



CAREERS NEWSLETTER

Disclaimer – all information is printed in good faith
It is the responsibility of the student to confirm all details with the appropriate institution.

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JobJump - Parents and students please watch YouTube video below 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>

Holsworthy A Night in the Army Reserve

Organisation: Australian Defence Force

Location: Holsworthy Barracks

Date: March 11, 2025

Want to serve without the full-time commitment of joining the Australia Defence Force? Look to the Army Reserve. You'll receive tax-free pay in part time roles that you can do one night a week, one weekend a month or a few weeks a year.

Join ADF Careers at the upcoming A Night in the Army Reserve and speak with current serving personnel about the roles on offer.

On the night you will have the chance to check out:

- Military Vehicles
- Static Military Displays
- Interactive Military Displays
- Learn more about the Army Reserves

[Find out more and register](#)

Western Sydney Defence Careers Information Session

Organisation: Australian Defence Force

Location: Parramatta ADF Careers Centre

Date: March 11, 2025

Wondering whether a job in the Australian Defence Force (ADF) is the right fit for you?

Come along to an upcoming info session where you'll have the opportunity to ask questions and learn everything you want to know regarding job roles in the Navy, Army and Air Force.

You'll have the chance to speak with current serving members to see if an ADF career is the one for you.

[Find out more and register](#)

ADFA Careers Virtual Information Session



Organisation: Australian Defence Force

Location: Online

Date: March 12, 2025

At the Australian Defence Force Academy you will receive service training while studying for your UNSW degree, and graduate as an Officer in the Australian Defence Force.

Join us for a virtual info session to find out how the Australian Defence Force Academy can change your life.

[Find out more and register](#)

CGA Trial Class

Organisation: Crimson Global Academy

Location: Online

Date: March 12, 2025

Join a CGA Trial Class to meet one of our expert teachers and get a taste of the CGA classroom experience. This class is catered to students aged 12-16, with parents of course welcome to sit in too!

After a quick lesson, we encourage you to use this opportunity to ask the teacher about:

- The technology and platforms typically used
- Homework and assessments at CGA
- CGA's feedback and reporting processes
- Online versus traditional classrooms
- The online student-teacher relationship
- Support in and out of the classroom
- And whatever else comes to mind!

[Find out more and register](#)

Year 12 Medicine Information Evening

Organisation: University of New South Wales

Location: Online

Date: March 12, 2025

Are you interested in a career in medicine?

Start your medical career at one of the top 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 Information Evening, for current year 12 students, 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 2026 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, current students and advisors, and get all of your UNSW Medicine questions answered.

[Find out more and register](#)

Study Animal and Veterinary Bioscience at Sydney

Organisation: University of Sydney

Location: Online

Date: March 12, 2025

The Bachelor of Animal and Veterinary Bioscience at Sydney offers you the opportunity to acquire an industry-oriented science-based education that leads to a career in a wide variety of veterinary and animal science industries. Whether you wish to become an animal welfare champion or an expert consultant in animal behaviour and management, the future holds endless possibilities. Join us as we explore the field with our very own expert and academic coordinator.

[Find out more and register](#)



SCCE Information Session Webinar

Hansen Scholarship Program online information evening

Organisation: University of Melbourne

Location: Online

Date: March 13, 2025

Talented Year 12 students, parents, careers practitioners, and other support people are invited to join us for an online information session to learn more about the University's most generous undergraduate scholarship: the Hansen Scholarship.

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

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

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

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

[Find out more and register](#)

Sydney Defence Comms, IT & Intelligence Roles Information Session

Organisation: Australian Defence Force

Location: Sydney ADF Careers Centre & Online

Date: March 13, 2025

Get connected with a future-focused career, using technologically advanced sensor and communication systems to keep the Australian Defence Force (ADF) in touch, informed and operating effectively.

Join us for an info session and speak with current serving personnel about Communications, IT and Intelligence careers in the ADF.

[Find out more and register](#)

Sydney West Careers & Employment Expo 2025

Organisation: Kym Jones Exhibitions

Location: Sydney Showground

Date: March 14 to March 15, 2025

Sydney West's New Careers & Employment Event will open on March 14 & 15, 2025, at the Sydney Showground.

The Expo will showcase over 120 organisations and employers with career opportunities for all ages. Entry is free.

The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new opportunities.

[Find out more and register](#)

Year 11 Parents and Carers' Webinar

Organisation: University of Wollongong

Location: Online

Date: March 17, 2025

You play a key role in guiding your teen through their university journey. Join our informative webinar to learn about the UOW Early Admission program, the significance of Year 11 results, and how to help them choose a degree



that aligns with their strengths and passions. Our experts will walk you through the process, provide valuable insights, and answer your questions so you can provide support with confidence.

