

CAPABLE | COURAGEOUS | CURIOUS



# 2025 CAREERS INFORMATION BULLETIN



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AGENCY | INNOVATION | BELONGING

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# Announcements

## Just for a laugh

I love being a maze designer. I get completely lost in my work.

## You're 18 ... you need to vote in the upcoming Federal election - be an informed voter

On 3 May Australians will vote in the next Federal election. If you are 18 years old, it will be the first time you will vote and being able to vote should never be taken for granted. *Options Career Information* is not telling you how you should vote. We do strongly encourage you to check out your local election candidates and their policies. That way, when you do place your vote, you know why you made your choice of who you want to represent you in the Federal Government. It's not too late to do some quality research other than on social media. The following links will get you started:

[Australian Electoral Commission Frequently Asked Questions](#)

[Australian Electoral Commission 2025 Federal Election](#)

[Wikipedia 2025 Federal Election](#)

When researching:

- Stop and consider what you are reading
- Check all sources for accuracy and reliability
- Make an INFORMED decision

## 'Your Official Guide to the 2025 Federal election' - from Australian Electoral College

First time voting or not, responsible Australians make informed votes so check out The Australian Electoral Commission, easy to read 'Your Official Guide to the 2025 Federal election'. Click [here](#) to download and read about (available in various languages):

- Stop and consider - Check the source this Federal election
- Election day is Saturday 3 May - cast your vote between 8am and 6pm
- What happens at the polling place?
- How to make your vote count

Options Career Information is not endorsing any particular political party but we strongly encourage you to be well informed about current issues so that you can make an informed vote. Every vote does count!



# Apprenticeships & Traineeships



## A School Based Apprenticeship may be just what you are looking for

Starting a School-Based Apprenticeship or Traineeship while still at school is a real option if you're confident that you want to follow a particular Trade career after school. It's a good idea to do some work experience before you make the commitment. It's important that you talk to your parents and school VET Coordinator or Guidance/Career Counsellor to get a good understanding of your options and responsibilities. You may be able to start a School-Based Apprenticeship or Traineeship (SATs) in Year.

A SAT gives you a head start on the training you require while still being eligible to complete your secondary education. This training is a formal course through TAFE or other registered training organisation as well as your on-the-job-training - one day at work and 4 days at school. Your school timetable will be altered so you can meet your Apprenticeship and School obligations.

It's possible to complete a Traineeship while still at school. Apprenticeships take longer and School-Based Apprenticeships are usually converted to full-time Apprenticeships after school. Find out more about SATs at the Queensland Government Apprenticeships Info [website](#) and organise a meeting with your school's VET Coordinator and/or Guidance Counsellor/Officer to talk about SATs opportunities.

## Group Training Organisations (GTOs) in Queensland can organise Apprenticeships and Traineeships

GTOs employ School-Based and full-time Apprentices and Trainees and place them with a host employer until their Apprenticeship or Traineeship has been completed. Some GTOs provide Apprenticeships and Traineeships in specific industries, others provide them across many industries. For more information about GTOs, visit the Group Training Australia [website](#). On this site you can research Group Training Organisations across Queensland. Get an idea about what they offer, do your research and make a great decision!

## Literacy and numeracy quizzes for Apprentices and Trainees

Australian Apprenticeships [website](#) has literacy and numeracy quizzes for a range of careers. These general industry-based quizzes indicate the literacy and numeracy levels required when undertaking Australian Apprenticeships qualifications. The quizzes give you an idea about your literacy and numeracy skills/ability that you need for the jobs in the industries listed. They are a guide but will help you find out what areas you need to work on at school. Find sample quizzes for the following industry areas [here](#):

- Agriculture, Animals and Conservation
- Automotive, Transport and Maritime

- Business and Financial Services
- Construction and Electrical
- Creative and Beauty
- Digital, Technology and Telecommunications
- Energy and Utilities
- Food and Wine Processing
- Health and Community Services
- Manufacturing and Production
- Resources, Mining and Processing
- Retail, Hospitality and Recreation

## **National Centre for Vocational Education Research (NCVER) Apprentice and Trainee outcomes report - and its positive**

The latest report from NCVER shows apprentices and trainees experienced strong employment outcomes in 2024. The [Apprentice and trainee outcomes 2024 report](#) shows that 95.4% of trade and 89.4% of non-trade completers were employed after finishing their apprenticeship or traineeship, similar to 2023.

## **New Energy Apprentice Support Payment (NEASP)**

The New Energy Apprentice Support Payment (NEASP) is available to eligible Australian Apprentices in a clean energy occupation and linked qualification listed on the Priority List and where their employer can provide meaningful exposure, experience and work in the clean energy sector. NEASP provides financial support of up to \$10,000 for a full-time apprenticeship and up to \$5,000 for a part-time apprenticeship over the life of the Australian Apprenticeship. Payments are made according to the following schedule and rates:

- \$2,000 at 6,12,24 and 36 months and on completion (full-time)
- \$1,000 at 6,12,24 and 36 months and on completion (part-time).

Click [here](#) for more information.



## Fitness requirements

Reaching the necessary ADF fitness requirements is well within most people's capability. During the application process you'll be assessed. Click [here](#) to find out more about:

- How fit must I be to apply?
- About the Pre-entry Fitness Assessment (PFA)
- Fitness requirements for the Army, Navy and Air Force
- Answers to your most frequently asked fitness requirement questions

## Upcoming information events

Stay informed about important upcoming [Queensland and National ADF events](#) and information sessions:

- 22/04/2025    [Maroochydore Army Reserve Information Session](#)  
[Gold Coast Defence Careers Information Session](#)
- 24/04/2025    [Cairns Navy Careers Information Session](#)
- 28/04/2025    [Mackay Defence Careers Information Session](#)
- 29/04/2025    [Dalby A Night in the Army Reserve](#)  
[Maroochydore Navy Careers Information Session](#)  
[Bowen Defence Careers Information Session](#)  
[Townsville Army Reserve Information Session](#)
- 01/05/2025    [Gold Coast Defence Careers Information Session](#)
- 06/05/2025    [Cairns Defence Careers Information Session](#)  
[Bundaberg Defence Careers Information Session](#)  
[Toowoomba Defence Careers Information Session](#)  
[Maroochydore Defence Careers Information Session](#)

