent graduates and current students.
- Participate in an interactive Q&A with alumni and current students.

[Find out more](#)

UniMelb Hansen Scholarship Program Information Session, Online

Organisation: University of Melbourne

Location: Online

Date: March 19, 2026

Talented year 12 students, parents, careers practitioners, and other support people are invited to join us for an information evening to learn more about the University's most generous undergraduate scholarship: the [Hansen Scholarship](#).

As a Hansen Scholar, you'll join a program that nurtures potential and provides a place where your ambition can grow, offering you access to a high-quality university education that might otherwise feel out of reach. Valued at up to \$108,000, this scholarship offers a fully funded place to call home at Little Hall for three years. Alongside the close-knit residential community, tailored mentoring, extracurricular activities and focused financial support will set you up for success.

In this one-hour session, we'll cover:

- Benefits of the program including the fully-funded offerings of Little Hall
- Eligibility and selection criteria
- Timelines and the application process
- Tips and advice on submitting a competitive application

You'll hear from a current Hansen Scholar who will share their experiences about the program and be available to answer your questions. A recording of the session will be made available for registrants who can not tune in on the night.

[Find out more](#)

CSU Explore Day for Year 10, 11 & 12 Students, Wagga Wagga

Organisation: Charles Sturt University

Location: Charles Sturt University, Wagga Wagga Campus

Date: March 24, 2026

Are you in Year 10, 11 or 12? Get a feel for uni life at our hands-on Explore Day!

Wagga is the largest inland city and is the perfect spot if you love a weekend getaway.

Explore Day features lots of workshops you can take part in, based on careers and courses you're interested in. You'll need to book a spot in any workshop you'd like to attend.

You'll be able to:

- talk to academics about courses and careers.
- attend tours of facilities and social spaces.
- enjoy a delicious morning tea on arrival and a free lunch.
- bring along your parents or carers, teachers and friends. All our buildings are accessible, so if you're a person with disabilities, you'll be able to take part in everything.

[Find out more](#)

Griffith Pathways to Medicine Information Session, Online

Organisation: Griffith University

Location: Online

Date: March 24, 2026

Embark on your journey to a rewarding medical career at Griffith University with our Pathways to Medicine online information session.



Get clear, first-hand advice from Griffith admissions experts, medical teaching staff, and current students who have successfully navigated the same pathways - helping you understand your options and apply with confidence.

Discover all you need to know about studying medicine at Griffith, from choosing the right undergraduate degree to understanding admissions processes and pathway options.

Why attend?

- Explore the different pathways into Griffith's Doctor of Medicine
- Learn which undergraduate degrees can lead to medicine
- Understand how GUMSAA and GEMSAS are used in the selection process
- Get guidance on the Rural Priority Access Scheme
- Hear real experiences and tips from current Griffith medical students
- Ask your questions during a live Q&A session

[Find out more](#)

Your Passport to an International Career: Bachelor of International Studies at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: March 25, 2026

Ever dreamt of making a global impact? In Sydney's Bachelor of International Studies you will dive into the world's most challenging issues and gear up for a career that knows no borders - be it in business, diplomacy, policy-making, or advocating in a global civil society.

Join our webinar and discover how our degree can help you navigate the global arena. Don't just watch the world change - be the change!

[Find out more](#)

University of Sydney Parramatta Info Night 2026

Organisation: University of Sydney

Location: CommBank Stadium

Date: March 25, 2026

Are you in Years 10 to 12 and ready to explore your future? Join us for an information night to discover how the University of Sydney can help you shape the future you want.

Connect with current students and alumni from Parramatta, each representing a diverse range of degrees and pathways to higher education, and discover what life is really like as a university student. Plus, University staff will be available to answer your questions and guide you through your options.

[Find out more](#)

Sydney Design School Open Day

Organisation: Sydney Design School

Location: Sydney Design School

Date: March 28, 2026

Step inside our world of design and get to know us. Explore our studios, check out amazing student work, meet the inspiring team, get creative making a mood board.

[Find out more](#)

CSU Medicine Information Night for Future Students

Organisation: Charles Sturt University

Location: Online



Date: April 1, 2026

Pursue a rewarding career. Make a difference in your community. Get all the info you need to study our independently accredited Bachelor of Clinical Science (Medicine)/Doctor of Medicine.

Whether you're in high school, looking for a career change, or keen to take the next step in your health career – our online information night is for you! Parents, carers, and career advisers are also welcome to join.

[Find out more](#)

Sydney Design School Interior Design Business Workshop

Organisation: Sydney Design School

Location: Sydney Design School

Date: April 14 to April 15, 2026

If you've always wanted to run your own creative business but lack the tools to get started our Interior Design Business Workshop is perfect for you. Be inspired and energised by passionate Interior Designers who run their own successful practices and gain clear insights into your motivation and key business drivers.

On day one you'll drill down into what makes your offer unique, identify your target audience and develop marketing and pricing strategies. Then on day two get into the nitty gritty of contracts, fee proposals and how to successfully manage a design project, including scope creep and price objections. You'll finish the workshop exploring and discussing tactics to set yourself apart and get noticed.

[Find out more](#)

Sydney Design School Interior Decoration Workshop

Organisation: Sydney Design School

Location: Sydney Design School

Date: April 15 to April 16, 2026

Be inspired. Be creative. If you love interiors magazines and beautifully styled spaces, this fun two day workshop is for you. It's perfect for any interiors enthusiast who wants to decorate their home with skill and confidence.

This beginners workshop will give you a taste of the Certificate IV in Interior Decoration course and you'll get a feel for our School and the passion of our Educators.

Get hands on as you learn how to put together a full interior decoration scheme for a living space in your own home. Plan the layout, select furniture and lighting, explore colour schemes and create a sample board of your ideas.

[Find out more](#)

ACAP Info Night, Sydney

Organisation: ACAP University College

Location: ACAP University College, Sydney Campus

Date: April 23, 2026

Join us on campus and discover how ACAP can help you make a real difference in the lives of others. Find out about our degrees in psychology, social work, counselling, criminology, coaching and law, as well as the career paths available to you.

ACAP's degrees of difference have been shaping futures for over four decades. As a global leader in the vast field of applied psychology, our professionally accredited qualifications contribute to societal well-being, embodying values of integrity, equity, and social justice.