[Find out more and register](#)

Sydney Pilot Career Seminar

Organisation: Basair Aviation College

Location: Bankstown Airport

Date: March 18, 2025

Do you dream of taking to the skies and achieving your wildest aviation dreams?

Attend Basair's Pilot Career Seminar and learn everything you need to know about becoming a Commercial Pilot with Australia's leading flight training organisation.

[Find out more and register](#)

Aboriginal and Torres Strait Islander Future Students Information Evening – Campbelltown

Organisation: Western Sydney University

Location: WSU Campbelltown Campus

Date: March 18, 2025

The Aboriginal and Torres Strait Islander Future Students Information Evenings at Western Sydney University is an opportunity to hear about what programs are on offer and how Western can help you during your studies. Learn about the different pathways to study, the support services available, scholarships on offer and life on campus.

[Find out more and register](#)

Western Sydney Air Force Careers Information Session

Organisation: Australian Defence Force

Location: Parramatta ADF Careers Centre

Date: March 18, 2025

Reach new heights in a career with the Air Force.

You can work with advanced technology as you support the Air Force across a broad range of operations in Australia and overseas.

Head to an info session to learn more about Air Force careers in Aviation, Combat and Security, Healthcare, Trades, Cyber and much more.

[Find out more and register](#)

BiG Day In, UTS Day 1

Organisation: ACS Foundation

Location: The Great Hall @ UTS

Date: March 18, 2025

Join us in The Great Hall @ UTS on Tuesday 18 March for the 2025 BiG Day In IT Careers Conference. Hear from speakers from Microsoft, Google, Adobe, Westpac, Woolworths, Wisetech Global, Defence Jobs Australia, Animal Logic and more to come to learn where a STEM career can take you.

[Find out more and register](#)

Wollongong Air Force Careers Information Session

Organisation: Australian Defence Force

Location: Wollongong ADF Careers Centre

Date: March 18, 2025

Reach new heights in a career with the Air Force.

You can work with advanced technology as you support the Air Force across a broad range of operations in Australia and overseas.

Head to an info session to learn more about Air Force careers in Aviation, Combat and Security, Healthcare, Trades, Cyber and much more.

[Find out more and register](#)



MasterTalk: The Business of Creativity

Organisation: Academy of Interactive Technology

Location: AIT Sydney Campus

Date: March 19, 2025

Register now for AIT's Sydney MasterTalk featuring a panel chat with ScreenNSW, Blowfish Studios & Buck discussing the Business of Creativity.

Topics:

- Talent Resilience & Future of Employment
- Global Export of Creativity
- Collaboration & Innovation
- Risk Management in Creativity
- Reflections and Lessons Learned

[Find out more and register](#)

Fairfield Info Night 2025

Organisation: University of Sydney

Location: Fairfield RSL Club

Date: March 19, 2025

Discover why the University of Sydney is the right place for you at our information night for year 10 to 12 students. You'll have the chance to speak with current students and alumni from Greater Western Sydney who have pursued a variety of degrees across the University as well as expert staff and a UAC representative.

Year 11 and 12 students will learn about admission requirements, entry schemes, pathways, fees, scholarships and financial assistance and support services available at the University.

Year 10 students will get a snapshot of the University of Sydney and take part in a separate workshop where they will link personal interests and skills with university courses and careers. This workshop will prepare students to make informed decisions for their senior subject selection in preparation for meeting the admission requirements for University of Sydney courses.

[Find out more and register](#)

Setting up for Success – Brought to you by the University of Newcastle

Organisation: University of Newcastle

Location: Online

Date: March 19, 2025

Embark on your HSC journey with confidence through our "Strategies for HSC Success" webinar, tailored for Year 11 and 12 students. Led by a Senior HSC Marker, this session delves into effective study techniques, exam hacks, and strategies for excelling in HSC assessment tasks.

Whether you're beginning your HSC preparations or seeking to enhance your performance, our webinar is your gateway to unlocking academic success with expert insights and practical advice.

Suitable for both students and parents.

[Find out more and register](#)

BiG Day In, UTS Day 2

Organisation: ACS Foundation

Location: The Great Hall @ UTS

Date: March 19, 2025

Join us in The Great Hall @ UTS on Wednesday 19 March for the 2025 BiG Day In IT Careers Conference. Hear from speakers from Microsoft, Google, Adobe, Westpac, Woolworths, Wisetech Global, Defence Jobs Australia, Animal Logic and more to come to learn where a STEM career can take you.