# Career Exploration



## Compare tertiary courses and providers

Some courses and education providers are better than others when it comes to preparing students for the world of work. So how do you sort the good from the bad? Do some research to find the right education provider and course for you. Only commit to training that suits your needs, learning style and makes you more competitive for jobs. The first step is to finish school! Click [here](#) to read JobJumpstart's article which includes information about:

- Think about what you want to do and how to make it happen
- Compare the different education providers and courses before you decide where to spend your money
- How will you choose what to study?
- These resources can help you

## School subjects and how they relate to job options

An early step in career exploration is to develop a list of jobs you are interested in. One way to start is to think about the school subjects you most enjoy. Check out the subject Bullseye Posters from the myfuture [website](#) which will help you find jobs that are related to the subjects you like at school. There are over 30 Bullseye Posters and each poster groups jobs into four qualification levels.

## Work experience is a good idea

The best way to see what a job is all about is to try it. This sounds obvious however, it is often the last thing people think of when making career decisions. The following are ways you can try a job.

- Work observation/shadowing - spend one or two days with someone already in the job
- Work experience – spend up to a week working in the job
- Volunteering – volunteer your services to an organisation that has jobs you are interested in
- Part-time paid work – explore the possibility of part-time or casual work in your preferred career area
- Join an activity group where you can try out some of the skills you will need in the job you like e.g. join the Air Force Cadets or the St John Ambulance Cadets
- Participating in various programs associated with specific career areas for example, Engineering Link projects

The benefits of trying a job are:



- Learning about what the job involves
- Having a structured, supervised, hands-on experience
- Experiencing a work environment – the world of work isn't like school!
- Gaining a new referee to add to your resume
- Developing contacts that may help you gain employment in the future.

Your school Guidance Officer/Counsellor or VET Coordinator can help you organise work experience. Read [‘Tips for finding work experience’](#) on the myfuture website for other ways of finding work experience.

## **Year 10 - Start your career journey**

This term, Year 10 will be having conversations about life, jobs, senior subjects and more. A good place to start is the Queensland Department of Education's 'What is career education in Year 10' video. It is short and it will give you some useful insights into the career planning and managing process now and into your Senior Years. Click [here](#) to watch the short video - it's worth a look!

## **Year 10, Start thinking now about what's next!**

Year 10 is when the pressure comes to start thinking about yourself as an individual and to sort through your own thoughts and ideas for your future. Are you thinking: *"I have no idea what I want to do! There's nothing that I'm particularly good at"*. If this sounds familiar, or even if you think you know exactly what you want to do, stop and think about all the jobs out there that you don't know about.

Smart Year 10 thinkers (and smart thinking has nothing to do with grades) will start to think about and research a lot of different career opportunities. When you start this thinking early in Year 10, you give yourself plenty of time to work out the things you do like and what subjects best suit your interests, skills and pathway. You will always get better grades when you are learning about something you are interested in - SO, be a smart thinker and start your thinking/research now. It will pay off come subject selection time!

## **Your work preference matters when making career decisions**

Knowing a bit about yourself will help you in your job search. To help understand what roles and work environments suit you, you need to understand your work preferences. You can do this by thinking about the types of activities you enjoy and the environments you work best in. Understanding your work preferences will help you target your job search efforts to jobs that suit you. Ask yourself the following questions:

- Do I prefer being outdoors or inside?
- Do I prefer working alone or in a team?
- Am I more suited to analytical or creative activities?
- Am I more practical (e.g. I like working with my hands), or more theoretical (e.g. I prefer research)?

Click [here](#) and check out the information on:

- Work tasks I prefer

- Interactions I like
- Places I like to work



## 2025 Focus on Ability Film Festival

The Focus on Ability™ Film Festival is back for 2025 with entries closing July 1. All films must have a disability theme and be less than 5.00mins. The organisers are busy working behind the scenes compiling over \$100,000 in cash and prizes! Click [here](#) for more information.

# Disabilities



## Jigsaw Brisbane

[Jigsaw Brisbane](#) trains and transitions people with disability into open employment. Jigsaw Brisbane offers:

- A comprehensive workplace-based and online training program focused on transferable skills to get you work-ready
- A 12 month+ award wage employment contract in our commercial document and data management business
- A CV, job application and interview coaching plus a profile on our online talent pool to promote you to employers
- Ongoing support for you and your new employer after you've secured your dream job.

Click [here](#) to listen to a video with more information.

## Queensland Government: Support for people with disabilities

[People with disability](#) in Queensland includes a section for young people. Click [here](#) - you will find information on support available when leaving school including:

- Apprenticeships and Traineeships
- Study
- Volunteering
- Finding the right job
- Employment support
- Your rights at work

# Employment, Job and Labour Market Info



## ABS Labour Force Data - February 2025

The Australian Bureau of Statistics have released the [Labour Force Data for February 2025](#):

- Unemployment rate remained at 4.0%
- Employment increased to 14,547,800
- Underemployment rate remained at 5.9%
- Participation rate remained at 67.0%
- Employment to population ratio decreased to 64.2%
- Monthly hours worked increased to 1,980 million

## AI literacy tops LinkedIn's 2025 Skills on the Rise list

Soft skills like communication, strategic thinking and adaptability are all on the rise, highlighting the value of human-centric abilities. LinkedIn has unveiled its 2025 Skills on the Rise list, with AI Literacy taking the top spot among the 15 fastest-growing skills that professionals in Australia should focus on to stay ahead in today's competitive job market. Click [here](#) and read the list of 15 fastest growing skills as well as soft skills shining in the AI era.

