



2026

CAREERS BULLETIN

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YEARS 8, 10, 12

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YEARS 7, 9, 11

5



Options

CAREER INFORMATION

CAREER INFORMATION BULLETIN

Edition 5

24/03/2026 to 06/04/2026



Table of Contents

Right click here and select 'Update Field' to generate the table of contents.

Announcements

This fortnight's joke!

I quit my job working for Nike. Just couldn't do it anymore.

This fortnight's thought

Just as a general note, you should get rid of any thought that there is an expectation that you do anything by any age. You don't have to be married with kids by 25. It's OK to be 16 and never been kissed. There's nothing wrong with you if you haven't graduated tertiary studies by 22. You're not a failure because you don't have your dream job at 30. There are no rules to life. You don't get special points for achieving certain things by a deadline. Just go at your own speed. It's not a race!

Apprenticeships & Traineeships



Aviation Australia Pre-Apprenticeship Courses

You can train with one of Australia's largest approved aircraft maintenance training providers. Aviation Australia is approved to deliver both [CASR and EASA Part 66](#) training and exams, along with hands-on practical training, self-paced study options and recognition of prior learning. Their qualifications are also recognised by the Defence Aviation Safety Authority, giving you skills that are valued across the industry. Aviation Australia offers:

- [Certificate IV in Aeroskills \(Avionics\) MEA40618](#)
- [Certificate IV in Aeroskills \(Mechanical\) MEA40718](#)
- [Certificate IV in Aeroskills \(Structures\) MEA41318](#)

[Find out about Pre-Apprenticeships courses here!](#)

Facts about apprenticeships and traineeships

- Apprenticeships and traineeships let you earn while you learn, combining work with training.
- They can be full-time, part-time or school-based (so you can start while still at school).
- You can do them part-time, but not casually.
- If you're already working, you might be able to start one with your employer.
- You and your employer sign a [training contract](#), agreeing to work and train together over a set time.
- Your employer and training provider will [create a plan to guide your learning](#).
- The training plan can include things like what you study, how it's delivered, where it happens and when.

Visit the [Department of Employment, Small Business and Training website](#) for more info.

Research Industries

There are many industries where you can do an apprenticeship or traineeship. The myfuture Industry pages will help you learn more about the industries you are interested in, including:

- the size of the industry
- whether apprenticeships and traineeships are common
- some tips on how to get a job in that area.

Start your research [here](#) as it is wise to make a well researched career decision because we all know what assuming does!

Thinking about becoming an apprentice in 2026/7?

The Australian Government offers support to apprentices and their employers throughout the apprenticeship journey. This includes checking eligibility for payments and providing financial help through the Australian Apprenticeships Training Support Payment (AATSP). If you're eligible and studying a priority occupation, you could receive up to \$2,500, paid in instalments across your apprenticeship:

- \$625 at 6, 12, 18 and 24 months (full-time)
- \$315 at 6 and 12 months and \$310 at 18 and 24 months (part time)

Click [here](#) and download the factsheet.



Defence University Sponsorship (DUS)

If you're studying (or about to start) a uni degree and thinking about the ADF, the Defence University Sponsorship (DUS) could be a great option. If you're accepted, your uni fees are covered, you'll earn a salary while you study and step straight into an ADF role after you graduate. . Click [here](#) to find out about:

- What is DUS?
- DUS Benefits
- Stories from DUS
- How DUS works
- DUS degrees
- Careers DUS can lead you to
- How to apply

Upcoming Defence Force Information Sessions

Stay up to date with upcoming Queensland ADF events and info sessions by checking the [Defence Jobs website](#). You can find event details, locations, times and book tickets through the links provided. For more updates, including Army Reserve info sessions, visit the [ADF Facebook](#) page. Keep in mind that some events may run during the Easter holidays.

- 24/03/2026 [Rockhampton A Night in the Army Reserve](#)
[Gold Coast School Leavers, Parents and Teachers Information Session](#)
- 25/03/2026 [Maroochydore School Leavers, Parents and Teachers Information Session](#)
[Brisbane Defence Careers Information Session](#)
[Townsville Gap Year Information Session](#)
[Gladstone Defence Careers Information Session](#)
- 26/03/2026 [Cairns Gap Year Information Session](#)
- 30/03/2026 [Brisbane Gap Year Information Session](#)
- 31/03/2026 [Greenbank A Night in the Army Reserve](#)
- 01/04/2026 [Maroochydore Defence Careers Information Session](#)
- 02/04/2026 [Brisbane Submariner Careers Information Session](#)

- 08/04/2026 [Brisbane Defence Careers Information Session](#)
[Toowoomba Defence Careers Information Session](#)
[Gold Coast Defence Careers Information Session](#)
- 14/04/2026 [Townsville Defence Careers Information Session](#)
- 15/04/2025 [Brisbane Combat and Security Information Session](#)
- 16/04/2026 [Health Careers Information Session](#)
- 20/04/2026 [Maroochydore Navy Careers Information Session](#)
- 21/04/2026 [Cairns Defence Careers Information Session](#)

Career Exploration



Career decisions - a simple activity to get started

Take some time this week to reflect on the following questions. You might want to write down your thoughts in a notebook or on your phone:

- What am I naturally good at?
Think beyond school subjects. Perhaps you're skilled at explaining ideas, solving problems, bringing people together or working with your hands.
- What activities absorb my attention?
Whether it's coding, creating art, playing sport or building things, these moments reveal your genuine interests.
- What do I value?
Consider what's important to you: creativity, helping others, independence, job security, innovation or making a difference.
- What environments suit me?
Do you prefer working independently or as part of a team? Indoors or outdoors? Structured routines or variety and flexibility?

Look for patterns in your answers. These insights will help you understand what kinds of careers and study pathways could work for you. Discuss with your parent or your career advisor at school.

