



## Careers Newsletter

9 March 2022

**Disclaimer** – all information is printed in good faith

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

To contact Mr Madani please email [jmadani@stpiusx.nsw.edu.au](mailto:jmadani@stpiusx.nsw.edu.au)

### **JobJump - Parents and students please watch YouTube video and sign up**

Sign up to JobJump for information about tertiary study options, ATAR's and apprenticeship and TAFE information. Create a resume, sign up for news alerts.

To register go to <https://www.jobjump.com.au/>

Search school – St Pius X Chatswood

Register with an email address (use a private address, not spx)

Password – pius (lower case)

**Parent information:** <https://www.youtube.com/watch?v=fZoyckJwvVg&feature=youtu.be>

### **UNSW | Year 12 Medicine Information Evening**

Tuesday 15 March 2022, 6:30 pm - 7:30 pm

Online

Are you interested in a career in medicine?

Start your medical career at one of the top 50 medical schools in the world. Studying the Bachelor of Medical Studies/Doctor of Medicine at UNSW will provide you with the theoretical understanding and practical experiences you need to launch your career as a medical professional.

UNSW's Medicine Year 12 Information Session will provide insight into the dynamic blend of hands-on clinical experiences and research-focused learning that you will be immersed in as a UNSW Medicine student. You'll also find out detailed information on the application and admissions process for 2023 entry, including special entry schemes such as Rural, Gateway and Indigenous Entry Schemes.

Join us online where you will hear from our expert panel of academic staff and current students, and get all of your UNSW Medicine questions answered.

Find out more: <https://www.events.unsw.edu.au/event/unsw-sydney-year-12-medicine-information-evening>

### **AIT | Industry Speaker Series**

Wednesday 16 March 2022, 6:00 pm - Friday 18 March 2022, 8:00 pm

Online

This March, we're teaming up with some of the biggest studios, production houses and agencies across Australia to bring you an exclusive free Virtual Industry Speaker series! This is a golden opportunity to go behind-the-scenes on their latest projects and gain industry insight into what it takes to land your dream role

Find out more: [https://info.ait.edu.au/industry\\_speaker\\_series](https://info.ait.edu.au/industry_speaker_series)

### TAFE NSW | Launch your Career in Finance

Wednesday 30 March 2022, 10:00 am - 11:00 am

Online

Launch your Career is a series of interactive Live Virtual Events connecting students in Years 9 – 12 with industry to identify future career job possibilities.

Join us to explore the diversity of the finance industry, where students can get a first-hand look at the exciting roles across all finance sectors to discover the career opportunities that await them.

Whether you are passionate about developing globally transferrable financial skills, being your own boss or part of a multi-national, the finance sector provides a great start to your career.

Find out more: <https://tafenswevents.eventsair.com/launch-your-career-in-finance/lycf/Site/Register>

### WSU | Discover Western: Exploring Western, Early Offer Programs, Pathways & More

Tuesday 5 April 2022, 5:00 pm

Online

Are you unsure about what you want to do and what a university course has to offer? This Discover Western webinar will support you to make informed decisions and navigate through Western courses, early offer and pathway programs – and all the benefits of studying with us.

Find out more: <https://www.westernsydney.edu.au/future/student-life/events/western-webinars>

### Endeavour College | Natural Health Open Day

Saturday 9 April 2022, 10:00 am - 12:00 pm

Endeavour College of Natural Health, Sydney Campus

We are opening our campus doors for Open Day on Saturday 9 April. Why not see what student life with Endeavour College looks like? Tour the facilities, learn about student life, and chat to our team of academics and admissions advisers on the day.

Find out more: <https://www.endeavour.edu.au/events/natural-health-open-day/>

### WSU | Discover Western: Medicine

Wednesday 27 April 2022, 5:00 pm

Online

Are you interested in having a career in the field of Medicine? This Discover Western webinar will explore our Doctor of Medicine degree including entry requirements, how to apply and the admissions process, structure and graduate outcomes. Your career in medicine starts here!

Find out more: <https://www.westernsydney.edu.au/future/student-life/events/western-webinars>

### University of Melbourne | UniMelb 101 for NSW students

Tuesday 3 May 2022, Time TBC

Online

Always wondered what studying at the University of Melbourne is like? Have questions about making the move to Melbourne to start your university studies?