## Breaking into the film industry

Few other industries hold the allure of Hollywood, with its powerful and influential A-list. But while big-name actors will always steal the spotlight (pun intended), entertainment jobs range from the creative, to the practical, to the commercial. Where there's an actor, there's an agent. Where there's a set, there's a director, a Personal Assistant (PA), a location scout and on and on. Saying you work in Hollywood can mean you work in any number of fields, from production to management to publicity. Click [here](#) to read about how ten insiders broke into the film industry with some of the tips being:

- Create your own work and don't be afraid to cast yourself
- Being a production assistant is a great entry-level job
- Stay focused, no matter what
- Above all, build a network

## Emerging Roles

Jobs and Skills Australia (JSA) has conducted research to identify emerging roles in the Australian labour market. Emerging roles refer to those that have appeared in Australian job market data for the first time in

recent years or are growing quickly from a small base. They have identified these roles using job titles, skill requirements and other job attributes from online job advertisements. JSA has identified 37 emerging roles and four main themes:

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

Click [here](#) to find out more including specific jobs under each grouping.

## Great jobs for teens

Having a job while still at school offers many benefits that go beyond earning money. Developing responsibility, building essential life skills, and working alongside diverse kinds of people all go hand in hand with earning a wage. Although school and study commitments should be the top priority, starting work early in life can be a great confidence booster. Having job experience may help you stand out when you go to university, graduate and beyond. Prospective employers value experience and there are plenty of jobs for teens with no experience. Click [here](#) to read UQ's job options that you might like to investigate, including:

- Best jobs for teens who enjoy being outdoors
- Best jobs for teens who are social and like helping people
- Job ideas for teens who are creative
- Job ideas for teens who are tech-minded
- Best jobs for teens who like to care for others
- Volunteering opportunities for teens
- Tips on how to get started

## Interested in small business?

Australia has always been an entrepreneurial nation, with small businesses as the backbone of the economy and the labour force. The Australian spirit of independence, a DIY attitude and the courage to give things a go are strongly demonstrated in the mccrindle's research data. Click [here](#) to read more about the side hustle generation and the Top 5 Survival Challenges.

## Know your industries!

Knowing the job that you want to do and the skills you want to use in the workplace is important but choosing the industry you work in is just as important. Jobs and Skills Australia has a section in their Jobs and Skills Atlas that highlights 17 Australian industry areas. Industry workplaces can differ greatly. Click [here](#) and then nominate the industry that you are interested and find the following information:

- Employment
- Median weekly earnings
- Active business
- Industry subdivisions

- Occupations

## The 15 fastest-growing skills in Australia from LinkedIn

Change is a constant in today's workplace as technological transformations upend 'business as usual' and force companies and professionals alike to adapt. Artificial intelligence is at the forefront of this shift, and its impact is significant: LinkedIn data reveals that by 2030, [70% of the skills used in most jobs will change](#). Click [here](#) to read an article from LinkedIn that lists LinkedIn's skills on the rise and what they are about, some of which are:

1. AI Literacy
2. Communication
3. Strategic Thinking
4. Adaptability
5. Customer Service Management
6. Problem Solving,,, and more ...

## What skills do employers want?

Employers just want people who can do the job, right? *Yes ... but also no*. Job specific skills are essential for landing a role but they aren't the only skills that employers look for. There are some skills that can make you a more valuable team member in any workplace – from cafés to hospitals, from offices to courtrooms. These skills (some people call them “employability skills”) show employers you have more than the technical knowhow. They prove you're a decent person to work with and someone who can deal with whatever the workplace throws at you. Click [here](#) to read UQ's article including:

- What do employers want? (Hint: it's not *just* a list of skills)
- What are employability skills?
- Employability vs. employment
- How to enhance your employability

# Financial Assistance & Scholarships



## Griffith Uni scholarships

A scholarship could make a big difference. Scholarships provide financial support while you study. You'll also get more out of your university experience through exclusive networking events, meeting mentors and developing job-ready skills. Click [here](#) to find out more about the scholarships offered at Griffith Uni including the application process, eligibility and time lines.

## NIDA Opens First Nations subsidy

The NIDA Open First Nations Subsidy offers 50% subsidised tuition to help young First Nations people who are experiencing financial or other disadvantage achieve their full creative potential. It is open to all First Nations primary or secondary aged students and adults aged 18-25 nationally, regardless of previous experience or professional ambition. Click [here](#) for more information including award, eligibility and application details.

## Prac component of your uni course - how to survive!

Separate to your eligibility for a CSP and/or HELP loan, you may be eligible for other financial support from the Australian Government while you study. Click [here](#) to find out more about:

- [Prac Payments](#) - From 1 July 2025, a Commonwealth Prac Payment (CPP) will be introduced to provide financial support to eligible students while they complete placements related to their course.
- [Tertiary Access Payment](#) - The Tertiary Access Payment (TAP) is a one-off payment of up to \$5,000 to help students with the cost of moving from a regional or remote area for higher education.
- [Other Financial Support – Services Australia](#) - This support, such as Austudy, ABSTUDY, Youth Allowance and Rent Assistance, is available through Services Australia.

## Scholarships and financial assistance

There are plenty of costs associated with tertiary study: course fees, books and computer equipment are just a few. If you have additional expenses such as rent, you may be wondering how you will manage on a limited student income. If financial assistance would help, you generally have two options as a student: scholarships and financial assistance. Good Universities go through the differences of every option, including detailed information on eligibility and application requirements, to ensure you have everything you need to fund your education. Click [here](#) to find out more about:



- Five simple steps to apply for a scholarship
- Scholarship options in Australia

# First Nations Peoples



## Indigenous Employment Australia

[Indigenous Employment Australia](#) is a website for First Nations Peoples' jobseekers and employers. You can access job seeking resources and submit your resume. You can also search for job vacancies posted by employers who want to hear from First Nations Peoples job seekers in your location and field of interest or you can browse featured jobs. Check it out!

# Gap Year Program News



## Projects Abroad

Projects Abroad is the world's largest provider of international volunteering, internships and meaningful travel experiences. They've been running for over 30 years and have been trusted by over 130,000 participants who've joined their award-winning trips. All volunteer projects work towards the United Nations Sustainable Development Goals. This means you're helping to work towards a better and more sustainable future for all. Click [here](#) to find out more about their projects, destinations and application process. Taking a gap year can be a good option but you need to thoroughly research your options and involve your parents/guardians.