Join our on-campus info night and discover our industry-driven programs, meet our industry experts and see how ACAP can help you achieve a career that'll make a real degree of difference.

[Find out more](#)



SAE University College Info Night, Sydney

Organisation: SAE University College

Location: SAE University College, Sydney Campus

Date: April 23, 2026

Just make the first move in your dream career – join us at your local SAE campus for Info Night! This is your chance to get a feel for the vibe at an SAE campus. Explore our creative and technology courses, meet industry experts and chat to the campus teams about student life. You can even take a tour of our facilities and check out some of the awesome student projects on display.

[Find out more](#)

Discover Western Webinar – Your Pathway from TAFE to University

Organisation: Western Sydney University

Location: Online

Date: April 28, 2026

This webinar is for current or former TAFE or Vocational Education students to learn about Western's Vocational Pathways. Your studies may make you eligible for entry to Western, and you may even be eligible for credit towards your degree! Our knowledgeable staff will talk you through your options.

[Find out more](#)

University of Sydney On-campus Info Night 2026

Organisation: University of Sydney

Location: Seymour Centre, University of Sydney, Camperdown/Darlington Campus

Date: April 29, 2026

Are you in Years 10 to 12 and ready to explore your future? Join us for an information night to discover how the University of Sydney can help you shape the future you want.

Connect with current students and alumni, each representing a diverse range of degrees and pathways to higher education, and discover what life is really like as a university student. Plus, University staff and a UAC representative will be available to answer your questions and guide you through your options.

[Find out more](#)

UNE Open Day 2026

Organisation: University of New England

Location: University of New England, Armidale Campus

Date: May 1, 2026

Thinking about uni after school? Come and see what UNE has to offer.

Open Day gives you a real sense of university life. You can weigh up your options, check out campus, and meet the people who'll be teaching you. You'll get to tour facilities, sit in on information sessions, and try out some interactive activities. You'll also have the opportunity to ask lecturers all your questions about courses, what to expect, or what it's like to study in your area of interest.

You'll experience the community side of UNE too. From the moment you arrive, you'll see why students consistently rate us highly for social equity and overall experience.

[Find out more](#)

Discover Western Webinar – For Parents and Supporters: Your Role and How You Can Help Guide Them to University

Organisation: Western Sydney University

Location: Online



Date: May 4, 2026

This webinar is for Parents and Supporters to learn how they can support their child through their HSC and while they make those big decisions about their future. Discover university entry options, careers and courses, and pathways they can explore should they not achieve their desired ATAR.

[Find out more](#)

ACU Talk with Occupational Therapists and Physiotherapists

Organisation: Australian Catholic University

Location: Online

Date: May 6, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

ACU Talk with Teachers and Educators

Organisation: Australian Catholic University

Location: Online

Date: May 7, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

ACU Talk with Nurses, Midwives and Paramedics

Organisation: Australian Catholic University

Location: Online

Date: May 13, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

ACU Talk with Law, Criminology and Business Professionals

Organisation: Australian Catholic University



Location: Online

Date: May 14, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

ACU Talk with Arts Students and Graduates

Organisation: Australian Catholic University

Location: Online

Date: May 20, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

ACU Talk with Biomedicine and Nutrition Experts

Organisation: Australian Catholic University

Location: Online

Date: May 21, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

Year 10 Subject Choices with ADHD – Webinar for Students & Parents

Organisation: Claire Pech Careers

Location: Online

Date: May 21, 2026

Getting through the final school years with ADHD can be challenging — and choosing subjects that don't suit your strengths or learning style can make it even harder. This webinar is designed to help parents of students with ADHD in Year 10 understand how to make subject selections that support motivation, confidence, and success.

Hosted by [Claire Pech](#), CICA-Accredited Careers Practitioner, and [Amanda Krulis](#), endorsed Organisational Psychologist.



View the [full series of webinars](#) for the ADHD community on all things careers, schooling and the workforce.

[Find out more](#)

HSC and Careers Expo 2026

Organisation: Resources for Courses

Location: Winx Stand, Randwick Racecourse

Date: May 28 to May 30, 2026

The HSC and Careers Expo 2026 is Sydney's longest running education and career event, designed to help high school students, parents, teachers, and jobseekers explore study and employment pathways. It brings together universities, TAFEs, training providers, employers, and career advisers in one location to provide practical information about courses, apprenticeships, and career options. The event aims to support informed decision-making about future study and work choices through exhibits and HSC seminar presentations.

[Find out more](#)

Scholarships

The ARN Ali Drower Audio Scholarship for Aspiring Journalists

Organisation: The Walkley Foundation

Location: Australia

Value: AU\$10,000

Close Date: April 13, 2026

[Find out more](#)

Frank Hall-Bentick Education Fund

Organisation: Australian Communities Foundation

Location: Australia

Value: Up to AU\$2,500

Open Date: January 1, 2026

Close Date: June 6, 2026

[Find out more](#)

Competitions

Anzac Day Schools' Awards

Organisation: Department of Veterans' Affairs

Location: Australia

Value: Up to AU\$5,000

Close Date: May 28, 2026

[Find out more](#)

Learning to Be Heard – Global Public Speaking Challenge for High School Students

Organisation: TED Summer School

Location: All

Value: See details

Close Date: February 26, 2026

[Find out more](#)



Weekly Posts

WORK EXPERIENCE

Tips for making the most of work experience

Thinking about a career, but not sure if it's going to be the right fit? Work experience is a great way to get a taste of a job and build some important skills. So if you're thinking of going on work experience, this blog will provide you with practical tips and advice to help you prepare, and come out the other end feeling more secure about your career choices.

The value of work experience

Work experience can serve as a stepping stone towards your future career. It offers a glimpse into the world of work and can help you develop essential skills, gain industry insights, and make informed decisions about your future.

If you're prepared and keen to learn, you can maximise the value of the experience and maybe even solidify your future career choices.

Before work experience tips

If you have a work experience placement coming up, here are some tips to help ensure you're ready for your first day and make a great first impression.

Do some research

Before you begin your placement, do some research about the company or organisation you'll be joining. Familiarise yourself with their mission, values, and the work they do. This will show the employer you're keen and will take the opportunity seriously, and allows you to ask more relevant, thoughtful questions.