Career road test

JobJumpstart has created a “career road test” workbook to help you explore a job or industry you’re interested in and see how it fits with your future plans. [Download the workbook](#) (scroll down) and work through the activities to build your ideas and confidence.

Investigating Career options - before you get to the end of Year 12!

It’s never too early to start exploring your career options. Learning about different pathways can help you feel more in control of your future. Remember, you’re choosing your first step, not your forever job and there are lots of exciting opportunities ahead.

There’s no single “perfect” job either. There are many careers that can match your skills and give you what you want, like enjoyment, challenge, good pay, teamwork, flexibility and/or variety.

Where to start:

- Make a list of jobs you're interested in—even dream jobs
- Talk to people who know you well and ask what careers they think might suit you
- Think about your favourite school subjects and explore related careers
- Try a careers quiz (like [myfuture](#) - free rego or [Career Quest](#)) to learn more about yourself

Career planning is a journey, not a one-time decision. Your ideas will grow and change as you gain experience and learn more about yourself.

myfuture - DEFINITELY worth a visit!

myfuture is a great place for exploring your pathway options. It includes short videos to help you get started and make the most of the site. [Click here to watch videos](#) on how to sign up, log in, and navigate key sections of myfuture.

- Signing up
- Logging in to myfuture
- Updating your details
- Using My career profile
- Finding Occupations
- Searching Courses
- Searching Career Articles
- Exploring Career bullseyes

Some principles of career decision making

The High Five Principles of Career Development are wise concepts to consider when researching career options and making career decisions. Read the information below and consider discussing them with someone for more insight.

1. **Change is constant** - The world of work is always changing. You also change as you develop personally and experience life. Don't be afraid of change; accept it and use it as an opportunity.
2. **Know yourself and follow your heart** - A most important skill in career management is self-awareness – knowing your interests, abilities, values, aspirations and the things/people that influence you. Start your job ideas list with jobs you would most like (dream jobs) even if they are currently unrealistic. This can get you started and lead to other jobs you hadn't thought of.
3. **Focus on the journey** - It's good to have goals, both short and long term. However, you should not be so focused on them that you miss opportunities that may emerge along the way.
4. **Learning is ongoing** - Learning doesn't stop just because you finish your course and get a job. Just as change is constant so is the need to keep up to speed with new technologies, new methods of practice and emerging trends in your career field.
5. **Access your allies** - These are the people who can help and support you during your career journey, your school guidance officer/counsellor, teachers, your family and friends, sport coaches and others within your social network. You can learn much from other people's experiences.

What is a VET course

Vocational Education and Training (VET) is all about learning practical skills for real jobs. It's designed for students, job seekers and people already working. You can even start VET at school through school-based training, where you gain a recognised qualification that can count towards your QCE and sometimes your ATAR. [Click here to learn more about your options](#) including:

VET qualifications

- Vocational graduate diploma
- Vocational graduate certificate
- Advanced diploma
- Diploma
- Certificate IV (4)
- Certificate III (3)
- Certificate II (2)
- Certificate I (1).

Learn more about the [AQF and qualification levels](#).

- Training packages and accredited courses
- Training providers



Competitions

Dorothea Mackellar Poetry Awards

The Dorothea Mackellar Poetry Awards are now open! You can write about anything, or use the 2026 optional theme, *“The Traveller”*, for inspiration. Entries close on 30 June 2026. Visit the website for details on age categories, how to enter and prizes.

Score It: Griffith Uni's high school film scoring competition

Score It is a great opportunity for aspiring composers across Queensland. In this Open Conservatorium program, you'll create music for a short animation made by Griffith Film School students and build real experience in film scoring. [Click here](#) for more entry details and to watch the films and check submission details before entries close on 12 June 2026.

Sunshine Coast Art Prize competition

[Sunshine Coast Art Prize](#) Applications close 10 May 2026

Wool4School Student Design Competition

Wool4School is an annual design competition for secondary students who are keen on fashion. It's a chance to get creative and show what you can do. To enter, register online using the sign-up form. You'll get a confirmation email—just click the link to activate your registration. [Click here for more details about the competition.](#)



Support for people with disability

The Queensland Government's Department of Employment, Small Business and Training offers helpful support for students with disability exploring careers and pathways. There are a range of services available to help with the transition into VET and employment, including support for apprentices and trainees. [Click here to explore the services available including:](#)

- Skilling Queenslanders for Work
- Free and reduced-cost training
- Apprenticeships and traineeships
- Training provider services
- Skills Disability Support
- Disability Australian Apprentice Wage Support (DAAWS) Program
- Job Access
- Transition to Work (TtW)
- National Equipment Database (NED)
- National Disability Insurance Scheme (NDIS)
- Resources for students with disability

The Complaints Resolution and Referral Service (CRRS)

The Complaints Resolution and Referral Service is a free service for people with disability who are users of Australian Government funded: Disability Employment Services (DES); Australian Disability Enterprises (ADE); and/or Disability Advocacy services. Click [here](#) and find out more about:

- Making a complaint to the CRRS
- Who can complain to the CRRS?
- What type of complaints can be made to the CRRS?
- What will the CRRS do?
- Useful Downloads

Employment, Job and Labour Market Info



ABS Labour Force Data - February 2026

The Australian Bureau of Statistics have released the [Labour Force Data for February 2026](#) in seasonally adjusted terms:

- unemployment rate increased to 4.3%.
- participation rate increased to 66.9%.
- employment increased to 14,748,700.
- employment to population ratio remained at 64.0%.
- underemployment rate remained at 5.9%.
- monthly hours worked decreased to 2,007 million.
- full-time employment decreased by 30,500 to 10,117,000 people.
- part-time employment increased by 79,400 to 4,631,800 people.