There's a lot to uncover about the University of Melbourne, and if you're from New South Wales, this is your chance. Join us for this information session to hear about:

- How our Melbourne Curriculum allows you to design a degree as unique as you, with our wide range of breadth and majors setting you up for a successful future

- Our University Accommodation options and student life initiatives to support you in making Melbourne your new home and feel welcomed by our community
- How you can take advantage of opportunities in and out of the classroom, such as concurrent diplomas, work-integrated learning and internships, exchange, and our competitive scholarships
- Access Melbourne, our special entry access scheme that offers guaranteed entry to eligible students from rural and regional areas, and those with a disadvantaged financial background.

You'll have the opportunity to hear from some of our current students who have made the move from New South Wales to Melbourne, and ask questions about their experience.

Find out more: <https://study.unimelb.edu.au/connect-with-us/events-for-future-students/unimelb-101-for-nsw-students>

### UAC Digital | Let's Chat – Medicine

Wednesday 4 May 2022, 6:00 pm

Online

In this session we'll provide HSC students and their parents with information about applying to study Medicine at NSW unis. A panel of experts from NSW universities will provide an overview of each Medicine course they offer. We'll also discuss:

- the difference between undergraduate Medicine and postgraduate Medicine courses
- admission requirements and ATAR requirements
- the University Clinical Aptitude Test (UCAT)
- pathways to Medicine if you don't meet the admission requirements
- how to apply.

And we'll give answers to the most commonly asked questions!

Find out more: <https://uacdigital.easywebinar.live/registration-lets-chat-medicine>

### CQUni | STEPS Information Session, Online

Friday 6 May 2022, 12:00 pm - 1:00 pm

Online

We invite you to attend one of our upcoming STEPS Information Sessions to be held online by Zoom. These sessions are suitable for students hoping to study online or at one of our campus locations in 2022.

By registering to attend a free information session, you enable us to keep you informed about the STEPS session, your course of interest, and any upcoming application deadlines.

Find out more: <https://www.cqu.edu.au/courses/study-information/work-and-study-preparation/steps/information-session-registration>

### UAC Digital | Let's Chat – Health Sciences

Wednesday 18 May 2022, 6:00 pm

Online

Are you are thinking of pursuing a career in nursing, midwifery, physiotherapy, speech pathology or radiology? A panel of NSW and ACT university experts will break down what's required to apply to and study a Health Science degree. We'll discuss:

- HSC courses that can help you build a good foundation for uni study
- selection criteria
- work placement opportunities

- career opportunities
- the UAC application process.

And we'll give answers to the most commonly asked questions!

Find out more: <https://uacdigital.easywebinar.live/registration-lets-chat-health-sciences>

### UAC Digital | Construction and Engineering

Wednesday 25 May 2022, 6:00 pm

Online

Thinking of applying for a Construction or Engineering degree? We'll provide HSC students and their parents with information about:

- HSC courses that can help you build a good foundation for uni study
- selection criteria and pathways
- work placement opportunities
- career opportunities
- the UAC application process.

And we'll give answers to the most commonly asked questions!

Find out more: <https://uacdigital.easywebinar.live/registration-lets-chat-construction-and-engineering>

### Macquarie | Open Day 2022

Saturday 13 August 2022, 9:00 am - 2:00 pm

Macquarie University

Macquarie University's Open Day is an experience made for (YOU)<sup>us</sup>. Join us to learn how our industry connections, passion for collaboration and appetite for unconventional thinking will help you achieve remarkable things.

Find out more: <https://event.mq.edu.au/open-day-2022/registration/Site/Register>

### SAE | Create For a Day

**Byron Bay:** Saturday 9 April 2022, 10:00 am - 3:00 pm

**Sydney:** Saturday 9 April 2022, 10:00 am - 3:00 pm

SAE Institute is opening its doors this April for a one-day program, designed to expand your skills and get you working on inspiring creative projects in the fields of Animation, Audio, Design, Film, Games, Music Production, or Songwriting.

Don't miss out on your chance to experience life as an SAE student, and discover what it means to be a creative professional in state-of-the-art facilities with industry experts by your side.

During the workshop, attendees will learn valuable practical and collaborative skills to build a creative piece of work! They will also receive a certificate of participation to acknowledge the creative project they have undertaken.

Due to the level of workshop content, this event is open to school students aged 15 years and above (Year 10 and over).

Find out more: <https://sae.edu.au/event/create-for-a-day-at-sae/>

### University of Sydney | Gadalong Summer Program

Thursday 21 April 2022, 10:00 am - Friday 22 April 2022, 4:00 pm

The University of Sydney, Camperdown Campus

Have you ever wondered what it would be like to go to university? The Gadalung Program is a great way to find out! This two-day on-campus program is for Year 10 – 12 Aboriginal and Torres Strait Islander students who want to explore their future at university.