Set a couple of goals

It's also a good idea to set specific goals for what you hope to achieve during your placement. Your goals don't need to be huge, and you don't have to set heaps - think of them more like a roadmap to figure out exactly what it is you want to get out of this experience.

Whether it's finding out more about a particular role, making connections, or learning something new, having clear objectives can guide your efforts and make your experience more meaningful.

Don't forget the dress code

First impressions matter, and dressing appropriately is a big part of making your first impression a good one. Find out the dress code at the workplace and ensure your attire is clean, neat, and aligned with their expectations.

During work experience tips

Your placement is about more than just learning about a particular job - it's about building your skills and confidence, experiencing the world of work, and starting to make connections and decisions for your future. Here are some tips on how you can get the most value out of work experience.

Showcase your professionalism

Remember to maintain a professional demeanour throughout your work experience. This includes things like being polite and respectful to colleagues, showing up on time, and having a positive attitude. These habits will demonstrate your enthusiasm and leave a lasting impression (and could net you a positive reference at the end of your placement).



Network and build relationships

Work experience provides an excellent opportunity to network and build valuable professional connections. So take the initiative to introduce yourself to colleagues, ask about their roles, and learn about the journeys they took to get to where they are today. Actively participate in team activities and engage in conversations, showing genuine curiosity and eagerness to learn. It might seem a bit scary, but building these relationships now can open doors to future opportunities and mentorship.

Embrace challenges

During your placement, you may encounter unfamiliar terms, ideas, or situations. Embrace these as learning opportunities and push yourself beyond your comfort zone. This is your chance to seek knowledge in an environment outside of school - and it might be one you find yourself thriving in.

Seek feedback

While it's great to push yourself, don't hesitate to ask for help or clarification when needed too. Seek feedback from your supervisor or other workers to gauge your progress and identify areas for improvement.

Ask questions

Don't be afraid to ask lots and lots of questions either. Your employer and the other workers understand you're there to learn and will be more than happy to answer, so take advantage of their expert knowledge while you have the opportunity.

Write everything down

We all like to think we have the memory of an elephant, but it's easy to forget things, even if they seem important at the time. If you can, bring a notebook and pen and take down notes as much as you can - even if you need to look back in a year's time, all the information will still be there.

After work experience tips

Once you've said your goodbyes and headed home, there are still things you can learn. Here are some tips to help you find value post-work experience.

Reflect on your experience

Take time to think back on the lessons you've learned and the skills you've acquired. Consider how this experience has shaped your understanding of your chosen career path and identify areas you'd like to explore further. A little bit of reflection can help you make informed decisions about your future studies and career aspirations.

Ask for a reference

If you feel like you made a great impression and would be keen to find similar work down the track, you can ask your employer for a reference. That way when you're applying for jobs or courses in the future, you know you'll have someone who can back up your skills and experience.

Follow up

We talked earlier about making connections - and an important part of making connections is keeping in touch. You could follow the company on social media, connect with your co-workers on LinkedIn (just make sure they're comfortable with it first), or even ask about ongoing mentoring.

What if I didn't enjoy my work experience?

Sometimes work experience doesn't give you a clear answer about what you want to do next.



Instead, it helps you realise that something you thought you might enjoy isn't quite right for you. You might find that the work itself didn't interest you, or that the environment didn't suit how you like to learn and work. That can feel confusing at first, especially if you were hoping for a clear direction. But changing your mind is a normal and useful part of figuring out your future. What matters is how you use that realisation. Knowing what doesn't suit you makes it easier to spot opportunities that might be a better match next time. It can help you choose different subjects, look for a new type of placement, or explore careers you hadn't considered before.

Find out more

Remember, work experience could be a stepping stone to your future; so stay positive, be proactive, and make the most of any opportunities that come your way. Hopefully these tips will help you enjoy your work experience and learn a thing or two as well.

You can find more [blogs and advice about preparing for work experience here](#). Or if you're keen to get started, [you can search for opportunities here](#).

JOBS & CAREERS

How to spot job scams and stay safe

Looking for your first job is a huge milestone, whether it's weekend work at a café, a casual retail position, or a summer gig to save up some cash. But unfortunately, scammers know that young people searching for work can be easy targets. They're counting on your enthusiasm and lack of experience to trick you into handing over money or personal details.

Even though you're probably already aware of scammers and you know what to look out for, here are a few ways to protect yourself while you're looking for work.

Red flags that scream scam

Legitimate job ads are professional, and straightforward. They'll have the company name easily identifiable or a link to a reputable job seekers marketplace or HR company. Dodgy ones? They're more like someone trying to sell you a "genuine" Rolex from a suitcase.

Watch out for job ads that promise huge money for minimal work, e.g. "Earn \$5,000 a week from home". If it sounds too good to be true, sadly it probably is. Real employers know what the going rate is for entry-level positions, and they're not offering you CEO money to pack envelopes.

Be suspicious of vague job descriptions. Legitimate employers will tell you exactly what you'll be doing, where you'll be working, and what qualifications you need. If the ad is full of buzzwords like "be your own boss" or "unlimited earning potential" but light on actual job details, that's a massive red flag.

Poor spelling and grammar in job ads or emails is another giveaway. Real companies proofread their communications. If an email looks like it was written by someone having a fight with autocorrect, delete it.

The interview that isn't really an interview

Yes online interviews are more common these days, but legitimate employers don't conduct entire recruitment processes via WhatsApp, Slack, or text messages. If someone offers you a job without ever meeting you face-to-face or via video call, alarm bells should be ringing for you.

Real interviews happen in workplaces, or at minimum through proper video conferencing platforms. If your "interview" consists entirely of messaging back and forth with someone you've never seen, it's almost certainly a scam.

Never pay to get paid

This is the golden rule: you should **never** have to pay money upfront to get a job. Not for uniforms, not for training materials, not for background checks, not for equipment, and definitely not for



administration fees or registration costs.

Scammers love asking for bank account details under the guise of setting you up with payroll before you've even started work. A legitimate employer will ask for these details on your first day, after you've signed a proper contract and completed all the paperwork in person.

Similarly, be wary of jobs that ask you to receive money into your account and then transfer it elsewhere. This is called [money muling](#), and it's not just a scam - it's actually illegal and could land you in serious trouble.

