Weekly Careers News for Victoria

October 19, 2026

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Events

This Week's Events

University of Melbourne Extension Program Information Session

Organisation: University of Melbourne
Location: Online
Date: October 20, 2026
Are you looking to further your academic potential in Year 12? Join us for an online information session to learn more about the University of Melbourne Extension Program.
At this session, you'll discover how this academic enrichment program will provide you with a chance to not only experience university life while still in high school, but also how to build up your academic capabilities.
This interactive session will cover:

- Benefits of studying an Extension Program subject
- Subject offerings and their delivery modes for 2027
- Eligibility and entry requirements

You will also hear from an Extension Program alum, who will share their experience and how the program helped them gain a valuable head start at university.
There'll also be an opportunity to ask the panel questions.
Find out more

Victoria Police Careers and Career Starters Pathway Information Session

Organisation: Victoria Police
Location: Victoria Police Centre
Date: October 20, 2026
We're inviting you to an exclusive Victoria Police Careers and Careers Starters Pathway Information Session – a rare chance to get an inside look into the fast-paced, challenging, and rewarding world of policing.
What to expect:

- Unlock the secrets to our recruitment process
- Discover the intensive, hands-on training at the Victoria Police Academy
- Explore career pathways beyond general duties policing
- Learn about specialist units tackling everything from major crime to community engagement
- Hear firsthand stories from those who serve and protect every day
- What is the Career Starters Pathway?
- Why Victoria Police has introduced this initiative?
- Benefits for students and school leavers and more

Get up close with our team:

- Police Officers
- Protective Services Officers (PSO)
- Police Custody Officers (PCO)
- Victorian Public Servants (VPS)

This is your exclusive invitation to gain behind-the-scenes access to the Victoria Police Centre – a location typically closed to the public. Don't miss your chance to experience the energy and excitement of policing like never before!
Find out more

Deakin University Accelerate Uni at School Program – Webinar for High School Students

Organisation: Deakin University
Location: Online
Date: October 21, 2026
Are you a high-achieving student ready to kick-start your university journey? Register for our webinar on Wednesday 21 October to learn how the Deakin Accelerate program can fast-track your path to university.
You'll learn how the program works, what subjects you can choose from and how completing Deakin Accelerate can give you a valuable head start towards your future degree. You'll also hear from current and past students who have taken part in the program and gained confidence, new skills and a clearer idea of where they want to go next.
Whether you already have a dream career in mind or you're still exploring your options, Deakin Accelerate is a chance to challenge yourself, try something new and take your first step into university life.
Parent, guardians and career practitioners are also welcome to join and learn how Deakin Accelerate can support students as they prepare for life after school.
Find out more

VU Certificate IV in School Based Education Support Information Session

Organisation: Victoria University
Location: Online
Date: October 22, 2026
Come to an online info session to find out about studying the Certificate IV in School Based Education Support (CHC40221) at Victoria University.
School Based Education Support courses are currently listed under the Victorian Government Free TAFE initiative, which means eligible students won't pay tuition fees for the duration of their course. Material and amenities fees apply.
The sessions will cover:

- the course structure and information
- industry connections
- placement opportunities
- pathways to further study.

Find out more

Box Hill Institute Careers Expo

Organisation: Box Hill Institute
Location: Box Hill Town Hall
Date: October 22, 2026
Having career goals is the easy part. Knowing how to achieve them? That's where people often get stuck – which is why you can't miss Careers Expo.
Come and meet training experts, career advisors and employers, all in one place.
You'll be able to explore career paths or study options, gain real-world insights and walk away with a clearer understanding of what your next steps should be.
Find out more

It Takes a Spark STEM Conference for Year 4-10 Students and Teachers, Melbourne

Organisation: Intuyu Consulting Pty Ltd
Location: The Knox School

Date: October 22, 2026
Most conferences currently being offered on STEM, STEAM and Entrepreneurship tend to be targeted towards teachers and involve a series of speakers and the occasional mini-workshops. This conference is designed to be different. This conference is designed by students and teachers for students and teachers.
The intent of the It Takes a Spark STEM Conference is to bring together Students (Year 4 to 10) and Teachers to connect with inspiring industry role models, share their current school based activities and projects using an authentic sharing and experiential model, create networks of teachers and student teams, and solve social justice design challenges.
The participation of the students is as important as teachers as our intent is to ignite, empower and nurture both to be leaders of STEM and Entrepreneurship within their schools. This is a conference designed and led by students and teachers for students and teachers.
Teachers will have both formal and informal opportunities to speak to other teachers who have enacted programs and activities in their schools and get their questions answered.
The Problem Solver design challenges are all hands-on so students and teachers will experience first-hand what it is like to be part of great STEM and entrepreneurial learning. This will spark new ideas about curriculum and pedagogy.
Find out more

Victoria Police Career Starters Pathway Information Session Online

Organisation: Victoria Police
Location: Online
Date: October 22, 2026
Join Victoria Police for an online information session introducing the Career Starters Pathway, a pilot initiative designed to create a dedicated pathway for school leavers and younger adults interested in pursuing a career in policing.
This session is designed specifically for students and parents/carers who would like to learn more about the opportunities available through this exciting new program. Attendees will gain valuable insight into the pathway, recruitment process, eligibility requirements, and the support available to help aspiring applicants prepare for a future career with Victoria Police.
Find out more