This program gives you the chance to experience uni life, explore world-class facilities and meet current university students. You'll learn useful skills for your final years at school and get a heads up for your future at uni and beyond.

Program costs covered, including travel from within 100km of campus. **Applications close Friday 18 March.**

Find out more: <https://www.eventbrite.com.au/e/gadalung-program-rescheduled-tickets-272477506557>

### NYFA | Online Workshops

Monday 9 May 2022, 6:00 pm - Thursday 2 June 2022, 8:30 pm

Online

NYFA Australia's online workshops are designed to teach the fundamentals of film related disciplines, offering aspiring students the opportunity to gain expertise in their chosen field from anywhere in the world.

The workshops are active creative learning experiences where students will participate in every class, interact with teachers and classmates, and create original work. As with our on-campus programs, classes are kept small to allow for optimal teacher-student interaction, critique, and discussion of creative work.

Each workshop includes live interactive instruction and group meetings. For each one hour of interactive in-class instruction, you will engage in one hour of work outside of class to complete projects and exercises.

Online workshops being offered include:

- [4-Week Online Digital Editing with DaVinci Resolve](#)
- [4-Week Online Film Directing](#)
- [4-Week Online Acting](#)
- [4-Week Online Acting – Intermediate](#)
- [4-Week Online Screenwriting – Story & Structure](#)
- [4-Week Online Film & TV Producing](#)

Find out more: <https://www.nyfa.edu.au/online-workshops-evening/>

### ANU Tuckwell Scholarship Program

Value: \$23,000 AUD per year

Open/Closing Dates: March 2, 2022 – April 6, 2022

The Tuckwell Scholarship Program is the most transformational undergraduate scholarship program in Australia.

We award 25 Scholarships each year and offer talented and motivated students the opportunity to realise their potential by providing financial support, personal enrichment and development opportunities. Most importantly, Scholars can connect with and learn from one another within our home on campus, Scholars House.

The financial support offered to you as a Tuckwell Scholar is intended to help you through your university journey, giving you the freedom to focus on what is important.

[Find out more](#)

### The Bruce Dawe National Poetry Prize

Entries for the 2022 Bruce Dawe National Poetry Prize are now open.

You can submit up to 5 poems of any theme or style.

The 2022 winner of The Bruce Dawe National Poetry Prize will receive \$3000, and two highly commended entrants will be awarded \$500 each.

**Entries close on 6 June.**

Find out more: <https://usq.edu.au/events/2022/02/bruce-dawe-prize>

### USQ Get Songwriting Prize

Calling all High Schoolers – year 9 to year 12 – enter your song (or two!) for your chance to win a prize pool valued at over \$1200, including:

1. \$1000 worth of music equipment, products or services of your choice,
2. A prominent songwriting text and a \$200 gift voucher to a music store of your choice.
3. Registration at one of USQ's Two-Day Music Experiences held in July or September at USQ Springfield, including an opportunity to have your song recorded in our TV & Radio facilities – Valued at \$50

In addition to the overall winner there will be two runners-up, these runners up will win:

1. A prominent songwriting text and a \$200 gift voucher to a music store of your choice.
2. Registration at one of USQ's Two-Day Music Experiences held in July or September at USQ Springfield – Valued at \$50

**Entries are open until 6 June.**

Find out more and enter here: <https://usq.edu.au/events/2022/02/get-songwriting-prize>

### Work Experience with MOD.

In 2022, MOD. will be offering both online and in-person work experience opportunities for secondary school students. Applications are now open, for a choice of three placements across the end of term 2.

#### **21st June – 23rd June**

- Three day placement, 9:30am – 3pm daily
- Online work experience **reserved for regional students only**

#### **27th June – 1st July**

- Placements of up to a maximum of five days, 9:30am – 4:30pm daily
- In person work experience at MOD.

#### **4th July – 8th July**

- Placements of up to a maximum of five days, 9:30am – 4:30pm daily
- In person work experience at MOD.

If you are interested in applying, please submit an application via the form below.

[Learn more](#)

### PwC Virtual Case Experience

Our Virtual Case Experience is an interactive online platform providing virtual work experience to students. You'll work on simulated client projects virtually, from wherever you are and on your own time. You'll get instructions from real PwC staff, to master the virtual client case and experience what we do and how we help our clients firsthand.

You can complete these programmes in your own time at your own pace and earn a certificate after completing the programme.