What personal details are actually necessary?

At the application stage when you're applying for a legitimate job, you'll need to provide your name, contact details, and eventually your tax file number (but only after you've been officially hired). You might also need to show proof of your right to work in Australia and provide references.

What you should never be asked to provide during the application stage are things like:

- your driver's licence number
- passport details
- bank account information
- credit card numbers

You shouldn't have to provide your date of birth during the application and interview process either, although you may need to provide proof that you're over 18 for certain roles. If someone's asking for these before you've even had an interview, stop communications, report, and block them.

Trust your gut

That uncomfortable feeling in your stomach when something doesn't seem quite right? That's your brain's security system kicking in. Don't ignore it just because you really want the job.

If you're feeling uncertain about a job opportunity, talk it through with someone you trust, a parent, teacher, careers counsellor, or older sibling. Sometimes saying it out loud to another person helps you realise what's bothering you. You should also look up the company of the contact person online. Check search engines and social media including Linked In, and if they have provided any details like their Australian Business Number (ABN), [you can look that up too](#). You can also do general searches using the company name with the word "scam" to see if others have reported problems.

What to do if you've been scammed

If you've been duped by a dodgy job ad, first up don't panic or feel embarrassed. Scammers are professionals who trick people of all ages, and falling for one doesn't make you gullible, it makes you human. Here are some things you can do to recover:

- Take screenshots of any conversations or interactions you've had, including the email address and any contact details you've been given (even if they're fake).
- If you've handed over money, contact your bank immediately. The sooner you report it, the better chance you have of getting your money back. If you paid through a platform like PayPal or a banking app, report it through there as well.
- If you've shared personal details like your tax file number or bank account information, contact your bank straight away and consider reporting the incident to [IDCARE](#), Australia and New Zealand's national identity and cyber support service.
- Report the scam to [Scamwatch](#) (run by the ACCC) so they can warn others and track scam trends. You should also report it to the job platform where you found the listing.
- Finally, change your passwords on any accounts that might have been compromised, especially if you used the same password across multiple sites (which you really shouldn't be doing anyway).

Take action and stay safe



With all of your experience in the world of online safety, it's unlikely that you'll fall for a scam. Just remember when you start searching and applying for jobs that you stay alert to the warning signs and trust your instincts as well as all you've learned. You'll be able to spot the dodgy opportunities and focus on the genuine ones.

For more advice on preparing for your job search the right way, check out our [jobs and careers resources](#) to help you land a legitimate position that'll actually pay you properly and treat you fairly.

HUMAN SKILLS

Fire up your future this Lunar New Year

The 17th February 2026 marks the start of [Lunar New Year](#) celebrations around the world. This event marks the beginning of a new year in the lunisolar calendar, and this year it's a rare event that only happens once every 60 years, with the [Year of the Fire Horse](#) rolling around. The last Fire Horse year was in 1966, that's probably before your parents were even born.

So what makes this year so interesting, and why should you care about it? Whether or not you celebrate Lunar New Year, the Year of the Fire Horse is seen as a time to embrace change, take bold action, and pursue goals with courage - a great reminder that now might be the perfect time to make a fresh start on those goals you've been thinking about.

What's the Fire Horse all about?

In Chinese culture, the horse represents hard work, bravery, and resilience, that's the energy this year is supposed to bring in abundance. Instead of just thinking about which path to take it could prompt you to actually take that path and gallop forward with your plans. Fire is a symbol of courage, action, and bravery, making everything more intense. Put these elements together and you get a year that's all about movement, energy, and transformation.

Could 2026 be your year to be bold, think optimistically, and lead by example - providing a burst of energy that can help you achieve amazing things.

Why this matters for your future

You might be wondering what an ancient zodiac system has to do with your life in high school. While symbols and traditions like this can often seem trivial, even silly, they can provide a useful way to think about change and motivation. The Fire Horse isn't about magic or fate, it's about seizing a moment and making the most of your year.

Right now, you're probably at a point where you're starting to think more seriously about your future. What subjects do you enjoy? What kind of person do you want to become? Where might your interests lead you? These are big questions, and sometimes they might feel overwhelming. The Fire Horse can be a symbol for taking action on these questions instead of just thinking about them. Maybe you've been curious about a particular career but haven't looked into it yet. Perhaps you've wanted to try a new subject or activity but kept putting it off. Or maybe you set some goals earlier this year that have slipped off track.

Getting back on track with your goals

It happens to us all. You start the year with brilliant intentions. You're going to revise more regularly, join that club, learn that skill, or explore that career path. Then school starts, life gets busy, and suddenly it's the middle of February and you've barely made progress.

Since the Fire Horse energy is about momentum, not just starting, but keeping going. Here are some ways you could embrace this fresh-start:

Revisit your goals that may have fizzled out

Pull out that list you made at the start of the year. Which goals still matter to you? Pick one or two to focus on right now, not all of them at once. Small steps work better than trying to change



everything.

Explore one new pathway

Is there a career you've been curious about? Use this energy to actually research it. Look up what people in that job do day-to-day. Check what subjects or qualifications you'd need. Ask a people in your life and community, as well as careers teachers, if they can help you find work experience opportunities in the field.

Be brave and take a small step

The Fire Horse is about courage, that doesn't mean you have to do something massive. It could be as simple as asking a teacher about a subject you're interested in, joining a club you've been nervous about, or having an honest conversation with your family about your future plans.

Making your own fresh start

Lots of cultures mark the new year at different times, a common theme is the idea that certain moments are good for new beginnings. You don't need to believe in zodiac signs to benefit from this idea of a fresh start. The important bit is what you do with it.

Success rarely arrives swiftly or smoothly, no matter what year it is. Most of the time, achieving your goals takes consistent effort, learning from mistakes, and not giving up when things get difficult. What the Fire Horse can give you is a reminder that energy and momentum matter. When you feel motivated, use it. When you're excited about something, explore it. When you're curious about a pathway, investigate it.

Your pathway, your pace

You're in high school, you've got time on your side to try things out. If all you take from this Lunar New Year is that it's a good moment to start being more intentional about your choices, that's a win for you.