## Interstate and International



### Australian National University (ANU) Early Offer application process

Thinking about ANU in 2026? Their Early Offer scheme closes on 15 May! In one application you apply for admission, scholarship and accommodation. They use your Year 11 results, along with adjustment factors, to calculate your Year 11 selection rank that is used to assess your application. Click [here](#) for more information about:

- Eligibility
- How the Early Offer Application works
- Accommodation guaranteed
- Adjustment factors
- Change of preference
- Receiving an early offer
- Scholarships
- Supporting documentation
- Supporting your transition to ANU

To be sure you don't miss key dates click [here](#) to check out the timeline for Early Offer applications

### QUT Scholarships for international students at QUT

QUT have expanded scholarship offerings for international students. Click [here](#) to find out more about some of their scholarship offerings including:

- International Merit Scholarship
- Real World International Scholarship
- College Merit Scholarship
- College English Language Concession
- International Merit scholarship
- Australia Awards Scholarship
- Asylum Seeker Tuition Fee Scholarship

### Study Medicine in Samoa

[Oceania University of Medicine](#) (OUM), located in Apia Samoa blends distance learning and hands-on clinical rotations to help aspiring physicians overcome distance, personal and professional barriers to achieve their dream. OUM's MD program is based on a full-scale, rigorous medical school curriculum, which is typically

completed in four-and-a-half to five years. To learn if OUM's approach is right for you or speak to an Admissions Counsellor, call 1300 665 343, email [admissions@oum.edu.ws](mailto:admissions@oum.edu.ws) or check out the links below:

- **What they are about:** Oceania University of Medicine is a challenging preclinical program presented online followed by traditional clinical rotations arranged at affiliated teaching hospitals in Australia, Canada, New Zealand, Samoa and United States. For more information visit the OUM's MD Program [webpage](#).
- **Admissions:** The flexibility of online medical school allows non-traditional students to balance school with work and family obligations. For more information visit the Admissions [webpage](#).
- **How it Works:** The rigorous curriculum is based largely on American and Australian medical education models and typically completed in four-and-a-half to five years. Accreditation provides a requisite credential that medical school graduates need for licensure and post-graduate training. For more information visit the OUM Curriculum [webpage](#).

# Open Days, Expos & Career Markets



## Career Expos and Markets for April to mid May

- 01/05/2025 [Gympie Careers Expo](#)
- 02/05/2025 [University of New England Open Day](#)
- 07/05/2025 [Bundaberg Careers Expo](#)
- 13/05/2025 [Gladstone Careers Expo](#)
- 18/05/2025 [Griffith University Creative Arts Open Day](#)

## Uni of New England Open Day

Whether you're exploring study options, wanting to experience UNE campus life or looking to meet academics, Open Day on 2 May is your chance to discover more about UNE including facility tours, information sessions and interactive activities. Click [here](#) for more information.

# Private Provider Updates

## Qantas Group Pilot Academy

In partnership with Flight Training Adelaide (FTA), Qantas Group Pilot Academy helps meet the increasing need for skilled aviators in one of the fastest growing global industries. The Academy is based in Toowoomba, Queensland, at Wellcamp Airport providing training in:

- Commercial Pilots License (CPL)
- Airline Transport Pilots Licence (ATPL) theory
- Multi-Engine Command Instrument Rating (ME IR)
- Multi-Crew Cooperation (MCC)

Click [here](#) for more information and to download their student handbook.

## SAE University College may be for you

[SAE University College](#) delivers creative and technology courses nationwide. Their unique approach to tech and creative media sees you develop the practical skills, real-world experience and industry connections you need to make your mark in your chosen industry. SAE University College provides:

- Cross-discipline collaboration
- Study now, pay later
- Graduate career ready
- State-of-the-art facilities
- Enhanced reputation
- Fast-track your course

They offer courses from Diploma to Bachelor degrees in the following areas and entry is via interview and completion of Year 12 (no ATAR required):

- [Animation](#)
- [Audio](#)
- [Computer Science](#)
- [Creative Industries](#)
- [Design](#)
- [Film](#)
- [Games](#)
- [Information Technology Music](#)
- [VFX & Virtual Production](#)

# Project, Leadership and Entrepreneur Opportunities



## National Volunteer Week (NVW)

[National Volunteer Week](#), 19 - 25 May 2025, provides an opportunity to highlight the important role of volunteers in our community and invites people not currently volunteering to give it a go. This year's theme is 'Connecting Communities'. Volunteering creates lasting relationships that enrich lives and strengthen communities. According to Volunteering Queensland, volunteering is all about making a difference in your community and also benefits you personally as it offers the chance to:

- act on your values, passions and interests
- make new friendships and create professional networks
- gain work experience and learn new skills
- enjoy new social and cultural experiences
- develop personally and build confidence
- enjoy better physical and mental health as studies show volunteering makes us healthier and happier
- challenge yourself in a supportive environment
- help your community
- have fun!

[Subscribe to VA News](#) for the latest updates and click [here](#) for more information and ways of getting involved





## Educational Access Scheme (EAS)

EAS can help if you have experienced circumstances that negatively affected your studies and results during your Senior years. You can apply for EAS when you are applying to QTAC. EAS categories include:

- Financial hardship
- Home environment and responsibilities
- English language difficulty
- Personal illness and disability
- School Environment

If eligible for EAS, you may receive adjustment factors which may improve your chance of receiving an offer. [Click here](#) to find out more including if you're eligible to apply.

# Study Skills and Wellbeing



## 10 things they'd tell their 18-year-old selves

College Info Geek produces podcasts and Martin Boehme decided to do a little reflection and talk about some things that would have been great to know a little earlier on. There are two presenters who have five lessons each and everything's on the table including relationships, productivity, happiness and health. Have a listen to a few of these lessons and maybe take the time to think of some lessons for your own past selves. It's a great way to discover how much you've learned and changed. We always move forward and hopefully learn more about ourselves in the process. Click [here](#) to listen to their podcast.