[Learn more](#)

### Roles in Disaster Relief

Unfortunately there have been lots of natural disasters happening recently, and over the past few years in Australia. If you're wondering how you might be able to help, there are lots of jobs and volunteer roles where you can make a difference.

#### **Jobs in Disaster Relief**

If you want a career in Disaster Relief, there are a variety of different roles to look into. From management and office work, to being on the ground while an emergency is happening, there's something for everyone.

#### **Disaster Management Officer**

Disaster Management Officers assist in creating plans for when a disaster happens, coming up with strategies to limit the impact of disasters, as well as communicating with the public to raise awareness about disaster management and prevention.

Many local councils and government bodies will employ people as Disaster Management Officers. You could also work for an external company that provides advice to other businesses and the community.

This role is perfect for people who are passionate about helping the community, and can make decisions quickly under pressure. You'll typically be doing most of your work in offices.

As an example, you can read more about a career in the National Recovery and Resilience Agency [here](#).

#### **Fire and Emergency Services**

If you want a more hands-on role, this one could be perfect for you. During emergencies, firefighters and emergency workers are on the ground to protect lives and property. Your roles will vary depending on what kind of disaster you are responding to, such as fires, floods, cyclones, earthquakes, or more.

To work in this role, you'll need great physical and mental strength, as well as a strong commitment to both the job and your community.

You can read more about working in Fire and Rescue in Queensland [here](#). You can also take a look at our Job Spotlight on [becoming a Firefighter](#).



## **Volunteer roles**

If you want to help but can't commit to a full-time job, there are also lots of volunteer roles where you can make a difference.

### **Volunteer with your local SES**

Volunteering with the State Emergency Service is a great way to get out there and assist your community in a disaster. There are usually lots of different kinds of roles you can volunteer for – you might be helping out alongside emergency workers, creating disaster prevention plans with the council, helping deliver sandbags to areas preparing for floods, or cleaning up after storms.

In many states you can volunteer with the SES once you turn 16, but you might need permission from your parents or guardians.

See more about becoming an SES volunteer in your state or territory:

- [New South Wales](#)
- [Victoria](#)
- [Queensland](#)
- [South Australia](#)
- [Western Australia](#)
- [Australian Capital Territory](#)
- [Northern Territory](#)
- [Tasmania](#)

You can also find lots of other different volunteering roles through [Volunteering Australia](#).

### **Other ways to help**

There are lots of other ways you can help your community and the people around you in a disaster as well. You can help by [donating money](#), [donating clothes and other goods](#), making food to give out to emergency workers and those in need, and even just checking in with your neighbours and friends to make sure they're ok.

## **Cadetships in Australia**

If you want a way to get some valuable hands-on work experience while you study, cadetships are the perfect way to do it.

Similar to an apprenticeship, you'll get to work with an employer in a relevant field, all while completing your studies – and best of all, you get paid to do it. The main difference is that cadetships are usually available to those studying at a university level.

### **Cadetship perks**

So what are the benefits of a cadetship? They can include things like:

- Getting paid a salary while you study
- Gaining real work experience with an employer
- Credit towards your degree
- Extra allowances to help with your study
- A guaranteed job once you finish your degree



Each individual program will have different benefits, so make sure you check carefully before you apply.

**When can I do a cadetship?**

Cadetships are generally offered to students who have already began their university studies, though sometimes you can apply the year before you start (when you're in Year 12).

Some cadetships are targeted to students at the beginning of their degree, while others might be for students in their third, fourth, or even fifth year of uni.

**Cadetships vs degree apprenticeships**

There are a few different terms you might hear being thrown around, one of them being degree apprenticeships. So what's the difference between a cadetship and a degree apprenticeship?

Fundamentally, they are very similar: both offer paid work while you're studying at uni. The main difference is that under a degree apprenticeship, the government will cover your tuition fees as well (just like a regular apprenticeship). Cadets will still generally need to pay uni fees, unless they are specifically covered by an individual employer.

Another difference with degree apprenticeships is that your study pattern might be different. You might only study certain subjects instead of completing an entire degree, or some employers might offer their own training instead of you needing to go to uni at all. Cadetships generally require you to study a degree alongside your work, just like any other student would.

Degree apprenticeships are currently only on offer in the UK, but there are programs being developed in Australia.

**Is a cadetship right for me?**

Because you'll be working and studying at the same time, you'll need to be dedicated and have great time management skills to succeed in a cadetship. If you're feeling confident about your dream career, a cadetship can be a great way to secure employment before you finish university.