AI skills top list of hardest-to-find capabilities for employers worldwide

For the first time, AI skills are now the hardest for employers to find, overtaking traditional tech skills like engineering and IT. The most in-demand areas include AI model and app development (20%) and AI literacy (19%), followed by engineering (19%), sales and marketing (18%), and manufacturing (17%). Traditional IT and data skills have dropped to seventh place, showing a big shift towards AI-focused careers. [Click here to find out more.](#)

Australian Public Service Digital Traineeship Program

As a digital trainee, you'll build on your current skills and learn new ones to help improve services across the Australian Public Service. They are located in multiple locations, 12 months full time or 24 months part-time with a salary between \$53,565 - \$97,588. [Click here to register for updates and more info](#) on:

- Eligibility criteria
- Skills you need
- Benefits
- Locations
- What to expect in this program
- Areas you can work in
- Diversity and inclusion

Biofuels

Queensland is growing its biofuels industry, working with agriculture to boost output to \$30 billion by 2030. The goal is to become an Asia-Pacific hub for biorefining, improving fuel security, growing the economy and creating high-value jobs, especially in regional areas. [Click here to learn more about:](#)

- Initiatives to progress development of a biofuels industry
- [Sustainable aviation fuel](#)
- Strategic Biofuels Advisor
- Biofuels Industry Envoy
- [Sovereign Industry Development Fund](#)
- Stay informed

Casual and short-term work can build your employability skills

Think your casual job isn't a "real" job or won't help your future career? Think again! Even short-term or part-time work while you study can give you a big advantage when applying for jobs later. It shows employers you already have real-world experience and the skills they're looking for. These are called employability skills — things like teamwork, communication and problem solving — and they matter just as much as your qualifications. [Click here](#) to read JobJumpatart's ideas on how to make the most of a part-time job.

Top graduate employers

The Top Graduate Employer rankings highlight the best places for new grads to start their careers. They're based on real feedback from graduates in their first year, not popularity or marketing spend. The Top 75 employers are those rated highest for things like onboarding, support and overall experience, according to the grads themselves. [Click here to check them out.](#)

Use the STAR interview method and sound confident

Do you get nervous and ramble in interviews? Or feel unsure about what to include (and what to leave out) when talking about your experience? Using the STAR method can make a big difference. It helps you structure your answers clearly and confidently, often the difference between getting an offer or missing out. STAR stands for:

- **Situation** – set the scene
- **Task** – explain what you needed to do
- **Action** – describe what you did
- **Result** – share what happened

A great tip is to add a **T for Takeaways** at the end. This helps you link your experience to the job you're going for and shows what you've learned. [Click here to read Harvard Business Review's article for more tips.](#)

Your Digital footprint - a positive or negative look?

Your digital footprint is all the information you leave behind online — like social media posts, comments, photos, app use, emails and the websites you visit. It's important to be aware of the trail you're creating because it really does matter. To build a positive digital footprint, think before you post. At some point, someone may look you up online — this could be a future employer. [Click here to check out myfuture's tips](#) on how to manage your digital footprint, including:

- Set your privacy settings
- Consider your future
- Posting positively online
- Think before you post

Financial Assistance & Scholarships



Commonwealth teaching scholarships

The Commonwealth Teaching Scholarships Program offers financial support for future teachers, with up to \$40,000 for undergraduate students and \$20,000 for postgraduate students studying teaching. In return, recipients commit to teaching in government schools or government-run early learning settings after completing their degree. The program will run over five rounds till 2028, with up to 1,000 scholarships available each year. Make sure you apply on time—late applications won't be accepted. [Click here for more info and to register for updates.](#)

Real Futures Grant

The Real Futures Grant offers a \$5,000 grant to support students studying a certificate, diploma, degree, apprenticeship or traineeship. It's open to students in areas such as:

- **Business** – any business-related course
- **Finance** – including actuarial studies, statistics, accounting and finance
- **Medicine** – medical and health sciences, surgery or research
- **Healthcare** – health and fitness, sport science, health services and more
- **Specialist healthcare** – nursing, optometry, dentistry and pharmacy

Entries for 2026 close on 1 October 2026. To apply, you must be an Australian citizen or permanent resident and 18 years or older. [Click here for more info and how to apply.](#)

First Nations Peoples



CareerTrackers High School Program

The CareerTrackers High School Program supports First Nations students to finish high school, transition into university and access future internship opportunities. Designed for Year 12 students, the program offers training, coaching and real insight into pathways for higher education and professional careers. In the final stage, students interested in STEM, Business or Law can take part in a four-week paid internship, gaining:

- real workplace experience
- leadership development
- connections with First Nations role models

It's a great way to build confidence, skills and networks before starting Day 1 of university. [Find out more info and rego details here.](#)

UQ InspireU Extend Camp

InspireU Extend is a FREE 5-day residential camp for Aboriginal and Torres Strait Islander high school students during the June/July school holidays. You will be able to explore a specific study area in more depth. If you're in Years 10–12 and thinking about an ATAR pathway, this is a great chance to get hands-on experience and explore your future options. What to expect:

- Stay for 5 days (4 nights) near UQ's St Lucia campus
- Take part in academic enrichment and career exploration in your chosen area
- Join workshops, lab visits and industry sessions
- Get expert advice on ATAR, QTAC and subject selection
- Meet like-minded students and build lasting friendships

It's a great way to try out your interests, build confidence and start planning your next steps. Applications close on 17 May. [More info and how to apply here.](#)

Young Indigenous Women's STEM Academy Program

CSIRO's award-winning Young Indigenous Women's STEM Academy is a national program supporting young Aboriginal and/or Torres Strait Islander women from high school through to university. The Academy connects and mentors students who are interested in Science, Technology, Engineering and Mathematics (STEM), helping build skills, confidence and career opportunities. There is no cost. The program is delivered

by over 85% Indigenous staff, alongside experienced, child-safe screened STEM mentors and industry professionals. [Click here for more info including:](#)