Discover Monash: Bachelor of Music

Organisation: Monash University
Location: Room G11, David Derham Law Building, Monash Clayton Campus
Date: October 22, 2026
Experience where creativity, performance and professional practice come together at Discover Monash: Bachelor of Music. Explore our state-of-the-art music facilities, including performance, rehearsal and teaching spaces, and gain insight into studying music at Monash.
Meet current students and academics, learn about our study options, and discover how a music degree can lead to diverse creative and professional careers.
The experience concludes with a student-led lunchtime concert, showcasing the talent, passion and vibrant community that make Monash Music unique. Imagine your future in music with us.
Find out more

VU TAFE Open Night 2026, Sunshine Campus

Organisation: Victoria University
Location: Victoria University, Sunshine Campus
Date: October 22, 2026
Future TAFE student? We've got an event just for you.

Join us at Sunshine for an action-packed evening to explore TAFE options in trades, health, English language and cyber security.
Meet students and teachers, explore campus and facilities, and discover courses designed to get you job-ready from day one.
Find out more

Monash University Webinar – What Does My First Year in Science Look Like?

Organisation: Monash University
Location: Online
Date: October 22, 2026
Hear from our current students as they share their stories and experiences from their first year of study.
We'll also take you through some handy resources to help you design your degree, from unit enrolments and majors to learning beyond the classroom, such as field trips and international experiences.
Find out more

NAS Bachelor of Fine Arts Online Information Session

Organisation: National Art School
Location: Online
Date: October 22, 2026
Interested in applying for the Bachelor of Fine Art (BFA) at the National Art School?
Join us for an online information session to find out more.
The session will provide an overview of the BFA, eligibility requirements, application process and key dates, with an opportunity to ask questions.
Find out more

ATELIER COLLARTS: COLLCEPT – Healing Stitch Mending Workshop

Organisation: Australian College of the Arts
Location: Fractal Studios, Docklands
Date: October 24, 2026
Presented as part of Melbourne Fashion Week 2026's Independent Program, COLLCEPT is a curated sustainable fashion concept store, exhibition and live atelier program. Showcasing work by Collarts Fashion students, alumni and staff, it combines retail, workshops, gallery exhibition and circular fashion services across two days at Fractal Gallery, Docklands.
Join Callum Amor, Collarts 2026 graduate and founder of Amend Amor for a hands on visible mending workshop. Learn how small repairs can become a form of storytelling, giving damaged garments a new life rather than the bin. Participants can bring a garment from home or work from a rack of ELK and Thread Together's donated and deadstock clothing.
Find out more

ATELIER COLLARTS: COLLCEPT – Creative Wearable Workshop

Organisation: Australian College of the Arts
Location: Fractal Studios, Docklands
Date: October 24, 2026
Presented as part of Melbourne Fashion Week 2026's Independent Program, COLLCEPT is a curated sustainable fashion concept store, exhibition and live atelier program. Showcasing work by Collarts Fashion students, alumni and staff, it combines retail, workshops, gallery exhibition and circular fashion services across two days at Fractal Gallery, Docklands.

One thrifted men's shirt. One sewing machine. Zero sewing experience required. Transform it into a unique, wearable top you'll actually want to wear. Led by Collarts Fashion & Sustainability faculty, all machines, sewing supplies, and Thread Together donated shirts are provided. Just bring an open mind, and walk away with a one of a kind piece for your fashion week festivities.
Find out more

Le Cordon Bleu Melbourne Signature Tarts Workshop

Organisation: Le Cordon Bleu Australia
Location: Le Cordon Bleu Australia, Melbourne Campus
Date: October 24, 2026
The Signature Tarts Workshop is a three-hour hands-on experience designed for passionate home bakers and aspiring pâtissiers who want to master the art of creating stunning, professional-quality tarts. Under the guidance of our expert chef instructors, you will learn the techniques behind two distinct and impressive tart creations: a vibrant Strawberry and Marshmallow Tart and a decadent Dark Chocolate Tart with Caramelised Hazelnut Paste.
This workshop focuses on the fundamental skills required to create exceptional tarts from scratch. You will learn to prepare perfect sweet pastry, silky almond cream, luscious mousses and delicate fruit jellies. Our chefs will guide you through each step, from mixing and baking to assembling and decorating, ensuring you leave with the confidence to recreate these signature tarts at home.
Whether you are looking to impress at your next dinner party or simply wish to treat yourself to a creative and delicious experience, this workshop offers a unique opportunity to develop your patisserie skills in a fun, supportive and professional environment.
Find out more

Next Week's Events

Victoria Police: Life at the Academy – Online Webinar

Organisation: Victoria Police
Location: Online
Date: October 28, 2026
Explore life at the Victoria Police Academy—join our online info session on 28th October 2026 for insider tips and training insights!
Curious about joining Victoria Police or already in the recruitment process? Wondering what life is really like at the Academy?
Don’t miss this exclusive online information session—your ultimate insider guide to the Victoria Police Academy experience!
Join us for a deep dive into Academy life for Police Officers, whilst touching on training for Protective Services Officers, and Police Custody Officers. Get the real scoop on what your training journey will look like, week by week. We’ll break down everything from exams to fitness training, on-site accommodation to support systems—and even salary details.
This is your chance to hear firsthand from those who’ve been there, done that. Plus, you'll get the opportunity to ask your burning questions!
Find out more