**Cadetship programs in Australia**

If we've piqued your interest and you want to know more, we've gathered some cadetship programs from around Australia you might like to look into.

**Professional Cadetships Australia**

Open to current Year 12 students, Professional Cadetships provide unparalleled opportunities. As a Cadet, you combine study at the university of your choice with paid work at a leading company. [Find out more.](#)

**Digital Cadetship Program**

The Australian Government has a Digital Cadetship Program, aimed at university students studying business, IT, cyber security, STEM, and more. You can apply once you've finished the first year of your degree. [Find out more.](#)

**Defence STEM Cadetship**

The Department of Defence offers entry-level cadetships for students studying STEM at university. If you've finished at least 12 months of your degree, you can enjoy perks like reimbursement of uni fees, a bursary payment, and ongoing employment with the APS. [Find out more.](#)

**Department of Finance Career Starter Program**

Kickstart your career in Government with the Career Starter Program. You'll get the opportunity to study a Certificate IV in Government while working full-time for a participating government department. [Find out more.](#)

**AFL SportsReady First Nations Cadetship Program**

AFL SportsReady offer financial support to Indigenous university students studying and working in Australia. You can work with employers including Jacobs, ANZ, Metro North Health Services, and BiOC. [Find out more.](#)

**UOW Management Cadetship Program**

Each year, UOW offer two places in their Management Cadetship Program for commencing students studying an eligible degree. One great perk is that you receive an allowance to cover the cost of your studies, so you graduate without any HECS debt. [Find out more.](#)

**Coleman Greig Legal Cadetship Program**

This cadetship program is open to first year law students, meaning you can apply straight out of high school. [Find out more.](#)

**Rural Resident Medical Officer Cadetships**

NSW Rural Doctors Network offer a cadetship for medical students, giving students up to \$15,000 per year for the final two years of their medical degree in return for undertaking two of the first three years of their hospital training in an eligible rural NSW hospital. [Find out more.](#)

**Whitehaven Coal Cadetship Program**

Whitehaven Coal offers four cadetships to Year 12 students from the Narrabri/Gunnedah region looking to study Mining Engineering, Electrical Engineering, Mechanical Engineering, Geology, or Environmental Science. [Find out more.](#)

**Doxa Cadetship Program**

Doxa's Cadetship Program is open to is open to Year 12 students transitioning to university and aims to support talented young people facing challenging life circumstances to complete university and gain the skills needed for an employable future. [Find out more.](#)

**Hall Chadwick Cadetship Program**

Hall Chadwick's Cadetship Program is targeted at Year 12 high school students and first year university students who have already indicated their interest in business and accounting. [Find out more.](#)

## University of Sydney New Pharmacy Degrees in 2023

From 2023, the University of Sydney will offer new combined degrees for school leavers who want to study pharmacy.

You will now gain a Bachelors and Masters degree, as well as completing the intern training program and supervised practice requirements in the same amount of time that would take to complete a standalone undergraduate degree and complete the Pharmacy Board of Australia's requirements.

- [Bachelor of Pharmacy \(Honours\) / Master of Pharmacy Practice](#) (5 years)
- [Bachelor of Pharmacy and Management \(Honours\) / Master of Pharmacy Practice](#) (6 years)

Upon completing one of the combined degrees, you won't need to undertake any further supervised practice after you graduate in order to practise pharmacy. However, you will still need to pass the [Pharmacy Board registration exam](#) to be eligible for general registration.

Find out more about the new degrees on offer here: <https://www.sydney.edu.au/medicine-health/study-medicine-and-health/study-areas/pharmacy/introducing-our-new-pharmacy-degrees-2023.html>

## Bond University Student for a Semester

Calling all ambitious Year 11 and 12 students from Brisbane, Gold Coast and Northern NSW

Bond University's Student for a Semester program gives high achieving year 11 and 12 students the opportunity to gain an authentic university experience before they finish high school.

Student for a Semester students enrol in a Bond University subject, attend lectures and tutorials on campus, complete assignments and sit their subject exams.

You'll be mixing with uni students, meeting academics and getting involved in university life. You're welcome to use the Main and Law Libraries, Multimedia Learning Centre, Sports Centre and can socialise in the on-campus cafes and restaurants.

You'll receive plenty of support from us, including access to Bond's [Academic Skills Centre](#) and your own [Bond Student Mentor](#) to help you enjoy every minute of your semester at Bond.

Students who successfully pass their Student for a Semester subject may also be able to credit this towards your Bond University undergraduate degree (conditions apply).