- The opportunity
- Program eligibility
- How to apply
- Program outcomes



Gap Year Program News

Thinking of a Gap year – Make it Meaningful with a Purpose

Taking a year off after Year 12 won't automatically help if you're unsure about your future. Without a plan, it can easily turn into just "time off" without much direction. A structured gap year, however, can offer real benefits. Instead of drifting, you can get involved in activities like:

- Paid work
- Volunteering
- Skill-building or short courses
- Experiences linked to possible career paths

This kind of gap year helps you test different interests, build confidence and make more informed decisions about your future. Research shows that students who take a purposeful gap year are less likely to drop out of further study. There are plenty of organisations offering gap year programs, so take the time to research your options, plan ahead and involve your parents or carers in the process.

Holiday Programs & Short Courses



NIDA Holiday programs

NIDA offers several holiday courses for young people interested in acting as a career or a hobby. Click [here](#) to check out their holiday programs making sure that you click on the Location tab and then South Brisbane to see Queensland courses.

Volunteer ideas for high school students

Volunteer programs aren't just a way to keep busy during the school holidays. They're great for building confidence, skills and real-world experience (and they look great on a resumé too). Whether you're keen on a bigger commitment like volunteering overseas or just want to try a one-off local activity, you'll gain valuable skills and new perspectives. [Click here and explore some volunteer opportunities](#) for teens in Australia and beyond including:

- Places to volunteer in your neighbourhood
- Good volunteer ideas for high school students
- United Nations youth volunteer program
- Teen volunteer abroad programs
- Benefits of youth volunteering

What to do during the holidays ???

UQ has put together some ideas that can fill your time during the school holidays ... and NO ... they aren't all about studying! [Check them out here including:](#)

- Taking a short course
- Learning a new skill
- Getting a casual job
- Doing work experience
- Joining a local club/project
- Volunteer at a local event

Interstate and International



Crimson Education - Want to study overseas

Crimson Education is a US/UK university admissions consultancy that helps students aim for top universities like the Ivy League, Oxford and Cambridge. They offer personalised support across every stage of the application process, including:

- Choosing the right universities
- Test preparation
- Personal statement and essay guidance
- Extracurricular planning and mentoring
- Interview practice

It's a great option if you're looking for structured support and expert advice to boost your chances of getting into competitive international universities. [Click here to explore their resources, blog and services.](#)

Going overseas to study

Studying overseas can be an exciting and rewarding experience, with new cultures, languages and travel opportunities to explore. Before you go, it's important to be prepared. The Australian Government's Smartraveller website has helpful advice for students planning to study overseas. You can find information on:

- Learn about your destination
- Organise your documents and insurance
- Plan for your health
- Think about what you're packing
- Tell people where you're going
- Plan for if things go wrong
- Managing your finances while you're away

[Click here for more info and plan your trip with confidence.](#)

Melbourne Uni options

The curriculum at the University of Melbourne is a bit different to most Australian universities. Instead of going straight into a specialised degree, you'll start with a [three-year undergraduate degree](#), then either enter the workforce or apply for a [graduate program](#) (which is required for many professional careers like

law, engineering, medicine, teaching etc). For high-achieving Year 12 students, Melbourne also offers a [Guaranteed Entry scheme](#). This means you can secure a place in a graduate program, provided you meet the required results during your undergraduate degree. Click here to learn more about Melbourne's graduate programs.

Open Days, Expos & Career Markets



GU's Creative Arts Open Day

Griffith University is hosting a Creative Arts Open Day on 17 May from 9am–2pm at the Brisbane City (South Bank) campus. This is a great chance to:

- Connect with faculty and current students
- Explore state-of-the-art creative facilities
- Discover courses and career pathways in the creative arts
- Get a feel for what it's like to study at Griffith

Whether you're passionate about a creative career or just curious, it's a great opportunity to get inspired and see where your interests could take you. [Click here for more info.](#)

JMC Creative Open Day

JMC Creative Open Day will be held on 9 May from 10am - 3pm. You will be able to:

- Discover more about our courses
- Explore our state-of-the-art facilities
- Chat with current students about their experiences
- Connect with industry-leading lecturers
- Enjoy live student performances
- Watch creativity in action through course demonstrations
- Get insights into the enrolment process with Student Admissions

[Click here for more info and to register.](#)

Open days in April and May

01/05/2026: [University of New England Open Day](#)

17/05/2026: [Griffith University Creative Arts Open Day](#)

23/05/2026: [Australian Performing Arts Conservatory](#)

University Open Days in Queensland in 2026

If you're thinking about uni next year, it's a good idea to start planning which open days you want to attend. Open days give you the chance to:

- Chat with lecturers and current students about courses
- Explore the campus and facilities
- Learn about support services, clubs and student life
- Get a feel for whether the uni is the right fit for you

Most open days run between July and early September, so add them to your calendar early. This and future bulletins will keep you updated as dates are released.