Remember everyone's journey looks different, so try not to compare yourself to siblings and friends. Some people know exactly what they want to do from a young age. Others explore loads of different interests before finding their direction, both approaches are completely fine.

Pay attention to the subjects that excite you. Notice what you're naturally good at and what you enjoy practising. Think about the problems in the world that you'd like to help solve. These clues can point you towards pathways that might suit you. You don't need to sprint towards a career decision, having energy and motivation is brilliant, but using it wisely is even better. Keep moving forward, learning more about yourself and saying yes to the opportunities available to you.

Ready to explore?

This Lunar New Year, why not treat yourself to a fresh start? It doesn't have to be dramatic: maybe it's finally booking that conversation with your careers adviser. Perhaps it's taking a deep dive into one career pathway you've been curious about. Or it could be setting one achievable goal for the next few months.

Want help exploring your options and planning your pathway? Visit our [study pathways section](#) to discover different routes to your dream career, or check out our [career exploration resources](#) to learn about jobs you might not have considered yet.

JOBS & CAREERS

7 popular careers that need high school mathematics

When it comes to choosing your subjects in high school, deciding whether to take Advanced Maths or Mathematical Methods can feel intimidating. You might wonder if it's really worth it. The truth is, some careers rely on good maths skills, and having a solid foundation can make a big difference in



your future.

From designing buildings to predicting markets, here are 7 jobs where high-level mathematics is a prerequisite or recommended.

1. Engineer

If you enjoy figuring out how things work, engineering could be a great fit. Engineers design and build everything from bridges and farms to machines and transport systems. They use mathematical formulas to calculate forces, loads, pressure, and efficiency, making sure structures are safe and systems work as intended.

How to get there: Engineers usually need a university degree in a specific field such as civil, mechanical, or agricultural engineering. These degrees rely heavily on maths, especially in areas like physics, modelling, and problem solving.

2. Architect

Architects turn ideas into real buildings that people can live and work in. Maths is used to plan layouts, work out dimensions, and understand how weight and materials affect a structure. Without a strong grasp of measurements and spatial thinking, designs would not be practical or safe.

How to get there: Architecture degrees do not always list Advanced Maths or Mathematical Methods as a formal prerequisite. However, not taking them can make topics like structural systems and building design much more challenging.

3. Accountant

Accountants help individuals and businesses understand their financial position. They analyse financial records, prepare reports, track income and expenses, and forecast future budgets. This work involves interpreting numerical data, working with percentages, and understanding financial trends.

How to get there: A degree in accounting, finance, or commerce is the usual pathway. Maths skills are especially useful for subjects like financial reporting, statistics, and business analysis.

4. Data Analyst

Data analysts work with large sets of information to uncover patterns and insights. They use statistical methods to compare data, identify trends, and predict outcomes. Maths helps them decide what data is meaningful and how reliable the results are.

How to get there: Most data analytics degrees require Mathematical Methods or Advanced Maths. While some courses offer bridging options, having a strong maths background makes learning data modelling and statistics much easier.

5. Statistician

Statisticians specialise in collecting, analysing, and interpreting data. They design surveys, test theories, and calculate probabilities to answer questions in areas like health, sport, and economics. Careful mathematical reasoning is essential to avoid misleading conclusions.

How to get there: A degree in statistics, mathematics, or applied mathematics is required. These degrees almost always expect students to have completed Mathematical Methods or Advanced Maths.

6. Pharmacist

Pharmacists make sure medicines are safe and effective for patients. They calculate medication doses, adjust prescriptions, and prepare compounds, all of which require careful numerical reasoning and attention to detail. A small error in calculation can have serious consequences.

How to get there: A degree in pharmacy or pharmaceutical science is required. Entry into these



degrees usually requires Mathematical Methods or Advanced Maths due to the level of calculation involved.

7. Actuary

Actuaries focus on predicting future risk. They use probability and financial modelling to estimate the likelihood of events such as accidents, illness, or market changes. Their calculations help companies make decisions about insurance, superannuation, and long-term investments.

How to get there: A degree in actuarial science is required. Some courses do not strictly require Mathematical Methods, but it is strongly recommended, as the degree involves complex probability and financial mathematics.

Bridging courses

Even if you didn't take Mathematical Methods in high school, or you're not keen on it, you can still pursue one of these careers. Many universities and TAFE courses offer bridging programs that teach the maths you need, like algebra, statistics, and basic calculus and give you the same level of qualification.

These courses focus on preparing you for university-level maths and easing the transition into degrees that rely heavily on numbers. With the right support, your high school subject choices don't have to limit your future career options.

For more information on bridging courses, [take a look at our in-depth blog here](#).

Want to explore more?

If none of these careers are quite right for you, [we have heaps more to explore on our website](#).

PATHWAYS

Bridging courses: What and why

Not everyone's study journey follows a straight line. If you're interested in a course but don't quite meet the entry requirements, a bridging course can help you move forward with confidence. These courses are designed to prepare you for further study by strengthening specific skills or knowledge areas you may be missing.

What is a bridging course?

A bridging course is a short, targeted program designed to help you meet entry requirements or prerequisites for a higher-level course. Unlike informal preparation, bridging courses result in a qualification. This can be used for further study or as proof of your skills in the workforce.

They usually cover subject knowledge, like maths, science, or health basics, or focus on academic skills such as writing, research, and study strategies. Completing a bridging course shows you're ready for the next step.

How long do they take?

The length of a bridging course depends on the provider and the content. Some run for a few weeks, while others take several months. Many offer flexible options, including part-time or online study, so you can balance learning with work, family, or other commitments.

Why take a bridging course?

There are several ways to move into further study, such as completing a diploma, relying on alternative entry programs, or gaining relevant work experience. Bridging courses stand out because they're usually quicker and more focused than other options. Many are run by universities themselves, which means you can often complete the course and move straight into your chosen degree without extra steps.



Taking a bridging course can also give you a clearer sense of what university study will be like, helping you adjust to new expectations before your full program begins.

Costs and support

Fees depend on the provider and course type. Some courses offer financial support, subsidies, or flexible payment options. It's worth checking what's available, so cost doesn't become a barrier to moving forward.

Where to take a bridging course

Most bridging courses are run by universities, which makes transitioning into a degree smoother. Some TAFE institutes and vocational providers also offer programs, especially in areas like healthcare, IT, or trades.