**Applications for the May 2022 semester open 23 March and close on 27 April.**

Find out more: <https://bond.edu.au/future-students/study-bond/see-yourself/student-semester>

## Setting achievable goals

When it comes to setting goals, the sky's the limit, right? But there's a difference between setting goals that sound good, and ones that are actually achievable.

If we set achievable goals, we're much more likely to follow through and complete it. That's not to say you can't aim high – but you need to remember to be realistic at the same time. So what goes into setting achievable goals?

**Are you willing to work for it?**

This is probably the most important question to ask yourself. More often than not, achieving our goals requires us to put in a bit more effort than usual. If you're not willing to do that, chances are you won't reach your goal.

For example, if your goal is to get As for all your subjects, but you don't want to do any more study than you do now, chances are your goal is not achievable.

**Is it compatible?**

For your goal to be achievable, it also needs to be compatible with other parts of your life, and any other goals you might have set. Think about whether you live in the right place, if you have enough money, or whether you have any other important commitments that might hinder your progress.

**Is it realistic?**

Of course, you need to make sure your goals are realistic. If you're already 16 and have never played sport in your life, making it to the Olympics by the time you're 20 is probably not realistic. While it's important to dream big, you also want your goals to be realistic, or else you might end up feeling let down if you can't achieve them.

**Setting yourself up for success**

If you've gone through the above questions and haven't run into any problems, chances are you've set an achievable goal.

Remember, just because a goal doesn't fit in with your life right now doesn't mean you can't go back and revisit it in the future. Or maybe you need to consider working on some smaller goals to make your way up to a big one – if you want to run a marathon in 2 months' time but are very unfit, make your goal to run just 1k, then 5k, and so on, until you feel ready to achieve your big goal.

**Create your resume**

Applying for jobs (and sometimes when you're applying to tertiary education), you'll need a resume. A resume or CV (Curriculum Vitae), is a document which details your work and study history, including all of your achievements and skills so far.

You'll need to provide all the essential details in a professional looking, easy-to-read format.

Keep it nice and concise, as nobody will want to plough through pages and pages irrelevant information. In fact – they just won't bother reading it at all if it's too long.

**What to include on your first ever resume?**

- Your name, age and contact details
- Your education details, including the names of your schools and a list of subjects you've studied
- Any jobs you've had, including volunteer work and work experience
- A list of your skills
- Any awards or achievements
- Your hobbies and interests

Before you go nuts designing your resume, you might like to read the tips in this [article](#) about the do's and don'ts of resume writing.

**Get more help**

If you're looking for more in-depth information on how to write your resume this [blog](#) could help. And if you're unsure which skills you should incorporate, check this [article](#) out.

## 11 tips for talking to your teen about their career

Not sure how to talk to your teen about their career? You're not alone.

Research shows that parents are the most significant influence on their child's career decisions, which puts a lot of pressure on you to get it right. But talking to your teen about their career isn't easy – they may avoid the conversation or just flat out refuse to engage, which can leave you feeling out in the dark and unsure.

We've spent a long time talking to teens about careers, so our career counselling expert Lucy Sattler has put together some tips to help you navigate those tricky conversations.

Lucy says "it's really important to stay calm and remember that it's their future we're talking about (not yours), and the evidence shows that they're probably going to make a sensible decision if you let them make it in their own time. Here are my top 11 tips for friction-free conversations about careers with your teen:

### **1. They don't need to have an answer**

It's normal for them to still explore and take some time to try things out, even after they've left school, and there are systems there to help them if they change their mind.

### **2. Focus on what they want to do next, not what they want to do forever**

Adults have a habit of falling into good opportunities, and keeping an open mind about where you want to end up can help you be flexible enough to jump on opportunities when they arise. There's actually a whole theory called the 'Chaos Theory of Career Development' that explains this is completely normal and expected.

### **3. Focus on their strengths**

What are they doing well at school, what do they enjoy doing in their free time, how could they take the next step in that direction. This doesn't always need to be towards a specific job, for example if your child loves soccer that doesn't mean she should begin working towards a career as a professional soccer player, but she could start looking for coaching and refereeing jobs, or volunteer to train the younger grades. These kinds of things will give her skills that she can use in a range of different career paths, and also teaches her that she can explore pathway without a set goal in mind.

### **4. Micro-conversations are where you'll find the good stuff**

Make the most of those 5 minutes you share eating breakfast together, or on the way to the supermarket, and take the time to talk about your work and how it is going rather than always focusing on their choices.