Private Provider Updates

NIDA Acting for Grades 11-12 courses

Each term, NIDA focuses on a different area of performance, giving students a well-rounded experience and helping them build a range of creative skills. You can join at the start of any term throughout the year. The Open Acting on Screen course runs across four terms:

- Term 1: Improvisation and Performance Craft
- Term 2: Voice and Movement
- Term 3: Devising and Contemporary Practice
- Term 4: Script Work and Technique

It's a great way to explore acting, build confidence and develop practical skills across different styles. [Click here for more information and to apply.](#)

The Hotel School

The Hotel School, in partnership with Southern Cross University, offers courses focused on Tourism, Hotel Management, Hospitality and Events. Designed with industry input, these programs prepare you with the skills and experience needed to become a future leader in this fast-paced, global industry. You can start your studies at a:

- Diploma
- Associate Degree
- Bachelor Degree

[Click here for more information.](#)

Project, Leadership and Entrepreneur Opportunities



Bond University High School Model United Nations Conference (BUHMUN)

Bond's BUHMUN 2026 will be held on 12 and 13 May 2026. It will focus on two key Sustainable Development Goals (SDGs):

- SDG 4 – Quality Education
- SDG 11 – Sustainable Communities

Delegates will explore how technology can be both used and regulated to:

- Support human development
- Protect cultural heritage
- Safeguard civilians and critical infrastructure
- Build inclusive and resilient communities

BUHMUN 2026 offers a platform for future-focused debate, collaboration and innovation, encouraging students to think critically about global challenges. The aim is to empower delegates to turn today's risks into opportunities—creating a “Digital Renaissance” that benefits people, communities and the planet. [More Info and registration here.](#)



myQCE update 2026

myQCE has great information on the following:

- New to QCE?
- QCE academic integrity requirement
- Student Portal — why it's important
- Future focus
- Assessment basics
- New year, new habits
- Got a question?
- Follow myQCE

Click [here](#) to find out more about the above topics.

QCAA subjects' assessment and results

Understanding how you'll be assessed is key to doing well in your subjects. The QCAA provides clear information about [assessment and results](#). For most students:

- [Internal assessment](#) makes up the majority of results in both General and Applied subjects
- [External exams](#) are usually completed in Year 12 for General subjects

Keep in mind that some schools may deliver QCAA syllabuses differently, so your assessment schedule might vary slightly. It's always a good idea to check with your school and review your subject outlines. You can also find more detailed information in each subject syllabus on the [QCAA website](#).

Study Skills and Wellbeing



Good habits you can develop during high school

Your teenage years are a time when you get some independence and take on more responsibilities but some guidance to help you become the best versions of yourself is a great idea. And this means establishing healthy habits, whether they relate to study or developing interpersonal skills, that you'll benefit from through every stage of life. [Click here for some beneficial habits](#) you can start to develop now. They will help improve your study skills and enhance your personal development. UQ's suggestions include:

- How to develop good study habits in high school
- Time management
- Regular sleep routine
- Proactive and courteous communication

Take care of yourself

Your brain and body are closely connected, so looking after your body can really boost your mental performance. Activities like sport, dance, walking or yoga help increase oxygen to your brain, improve focus and reduce tension from stress and school pressure. A bit of stress can actually help keep you motivated. But in Year 12—especially during exams—stress can build up too much and start to affect your performance. Here are some proven ways to manage stress:

- Relaxation: try apps like [Smiling Mind](#)
- Time management: make a list and prioritise what needs to be done
- Connect with others: talk things through, have a laugh and stay positive
- Be kind to yourself: take breaks and make time for things you enjoy

Looking after your wellbeing isn't a distraction from study—it actually helps you perform at your best.

Tips and strategies for online researching

Online research is a skill and in high school, you move from simply *searching* for information to actually *researching* a topic. When you're researching, a basic Google search often isn't enough. Tools like [Google Scholar](#) and [QUT's library databases](#) can help you find more reliable, academic sources. This shift can be challenging, but building a process that works for you makes a big difference. Helpful research tips:

- Develop strong search terms
- Start with a clear question
- Remove unnecessary words to refine results

- Be specific and use more formal language
- Use multiple sources, not just one
- Evaluate your sources for reliability and relevance

Everyone studies differently, so find a research method that suits you—and stick with it. Watch [How Library Stuff Works: Search vs Research](#) and learn more.

10 reasons to study at TAFE QLD

A successful career isn't just about what you're good at — it's also about what you enjoy. With so many options out there, choosing the right path can feel confusing. To help you figure out what suits you, [click here to read more about 10 reasons to consider studying at TAFE Queensland:](#)

- Flexibility
- Industry-standard facilities
- Experienced teachers
- Support services
- Recognition of prior learning
- University pathways
- Student satisfaction
- Student outcomes
- Award-winning
- Make great happen

2026 TAFE Fee-Free courses

Fee-Free TAFE courses are chosen based on what employers actually need right now. That means you'll gain skills that are in demand and boost your chances of getting a job. With Fee-Free TAFE, you can feel confident about your future—building real, job-ready skills that employers are looking for. [Click here to find out about 2026 Fee-Free TAFE courses](#) keeping in mind that the list can change from year to year ... but it is a good place to start your understanding of the options out there.

Greenslopes Partnership | Nursing Information Session

TAFE Queensland offers the Diploma of Nursing (HLT54121) at Greenslopes Private Hospital through the TAFE Queensland–Greenslopes Partnership. This integrated program gives you the chance to learn in a real hospital environment. [More info here.](#)

TAFE Queensland locations - Far North Queensland

Spanning from Innisfail in the south to Thursday Island in the north, the Far North Queensland region includes the regional areas of Atherton and the Northern Peninsula Area, as well as the city of Cairns. TAFE Queensland has campuses in:

- Cairns
- Atherton
- Great Barrier Reef International Marine College
- Innisfail
- Northern Peninsula
- Thursday Island

Click [here](#) to find out more about these campuses, the courses they offer and the region in general.

VET Student Loan calculator

A VET Student Loan (VSL) can help cover tuition fees for approved vocational education and training (VET) courses. It's important to understand that this is a loan, not free money. The amount you borrow (plus any applicable loan fee and indexation) must be repaid once your income reaches a certain threshold. You can find current repayment thresholds on the [Australian Taxation Office \(ATO\) website](#). [Learn more here](#).

What can you do if you've started uni and you don't like it?