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

Organisation: ADHD Webinars
Location: Online
Date: October 29, 2026

Designed to help Year 12 students and parents navigate the transition to tertiary study or employment with practical ADHD management strategies. It offers actionable guidance on post-school options, strengths and interests, accommodations, and setting up tailored support systems.
Find out more

Pasifika Career Expo 2026

Organisation: Opendoor
Location: Town Hall Broadmeadows
Date: October 30, 2026
Get ready to explore career paths and connect with the community at the Pasifika Career Expo 2026!
Whether you're starting out, ready to take the next step, or exploring something new, this is your chance to connect directly with employers, discover career pathways, and celebrate Pasifika culture through vibrant performances.
What to expect:

- Employer booths and face-to-face networking with organisations and training providers.
- Career opportunities across a wide range of industries.
- Raffle prizes to be won! Every person who registers for the event, goes into the draw to win a prize.

Who should attend:

- Jobseekers from all backgrounds and career stages
- Pasifika young people, families, and community members
- Recent graduates exploring their options
- Experienced professionals seeking a change
- Parents, carers, and support networks

Why attend:

- Connect directly with employers who are actively recruiting
- Discover jobs, traineeships, and study pathways
- Network with professionals, services, and community organisations
- Celebrate culture in a welcoming and supportive environment

Find out more

Future Events

CSU Online Parent Information Session

Organisation: Charles Sturt University
Location: Online
Date: November 4, 2026
As your teen starts thinking about their future, this online session is here to help you support them through one of the biggest decisions they'll make – choosing a university.
Hear from experts as we guide you through key topics on processes, share tips for navigating Year 12 and the transition to university and highlight the unique opportunities available at Charles Sturt.
Whether you're looking for general information about university or specific advice to assist your teen, this is your chance to ask questions and get the answers you need.
Find out more

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

Organisation: Careers with STEM
Location: Online
Date: November 4, 2026
Join Careers with STEM for a free STEM + X career webinar, supported by QUT, to explore careers in coding, cybersecurity, design, digital products and more.
In this webinar, we'll lift the lid on where a technology degree can take you, exploring the kinds of careers today's high school students could be heading into, from cybersecurity and software development to digital design, artificial intelligence and emerging technologies.
Find out more

Procrastination & ADHD – Webinar for Year 10, 11, 12 Students and Parents

Organisation: ADHD Webinars
Location: Online
Date: November 5, 2026
A practical session focusing on why ADHD brains procrastinate and how students in Years 10–12 can overcome executive dysfunction. Attendees will learn evidence-based study tools, time-management hacks, and task-initiation techniques.
Find out more

CSU Making It In Media Workshop for Year 9-12 Students, Bathurst

Organisation: Charles Sturt University
Location: Charles Sturt University, Bathurst Campus
Date: November 6, 2026
Are you passionate about content creation, journalism, advertising or public relations?
If you're a student in Year 9, 10, 11 or 12, join us for our free Making it in Media workshop!
Ever wondered what it's really like to host a podcast, write newsworthy articles or work in TV? In this exciting full-day workshop, you'll dive deep into the dynamic worlds of design and content creation, journalism and strategic communication.
This interactive, hands-on experience invites you to collaborate with other students and explore the diverse majors on offer when you study with Charles Sturt.
What to expect:

- Hear from our course director, leading academics and alumni and get your questions answered.
- Step into our brand-new TV studio and creative hub.
- Get a taste of what it's really like to work in media.
- Take part in practical and fun workshop sessions.

Find out more

Holmesglen Institute Open Day, November 2026

Organisation: Holmesglen Institute
Location: Holmesglen Campuses
Date: November 12, 2026
Open Day is a great opportunity for you to meet with teachers, explore our campuses and study facilities, and get a feel for Holmesglen life. Our sessions include presentations, tours and Q&As – perfect for helping you map out your future study and career plans. Plus, our friendly team is also available to help you apply on the day.
Find out more

Victoria Police: Inside the Recruitment Process – Online Webinar

Organisation: Victoria Police

Location: Online
Date: November 12, 2026
Victoria Police are hosting an online information session for members of the community who are:

- thinking of starting an application to join Victoria Police
- currently going through the recruitment process and need more information
- currently in the process of completing an application

This session has been created to guide you through the steps of completing a strong application, with helpful tips and tricks that apply to each stage of the recruitment process.
Find out more

Le Cordon Bleu Melbourne Mediterranean Cuisine Workshop

Organisation: Le Cordon Bleu Australia
Location: Le Cordon Bleu Australia, Melbourne Campus
Date: November 14, 2026
Guided by a Le Cordon Bleu chef, you will unlock the secrets behind Mediterranean cooking, from the perfect balance of herbs and spices to the generous use of premium olive oil, fresh seafood, wholesome grains and seasonal vegetables. Discover why this way of eating is not only delicious but also one of the world's most celebrated nutritional models.
Journey across the Mediterranean, from Portugal to Lebanon, North Africa to the Middle East, as you learn to create balanced, flavour packed dishes that are as beautiful as they are wholesome.
This class is designed for everyone, whether you are a complete beginner or a keen home cook looking to expand your repertoire. And the best part? Every dish you create is yours to take home and enjoy. Spots are limited. Secure your place today and savour the taste of the Mediterranean!
Find out more

University of Melbourne Extension Program Application Support Session

Organisation: University of Melbourne
Location: Online
Date: November 17, 2026
In Year 11 and thinking about applying for the University of Melbourne Extension Program?
Get practical support from our team to help with your application, before applications close 27 November 2026.
We'll walk you through everything you need to know to submit your application, including:

- Navigating the application portal
- Required documentation
- Important deadlines and timelines for offers.