## 5 ways to get motivated after school holidays

Getting over the slump that comes from going back to school after holidays is hard. You've been spending all your time off sleeping in and staying up late. Naps become a regular part of your day during the holidays and not having to go to school every day means you can quietly ignore the fact that there's work you should probably be doing. So how do you get motivated after holidays? [year 13](#) has put together some pointers that will assist you in getting a great start on the term including:

1. Sort out your sleeping pattern
2. Get your self together
3. Get a routine again
4. Start your work
5. Remember, motivation is bs

## How to improve your concentration

Concentration is the ability to focus and control your attention. Some people seem to be born with it, everyone else has to learn how to do it. The good news is that anyone can improve their ability to concentrate. The following are strategies to help you get there.

- Make sure you get plenty of sleep. It is difficult to concentrate when you are tired. Regular exercise and healthy eating are also important.
- Set realistic and specific study goals for yourself (e.g. I will go up one grade in English next exam)
- Develop regular habits of study – same desk, same time, etc
- Work in a place that is free of distractions (in front of the TV is probably not the best place!). De-cluttering your desk will help too
- When you sit down to study, make a plan of what you want to achieve that session and cross off items as you complete them

- If you find yourself distracted by something else (e.g. I feel fat; I should do more exercise), jot down the task, idea or problem to deal with later
- Begin working immediately – don't wait for inspiration
- Attend to one thing at a time
- When you start to lose focus, get up and take a walk

## **Ideas on how to survive High School**

High school can seem so straight forward, but that's not necessarily so. High school is more than hitting the books, doing the assignments, studying and doing exams. However, it can be as complicated and challenging as you make it. Year 13 has an article with some tips on how to make high school more manageable, fun and successful. Click [here](#) to read about:

- Take life at your own pace
- Don't worry about being popular
- Look after yourself
- Get some extracurricular activities under your belt
- Talk sh\*t get hit
- Study in small doses
- Ask for help

## **Some ideas for parents - How to motivate your teenager in school**

As a parent you may ask, “Why does my teenager have no motivation for schoolwork”? It's a question as old as time and one that many parents find tricky to answer. As a parent, you don't need to stand on the sideline. If you're stuck on how to motivate your teenager, UQ has an article that provides suggestions that might help. Click [here](#) for ways to motivate teenage learners including:

- Help them see the big picture
- Stay positive
- How to inspire your teenager to do their best

## Endless Opportunities

With a range of in-demand industries looking for job-ready workers, you can set yourself up for success by choosing from over 500 courses across a wide range of study areas. Click [here](#) to see the many different qualifications you can gain through TAFE Queensland including:

- Business and IT
- Education and community
- Health and science
- Service industries
- Creative industries
- Environment and animal services
- Infrastructure and transport
- Trades

## Gold Coast campus

The Gold Coast campus offers a comprehensive range of study areas including animal services, automotive, aviation, blockchain, building and construction, business, child care, community services, cyber security, design, education and training, electrotechnology, engineering, events, hair and beauty, horticulture, hospitality and cookery, information technology, maritime, music, nursing and health, plumbing, screen and media, sports and fitness, and an array of short courses. The campuses are located at:

- Ashmore - Cutting-edge facilities with industry standard technology offering innovating training and diverse, practical learning zoned for hands-on experience.
- Coolangatta - allows you to enjoy a Gold Coast lifestyle while studying in a welcoming and supportive environment.
- Coomera - specialised creative hub offering a range of dedicated facilities to spark inspiration. Very close to the train line.
- Coomera Marine - purpose-built Coomera Marine campus is a dedicated Marine facility conveniently located minutes from Coomera Marine Precinct, Australia's premier boating hub.
- Robina - Leading sustainable vocational institute ensuring that sustainability is embedded into every aspect of campus operations.
- Southport - Specialised clinical labs and advanced technologies, the campus is located in the centre of Gold Coast CBD.

Click [here](#) to find out more about TAFE Queensland Gold Coast offerings.

## SkillsTech Year 10 Trade Taster Programs

TAFE Queensland offers a suite of funded [Trade Taster Programs](#) that allow eligible high school students to try a course without needing to commit to a full qualification or apprenticeship. You can engage in training and determine if a course is the right option for you or test out a potential career path you are considering for the future. Year 10 students attend one day per week for nine weeks and participate in units aligned to a specific area over the course of a school term, gaining a better understanding of a qualification that will assist you to make an informed decision when choosing a TAFE at School Program or continuing with further studies in the future. It **does not** use your VETiS funding entitlement. If you are interested, talk to your school's VET coordinator. Be mindful that there may not be any dates in the first half of 2025 so it's best to contact TAFE Queensland for more details now. Talk to your VET coordinator for more information and application assistance.

## Student services

TAFE Queensland knows that sometimes some extra support is just what will make your study journey more successful. Student support services are available for all students and click [here](#) to read about:

- Learning support
- LEAP to a successful student journey
- Studiosity
- Learning Skills Centre
- Counselling
- Mental health and wellbeing
- AccessAbility support
- Indigenous student support
- International student support
- Library services
- Career and employment services



## A long journey to become a doctor

Becoming a doctor is easy to say but it takes time and hard work to get there. There are four main steps to becoming a specialist doctor (and a GP - General Practitioner is a medical specialisation!). The four steps are:

1. Undergraduate Bachelor degree (3 - 4 Years)
2. Doctor of Medicine qualification (2 - 4 Years)
3. Junior Hospital doctor (2 - 3 Years)
4. Specialist training (3 - 5 Years)

Click [here](#) for more details about each of these training steps.

## UCAT ANZ applications closing date reminder

If you are taking the [UCAT ANZ](#) in 2025 for entry to some health related courses in [Australia and New Zealand universities](#) in 2026 you should note these [key dates](#). Deadline times are 11.59pm AEST - Australian Eastern Standard Time. A reminder that the closing date to apply to sit for UCAT is 16 May 2025. Late bookings close 30 May 2025 (late fee \$85). Final booking deadline 6 June (late fee \$185).