Choosing the right course

To select the most suitable program:

- Confirm it meets the entry requirements for your intended study
- Check that it covers the specific skills or knowledge you need
- Make sure the delivery format works for your schedule
- Verify that it provides a recognised credential accepted by your next course

Researching these factors helps ensure the course supports your goals efficiently.

Common mistakes

- Don't assume a course meets the entry requirements for your next program. It's easy to think it will, but if it doesn't match the exact requirements, you could spend time on a course that doesn't help you move forward.
- Don't think that just finishing a bridging course automatically gets you into your course. It can help you meet requirements, but most programs still need an application or other steps.
- Don't skip support services. Things like tutoring, workshops, or mentoring are there to help you succeed, and not using them can make the course harder than it needs to be.
- Don't overlook the provider. Some universities and TAFE institutes are better suited to certain subjects or courses, and choosing the wrong one can make the next step more difficult.

Next steps

Bridging courses can be a practical way to prepare for further study while earning a formal qualification. Check with universities, TAFE, or vocational providers to find a program that suits your goals, and take the next step toward your future.

If you'd like to read more about your study pathway options, [you can check out some of the other blogs on our website here](#).

APPRENTICESHIPS & TRAINEESHIPS

How to get an apprenticeship

If you're thinking about your next step after school or TAFE, an apprenticeship can be a great way to gain practical skills, earn while you learn, and start a career in your chosen trade. Before you begin searching, it's worth taking a moment to consider if now is the right time. Are you ready to commit to learning on the job? Do you know what industry or trade interests you most? Do you have the time to work an apprenticeship?

Before you apply

Before you start sending out applications, it's important to make sure you're ready. Taking a little



time to prepare can make a big difference and help you stand out to employers.

Update your resume and cover letter

Your [resume](#) is often the first thing an employer sees, so it's worth getting it right. Highlight relevant school subjects, hobbies, or volunteer work that show your skills and reliability. A short, clear cover letter that explains why you're interested in the trade and the company can also help you make a strong first impression.

Check for any requirements

Some apprenticeships have specific prerequisites. For example, certain trades may require a [White Card](#), a Working With Children Check, or other certificates before you start. Make sure you know what's needed and start getting any paperwork ready early.

Prepare for interviews

If your application is successful, the next step is usually an interview. Spend some time thinking about why you want to do the trade, what skills you bring, and how you can contribute to the workplace. Practising answers to common questions and dressing neatly can help you feel confident on the day.

Gather evidence of your skills

For some trades, having proof of your experience or abilities can make your application stronger. This could include photos of personal projects, school work, or any casual work experience. Being able to show what you've done demonstrates initiative and commitment.

Where to look first

Once you've decided to start looking, there are several ways to find apprenticeships.

Search job boards

Websites like [SEEK](#), [Indeed](#), and dedicated apprenticeship portals list current opportunities. You can filter by location, trade, or industry to focus on roles that match your interests and skills.

Go through an apprenticeship provider

Registered providers specialise in connecting candidates with employers. They can guide you through the application process and help match you to opportunities that suit your. [You can find a list of Apprentice Connect Australia Providers here.](#)

Talk to your networks

Networking isn't just for office jobs. Teachers, career advisors, coaches, and mentors can be excellent sources of advice and connections. Let them know you are looking for an apprenticeship - they may be able to give you opportunities you wouldn't find otherwise.

You could also ask friends, relatives, or their parents if they know of any businesses currently offering apprenticeships.

Visit your local TAFE

TAFE can also be a valuable resource. Many courses include structured work placements and have established links with local employers. Even if you're not enrolled yet, reaching out to a TAFE near you to ask about apprenticeship pathways in your trade can give you clear guidance on the steps ahead.

Next steps



Once you know where to look and who to talk to, start applying and making connections. Keep track of your applications, follow up when needed, and be prepared to explore multiple options. The most important skill when looking for an apprenticeship is having the persistence to keep applying. Want more information on apprenticeships? [Take a look at the other resources on our website here.](#)

APPRENTICESHIPS & TRAINEESHIPS, VOCATIONAL EDUCATION

What is a school-based apprenticeship or traineeship (SBAT)?

If you've heard people mention SBATs but aren't entirely sure what they are or whether they might be worth considering, you're not alone. School-based apprenticeships and traineeships (or SBATs) are one of those pathways that can sound a bit confusing at first, but they're actually quite straightforward once you understand how they work.

An SBAT lets you get a head start on your career while you're still completing your senior secondary certificate. Instead of waiting until after you finish school to begin training for your chosen profession, you can start working towards a nationally recognised qualification right now, earning a wage as you go. It's a way to combine your final years of school with real-world work experience and formal vocational training.

Whether an SBAT is right for you depends on several factors including your career goals, your ability to manage a busy schedule, and what you're hoping to achieve after school. This article will help you understand what's involved so you can make an informed decision about whether this pathway suits your situation.

How does an SBAT work?

School-based apprenticeships and traineeships combine three elements: your regular school studies, paid employment with a host employer, and vocational training delivered by a registered training organisation (RTO) such as TAFE or another training provider.

You'll typically spend most of your week at school as usual, then work at least one day per week (or the equivalent hours) for your employer. The specific requirements vary slightly between states, but generally you'll need to work a minimum of 7-13 hours per week, averaged over a certain period. Some of this work and training will take place during school hours, which is why your school needs to approve your SBAT arrangement.

The training component involves structured learning either at your workplace, at a training provider's campus, or sometimes a combination of both. You might attend classes one day per week, complete block training over a few weeks, or undertake workplace-based assessment depending on your qualification and training provider.

All of this is formalised through a training contract - a legally binding agreement between you (and your parent or guardian if you're under 18), your employer, and your training provider. This contract outlines your wages, working hours, training requirements, and the qualification you're working towards. An [Apprentice Connect Australia Provider](#) will help coordinate the paperwork and registration of your contract.

Your SBAT work and training typically count towards your senior secondary certificate, whether that's your HSC in New South Wales, VCE in Victoria, QCE in Queensland, SACE in South Australia, or WACE in Western Australia. The exact credit you receive depends on your state's curriculum authority and the qualification you're undertaking.

What are the benefits of an SBAT?