Find out more

Victoria Police Careers Information Session – Victoria Police Centre (VPC)

Organisation: Victoria Police
Location: Victoria Police Centre
Date: November 17, 2026
We’re inviting you to an exclusive Victoria Police Careers Information Session – a rare chance to get an inside look into the fast-paced, challenging, and rewarding world of policing.
What to expect:

- Unlock the secrets to our recruitment process
- Discover the intensive, hands-on training at the Victoria Police Academy

- Explore career pathways beyond general duties policing
- Learn about specialist units tackling everything from major crime to community engagement
- Hear firsthand stories from those who serve and protect every day

Get up close with our team:

- Police Officers
- Protective Services Officers (PSO)
- Police Custody Officers (PCO)
- Victorian Public Servants (VPS)

This is your exclusive invitation to gain behind-the-scenes access to the Victoria Police Centre – a location typically closed to the public. Don't miss your chance to experience the energy and excitement of policing like never before!
Find out more

Federation Open Day 2026, Gillies Street

Organisation: Federation University
Location: Federation University, Gillies Street Campus
Date: November 18, 2026
Keen for a lifestyle change and a career working outdoors?
Our Agriculture, Horticulture and Conservation Science courses are open and will help you reskill, upskill and stand out in 2026.
Dig deep into hands-on courses in Agriculture, Horticulture, Conservation, Ecosystem Management, and free TAFE options.
Come and find out more, meet your future classmates and explore your hands-on training facilities at our Gillies Street Open Day on 18 November from 10 am to 2 pm.
What's on:

- Student-led campus tours
- Observe real classes at our hands-on learning facilities, classrooms and science labs
- Explore student support options
- Find out if you're eligible for free TAFE course funding
- Get application assistance
- Find out course info, including contact hours, assessment overview, outside class study and pre-application advice

Find out more

La Trobe Engineering and IT Showcase 2026

Organisation: La Trobe University
Location: La Trobe University, Union Hall
Date: November 18, 2026
Sponsored by industry partners, student projects will focus on innovations within the areas of engineering, computer science, IT and physics.
Our keynote speaker, Arnie Bhattacharya, is the Chief Product Officer at Nuix, a technology company specialising in investigative analytics, digital forensics, and eDiscovery software. An accomplished alumnus of the School, Arnie holds a Bachelor of Computer Systems Engineering (Honours) with a specialisation in Software and Network Engineering.
The evening will be hosted by Professor Wenny Rahayu, Dean of the School of Computing, Engineering and Mathematical Sciences.
The showcase is open to staff, students, employers, alumni, industry and schools.
Find out more

Meet an Enviro Scientist Panel from La Trobe – for Year 7-12 Students

Organisation: La Trobe University
Location: Online
Date: November 19, 2026
Students will hear from La Trobe University environmental scientists and industry professionals from a diverse range of areas including ecology, freshwater and wetland management, restoration climate change adaptation, resource management, and conservation genetics. They will share their expertise, research and pathway to their STEM career.
Panellists for this event will be:

- Jessarne Palmer: Ecologist
- Sam Lewis: Fish ecologist
- Mads Dwyer: Botanist and Fire Ecologist
- Willow Cuthbert: Archaeologist

After an interactive Q&A panel discussion, participants will have the option to network with our panelists to build valuable connections with both student researchers and established academics.
This event is part of the Victorian Challenge and Enrichment Series, providing free extension opportunities for high-ability students in Victorian Government Schools. Funded by the Department of Education's Student Excellence Program.
Find out more

Victoria Police: Life at the Academy – Online Webinar

Organisation: Victoria Police
Location: Online
Date: November 19, 2026
Explore life at the Victoria Police Academy—join our online info session for insider tips and training insights!
Curious about joining Victoria Police or already in the recruitment process? Wondering what life is really like at the Academy?
Don’t miss this exclusive online information session—your ultimate insider guide to the Victoria Police Academy experience!
Join us for a deep dive into Academy life for Police Officers, whilst touching on training for Protective Services Officers, and Police Custody Officers. Get the real scoop on what your training journey will look like, week by week. We’ll break down everything from exams to fitness training, on-site accommodation to support systems—and even salary details.
This is your chance to hear firsthand from those who’ve been there, done that. Plus, you'll get the opportunity to ask your burning questions!
Find out more

AIE November Open Day, Melbourne

Organisation: Academy of Interactive Entertainment
Location: Academy of Interactive Entertainment, Melbourne Campus
Date: November 21, 2026
Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day.
AIE Open Day is 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.