## Understanding HECS debt: what you need to know

You may feel worried about HECS-HELP repayments after university but the good news is that with a little planning and understanding, a HECS-HELP loan is something you can definitely manage. If you are wondering if university is worth the cost or how to handle your student HECS-HELP loan, click [here](#) and read some ideas from ANU which are relevant no matter what uni you are wanting to attend.

- Is uni worth it?
- What is a HECS-HELP loan?
- Ways to plan how to manage your HECS debt
- Don't let a student HECS debt hold you back

## Year 12 parents and guardians' resources

Transitioning from high school to university can be a challenging journey for students and their parents. Several universities provide resources for parents to support them and their children through the transition. Some examples are:

- Australian Catholic University – [How parents can help](#)
- James Cook University - [Parents and partners](#)
- Griffith University – [Parents and Guardians](#)
- Queensland University of Technology - [Parents and Carer Engagement](#)
- The University of Queensland – [Parents and guardians guide to university](#)
- University of the Sunshine Coast - [Parent Lounge](#).
- TAFE Queensland – [Parents and Advisors](#)
- University of Southern Queensland - [Parents and Guardians](#)
- University of New England - [Parent, Partner and Friends Information Guide](#)
- Southern Cross University - [Guide for Parents and Caregivers](#)

## Australian Catholic University

### Early offer program - start getting organised now!

The ACU Guarantee program offers a place at ACU based on your Year 11 results to Year 12 students who are Australian citizens or Permanent Residents. It is specially designed to reflect achievements in your whole life, not only your academic results. Applications open on 21 July and close on 15 September. When applying you can include a personal statement which can improve your entry score and chances of getting an offer. There are three statement options:

1. Statement 1 - Impact through empathy
2. Statement 2 - Impact through adversity
3. Statement 3 - Impact through family

Click [here](#) (also click on How to Apply) to find out more and if you are interested in this program, now is the time to start preparing your application.

### New future-focused Bachelor of Business

ACU's new Bachelor of Business offers flexibility, allowing students to customise their studies to align with their career aspirations in a rapidly evolving world. Their program includes:

Majors:

- Accounting
- Data analytics
- Human resources management
- Marketing
- Management
- Business administration (new)
- Finance (new)

Minors:

- Accounting
- Communications (new)

- Economics (new)
- Finance
- Human resource management
- Marketing
- Artificial intelligence (new)
- Cybersecurity (new)
- Healthcare management (new)
- Information systems (new)
- Sustainability (new)

Click [here](#) for more information.

## Talk with Industry Series

ACU is hosting webinars where you can hear from alumni (graduated students) about their professional experiences after completing their studies at ACU. You will be able to take part in a Q&A session with ACU graduates to find out what your future could hold with one of our degrees. Upcoming events are:

07/05/2025    Talk with Occupational Therapists and Speech Pathologists - 6:00 - 7:00pm

13/05/2025    Talk with Psychologists and Social Workers - 6:00 - 7:00pm

Click [here](#) to find out more and to register.

## Bond University

### 2026 Undergraduate Guide

At Bond, they have a deliberately different approach to university learning. It's not only about what you learn in your program, it's who you learn from, who you learn with and how you learn. They provide enriching learning experiences designed to help you find your passion, develop your knowledge, build your skills and stand out in your future career. If you are thinking of Bond Uni as an option for 2026, then check out their 2026 Undergraduate Guide [here](#).

## Central Queensland University

### Bachelor of Medical Science (Pathway to Medicine)

CQUniversity's Bachelor of Medical Science (Pathway to Medicine) is a study option if you are seeking a career in Medicine. The course provides a provisional entry pathway into The University of Queensland's regionally based Doctor of Medicine program and will equip you with relevant skills and knowledge in Science, Biomedical Science and Health so that you are well prepared for further medical study and your medical career. Click [here](#) to find out more.



## Griffith University

### Griffith Bridging Maths for entry into a Teaching degree

If you're wanting to study a teaching degree after school but don't have the Maths prerequisite, successful completion of Griffith's free Bridging Maths meets the Maths subject prerequisite for entry into Griffith Education degrees. Courses will run from 6 May to 13 June, 3 November to 12 December and January/February 2026 dates to be confirmed. Courses are offered part-time over six weeks in on-campus and online modes. It is expected that you will commit to approximately 13–15 hours per week of study comprising:

- a compulsory two-hour, face-to-face tutorial once each week on campus or online
- approximately 13 hours per week of self-study completing online modules (including assessment).

Click [here](#) for more information including eligibility, tutorials, topics and how to apply.

### Queensland College of Art and Design (QCAD) portfolio admission

For entry into 2026 QCAD courses you can apply via portfolio and/or ATAR Rank. You may be considered via submission of a portfolio and attending an interview OR via guaranteed ATAR/rank of 70 or higher (2025). The relevant courses are:

- Bachelor of Visual Arts
- Bachelor of Design
- Bachelor of Visual Arts/Bachelor of Business
- Bachelor of Design/Bachelor of Business

Applicants who are not successful with their portfolio/interview will automatically be considered based on ATAR/Rank. Click [here](#) for more information.

### Undergraduate Diplomas

Griffith's Undergraduate Diplomas are a steppingstone into a related Undergraduate Degree or a standalone qualification that can see you entering the workforce. You will apply through QTAC by:

- Select desired Griffith Bachelor degree as highest preference
- Select the Griffith Undergraduate Diploma that is matched to desired Bachelor Degree as your next highest preference

When you are nearing the completion of your Diploma, Admissions will contact you and assist with your transition to the 2nd year of the Bachelor Degree via their direct admissions process. They offer 25 Diplomas across a range of study areas. Click [here](#) to find out more information.