The most obvious benefit is **getting paid to learn**. You'll earn a wage based on industry awards or enterprise agreements, which means you're building work experience and earning money while still at school. For many students, this provides valuable financial independence and helps with the costs of senior school life.

You'll also gain genuine **workplace skills and industry connections** before you even graduate. By the



time your peers are writing their first resumes, you'll already have substantial work experience, professional references, and a network of industry contacts. This gives you a significant competitive advantage when applying for jobs or further training opportunities.

Perhaps most importantly, **an SBAT lets you test whether a career path actually suits you** before committing years to study or training. If you discover that working in hospitality, construction, business administration, or whatever field you've chosen isn't quite what you expected, you've learned this while still at school and can adjust your plans accordingly. Conversely, if you love it, you're already well on your way to establishing your career.

For trainees, you might complete your entire qualification by the time you finish Year 12, giving you a Certificate II or III that's ready to use immediately. For apprentices, you'll typically complete the first stage of your apprenticeship at school, then transition to full-time or part-time work to complete the remaining stages. Either way, you're reducing the total time needed to become fully qualified.

Is an SBAT right for you?

Before you get too excited about the benefits, it's important to have an honest conversation with yourself about whether you can actually manage what's required. An SBAT isn't a lighter option or an easy way through school - it's an additional commitment on top of your regular schooling, and it will significantly impact your final years.

The reality is that you'll be juggling more than your classmates. While they're managing five or six subjects, you'll be managing those same subjects plus regular work commitments plus vocational training. This means less free time, more scheduling complexity, and potentially more stress. You'll need to be organised, motivated, and genuinely committed to making it work.

If you're aiming for a high ATAR and planning to apply for competitive university courses, you need to think carefully about how an SBAT fits with that goal. The time you spend working and training is time you won't be spending on ATAR subjects. Some students manage both successfully, but it requires excellent time management and often means making strategic choices about which subjects to take and how many.

You might need to be particularly smart about your subject selection. Consider whether you can drop down to the minimum number of ATAR subjects required, choose subjects that complement your vocational training, or focus on subjects you find easier to manage alongside your work commitments. It's worth having a detailed conversation with your school's careers adviser or senior studies coordinator about how to structure your timetable to avoid overloading yourself.

Think about your typical week and whether you can realistically fit in the additional hours. If you already struggle with time management, feel constantly stressed, or are involved in multiple other commitments like sport or part-time work, adding an SBAT might push you past your limits. There's no shame in recognising that an SBAT isn't the right choice for your current situation - sometimes the most responsible decision is to wait and pursue training or employment after you've completed school.

You should also consider whether you have reliable transport to get to work and training, whether your family can support you with the additional demands, and whether you're genuinely interested in the field you're considering. An SBAT requires commitment from everyone involved, so make sure you've thought through the practical realities before you begin.

How to find an SBAT opportunity

Finding an SBAT position is similar to finding any other job, except that you're specifically looking for employers willing to take on school-based trainees or apprentices. There are several approaches you can take, and many students use a combination of methods.

Start by checking dedicated apprenticeship job boards. [Apprenticeship Central](#) is a national platform specifically for apprenticeship and traineeship positions, including school-based options. [SEEK](#) also



lists many SBAT positions - search for "school-based apprenticeship" or "school-based traineeship" to find current opportunities. Your state might also have specific resources: Victoria has [Apprenticeships Victoria](#), while Queensland students can check opportunities through their [Department of Employment, Small Business and Training](#).

Group Training Organisations (GTOs) are another excellent resource. These organisations employ apprentices and trainees and then place them with host employers. This means you're technically employed by the GTO, which can provide additional support and security. [BUSY At Work](#) and [Apprenticeship Careers Australia](#) are examples of GTOs operating across multiple states.

Don't underestimate the value of direct approaches and personal connections. If you're already working somewhere part-time, ask whether they'd consider taking you on as a school-based trainee. If you have family friends or relatives working in industries that interest you, mention that you're looking for an SBAT - personal connections often lead to opportunities that never get advertised. You can also approach businesses directly, particularly smaller local businesses that might not have considered taking on a school-based employee but would be willing to if someone asked. Some schools have established relationships with local employers and might be able to connect you with opportunities. Your school's VET coordinator, careers adviser, or industry liaison officer often knows about available positions before they're publicly advertised, so make sure they know you're looking.

Steps to get started with an SBAT

Once you've decided an SBAT might be right for you, here's a practical pathway to get started:

Step 1: Research your options

Before talking to anyone official, do your homework. Research which qualifications interest you and which industries offer SBATs in areas you'd enjoy. Think about whether you want to pursue a traineeship (which you might complete during school) or an apprenticeship (which you'll start at school but complete afterwards). Consider what's realistic given your location, transport options, and current commitments.

Step 2: Talk to your school

Your next conversation should be with your school's VET coordinator or careers adviser. They're the experts on how SBATs work within your school's system and can tell you whether your proposed plan is feasible. Be prepared to discuss how an SBAT would fit with your subject choices, whether you're planning to pursue an ATAR, and how you'll manage the workload. Your school needs to approve your SBAT for it to proceed, so this conversation is essential.

Step 3: Discuss with your family

Make sure your parents or guardians understand what you're proposing and are supportive. If you're under 18, they'll need to co-sign your training contract. More importantly, you'll probably need their support with transport, managing your schedule, and dealing with the additional pressures. Have an honest conversation about whether this commitment works for your whole family.

Step 4: Find an employer

This is often the trickiest step. Start looking early - don't wait until the start of the school year. Use the resources mentioned above, leverage any personal connections you have, and be prepared to apply for multiple positions. Remember that you're looking for an employer who's willing to commit to training you, not just someone who needs casual labour. If you're already working somewhere, this might be your easiest option, but make sure the role offers genuine training opportunities, not just more of what you're already doing.



Step 5: Connect with an Apprentice Connect Australia Provider

Once you've found a willing employer, an Apprentice Connect Australia Provider (or ACAP) will help coordinate your training contract. Your school or employer can connect you with a provider, or you can find one through the [Australian Apprenticeships website](#). They'll handle much of the paperwork and make sure everything is registered correctly.