This event 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

La Trobe Worner Lecture 2026 – From Atoms to Antidotes

Organisation: La Trobe University
Location: The Capital, Bendigo
Date: November 24, 2026
Join three leading Australian biophysicists for a journey into the hidden world of cells, viruses, and parasites. Discover how biophysics reveals the molecular workings of life — and how cutting-edge imaging and other powerful tools are helping scientists develop new ways to prevent and treat some of the world's biggest health challenges. The talks will be followed by a Q&A, giving you the chance to put your questions directly to the scientists.
No science background required — just bring your curiosity!
Find out more

Year 11 & Beyond with ADHD – Starting Strong in the Senior Years

Organisation: ADHD Webinars
Location: Online
Date: November 26, 2026
Focuses on setting senior students up for success as they enter their final school year and look ahead to future pathways. This webinar for parents, senior high school students and career practitioners covers strategies for managing workload stress, building independence, and planning post-school transitions.
Find out more

La Trobe Health Careers Camp for Year 12 Students, Bendigo

Organisation: La Trobe University
Location: La Trobe University, Bendigo Campus
Date: November 26 to November 27, 2026
La Trobe Health Careers Camp is designed to give students a realistic and relevant insight into studying and working in health and science fields, particularly within regional Victoria.
Held over two days at La Trobe University Bendigo, the event will include a dynamic mix of information sessions, hands-on lab experiences, group-based problem-solving activities, and opportunities to engage with LTU academics, current students, and local health professionals.
Students will explore the wide range of courses and pathways available at LTU Bendigo—including degrees in Science, Biomedical Science, Pharmacy, Exercise Science, Nursing, Social Work, Dentistry, and more. Sessions will cover VTAC applications, course entry requirements, and tips for interviews and applications.
Practical lab sessions will introduce participants to university-level learning and research, offering a taste of what to expect in health and science degrees. Students will also receive advice on preparing for Year 12 and building foundational knowledge in key subject areas.
Throughout the camp, students will connect with peers who share similar interests and hear firsthand from those working and studying in rural health. The experience aims to inspire, inform, and equip students with a clearer vision for their future in health and science.
Find out more

CSU Online Law and Criminology Information Night

Organisation: Charles Sturt University

Location: Online
Date: November 26, 2026
Join us for our information night and hear from our course directors, current students and graduates about what its like to study law and criminology at Charles Sturt. You'll get details on how to apply, industry professionals sharing their experiences about working in the sector, and info about where a career in the justice system could take you.
Find out more

National Fashion College Styling Workshop for Ages 16+ in Melbourne

Organisation: National Fashion College
Location: National Fashion College, Melbourne Campus
Date: November 28, 2026
You're officially invited to our exclusive Styling Workshop, taking place at our vibrant Melbourne campus - home to creativity, innovation, and the next generation of fashion talent.
In just one day, gain hands-on experience as you learn the foundations of professional styling from an industry-recognised expert. You'll assist on not one, but two photo shoots with a renowned fashion photographer - offering you a rare, behind-the-scenes glimpse into the fast-paced world of fashion. This is your first step towards a career in styling.
Meg Durham is a leading Melbourne-based fashion and television stylist with almost a decade of industry experience spanning celebrity, television, commercial and fashion styling. For the past six years, Meg has worked with Network 10 and Paramount across some of Australia's biggest television productions, including The Project, Have You Been Paying Attention?, MasterChef Australia, Deal or No Deal and I'm a Celebrity… Get Me Out of Here! Australia. Her work has taken her from Australian television studios to sets in South Africa, styling high-profile talent including Robert Irwin. Combining an expert eye for fashion with extensive experience styling for the camera, Meg brings National Fashion College students a rare behind-the-scenes perspective on celebrity styling, television wardrobes and the fast-paced world of fashion and entertainment.
This experience is recommended for guests aged 16 and older.
Find out more

SAE Online Info Session: IT & Computer Science

Organisation: SAE University College
Location: Online
Date: December 1, 2026
From software development and cyber security to cloud computing and AI, technology careers are evolving fast. At SAE's Online Info Session: IT & Computer Science, you'll explore our complete range of technology courses, including our new Information Technology qualifications launching in February 2027, alongside our established Computer Science and Cyber Security pathways.
Find out more

AIE Online Campus Day

Organisation: Academy of Interactive Entertainment
Location: Online
Date: December 5, 2026
Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering 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.

Find out more

Camp America Melbourne Job Fair

Organisation: American Institute for Foreign Study Australia
Location: TBC Melbourne
Date: December 5, 2026

U.S. camps are coming to town and they're ready to meet, interview and hire. Come face-to-face with Camp Directors, explore the roles available and take a huge step towards locking in your Summer 2027 placement.

Meet the camps hiring you. Connect face-to-face with Camp Directors flying in from the USA specifically to meet and hire Australian applicants. Ask questions about camp life, available roles, what they're looking for and interview directly with the people making the hiring decisions.

Explore a range of camps and roles all in one place, from waterfront and sports to performing arts, creative roles and more. Chat with different Camp Directors, compare your options and find the camp that feels like the best fit for your skills, personality and summer goals.

This isn't just an info session. You'll have the chance to interview for roles on the day and could leave with your Summer 2027 placement sorted. Meet other Camp America applicants, get support from our team and take a huge step closer to camp.

Find out more

Le Cordon Bleu Melbourne Cook Like a Chef Workshop

Organisation: Le Cordon Bleu Australia
Location: Le Cordon Bleu Australia, Melbourne Campus
Date: December 5, 2026

This hands-on experience teaches you the essential techniques used in professional kitchens, helping you elevate flavour, texture and presentation in every dish you create.