[Find out more and register](#)



Sydney Design School Information Session

Organisation: Sydney Design School

Location: Sydney Design School & Online

Date: March 19, 2025

Find out everything you need to know about our world class courses and personal support. Our Director, Amanda Grace will introduce you to our industry focused approach to learning. Our sessions are also streamed live online via Zoom.

[Find out more and register](#)

Pathways to studying law at Sydney

Organisation: University of Sydney

Location: Online

Date: March 19, 2025

Did you know, there are many pathways to studying law at the University of Sydney? Hear from our panel of current students who have joined the law community at Sydney through alternate pathways, transferring or studying graduate entry law.

[Find out more and register](#)

Career Conversations @ Home – Helping parents have positive career convos!

Organisation: Arrive & Thrive

Location: Online

Date: March 20, 2025

Come join Tyson Day, the Co-Founder and Lead Facilitator of Arrive & Thrive, as he shares the best way to have impactful career conversations in and around your home environment that produce clarity, career discovery, and momentum. Tyson will share concepts and practices that he has learned through his 10+ years of experience in career education and the 85,000 students who have attended Arrive & Thrive workshops since 2019.

In our webinar, you can expect to learn:

- How can you positively influence your young person in their career decisions.
- How can you effectively navigate the future of work and understand your young person's options.
- How to communicate effectively through the GROW model to support your young person in career exploration.

We can't wait for you to join us!

All participants will receive a Career Conversation Kit to kick off conversations with their young person as soon as possible!

[Find out more and register](#)

UOW Information Evenings

Organisation: University of Wollongong

Location: Various

Date: March 24 to April 10, 2025

UOW is committed to providing high school students, parents and carers of high school students as well as non-school leavers with information and knowledge to help make informed decisions about your future.

These interactive events are designed to answer all the common questions that students have about starting university study. UOW staff and current students will be on-hand to make sure you have all of your questions answered at the one time in the one place.

- Macarthur Info Night: Tuesday, 25 March 2025, 17:45 - 19:30
- Orange Info Night: Wednesday, 26 March 2025, 17:45 - 19:30
- Wollongong Info Night: Wednesday, 26 March 2025, 17:30 - 20:00
- Liverpool Info Night: Wednesday, 2 April 2025, 17:30 - 20:00

[Find out more and register](#)



Parramatta Info Night 2025

Organisation: University of Sydney

Location: PARKROYAL Parramatta

Date: March 26, 2025

Discover why the University of Sydney is the right place for you at our information night for year 10 to 12 students. You'll have the chance to speak with current students and alumni from Parramatta who have pursued a variety of degrees across the University as well as expert staff and a UAC representative.

Year 11 and 12 students will learn about admission requirements, entry schemes, pathways, fees, scholarships and financial assistance and support services available at the University.

Year 10 students will get a snapshot of the University of Sydney and take part in a separate workshop where they will link personal interests and skills with university courses and careers. This workshop will prepare students to make informed decisions for their senior subject selection in preparation for meeting the admission requirements for University of Sydney courses.

[Find out more and register](#)

Liverpool Info Night 2025

Organisation: University of Sydney

Location: Liverpool Civic Place

Date: March 27, 2025

Discover why the University of Sydney is the right place for you at our information night for year 10 to 12 students. You'll have the chance to speak with current students and alumni from South West Sydney who have pursued a variety of degrees across the University as well as expert staff and a UAC representative.

Students will learn about admission requirements, entry schemes, pathways, fees, scholarships and financial assistance and support services available at the University.

[Find out more and register](#)

Open Day, April

Organisation: Sydney Design School

Location: Sydney Design School

Date: April 5, 2025

If you're considering studying with us, our Open Day is a great way to get to know us better. Explore our studios, browse through our Graduate Exhibition, meet students and Educators, watch a live Info Session and get creative making a mood board or digital model.

[Find out more and register](#)

Holiday Workshop – Performance, Sydney

Organisation: Australian Institute of Music

Location: AIM Sydney Campus

Date: April 14, 2025

AIM's new school holiday workshop is designed for high school students interested in music performance. Created for students in Years 9-12, the workshops provide incredible opportunities to experience playing and performing music, mentored by AIM's own accomplished musicians and educators.

Learn, practice and perform contemporary and classic pop, rock and soul tunes, under the expertise of Australia's leading music mentors.

[Find out more and register](#)

Holiday Workshop – Songwriting, Sydney

Organisation: Australian Institute of Music

Location: AIM Sydney Campus

Date: April 14, 2025



Created for students in Years 9-12, AIM's new high school music workshops provide incredible opportunities to explore songwriting, mentored by AIM's own accomplished musicians and educators.

This songwriting workshop is essential for any high school students curious about writing songs and performing and is a golden opportunity to work with incredibly accomplished songwriters. Join us these school holidays and discover the songwriter and performer you were born to become.