### **5. They learn from you**

Kids learn a lot about work from their parents, so share stories and observations from your own experiences, but while you're doing that be mindful that you don't give them a skewed view of work. It can be tempting to vent at home, but if you're always talking about how hard work is and how stressed you are, or how annoying your boss is, then that could begin to influence their expectations of what their own workplaces will look like.

### **6. Talk side-by-side**

Big conversations can sometimes feel a little awkward, so you (and them) may feel more comfortable talking side by side, rather than face to face. Try going for a walk outside, or take a drive together; I take my teen out for a sneaky ice cream without the others.

**7. Don't panic**

Try not to panic if they come up with anything that you think is a 'bad' idea; sometimes they'll just need to say things out loud to test them, and other times what may start out sounding a little crazy may end up being the perfect solution. Keep an open mind and avoid giving any opinions (positive or negative) without first giving yourself a chance to calm down.

**8. They're already under pressure**

Teenagers already put themselves under enough pressure, so avoid nagging them to make a decision if they're not ready. Research shows that the vast majority of young people are more sensible, reliable, and concerned about securing their future than parents or teachers give them credit for, but if they feel pressured they can often 'clam up'. If you feel like you're starting to pester them, go back to micro-conversations and talking side-by-side for a while.

**9. Let them choose the topic**

Military interrogators often use silence as a technique to get their subject speaking because as humans we naturally want to fill any awkward silence, and you can use this to your advantage. As long as they're not distracted (i.e., pick a social media free time and place), they'll look for topics to talk about and you can use that as a starting point.

**10. Short and informal is better than long and planned**

Formal, planned conversations can feel weird, so avoid them and stick to shorter, less formal but equally valuable conversations wherever possible. If you need to have a formal conversation take it outside and go for a walk so you're side-by-side, not face to face.

**11. Ask open-ended questions**

One last tip – ask 'open' questions and avoid questions with easy yes/no answers. If you ask an open-ended question and get a closed answer ("it was good"), ask them a why question – ("why was it good?") You're not always going to win, but open-ended questions give both of you more room to move, and if you build a habit of letting them talk and while you really listen (without judgement) to their answers you'll build trust.

## Farming Gap Years

Want to spend your gap year travelling around the country, experiencing life in the country, and gaining valuable work experience? You might like to consider taking a farming gap year.

There are opportunities available all around Australia in all kinds of roles – whether you'd like to work with animals, spend time picking fruit, or growing crops, there's something for everyone.

Take a look at some of the options we've found.

## WWOOF

World Wide Opportunities on Organic Farms (WWOOF) has been offering unique gap year experiences to people from all around Australia for 40 years. It's a great way to travel cheaply, learn about organic farming, gain some independence and a host of other skills.

They have tons of unique experiences on offer, from viticulture to butterfly farming.

Find out more: <https://wwooof.com.au/>

### **AgCAREERSTART**

AgCAREERSTART provide gap year opportunities to young people aged 18-25. You get to live and work in a regional location, earning a nationally recognised qualification and gaining valuable skills towards a future career in agriculture.

Find out more: <https://agcareerstart.com.au/>

### **GAPYear**

GAPYear is a new initiative from Growcom, the peak body for horticulture in Queensland. They want to give young Aussies the chance to explore regional Queensland, meet like-minded people, and partner with ethical employers for a year like no other. Travel as far north as Cairns for mangoes and reef tours, or as far south as Stanthorpe for apples and national park treks.

Find out more: <https://farmreadyhub.com/how-it-works-gapyear/>

### **Overseas opportunities**

You don't need to stay in Australia to enjoy an awesome gap year in agriculture. Here are some overseas opportunities you might like to explore:

- [International Rural Exchange Canada](#)
- [Dairy Gap Year in New Zealand](#)
- [Communicating for Agriculture Education Programs \(CAEP\)](#)

### **Breathing Exercises to Reduce Anxiety**

Feeling anxious is unproductive and let's face it pretty unpleasant.

Taking a few minutes out when you start to feel anxious and following the breathing tips in the article below, could help you to overcome the feelings you experience when anxiety starts to build.

[Simple abdominal breathing exercise for relaxation.](#)

If breathing exercises aren't enough, then you might need more help with your [anxiety](#). There are some useful websites and contacts listed at [Beyond Blue](#).

### **[How to become an Electrician](#)**

#### ***Bring electricity to the world***

#### **What do Electricians do?**

Electricians are responsible for installing, repairing, and maintaining electrical systems in a variety of settings, including domestic, commercial, and industrial. Electricians can work in a huge number of environments depending on their specialisation. Because you will be working with live electricity, knowledge of safety procedures and equipment is essential.