In this immersive full-day workshop, you'll step inside a commercial kitchen and craft restaurant-quality dishes using expert methods. From mastering knife skills to working with luxury ingredients, you'll build confidence, finesse and a deeper understanding of how chefs think, taste, and plate.

Throughout the day, expert instructors guide you step-by-step as you prepare four refined dishes, each designed to teach precision, balance and presentation.

Core skills covered include:

- Knife skills for preparing and garnishing vegetables, fruits and seafood
- How to prepare delicate elements including asparagus broth, emulsions and potato-based doughs
- Preparing stocks and broths to build deep, layered flavours
- Gnocchi shaping and cooking for perfect texture
- Confit, deep frying, pan-searing and steam cooking methods
- Emulsification, foams and other modern finishing techniques
- Macerating, frying and flavour-intensifying methods
- Professional plating techniques and garnishing skills

Find out more

Le Cordon Bleu Melbourne Mastering Macarons (Christmas Edition) Workshop

Organisation: Le Cordon Bleu Australia
Location: Le Cordon Bleu Australia, Melbourne Campus
Date: December 12, 2026
Join us for a festive one-day experience dedicated to the art, precision and creativity of macarons. This hands-on workshop is designed for passionate home bakers and aspiring pâtissiers who want to master the techniques behind these delicate and iconic sweets.
Guided by our experienced chef instructors, you will learn the fundamentals of both French and Italian meringue methods, understanding the differences between each technique and how they influence texture, structure and flavour. As the day unfolds, you will create a range of festive macaron flavours and fillings inspired by the Christmas season, learning how to balance flavours and combine textures to create beautiful creations.
From mastering smooth shells to piping, baking and assembling your finished macarons, this workshop will provide valuable skills you can continue to use long after the class concludes .
We encourage you to ask questions and embrace the festive spirit as you develop your skills in a fun and supportive environment.
Find out more

I’ve Got My Results, What Now? Webinar for Year 12 Students & Parents

Organisation: myfuture
Location: Online
Date: December 15, 2026
As Year 12 results are released, many students and their carers are asking the same question: What's next? Join Tracy Ryan, Career Education Manager at myfuture, for a practical and reassuring webinar designed to help families navigate the next steps with confidence.
You'll gain insights into the range of opportunities available after Year 12, learn how to make informed decisions, and discover resources that can support a successful transition from school to further study, training, or work.
Find out more

Scholarships

ISACA Foundation Digital Trust Scholarship

Organisation: ISACA Foundation
Location: All
Value: Up to US$2,500
Close Date: November 3, 2026
Find out more

Competitions

The Lester Prize Youth Awards 2027

Organisation: The Lester Prize
Location: Australia
Value: Up to AU$1,000 + art supplies
Close Date: March 3, 2027
Find out more

Wakefield Weekly Writing Competition
Organisation: Wakefield Press
Location: Australia
Value: See details
Close Date: November 6, 2026
Find out more

Not Quite Write Prize for Flash Fiction
Organisation: Not Quite Write Podcast
Location: All
Value: Share of AU$4,000 in prizes
Close Date: October 25, 2026
Find out more

Experiences

Nillumbik Gardens for Wildlife Volunteer Guide
Organisation: Nillumbik Shire Council
Location: Nillumbik Shires Council private residences – various locations.
Find out more

Weekly Posts

University

Prerequisites and requirements, do they mean the same thing?
You've found a course that sounds perfect. Then you scroll down the course page and run into a list of terms: prerequisites, entry requirements, assumed knowledge, recommended studies. Some of them look like they mean the same thing. They don't, and knowing the difference now could change which subjects you pick at school or help you select courses you're eligible for down the track. Let's break down what each term means, and how the language changes depending on where in the world you want to study.

What is a prerequisite?
In Australia, a prerequisite is a specific school subject you must have completed before you can be offered a place in a course. Sometimes you also need to reach a minimum result in that subject.
Prerequisites are not negotiable. If a course lists one and you don't have it, your application usually won't be considered, even if your overall results are excellent.
Here's an example, say a medicine degree lists chemistry as a prerequisite. You could have a brilliant ATAR, but if you dropped Chemistry in Year 11, you won't meet the requirement for that course. The university isn't being difficult, it's telling you that the first-year subjects build directly on that subject, and you'd struggle without it.

What are entry requirements?
Entry requirements (sometimes called admission requirements) are the full set of conditions you need to meet to get into a course. Prerequisites that we talked about above, are just one part of that set. Depending on the course you're applying for and the institution, entry requirements might include:

- a minimum ATAR or selection rank
- one or more prerequisite subjects
- English language proficiency
- a portfolio, audition, interview or admissions test.

So every prerequisite is an entry requirement, but not every entry requirement is a prerequisite. A minimum ATAR, for instance, is a requirement, but it isn't tied to any one subject.
Its important to know the distinction, because a course might have no prerequisites at all and still have other things you need to provide. A design course could ask for a portfolio. A music course might want an audition. Reading the full list and understanding exactly what's expected of you before you apply gives you time to prepare.