[Find out more and register](#)

Future Creators' Day

Organisation: University of New South Wales

Location: UNSW Paddington Campus

Date: April 14, 2025

Future Creators' Day is a hands-on experience for Year 10 and 11 students passionate about creativity, design, and visual storytelling. Hosted by UNSW Arts, Design & Architecture, this event is the perfect opportunity to explore future study and career paths in the creative industries.

Join us on campus for a day of immersive workshops led by expert academics and industry professionals. Get a taste of our newly offered Game Art specialisation, along with workshops in Animation, Painting, Textiles & Fashion Design, Object Design, and Graphic Design. Whether you're interested in digital art, interactive storytelling, or traditional design disciplines, this event is designed to help you develop your skills and discover your creative potential.

Connect with like-minded students, experience university life, and gain insights into studying at UNSW. Future Creators' Day is your chance to turn your creative passion into a future career.

[Find out more and register](#)

Discover Law, Criminology and Human Rights at ACU Blacktown

Organisation: Australian Catholic University

Location: ACU Blacktown Campus

Date: April 14, 2025

All rise! Aspiring lawyers, criminologists, and human rights advocates, it's time to sharpen your analytical skills and discover the excitement of the courtroom. Join us for interactive workshops designed to give you a taste of what it's like to study law, criminology, and human rights at ACU.

Dive into hands-on sessions where you'll test your courtroom strategies, unravel criminal cases, and explore the critical thinking skills needed to succeed in these fast-paced fields. Plus, engage in a dynamic and interactive human rights session, preparing you with valuable insights into the complexities of human rights law and the importance of advocacy.

Whether you're interested in the legal system, criminology, or human rights, this event will give you an exciting taste of your future career path.

[Find out more and register](#)

School Holiday 'Out There' Sailing Program

Organisation: Royal Prince Alfred Yacht Club

Location: Royal Prince Alfred Yacht Club

Date: April 14 to April 17, 2025

The 'Out There' School Holiday Sailing Program is for participants who are 12-17 years old looking to try a new activity, have some fun and engage with others whilst sailing.

This four-day program will include a variety of sailing activities that are focused on having fun and learning basic sailing skills. Sessions will be conducted on a mix of Club vessels, including the RPAYC's fleet of Elliott 7 Keelboats, Pacer Dinghies, Windsurf and SUP Boards, Hobie-Cat dinghies and Powerboats.

[Find out more and register](#)



EmpowerHER STEM Summit

Organisation: University of Wollongong

Location: UOW Wollongong Campus

Date: April 22 to April 23, 2025

Brace yourself for an exciting experience as we raise the STEM-bar for girls and ignite their passion for Science, Technology, Engineering, and Maths (STEM)!

Students will journey through UOW's vibrant Wollongong campus and mind-blowing Bluescope site to witness STEM in action. Accompanied by faculty, current students, and industry professionals, this event promises an enriching, yet collaborative experience.

This hands-on, two-day event, taking place during the Autumn school holidays, is exclusively designed for fierce female students in Years 10, 11 & 12.

[Find out more and register](#)

Designing My Career – School Holiday Bootcamp for Teenagers

Organisation: Impactify

Location: Oakhill College, Castle Hill

Date: April 24 to April 25, 2025

This workshop focuses on helping young people design a career that they'll love (from the inside-out) whilst also teaching valuable employability skills in order to bring their career aspirations to life!

What can you expect to gain from this workshop?

- A new perspective on how to design your career & life
- Awareness of strengths
- Awareness of interests
- Awareness of motivators/values
- Awareness of 3+ jobs/career pathways that align with you
- A vision for your future career & life
- Creation of a powerful resume
- Opportunity to develop your communication & confidence
- Authentic feedback from peers & industry to propel success
- Clear next best steps for designing your career & life

[Find out more and register](#)

Discover Health Sciences at ACU North Sydney

Organisation: Australian Catholic University

Location: ACU North Sydney Campus

Date: April 24, 2025

Are you ready to explore a career that makes a real difference? Discover what it's like to study nursing, occupational therapy, physiotherapy or speech pathology at ACU North Sydney.

Take part in hands-on workshops where you'll get a feel for the practical skills you'll develop as a future healthcare professional.

Tour our campus and experience our state-of-the-art, fully functional simulation wards, where you'll get a behind-the-scenes look at the innovative training that makes ACU health sciences graduates highly sought after by employers.

[Find out more and register](#)

HSC Shakespeare Seminars with USYD

Organisation: Bell Shakespeare

Location: The Neilson Nutshell, Pier 2/3

Date: April 30 to May 2, 2025



Join us at the Neilson Nutshell at Pier 2/3, or access digital recordings, for our series of live HSC Shakespeare Seminars in partnership with the University of Sydney.