The move from high school to university [can be a big adjustment](#), especially if you're used to structured classes and clear guidance. At uni, you're suddenly managing your own timetable, deadlines and possibly a whole new environment. While clubs and campus activities can help you settle in, it's normal for first year to feel a bit [overwhelming or even lonely at times](#). The good news is there's plenty of support available and things do get easier as you find your routine and build new connections. [Click here to read more about:](#)

- Finding and using support services
- Changing your degree or subjects if your plans shift
- Important key dates you need to know

Australian Catholic University

Study Overseas as part of your ACU degree

Gain credit towards your degree while experiencing incredible opportunities around the world. When you study overseas as part of an ACU degree, you could find yourself teaching in Nepal, supporting communities in Rome or exploring literary landmarks in New York. It's a great way to combine study with real-world experience, broaden your perspective and build valuable life skills. [Click here to find out more about:](#)

- Full semester exchanges
- Studying in Rome
- Completing Core Curriculum units overseas
- Study tours and short programs

Bond University

Business School Year 12 Extension Program

The Year 12 Extension Program at Bond University is a free two-day workshop designed to help students transition from high school to uni. You'll get a real taste of university life, with expert academics guiding you through activities that extend your senior subjects using real-world applications. What's on offer:

- Experience learning at Bond University
- Build skills and confidence before starting uni
- Engage with academics and like-minded students

Top-performing students in each stream can receive part-fee scholarships, exclusive to this program. Students who complete the program, along with their families, are also invited to a special awards night on Tuesday, 2 June 2026. Event dates are:

- Maths Steam: 13 & 14 April
- Business streams: 16 & 17 April; 27 & 28 April or 6 & 7 May

[Find out more and register here.](#)

Deciding on a degree or program is a personal choice

You should be looking for a degree or program that supports your interests and your future dreams. Bond University College offers a range of undergraduate and postgraduate degrees and programs, diplomas and non-award programs. Click [here](#) to access their program finder to find out more about programs, semester intake and entry requirements. When you click into each Diploma, you will be able to see how many of the 8 subjects will credit into different Bachelor's degree which can often be all 8 subjects. The diplomas they offer are:

- [Diploma of Arts](#)
- [Diploma of Built Environment](#)
- [Diploma of Business](#)
- [Diploma of Creative Design](#)
- [Diploma of Health Sciences](#)
- [Diploma of Legal Studies](#)
- [Diploma Preparation Program](#)

Upcoming Experience Days

Bond is holding two experience days in May. Check them out and register by clicking on the links below.

- 7 May 2026 [Criminology Experience Day](#) - this immersive event gives you the opportunity to explore the field of criminology and criminal justice, uncovering how society responds to crime and the complexities of criminal behaviour.
- 8 May 2026 [Construction, Property & Project Management Experience Day](#) - this immersive event gives you the opportunity to gain valuable insights into Construction Management, Quantity Surveying, Project Management, Valuation, and Property Development - fields that are shaping Australia's future and unlocking exciting career opportunities.

Central Queensland University

Regional Medical Pathway Information Session

The Bachelor of Medical Science (Pathway to Medicine) is open to school leavers, with 20 places available at both CQUniversity's Rockhampton and Bundaberg campuses. This unique course offers a provisional direct entry pathway into The University of Queensland's Regional Doctor of Medicine program. Join Central Queensland Uni for an info evening to learn about the application process, regional adjustment points and

the benefits of studying and working in regional medicine. You'll also hear from guest speakers from CQUniversity and UQ. [Click here for more info and to register:](#)

30/03/2026 Bundaberg campus; 4:30 - 6:00pm

01/04/2026 Rockhampton campus; 4:30 - 6:00pm

02/04/2026 Online; 4:30 - 6:00pm

Griffith University

Bachelor of Medical Science application requirements

Griffith University's entry requirements to Bachelor of Medical Science:

- academic achievement for Year 12 applicants in the year before entry (ATAR)

OR academic achievement for applicants who have completed their senior secondary studies up to one year prior to application and who have not previously attempted tertiary study at Diploma level or higher

- all prerequisite subjects (or their equivalent) must be met - General English, Maths Methods and one of Biology Chemistry or Physics
- achievement in the University Clinical Aptitude Test ANZ (UCAT ANZ) is optional but recommended. Your Overall Score from UCAT ANZ, if available, will be used for second order ranking within an ATAR band
- Applicants without a UCAT ANZ result will still be considered for selection but will be ranked at the bottom of their ATAR band.

NOTE: If you are unsuccessful in gaining entry into the Bachelor of Medical Science in Trimester 1, 2027, you can sit/resit the UCAT ANZ test in 2027 but you are **NOT able to undertake any post school study during 2027 or you will not be eligible to apply in 2028 for entry into Medical Science at Griffith University.** Find out more about the course, admissions and program [here](#).

Countdown to Uni

On Tuesday 28 April from 7 - 8pm Griffith Uni will be hosting a webinar where they will talk about everything you need to know to prepare for university life at Griffith. They'll cover key topics such as:

- How do I apply and make the most of my application?
- What alternative pathways are there into university?
- Can I get a scholarship?
- What's university life really like?

[More Info and registration here.](#)

Griffith Film School Experience Week

Keen to explore your passion for film, animation or game design? Griffith Film School's Experience Week in June, gives high school students a hands-on chance to dive into the world of creative media and see what studying in this space is really like. It's a great way to:

- Try out practical workshops
- Explore different creative pathways
- Build skills and confidence in a real-world setting

[Register your interest here for the 2026 program.](#)

James Cook University

JCU Heroes programs

JCU Heroes programs give you a real "day in the life" experience of your chosen career. Open to students across North Queensland, these programs run throughout the year and let you build practical skills and try out real career tasks. JCU Advisors are also there to help, answering your questions and giving advice on courses and future pathways. [Click here for more info and registration details.](#)

Queensland University of Technology

Curious about learning in laboratories?