Assumed knowledge and recommended subjects
Two more terms often appear on Australian course pages.
Assumed knowledge means the course is taught as if you already understand a subject. You can still be offered a place without having studies it in senior high school. However, you may find the first few weeks harder, and the university might suggest a bridging course to help you catch up.
Recommended studies are subjects that would be useful but aren't expected.
If you're choosing senior subjects now, it's worth knowing which of these three labels applies to the courses you're interested in. A prerequisite closes a door if you skip it. Whereas assumed knowledge and recommended subjects don't.

What these terms are called in other countries
If you're thinking about studying overseas, or you're reading this outside Australia, the same ideas exist under different names. For example Prerequisites may be called required or essential subjects or courses, and entry requirements may also be called admission requirements or university entrance.
If you're looking at courses in the UK, they'll often show a **typical offer**, such as three A level grades, with any required subjects listed alongside it. In New Zealand, University Entrance is the minimum standard for any university, and many courses then ask for a higher rank score or particular subjects on top of it.
Canadian universities use "prerequisites" in much the same way Australia does. In the US, "prerequisite" usually means something slightly different. It tends to describe a university class you must pass before you can enrol in a more advanced one, rather than a school subject needed to get in.

How to check what applies to you
Course requirements can change from year to year, so the best source is always the course page itself. A few habits will make the job easier:

- **Research *before* you choose your senior subjects.** If you're confident about the route you want to take after high school, look up two or three courses you're curious about and note any prerequisites. That way, your subject choices keep those options open. If you're still not sure, that's OK. We recommend choosing subjects that you enjoy and keep your options open.
- **Read the whole entry section.** Look for the exact wording "prerequisite", "assumed knowledge" and "recommended" each mean something different. Make sure you're eligible across all areas and think you'll leave high school prepared.
- **Look at the year of entry.** Requirements are usually listed for a particular intake, so make sure you're reading the right one.

- **Ask if you're unsure.** Your careers adviser, the university's future students team or your local admissions centre can explain what a requirement means for you.

If you've already found that you're missing a prerequisite, don't panic. Many universities offer bridging courses, and there are other pathways that could still lead you to the same course or outcome.

Find out more

Once you understand the terminology, course pages become much easier to read, and you can choose your subjects with confidence.

Ready to start exploring? Browse our university articles to learn more about your study options, or check out our guide to study pathways if you're looking for another route into your course.

Job Spotlights

How to become a Logistics Manager

Logistics Managers plan and coordinate the movement, storage, and distribution of food products, making sure goods travel from suppliers to customers efficiently and safely. They oversee warehousing, transport, and inventory systems, often managing teams and supplier relationships to keep food supply chains running smoothly and on schedule.

If you're highly organised, enjoy solving problems under pressure, and like keeping complex systems on track, this career could be a good fit for you.

What skills do I need as a Logistics Manager?

- Highly organised
- Confident problem-solver
- Strong communicator
- Calm under pressure
- Analytical thinking
- Reliable & accountable
- Tech-savvy mindset
- Skilled negotiator

What do Logistics Managers do?

Before your day gets moving, you're checking overnight updates, reviewing delivery schedules, and looking ahead at weather, traffic, or supplier issues that could disrupt planned freight movements. You'll also forecast demand, check stock levels against upcoming orders, and plan how goods will be stored and routed over the days ahead, factoring in which products need priority handling.

Once things are underway, you're coordinating freight and warehouse operations, tracking shipments in real time, and liaising with drivers, warehouse staff, and carriers to keep everything moving. Food logistics comes with extra pressure, since temperature-sensitive products need to stay within strict limits, so you're monitoring cold chain compliance closely throughout the day. When a delay, breakdown, or supplier issue threatens a delivery, you're the one working out a fix fast, often juggling several problems at once.

Periodically, you might review supplier contracts, audit warehouse or transport processes, or roll out new inventory and tracking software to improve efficiency. Many Logistics Managers specialise in a particular part of the food chain, such as fresh produce, cold storage, or export logistics, building deep expertise and strong industry contacts in that area over time.

What kind of lifestyle could I expect?

Logistics Managers work across food manufacturers, wholesalers, distribution centres, transport and freight companies, and supermarket chains. Some work for businesses that grow or produce food directly, while others work for third-party logistics providers who move goods on behalf of multiple clients. Most of your work is office or warehouse-based, though site visits to distribution centres, ports, or transport depots are a regular part of the role.
Food doesn't keep to a nine-to-five schedule, so while your base hours usually follow a standard working week, you'll often need to respond outside of them. Early starts are common to coordinate morning deliveries, and you might be on call to manage urgent issues like a delayed shipment or a breakdown in the cold chain. Peak periods, such as holiday seasons or harvest times, tend to bring longer hours, tighter deadlines, and added pressure across the whole team.
The work is mentally demanding more than physically strenuous, though you'll be on your feet during warehouse or site visits and may need to move around large facilities. Some roles involve regular travel between sites, particularly in larger operations spanning multiple locations or regions. Salaries in this field tend to be above average, reflecting the responsibility involved, and the industry outlook remains steady as food businesses continue to invest in more efficient, technology-driven supply chains.