Presented onsite at Pier 2/3 in The Neilson Nutshell, each seminar will feature Bell Shakespeare artists in conversation with a leading academic from the University of Sydney presenting illuminating and engaging content on each play. Actors from Bell Shakespeare will perform key scenes and soliloquies to demonstrate ideas presented and key content from each play.

Part performance, part interactive seminar, these sessions are designed to directly link to NSW HSC modules and give students the edge in upcoming exams. Combining live performance, academic analysis and illuminating dramatic insights in conversation, seminars will be presented in a dynamic format showing the interplay between text and drama.

Sessions for 2025 include:

- Wednesday 30 April 2025, 10am – 12pm
The Tempest / Hag-Seed
- Thursday 1 May 2025, 10am – 12pm
Henry IV Part 1
- Friday 2 May 2025, 10am – 12pm
Richard III / Looking For Richard

[Find out more and register](#)

Open Day 2025

Organisation: University of New England

Location: UNE Armidale Campus

Date: May 2, 2025

Whether you're exploring study options, wanting to experience our vibrant campus life, or looking to meet our passionate academics, Open Day is your chance to discover how UNE can help shape your future. With facility tours, information sessions and interactive activities, there's no better way to experience a taste of life at UNE.

Visit us and experience the community that sets us apart from other universities. From the moment you arrive, you'll see why UNE is more than a university—it's a place where lifelong connections begin.

[Find out more and register](#)

Greater Western Sydney Careers Market 2025

Organisation: Brett Carter Events

Location: Penrith Valley Regional Sports Centre

Date: May 21 to May 22, 2025

This event offers exhibitors the opportunity to speak to thousands of Greater Western Sydney high school students and careers advisers as these students explore career paths and further education options available to them.

Organisations such as Universities, Registered Training Organisations (RTO), Apprenticeship Centre's, Group training Organisations, Private Colleges, Professional Associations and Employers attend this event to inform students about everything they need to know, covering all questions about careers and educational options after high school.

[Find out more and register](#)

Open Day, Sydney

Organisation: Academy of Interactive Entertainment

Location: AIE Sydney Campus

Date: May 24, 2025

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day. It's a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer - from beginners to professional mastery, and;
- the software, skills and knowledge we teach.



AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career.

[Find out more and register](#)

BiG Day In, Parramatta

Organisation: ACS Foundation

Location: WSU Parramatta City Campus

Date: May 28, 2025

Join us at Parramatta CBD Campus Western Sydney University for BiG Day In Parramatta – hear from organisations including Microsoft, Google, Westpac, Wisetech Global & more to come about where a STEM career can take you.

[Find out more and register](#)

HSC and Careers Expo 2025

Organisation: Resources for Courses

Location: Royal Randwick Racecourse

Date: May 29 to May 31, 2025

The HSC and Careers Expo 2025 will be held on Thursday 29 May, Friday 30 May and Saturday 31 May, 9am-3pm at the Royal Randwick Racecourse.

On Thursday and Friday, students can attend seminars on subjects including English and Maths plus presentations on subject selection for Year 10 students, information on applying through UAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](#)

Aurora Internship Program Indigenous Scholarships

Organisation: Aurora Education Foundation

Location: Australia

Value: Up to \$5,400 AUD

Open Date: March 1, 2025

Close Date: March 31, 2025

[Find out more](#)

Harmony Day Short Film Competition 2025

Organisation: Moving Forward Together

Location: Australia

Value: \$250 AUD

Open Date: March 1, 2025

Close Date: April 12, 2025

[Find out more](#)

Harmony Day Song Writing Competition 2025

Organisation: Moving Forward Together

Location: Australia

Value: \$250 AUD

Open Date: March 1, 2025

Close Date: April 12, 2025

[Find out more](#)

[The importance of self-care for high school students](#)

As a high school student, it's normal to be overwhelmed by the demands of academic work, extracurricular activities, and social obligations. With so much going on, it can be easy to neglect your own needs and wellbeing. But self-care is essential for maintaining good physical, emotional, and mental health - so how can you prioritise it



when life is already so full? Let's look at the importance of self-care and see three examples of self-care practices you can incorporate into your daily routine.

What is self-care?

Self-care involves taking intentional actions to nurture your physical, emotional, and mental health. It can take many forms, such as exercising, getting enough sleep, eating well, practising mindfulness, and seeking support from others.

Why is self-care important?

Self-care is crucial for all of us, but particularly for high school students for several reasons:

Reduce stress and anxiety

High school can be a stressful time, with academic pressure, social challenges, and uncertainty about the future. Practising self-care can help reduce stress and anxiety levels, allowing you to feel more relaxed and focused.