## James Cook University

### Applying to JCU Medicine, Dentistry or Veterinary Science?

JCU has a two-step application process for the following degrees:

- Bachelor of Dental Surgery
- Bachelor of Medicine, Bachelor of Surgery
- Bachelor of Veterinary Science (Honours)

Steps to apply

1. Apply online via the [QTAC website](#); **AND**
2. Apply online [directly to JCU here](#). (click on course link for specific course information)

### Talk through your study options at JCU

Are you feeling unsure about your study options at university? You can book a call with friendly JCU staff and talk through any of the questions and concerns you have, whether it be around general university questions or JCU courses, eligibility or study support. They provide free, patient and easy-to-understand advice in areas such as:

- [Pathways](#) to study
- [Fees and financial support](#)
- [Credit for previous study/work experience](#)
- Modes of study or online course delivery
- Course timetables
- Career opportunities, and more

Click [here](#) for more information and to book a call.

## Queensland University of Technology

### A quick guide to QUT Webinar for Year 9 & 10 students and parents

QUT is hosting a Quick Guide to QUT webinar for Year 9–10 students and parents on **7 May** from 5:30 to 6:45pm. They'll cover career planning tips, differences between school and uni, course information and admission pathways. Plus, hear from current QUT students about their uni experience. Click [here](#) for more information and to register.

## **A reminder - QUT Accounting Challenge closes soon**

QUT Accounting Challenge case study submissions close Tuesday 6th May. The challenge requires your team to take on the role of an Accountant and tackle a client's real-world business problem. Click [here](#) for more information including how to apply and how to put together and submit your case study submission.

## **Brisbane University Languages Alliance**

Through the [Brisbane Universities Language Alliance](#) you can study a range of QUT language courses through Griffith University or The University of Queensland. Check the structure of your future course to see if you can incorporate a language into your study program. You may be able to study a language as either:

- a minor (four units)
- a second major (six units)
- option units (electives)

## **Empowering Future Women in Tech with QUT and Cisco**

QUT, in partnership with Cisco, is hosting a one-day workshop for female students, designed to inspire and encourage them to explore tech careers. You will engage in hands-on learning activities, connect with QUT tech ambassadors and learn from women leading the way in tech. If you are interested speak with your Guidance Officer/School Counsellor/teacher. Click [here](#) for more information.

## **Guiding students to choose their destinations**

QUT is hosting a free webinar with Carolyn Alchin for strategies to help young people with self-understanding, careers exploration, subject selection and SET planning pathways. The webinar will provide case studies, practical resources and tips and tricks to help you support Year 9 and 10 students to make informed decisions for their futures. The webinar will be held on 1 May from 7 - 8pm. Click [here](#) for more information and to register.

## **NEW Medical program from 2027!**

QUT is planning to offer its new medical program starting in 2027. Once officially accredited, the course will be a five-year medical program designed to prepare future doctors to make a real difference. It will focus on practical training, emphasise community care and will offer a pathway for Aboriginal and Torres Strait Islander students and students from regional, rural and remote areas. For the time being, click [here](#) to find out more and get answers to your questions including:

- Application information
- Fees
- What's different about this medical program/
- International student information

## Pathway programs

Completing a QUT College program will guarantee you a place in your approved QUT bachelor degree. Learn the fundamentals and graduate ready to enter an undergraduate degree. Click [here](#) to find out about:

- Enabling courses - The University Preparation Program provides an opportunity for those who want to pursue further studies but do not meet the entry requirements for their preferred QUT degree or diploma.
- Undergraduate certificates - Develop foundational knowledge and skills in the field of healthcare with a focus on Nursing.
- Diplomas - Develop strong foundational architectural skills and knowledge to help you make a successful transition to QUT's undergraduate degrees in architectural studies and built environment with majors in interior design and landscape architecture.

## Senior subject selection and post-school pathways webinar for parents - Reminder

On 1 May, QUT are hosting a free webinar that will provide case studies, practical resources and tips and tricks to help parents support Year 9 and 10 students to make informed decisions for their futures. Join QUT's career educator who will show you strategies to work with young people to discuss careers exploration in terms of subject selection. Topics covered will include career exploration, the future world of work and useful ways to connect SET planning pathways to career decision making and understanding of self. Click [here](#) for more information and to register.

## Southern Cross University

### 2026 Early Offers now open

The Early Offer program allows Year 12 students to secure a place in a Southern Cross University degree before their Year 12 results are released. It's designed to remove some of the pressure from the final year of high school and provide a pathway directly into university study that is not based solely on Year 12 results. You will be required to submit a school recommendation following SCU's guidelines. Early Offer applications for 2026 are now open and close on 30 September. Click [here](#) for more information including:

- Frequently asked questions
- Information for parents and caregivers
- Listen to SCU's Early Offer podcast episode

## Indigenous Australian Student Services

The Indigenous Australian Student Services (IASS) unit provides support and guidance to all Aboriginal and Torres Strait Islander students studying, or looking to study at SCU. The unit provides a wide range of information, advice and support to Aboriginal and Torres Strait Islander students in a culturally appropriate, safe, friendly and supportive environment. Click [here](#) to find out more about their services including:

- Indigenous Tutorial Assistance Scheme

- Indigenous Scholarships
- Alternative Pathway: Testing & Assessment
- Indigenous Social & Emotional Support

## **The University of Queensland**

### **Online bridging courses in General Maths and Maths Methods**

If you are looking to enter university, but need a Maths prerequisite, then you may be interested in UQ College's online bridging courses. This program is recognised as a Year 12 Maths alternative, helping you to bridge knowledge gaps and meet UQ entry requirements. The course is delivered online, is self-directed and allows you to complete a subject prerequisite from your own home. With weekly Zoom check-ins which provide learning support from their qualified teachers their aim is to help you achieve your goals and progress to your chosen degree. Courses commence on the 2nd and 4th Mondays of each month. Click [here](#) for more information and application process.

### **Science Ambassador Program nominations open**

Raise the profile of science within your school. Year 11 Science and Mathematics students can be nominated by their teacher as UQ Science Ambassadors. Ambassadors champion Science at their school by developing and delivering events, including National Science Week activities and encouraging other senior Science students to share their science journeys with students in all years. Click [here](#) for more information and nomination details. Nominations close on 30 April.