Have you wondered what it's like to grow (culture) and examine microorganisms in a lab? Or wondered how you study the structure of the human body (anatomy) or how the body functions (physiology)? Take a look behind the scenes and [explore the labs and facilities](#) biomedical science and medical laboratory science students learn in at QUT.

Engineering at QUT

QUT's Bachelor of Engineering has a strong emphasis on practical experience, industry engagement and real-world outcomes. Students also benefit from flexible study options, including diplomas, double degrees and Master pathways, allowing them to customise their education while developing hands-on, job-ready skills. [Learn about the exciting Engineering course offerings at QUT.](#)

Gals in ICT Day

On the 7 May, join a hands-on technology experience hosted at QUT Gardens Point campus, designed for students in Years 8–12. Students will engage with tech ambassadors, women in industry and Cisco

Networking Academy activities to explore future digital pathways and build confidence in subject and post-school decision-making. For more information and to register visit the [Gals in ICT webpage](#).

Join the 2026 Australian Schools Cyber Challenge

Teams in Years 7–12 can compete in the [Australian Schools Cyber Challenge](#), sponsored by QUT. Students defend against simulated cyber threats using industry tools and virtual environments, developing skills in areas such as:

- threat detection and network analysis
- cryptography and log analysis
- social engineering and cyber ethics
- teamwork, communication, and problem-solving.

[Register your team](#) and entries close on Tuesday 5 May. Check with your teacher or Guidance Officer/Counsellor if you would like to enter.

QUT Future You Summit

Applications close for the Future Your Summit on 30 March. The 4 day summit empowers students to explore future pathways, connect with QUT academics and industry professionals and build clarity and confidence as they tackle real-world challenges across all study areas. With limited places available, now is the time to ensure you can take advantage of this opportunity to experience life as a QUT student and envision your future. For more information visit the [QUT Future You Summit website](#).

Senior subject selection and post-school pathways

On Thursday 30 April, join QUT for their free webinar to discover practical strategies, real-world examples and resources designed to make subject selection and post-school pathway conversation easier and more effective. This webinar is designed for parents supporting Year 9 and 10 students as they make subject choices that shape future study and career pathways. [Learn more and register now.](#)

STEM + X: Data Science Careers Webinar

Curious about where data science can take you? On 20 May, QUT is hosting a future-focused webinar where QUT data science students and industry professionals lift the lid on what it's really like to work in this rapidly growing field. You'll hear how data scientists tackle huge, messy, fast-moving datasets to solve problems that matter: from mapping galaxies and modelling climate futures to decoding genomes and powering next-gen simulations. If you've ever wondered what 'data-driven science' looks like in action, this is your chance to see it up close. [Register here.](#)

Southern Cross University

Southern Cross University's campus tours

Find out more about studying at Southern Cross University by joining an upcoming campus tour. You'll hear from study experts and current students about:

- Popular pathways into uni
- Their unique 6-week term structure
- Courses and student support services
- How to apply, accept your offer and enrol.

Tours are running on 2 April from 2–5pm at:

- Gold Coast campus
- National Marine Science Centre (Coffs Harbour)
- Lismore campus

It's a great way to explore your options and get a feel for uni life. [Click here to register.](#)

The University of Queensland

2027 Undergraduate Guide

UQ's 2027 Guide is now available [here](#). In the Guide you will find information on:

- Life at UQ
- Learning at UQ
- Applying to UQ
- Study at UQ
- Other information

It's never too early to start your research!

Campus tours

Take a guided walking tour of UQ's St Lucia campus, chat with current students and get your questions answered. Whether you're into study, sport or student life, it's a great way to see what uni at UQ is really like. Pick a tour on 9 April that best suits your holiday timetable. [More info and rego details here.](#)

Good extracurricular activities for scholarships

Getting a scholarship can make a huge difference to your uni experience. With some UQ scholarships worth up to \$60,000, it's definitely worth checking out your options. And it's not just about getting a high ATAR — many scholarships look at the bigger picture, including your achievements, involvement and overall strengths. Getting involved outside the classroom can boost your chances of a scholarship. Things like leadership, community service, creative interests and extra academic achievements help you stand out—especially if others have similar grades. [Click here to find out more and examples of great activities.](#)

Occupational Therapy Studies Masterclass

Get a taste of The University of Queensland's Master of Occupational Therapy Studies during a hands-on morning based on the Master of Occupational Therapy Studies. [Click here for more info](#) about what it's all about and to register. Its on 7 April, DURING the school holidays!

Studying a language at university

Find out how to add a Diploma in Languages to any UQ degree and why studying a language at uni is worth it. [Click here to watch a short video.](#)

UQ Ready

Year 12 students and their families are invited to join UQ Ready info evenings, available both in-person and online across QLD and northern NSW. These sessions give you helpful tips and real advice to make the move to uni easier. Upcoming sessions are (click links for info and rego):

28 April: Gold Coast; 5:30 - 7:00pm; Broadbeach Cultural Centre

29 April: Cairns; 5:30 - 7:00pm; Novotel Cairns Oasis Resort

Torrens University Australia

Courses and Qualifications you might find interesting

[Torrens Uni](#) offer a wide variety of courses and qualifications. You can find a full list of their [courses here](#) including courses in business, design, education, health, English language, hospitality and technology.

University of Southern Queensland

How to apply

There are a few different ways to apply to study at UniSQ in 2027 — here's what you need to know:

1. Check entry requirements - Each degree has its own prerequisites and admission criteria, so make sure you understand what's needed for your chosen course. You can find details in the course guide or online.
2. Submit your application - You can apply through the Queensland Tertiary Admissions Centre (QTAC) or [apply directly to UniSQ](#), depending on your situation.
3. Accept your offer - If you receive an offer, follow the steps in your email to accept your place. If you don't get an offer straight away—don't stress. You may be able to update your preferences through QTAC or explore alternative pathways with UniSQ.