Boost academic performance

When you feel good, you're better equipped to handle the demands of schoolwork. Regular exercise, healthy eating, and adequate sleep can all improve cognitive function and memory retention, leading to better academic performance.

Improve overall wellbeing

Self-care can help you feel happier, more confident, and more fulfilled. When you prioritise your own needs and take care of yourself, you'll be better equipped to handle life's challenges and pursue your goals.

Three examples of self-care for high school students

Here are three examples of things you can do to practise self-care in your everyday life.

Exercise

Regular exercise is one of the most effective ways to improve both physical and mental health. You don't have to be an elite athlete or run a marathon - even simple activities like walking, jogging, or yoga can help you feel more energised, reduce stress levels, and improve your mood.

Mindfulness

Practising [mindfulness](#) involves being present in the moment and non-judgmentally observing your thoughts and feelings. This can be done through meditation, deep breathing, or simply taking a few minutes to tune out distractions and focus on the present. Mindfulness can help reduce stress, improve concentration, and increase overall wellbeing.

Social support

Maintaining social connections is essential for our wellbeing. Make time for friends and family, join a club or organisation that aligns with your interests, or seek support from a trusted adult or mental health professional when you need it. Having a strong support network can help you feel more confident and resilient in the face of challenges.

Be kind to yourself

Remember, there's no 'right' or 'wrong' way to practise self-care. Forcing yourself to do something you don't enjoy will only have the opposite effect - so try out different techniques until you find what works best for you. You can find more wellbeing tips and advice on our website [here](#).

[7 tips for maximising your scholarship application](#)

Thinking of applying for a scholarship? There are heaps of reasons why you should - but how can you make sure your application is the one that stands out from the crowd? We have some tips for maximising your scholarship application.



Start early

Some scholarship applications can be quite involved and need a lot of information, so it's best to ensure you give yourself enough time to get all your documents together and can craft a quality application. Plus, the earlier you start the less likely it is you'll miss the closing date!

Use examples

There are lots of scholarships that will probably ask you to demonstrate your skills or experience - so think of situations you've been in and how they might specifically apply to the scholarship you're applying for. A great way of doing this is by using the [STAR method](#):

- **Situation:** Describe the situation and when it took place.
- **Task:** Explain the task, the goal and your role.
- **Action:** Provide details about the action you took.
- **Result:** Talk about the results of your actions, try and use concrete numbers or evidence if possible.

Read the criteria carefully

While it might seem like a good idea to cast a wide net, you should still make sure you're eligible for any scholarships you apply for. At the end of the day, you'll not only be wasting the assessor's time but your own as well.

Do some research

If the scholarship is offered or sponsored by a donor, do some research on them. Think of ways you can tie your skills and experience together with the donor's mission or goals, and use this to your advantage. It shows you've gone that one step further and can make your application stand out.

Make it personal

A lot of the time, institutions will want to know a bit more about you and your motivations. It's important to answer any questions honestly and not just say what you think they'll want to hear. And if your personality and interests tie in with the scholarship criteria, even better - use that as a way to show why you're most deserving of the scholarship.

Keep it relevant

Building on the point above, it's also important to make sure you don't spend lots of time waffling on about things that aren't relevant to the scholarship. Addressing any eligibility criteria in a way that's both concise and relevant is a great way to maximise your application (plus a lot of applications will have word limits you need to stick to as well).

Don't limit yourself

There are literally thousands of scholarships out there - so give yourself the best chance of winning one and apply for as many as you can. Lots of scholarships go unawarded every year simply because people don't apply! Don't forget to keep point three in mind though, and make sure you're eligible before applying.

Interested in applying for a scholarship? [You can search through hundreds on our database here.](#)

Why do we work?

Work is something most of us engage in at some point - in fact, [it's estimated that we spend around one third of our lives at work](#), so it also tends to be a big part of our identity. But *why* do we work? Even if it's a necessity, it's still a conscious choice we make. Let's take a look at some of the reasons why we work - they might help you figure out what you want your future career to look like.

The main reason we work

The main reason most people get up and go to work every day is pretty simple: they do it to earn money. In today's world, we need money for:



- Paying for the home we live in
- Getting around (fuel for the car, public transport, a bike, etc.)
- Buying food, clothes, and other things we need
- Paying bills, like water, phone, internet, and electricity
- Going on holidays and doing fun stuff
- Buying luxuries and things we don't need but want
- Saving so you can enjoy your retirement when you eventually stop working
- To spend on our loved ones

Just remember that not everyone is lucky enough to be able to work; and if you can't work for some reason, that's OK too. Not working doesn't de-value you as a person, and it doesn't mean you shouldn't be able to have a good quality of life.