### **UQ Ready events**

UQ is hosting an in person or online informative night that will provide you with everything you need for a smooth transition from high school to university. Click [here](#) for upcoming events and registration:

- 30/04/2025 Cairns - 5:30 - 7:00pm; Novotel Cairns Oasis Resort
- 06/05/2025 Bundaberg - 5:30 - 7:00pm; Rural Clinical School Lecture Theatre

### **UQ's June school holidays engineering, design and computing school holiday program**

The UQ engineering, design and computing school holiday program is available in the June School holidays. Year 9 students are invited to learn how to think like engineers, architects, designers and planners and computer professionals by participating in hands-on workshops. Click [here](#) to find out more and to register your interest and registrations close on 21 June. You can register your interest and get updates as program is confirmed.

## Vocational Education and Training (VET) study entry pathway

You can be assigned a selection rank for competitive entry to UQ based on your Vocational and Education Training (VET) study if you have:

- AQF Certificate III (completed) - Tertiary Rank 68
- AQF Certificate IV (completed) - Tertiary Rank 74
- AQF Diploma - Tertiary Rank 82
- sub-bachelor level study (based on the level and duration of study, and your grade point average).

If you're a **current Year 12 student** with a VET qualification, you can use this qualification to apply for entry to UQ from Semester 2 of the year after you finish Year 12. You must still achieve a pass in any prerequisite subjects. Click [here](#) for more information.

If you've completed competency-based VET study, you can raise your selection rank by combining it with results from the [Special Tertiary Admissions Test \(STAT\)](#), as long as you're over 18 and not a current Year 12 student.

## Year 11 Queensland Chemistry Winter School

UQ's Year 11 Queensland Chemistry Winter School will provide you with a deep dive into the concept of equilibrium across topics such as oxidation-reduction and acids and bases. The program will run on 3 and 4 July from 8:30am - 5:00pm. Interested? Click [here](#) for more information including:

- What's involved
- Learning snapshot
- Cost
- Eligibility
- How to apply

Applications close on 1 May 2025.

## University of Southern Queensland

### Pathways to Uni

The University of Southern Queensland (UniSQ) has two major pathways to Uni. Click [here](#) to download the Pathways to Uni Guide and to find out about:

**UniPrep:** This pathway program is designed for students in Year 11 or 12 who are considering university after high school but haven't chosen an ATAR pathway or are worried they won't get into uni. If you want an introduction to university-level study, to begin your degree with confidence or to see if university is for you, you can start uni with UniPrep.

**Pathways to Uni: No ATAR?** UniSQ understands that the pathway to university is different for everyone. If you don't meet university entry requirements, this pathway is available to get you started.

## University of the Sunshine Coast

### Semester 2 Headstart Applications are now open

Ready to launch into the world of university while still in high school? UniSC's Headstart program can get you there. Headstart lets you test your dream course (for free!), earn credit for your future degree and supercharge your academic skills. You'll be ready to hit the ground running for your university adventure. Semester 2 Headstart is now open and applications close on 9 May. Click [here](#) to apply find out more ABOUT:

- The benefits
- Available courses
- How to apply
- Headstart key dates
- What to expect
- Headstart Guide
- Common questions

### Tertiary Preparation Pathway

Tertiary Preparation Pathway (TPP) is a free 6-month bridging program that provides a university experience before committing to a full degree. TPP can help you to gain a selection rank for entry to a number of UniSC programs, as well as brushing up on any subject area knowledge you need to meet prerequisites. Study up to four TPP courses and gain entry into most UniSC programs on successful completion. UniSC's TPP program is fee-free. Click [here](#) for more information.

# Upcoming Events



Date	Event
22/04/2025	ADF: Gold Coast Defence Careers Information Session
22/04/2025	ADF: Maroochydore Army Reserve Information Session
24/04/2025	ADF: Cairns Navy Careers Information Session
24/04/2025	Qld Assoc of Mathematics Teachers Problem Solving Competition entries close
25/04/2025	BOND BUHMUN: Inspiring the leaders of tomorrow registrations close
28/04/2025	ADF: Mackay Defence Careers Information Session
28/04/2025	FEAST applications close
29/04/2025	ADF: Bowen Defence Careers Information Session
29/04/2025	ADF: Dalby A Night in the Army Reserve
29/04/2025	ADF: Maroochydore Navy Careers Information Session
29/04/2025	ADF: Townsville Army Reserve Information Session
29/04/2025	GU Countdown to Uni webinar
29/04/2025	TAFE Greenslopes Partnership   Nursing Information Session
29/04/2025	TAFE Greenslopes Partnership   Nursing Information Session webinar
30/04/2025	UQ Ready Info session
30/04/2025	UQ Ready info session Cairns
30/04/2025	UQ Science Ambassador Program nominations close
01/05/2025	ADF: Gold Coast Defence Careers Information Session
01/05/2025	Multiple Future Leaders Awards applications close
01/05/2025	QUT Guiding students to choose their destinations webinar
01/05/2025	QUT Guiding students to choose their destinatio
01/05/2025	UQ Yr 11 Chemistry Winter School applications close
01/05/2025	UQ's Winter Biology school applications close
02/05/2025	UNE's Open Day



06/05/2025 to 07/05/2025	Business School Year 12 Extension Program
06/05/2025	QUT Accounting Challenge submissions close
06/05/2025	UQ Ready info session
06/05/2025	UQ Ready info session Bundaberg
07/05/2025	A Quick Guide to QUT webinar
07/05/2025	ANU Talk with Occupational Therapists and Speech Pathologists webinar
07/05/2025	QUT Quick Guide to QUT for Yrs 9 & 10
09/05/2025	UniSC Semester 2 Headstart applications close
10/05/2025	QUT BlueShift competition Champions' round
11/05/2025	Sunshine Coast Art Prize entries close
13/05/2025	ANU Talk with Psychologists and Social Workers webinar
15/05/2025	2025 Maranoa Careers and Jobs Expo
15/05/2025	ANU Direct Entry applications close
15/05/2025	ANU Early Offer applications close
16/05/2025	Experience UQ Skills day Gatton
16/05/2025	UCAT ANZ applications close
16/05/2025	What Matters? writing competition closes
18/05/2025	GU Creative Arts Open Day
30/05/2025	UCAT ANZ late applications close