If you like to be physically and mentally stimulated, want a job with lots of variety, and don't mind working on your feet, becoming an Electrician could be ideal.

#### **About you:**

- Great problem solver
- Safety-conscious
- Excellent communicator
- Good with your hands
- Can work in teams and independently
- Great with technology



- Critical thinker
- Mathematically minded

**The job:**

- Installing and repairing electrical systems
- Examining blueprints and wiring diagrams
- Selecting and cutting appropriate wiring
- Testing existing systems and devices to find faults
- Replacing faulty and unsafe parts
- Connecting systems and devices to power supply
- Positioning and installing switchboards
- Performing general maintenance and repairs

**Lifestyle Impact: Low**

- Part Time opportunities: Very low – only around 10% of Electricians work part-time (source: gov.au).
- Average hours for full-time workers: 45 hours a week, which is just above average (source: joboutlook.gov.au).
- Electricians' salary (average) \$85,000\* per year (source: seek.com.au). \*Salaries vary depending on your skills and experience.
- Future career growth: Strong (source: labourmarketinsights.gov.au).
- You will be doing work in a variety of environments, both indoors and outdoors.
- Depending on the kind of business you work for, you might have to work on weekends, holidays, and even early mornings and late nights if you need to respond to urgent call-outs.

**Electricians are most in demand in these locations:**

This is a very large occupation, with around 169,000 people working as Electricians in Australia in 2020 (source: labourmarketinsights.gov.au). Demand for Electricians is spread evenly across Australia, with a higher-than-average demand in Western Australia and Queensland. Most Electricians work in the Construction industry.

**How to become an Electrician in Australia**

You will need to complete a relevant VET qualification in order to work as an Electrician in Australia. This is usually done as an apprenticeship.

Step 1 – Complete Year 10 with a focus on English and Maths.

Step 2 – Find a business willing to take you on as an apprentice, and complete your [Certificate III in Electrotechnology Electrician](#).

Step 3 – Before you can legally work as an Electrician, you will need to obtain licensing and permits. This can vary from state to state.

Step 4 – Start working as a qualified Electrician and continue to build your skills and knowledge.

Step 5 – Once you have lots of experience, consider starting your own business and employing others.

Find out more here –

<https://www.masterelectricians.com.au/>

<https://www.fairtrading.nsw.gov.au/trades-and-businesses/licensing-and-qualifications/electrical>

<https://esv.vic.gov.au/>

<https://www.worksafe.qld.gov.au/licensing-and-registrations/electrical-training>

<https://www.commerce.wa.gov.au/building-and-energy/electrical-licence>

<https://www.sa.gov.au/topics/business-and-trade/licensing/building-and-trades/licensing>

<https://electricallicensing.nt.gov.au/home>

<https://cbos.tas.gov.au/topics/licensing-and-registration/licensed-occupations>

<https://www.planning.act.gov.au/build-buy-renovate/for-industry/construction-licences/apply-for-a-construction-licence/electrician-licence>

### **Similar Careers to Electrician**

[Mechanic](#)

Plumber

Builder

[Tiler](#)

Automotive Technician

[Engineer](#)

[Joiner](#)

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

### **Frequently Asked Questions (FAQs)**

#### **What do Electricians do?**

Electricians install, repair and maintain a wide variety of electrical systems and devices in many different settings and industries.

#### **Which industries employ Electricians?**

Electricians are mostly employed in the Construction industry.

#### **What options are there for career progression?**

You will start out as an apprentice, before becoming a fully qualified Electrician. With lots of experience and knowledge, you might like to start your own business. There are also lots of specialisations you can look into.

#### **Do I need to go to university to become an Electrician?**

No, you do not need to go to university to become an Electrician in Australia. However, you will need to complete a VET qualification, usually through an apprenticeship, plus obtain other relevant licensing.

#### **Where do Electricians work?**

There is demand for Electricians across all of Australia, particularly in Western Australia and Queensland.

**What are 3 things I can do right now to help me become an Electrician?**

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

1. Consider doing an electrical pre-apprenticeship while at school. This can help you start building necessary skills and knowledge, as well as giving you a head-start with your future qualification.
2. See if you can find work experience with a local business. This will help you see if you might enjoy the work, and can help you start building important contacts for the future.
3. Talk to an Electrician to see what a day in their life is like. If you don't know anyone, see if you can watch videos or documentaries about a career in construction or as an Electrician.

Mr Madani

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