There are lots of other reasons we work

We get it, the thought of forcing yourself to work every day just so you can make some money doesn't sound particularly enticing. But while money is important, it's definitely not the only reason we work. There are lots of other influences behind why we work, such as:

- We enjoy it
- It makes us feel important
- We can challenge ourselves and learn new things
- We can help our community
- It gives us something to do each day
- We are part of a team
- It can help us to grow

Let's look at each of these in more detail.

Some people love what they do

People who love what they do will often find their career very rewarding, regardless of whether the money is good. It doesn't matter what the job is; it could be teaching kids, looking after people, writing novels, coding apps, growing food, building things...anything at all! And people are passionate about all kinds of jobs, even if they might seem strange or boring to others.

It can make you feel important

Like we mentioned above, because work is such a big part of our lives, it's often closely tied to our identity (or how we think about ourselves). When we receive positive feedback at work or feel like the things we do make a difference, that increases our self-esteem and can make us feel valued.

You can learn lots of new things

Learning can make life fun and exciting - and it doesn't stop after you leave school or university. At work, you might learn about new apps and technology, meet new people, or learn how to use different equipment and machines. It won't always be fun (sometimes you have to do tasks that are boring or hard), but either way you'll still be gaining valuable new skills and experiences.

You can give back to your community

When you earn money, you pay taxes, which doesn't sound like much fun. But taxes help to pay for all kinds of important things, like roads, parks, hospitals, and emergency services. Your taxes also help to support other people who are less fortunate and aren't able to work, so that they can have a good quality of life.

So no matter what your job is, when you go to work you're helping your community become a better place to live - and that can really make you feel good.

It stops you getting bored

Years and years ago people didn't have structured work. Their "job" each day was to hunt and gather food, make clothes, move to new areas, build shelters, and look after their children. But now we have houses built for us, we



buy our food from the supermarket, we don't move about as much, and our children go to school - so without work, what would we do all day?

Of course, there are other, more fun ways to spend the day, like going to the movies, but these things usually cost money - so you couldn't afford to do them if you didn't work anyway.

You become part of a team

You probably have lots of people at school that you like and enjoy being around, or you might feel proud if your sports team wins a tournament. When you work, you essentially join another kind of team, and it can feel really good to help them do bigger and better things. People also tend to make friends at work, and are [more productive and happy when they work with other people](#).

Work helps you to keep growing

When you keep learning, when you feel happy, and when you're part of a team, that changes you *in a good way*. These might not be not huge changes (unless you're lucky enough to really love your job and it makes you super happy all the time), but lots of little things can add up to help you become more patient, more confident, and more fulfilled.

Work is about more than money

Sure, it's nice to have your own money and support yourself, but work can (and should) be about much more than just earning money. Your job should be fun, interesting, exciting, and challenging too. So think about the reasons why you might like to work, and try to choose a career that makes you both financially stable and fulfilled. If you'd like to learn more about work, [we have lots of other blogs on our website here](#).

[5 things to think about when looking for a course](#)

Planning on doing some more study in the future? You might be feeling a bit overwhelmed by the thousands of course choices out there. If you're looking for some guidance, we've got some things you might like to think about when looking for a course - it could help you make your decision.

Study location

This is one of the most important things you'll need to consider first. Would you be willing to move to another city (or even state or country) to study your chosen course? Or perhaps you're unable (or unwilling) to move and you'd like to study online instead.

As well as location, look at different universities, vocational institutions, and private providers and compare your options. Take a tour of the campus (in person or virtually), browse accommodation options, and read about on-campus clubs, facilities, and activities. See if you can read student reviews about their experience, or talk to someone you know has studied there in the past.

Flexibility and access

As well as where you'll be studying, take a look at other important details about the course. This includes things like whether part-time study is available, if you can defer your studies, and even what their study calendar is like (when will you be on holidays, for example?).

You should also do a bit of research on the institution's other options and services, such as how easy it is to switch between courses if you've changed your mind, whether you'll receive any credit for past studies, and what kind of support they offer (e.g. for students with disabilities, career advice, etc.).

Entry requirements

One of the key things you'll need to know about a course is whether or not you're eligible to apply. Make sure you read and meet any academic requirements and have the needed subject prerequisites before you apply.

If you're not eligible through the standard pathway, take a look at their alternative pathway options and see if there is another way you might be able to receive an offer instead.

Course fees



Unfortunately, not a lot of things in life are free - and this includes most tertiary courses. Take a look at not only how much the course will cost, but what your options for payment are. Common finance options include loans, payment plans, [scholarships](#), and even government assistance. But in some circumstances you might be expected to pay your course fees upfront, so make sure you know exactly what you'll owe and how you'll pay for it before signing up.