[Click here for more information and to get started.](#)

Undergraduate Guide 2027

Click [here](#) to access UniSQ's 2027 Undergraduate Course Guide. You will find valuable information in the guide some of which includes:

- Why UniSQ
- Your UniSQ experience
- Locations
- Scholarships
- Head Start
- The right qualification for you
- How to apply
- Pathways to UniSQ
- Study areas
- Degrees at a glance
- Important information

University of the Sunshine Coast

Best Field Trip in the World 2026

Previously UniSC crammed a lot of action into a short amount of time – like talking, sports, travel, adventure, tech and tourism. This year, they're mixing it up to give you more options. You can pick an area you're interested in and they'll give you a taste of what it's like studying that at UniSC. But if you can't decide, you can enter more than one area! Entries open on Monday 2 March and close as follows:

Talk sport: Closes Wednesday, 1 April 2026

But with more sport, less talk:

- Specialised tour of the Sunshine Coast high-performance sport facilities

- Lunch with the Sunshine Coast Lightning so you can get your questions answered from netballers at the top of their game
- Behind-the-scenes access at Suncorp Stadium and watch the Dolphins smash the Storm

Science and tech: Closes Sunday, 10 May 2026:

Don't just see science and tech – they want you to experience it!

- Build a working machine in their world-class engineering labs
- Robodog obstacle course
- Experience a megadrone

Explore K'gari: Closes Wednesday, 13 May 2026

Lock in for adventure – this isn't just about exploring the world's largest sand island with guides and experts full of interesting pieces of information you may have never heard before.

- Kayak across the waterways at the launch pad to K'gari
- Explore the stunning, world heritage-listed subtropical rainforest in Pine Valley
- Overnight stay at the K'gari Research Station Epic sunrise beach adventure

[Find out more about each option and entry detail here](#) and entries must be submitted via usc.edu.au/best-field-trip-in-the-world/enter.

Guides now available

UniSC has now published their 2026 guides for:

- 2026 Study Guide
- Headstart Guide
- Early Offer Guarantee Guidelines for schools

[Check them out here](#) so your information is up to date!

Pathway programs

UniSC have several pathway programs. No ATAR? One of these options will probably suite you!

- Tertiary Preparation Pathway (TPP)
- UniSC Equip Program
- Diplomas
- Associate Degree
- Enabling programs

[Find out about these options here](#).

Upcoming Events



Date	Event
24/03/2026	ADF: Gold Coast School Leavers, Parents and Teachers Information Session
24/03/2026	ADF: Rockhampton A Night in the Army Reserve
24/03/2026	GU Pathways to medicine webinar
24/03/2026	QUT Challenge Accepted: Science Shaping the Next Generation
25/03/2026	ADF: Brisbane Defence Careers Information Session
25/03/2026	ADF: Gladstone Defence Careers Information Session
25/03/2026	ADF: Maroochydore School Leavers, Parents and Teachers Information Session
25/03/2026	ADF: Townsville Gap Year Information Session
26/03/2026	ADF: Cairns Gap Year Information Session
26/03/2026	CQUin Mackay Uni Experience day
26/03/2026	Ipswich Region Business, Careers & Jobs Expo
27/03/2026	Australian Stockholm Junior Water Prize applications close
28/03/2026	ANU Open Day
30/03/2026	ADF: Brisbane Gap Year Information Session
30/03/2026	CQU Pathways to Medicine information session
30/03/2026	CQUni Regional Medical Pathway Info session
30/03/2026	QUT Future You Summit applications close
30/03/2026	QUT Future You Summit applications close
31/03/2026	ADF: Greenbank A Night in the Army Reserve
31/03/2026	QUT START QUT Webinar
31/03/2026	START QUT Webinar
01/04/2026	ADF: Maroochydore Defence Careers Information Session
01/04/2026	CQU Pathways to Medicine info session
01/04/2026	CQUin Bundaberg Regional Medical Pathways Info session

01/04/2026	UniSC's Best Field Trip - Talk Sport competition close
02/04/2026	ADF: Brisbane Submariner Careers Information Session
02/04/2026	CQU Pathways to Medicine online info session
02/04/2026	CQUni Online Regional Medical Pathway Info session
07/04/2026	UQ Occupational Therapy Studies Masterclass
08/04/2026	ADF: Brisbane Defence Careers Information Session
08/04/2026	ADF: Gold Coast Defence Careers Information Session
08/04/2026	ADF: Toowoomba Defence Careers Information Session
11/04/2026 to 19/04/2026	Queensland Youth Week
12/04/2026	Aspiring (Unpublished) competition closes
12/04/2026	CYA Conference Hatchlings Writing Competition entries close
12/04/2026	Hatchlings writing competition closes
13/04/2026	Tuckwell scholarship 2027 applications close
14/04/2026	ADF: Townsville Defence Careers Information Session
15/04/2026	ADF: Brisbane Combat and Security Information Session
16/04/2026	ADF: Health Careers Information Session
18/04/2026	Bond Health experience day - morning session
18/04/2026	Bond Health Info session - afternoon session
20/04/2026	ADF: Maroochydore Navy Careers Information Session
22/04/2026	ADF: Brisbane Defence Careers Information Session
28/04/2026	GU Countdown to Uni
28/04/2026	UQ Ready - Gold Coast info session
28/04/2026	UQ Ready Gold Coast
29/04/2026	UQ Ready Cairns info session
29/04/2026	UQ Ready info session
30/04/2026	Senior External Examination registrations close