Step 6: Develop your training plan

Working with your employer and your chosen RTO, you'll develop a training plan that outlines what you'll be learning, when training will occur, and how you'll be assessed. This plan needs to work around your school commitments, so be clear about your availability and any scheduling constraints.

Step 7: Sign your training contract

Once everyone agrees on the arrangement, you'll sign the training contract. Read it carefully before signing and make sure you understand your commitments, wages, working hours, and what happens during the probationary period (usually 1-3 months). If anything is unclear, ask questions before you sign.

Step 8: Start your SBAT

Once the contract is signed and registered, you can begin. Be prepared for an adjustment period as you figure out how to balance school, work, and training. Stay in regular communication with your school, employer, and training provider, and don't be afraid to ask for help if you're struggling.

State-specific information and resources

Requirements and processes vary slightly between states, so it's important to check the specific information for where you'll be studying. Here are the key resources for each state:

New South Wales and Australian Capital Territory

SBATs in NSW are available to students in Years 10, 11, and 12. The [NSW Education Standards Authority \(NESA\)](#) oversees how SBATs count towards your HSC. You can find detailed information on the [NSW Department of Education SBAT page](#) and through [TAFE NSW](#).

Making your decision

An SBAT can be an excellent pathway if it aligns with your career goals, you're ready for the commitment, and you can manage the additional workload alongside your schooling. It offers genuine advantages including work experience, income, industry connections, and progress towards a qualification before you even finish school.

However, it's not the right choice for everyone, and there's absolutely nothing wrong with deciding that you'd rather focus on your school studies now and pursue training or employment afterwards. The key is making an informed decision based on your specific circumstances, goals, and capacity to manage the demands.

If you're still unsure, talk to your school's careers adviser, speak with students who are currently doing SBATs, and have honest conversations with your family about what's realistic for you. Take your time making this decision - rushing into an SBAT because it sounds good without fully understanding what's involved often leads to stress and disappointment for everyone.

Whatever you decide, make sure it's a choice that works for you and your goals, not just what sounds impressive or what your friends are doing. Your final years of school are challenging enough without adding commitments you're not ready for, but they're also a valuable opportunity to get a head start on your career if you're genuinely prepared to make it work.

[You can learn more about apprenticeships and traineeships on our website here.](#)



JOB SPOTLIGHTS

How to become an Expedition Leader

Expedition Leaders guide groups safely through challenging environments, from polar ice fields and mountain ranges to dense jungles and remote desert regions. They manage logistics, lead teams, and handle emergencies in places far from conventional support systems. If you're a natural leader who thrives in wilderness settings and stays calm when things go wrong, this career offers genuine adventure with serious responsibility.

What skills do I need as an Expedition Leader?

- Advanced wilderness navigation
- Strong leadership abilities
- Excellent risk assessment
- First aid and rescue trained
- Calm crisis management
- Outstanding group facilitation
- Physically fit and resilient
- Environmental awareness

What do Expedition Leaders do?

Before any expedition begins, you spend weeks or months planning routes, assessing risks, arranging permits, and coordinating equipment and supplies. You'll research weather patterns, identify potential hazards, and develop contingency plans for emergencies. For commercial expeditions, you'll also brief participants on what to expect and assess their fitness and experience levels.

Once in the field, you're responsible for everything. Each day you'll navigate routes, monitor weather conditions, manage group dynamics, and make constant decisions about safety. You might be teaching participants how to use crampons on a glacier, coordinating with local guides and porters, or deciding whether conditions are safe enough to continue. When something goes wrong - and it will - you're the one who organises rescues, administers first aid, or calls for evacuation.

Between expeditions, you maintain and inventory equipment, write detailed trip reports, train junior guides, and develop new itineraries. Many Expedition Leaders also deliver presentations, write articles, or contribute to safety standards for their industry. You'll stay current with rescue techniques, update certifications, and continuously build knowledge about the regions where you operate.

What kind of lifestyle could I expect?

Expedition Leaders work for adventure travel companies, research institutions, film and documentary crews, educational organisations, and government agencies conducting fieldwork. Some lead commercial trips for paying clients, whilst others support scientific research in remote locations or guide corporate leadership programs in wilderness settings.

Your schedule is intensely seasonal and project-based. Expeditions might last anywhere from a week to several months, depending on the destination and purpose. You could spend six weeks guiding in Antarctica, followed by a month at home, then lead back-to-back treks through mountain ranges. Between seasons, you'll have extended downtime - though much of this goes toward planning, training, and maintaining certifications.

The physical demands are significant. You'll carry heavy packs, work in extreme temperatures, sleep in basic conditions, and maintain high energy levels for weeks at a time whilst also supporting your group. The work requires exceptional fitness and mental resilience. Salaries vary widely depending on the type of expedition and employer, with scientific and film support roles typically paying more than commercial guiding. Job growth is steady as adventure tourism expands and research pushes into more remote environments.



How to become an Expedition Leader

1. Build foundational outdoor skills Gain qualifications in bushcraft, navigation, and wilderness first aid through outdoor education courses or vocational training programs. Many leaders start with certificates in outdoor recreation or adventure guiding.

2. Develop environment-specific expertise Specialise in particular environments by completing advanced training - mountaineering courses, sea kayaking qualifications, polar field training, or jungle survival programs. The more environments you can operate in, the more opportunities you'll have.

3. Accumulate field experience Work as an assistant guide, outdoor education instructor, or field assistant on research projects. Log significant time in challenging environments, building your skills and demonstrating reliability to potential employers.

4. Gain leadership qualifications Complete formal leadership certifications through mountaineering associations, guiding bodies, or expedition training organisations. Many employers also require advanced first aid qualifications and specific rescue certifications.

From here, you could progress to lead larger or more complex expeditions, move into expedition management designing and coordinating programs, specialise in high-altitude or polar operations, train and assess other guides, transition into documentary or film expedition support, or establish your own guiding company.

What can I do right now?

If you're in high school and interested in working as an Expedition Leader, here are some practical steps:

- Join scouts, cadets, or bushwalking clubs to build navigation, camping, and leadership skills in a structured environment
- Complete a first aid course and volunteer with search and rescue organisations or outdoor event support crews
- Participate in school camps, Duke of Edinburgh programs, or outdoor education electives to gain experience in group expeditions and wilderness settings

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