Career pathways

If you're looking into further study, it's probably because it will eventually lead you to a particular job or career. So ensure the course you're looking at will actually qualify you for future jobs. Take a look at job sites and see what qualifications employers are looking for in roles you'd like to have one day.

In some cases, you might be required to have a specific degree to start in your chosen career (if you want to be a doctor, for example, you'll need to follow a set study pathway).

Also consider other jobs and pathways the course could take you, in case you find your career goals change over time or don't pan out how you expected.

Learn more

Have more questions about study options, courses, or pathways? [Check out the rest of our resources on our website here.](#)

[Discover career pathways in Translation and Interpretation](#)

The field of translation and interpretation involves the conversion of written or spoken content from one language to another, ensuring effective communication between individuals or groups who speak different languages.

This pathway might be right for you if you are interested in bridging language barriers and facilitating communication, or if you enjoy immersing yourself in different cultures and languages.

What do careers in this pathway involve?

Translators work with written texts, while interpreters specialise in oral communication. With a deep understanding of languages, cultures, and subject matter, professionals in this field play a crucial role in bridging language barriers and facilitating global communication.

Growth in the translation and interpretation pathway is increasing as businesses, governments, and individuals seek to expand their reach and connect across cultures.

What are some important human skills for this pathway?

- Communication
- Social awareness
- Collaboration
- Critical thinking
- Innovation

What are some of the tasks involved?

- Translate written and oral information
- Communicate between parties
- Take notes during meetings
- Maintain neutrality during meetings
- Research specialised terminology
- Design translation software and tools
- Stay informed about cultural trends
- Maintain terminology databases
- Teach language skills to others

What kind of work environment and conditions can I expect?

Translators typically work in offices, and many enjoy the flexibility of working remotely. In contrast, interpreters often work on-site at conferences, courts, hospitals, or business meetings, which can also involve travel.



Working hours in this field can be quite flexible, especially for freelance translators who can choose when to complete their projects.

Where can a translation and interpretation pathway take me?

Interested in a career in translation and interpretation? There are many roles you might like to consider – here are just a few.

Entry level roles

These jobs can be started with little or no training or experience, and are great as a stepping stone towards more senior roles in the pathway.

Translation Assistant

Help senior translators with basic document translation, terminology research, and formatting, gaining valuable experience while working under supervision.

Customer Service Representative

Handle inquiries and provide support in multiple languages, building essential communication skills and industry-specific vocabulary.

Subtitled

Create and edit subtitles for videos or films, converting dialogue between languages while learning about timing, cultural context, and audiovisual translation techniques.

Mid-level roles

Once you have some further study or experience under your belt, you might like to consider moving into one of these roles.

Certified Translator

Work on official documents like legal contracts, academic transcripts, or medical records to produce translations that are recognised by courts and government agencies.

Conference Interpreter

Provide interpretation services at international meetings, business conferences, or diplomatic events, conveying messages accurately between languages in real-time.

Languages Teacher

Instruct students in foreign language skills, using your translation experience to explain complex concepts, cultural nuances, and practical language application.

Senior level roles

These jobs will require extensive further education or many years of experience, but are also highly rewarding.

Translation Agency Director

Manage teams of translators and interpreters, develop business strategies, build client relationships, and oversee quality control for all projects.

International Organisation Interpreter

Work at the highest diplomatic level for organisations like the United Nations or European Union, handling sensitive political communications with absolute precision.

Translation Technology Director



Develop and implement translation software, machine translation systems, and AI solutions that improve efficiency and consistency across large translation projects.

Similar pathways

If these careers aren't quite right for you, you might like to explore some other similar pathways instead.

Tourism and Travel

Explore new destinations, plan itineraries, provide exceptional customer service, and promote cultural exchange.

Immigration

Assist individuals in navigating legal processes and finding new opportunities in new countries.

Writing and Editing

Create and refine written content for various mediums, including books, articles, and websites.

How can I build experience in this pathway?

If you're still in high school and want to find out if a career in translation and interpretation is right for you, here are some activities you can do:

- Practice translating a short text to understand language nuances
- Study interpretation techniques to understand real-time translation
- Take a virtual tour of a translation agency

We recommend studying these subjects in high school:

- English
- Mathematics
- Languages
- Civics
- Society and Culture

Here are some suggestions of places you might like to try and find work experience:

- Non-profit organisations that work with immigrant communities
- International corporations with offices in different countries
- Government agencies that require language services
- Hospitals and medical centres with diverse patient populations
- Educational institutions with international programs