How to become a Logistics Manager

- **Build a strong foundation**: Focus on subjects like maths, business studies, and geography, which support the planning, forecasting, and problem-solving skills central to logistics work.
- **Gain relevant qualifications**: Study a degree or diploma in logistics, supply chain management, or business. Some Logistics Managers enter the field with a general business qualification and build supply chain knowledge on the job instead.
- **Start in an entry-level role**: Look for warehouse, transport administration, or dispatch coordinator roles with freight, distribution, or food production companies. These roles teach you how supply chains actually work day to day, from the ground up.
- **Develop specialist knowledge**: Build expertise in areas like cold chain management, food safety, or inventory software, which are especially valuable in food logistics and make you a stronger candidate for management roles as you progress.

From here, you could progress into senior or national logistics roles, move into supply chain strategy or procurement, specialise in a particular part of the food chain such as fresh produce or export logistics, or take on broader operations management responsibilities.

What can I do right now?
If you're in high school and interested in working as a Logistics Manager, here are some practical steps:

- Take on organising roles for school events or clubs, such as managing bookings, budgets, or equipment, to practise the planning skills logistics relies on.
- Look for part-time or casual work in a warehouse, supermarket, or retail store to see stock handling and supply processes firsthand.
- Ask a local distribution centre, transport company, or food business about work experience to get a look at how goods move from supplier to shelf.

Find out more about alternative careers on our Job Spotlights page.

Human Skills, Skills for Work

10 Top Employability Skills

When an employer reads a pile of applications, they might all start to look a little samey. Similar marks. Similar subjects. Similar part-time jobs. So what makes one stand out? Often, it's the

skills you can demonstrate, from how you think and how you work with others, to how you handle change. The good news is that you can start building these skills right now, at school, in a casual job or through a hobby. Here are ten skills that employers value most, plus some simple ways to practise them.

What's changed since our last list

We first shared this list a few years ago, and the world of work has shifted since then. AI tools have arrived in many workplaces, and employers are asking for slightly different things.

The World Economic Forum's Future of Jobs Report 2025 gathered views from more than 1,000 major employers, representing over 14 million workers across 55 economies. It found analytical thinking is still the top core skill, with seven in ten companies seeing it as essential. Resilience, flexibility and agility came tied second, with two-thirds of employers calling these skills essential too. Closer to home, the 2026 AAGE Employer Survey found communication, teamwork and interpersonal skills rank among the most highly valued.

So some skills from our old list have stayed. Others have been merged or replaced. Loyalty has been knocked off the top spots, but employers still want people they can rely on, but reliability now sits naturally inside other skills, such as motivation and teamwork. Determination and self-discipline have been folded into one broader skill, which you'll find at number six.

The 10 skills employers value most

1. Communication

Communication is sharing ideas clearly, whether you're writing an email, chatting to a customer, or presenting in class. It also includes listening. Think about a group assignment where one person explains the plan well. Everyone knows what to do, so the work happens faster without as many hitches. You can easily practise your communication skills by giving presentations or explaining a tricky topic to a friend (or family member).

2. Teamwork

Most jobs involve working with other people. Good team members share the load, respect different views and help the group reach its goal. In a sports team, the most valuable players aren't always the ones who score. Often, they're the ones who read the game, get into the best position and pass at the right moment. Group projects, clubs, sports, and volunteering are all great places to build this skill.

3. Analytical thinking

This means you're capable of breaking a problem into smaller parts and working out what's really going on. It replaces problem solving on our old list, though the two are closely linked. Say your phone battery keeps dying, and instead of guessing, you start checking which apps use the most power and what's happening in the background to drain it. That's analytical thinking. Maths, science, and playing strategic games could all help to sharpen it.

4. Resilience and flexibility

These used to be two separate skills on our list. Now employers tend to see them as one: adapting when plans change and recovering quickly from setbacks. Maybe your shift gets swapped at the last minute, or a project gets tough feedback. How you respond matters. Try to treat setbacks as useful information rather than failure.

5. Creative thinking

Creative thinking isn't just for artists. It's about coming up with new ideas and finding better ways to do things. A café worker who suggests a quicker way to take orders during the lunch

rush is thinking creatively. More than half of employers in the Future of Jobs Report named it as a key skill. Competitions and side projects are great ways to expand your creative thinking skills.

6. Motivation and self-awareness
Motivation is what keeps you working when nobody is watching. Self-awareness is knowing how you work best, including your strengths and the areas you still need to grow. Together, they make you someone an employer can trust to get on with the job. Imagine you've been given a big task with a deadline two weeks away. A motivated, self-aware person knows they tend to leave things late, so they break the task into smaller steps and set their own mini deadlines. You can practise this with school assignments. After each one, ask yourself what went well and what you'd do differently next time.

7. Curiosity and lifelong learning
Jobs change, so learning can't stop when you leave school or uni. Employers want people who ask questions and are open to picking up new skills as things change. Think of your skills like an app – they need regular updates to keep up to date and work well. Taking place in workplace training courses, putting your hand to take a short course, doing online tutorials about something you're not quite sure about, or simply asking a colleague how something works all count. These are also things that you can do while you're still at school to grow your skills and demonstrate curiosity and lifelong learning.

8. Technological literacy
Being comfortable with technology has always mattered. What's new is AI. Employers expect AI and big data to see the biggest rise of any skill. You don't need to become a programmer, but learning to use AI tools responsibly, checking their answers, and protecting your privacy online is a strong start. Feeling comfortable around AI and other technology as it develops could help you stand out to employers and give you more options when you're applying for jobs.

9. Empathy and active listening
Empathy means understanding how someone else feels. Active listening means really paying attention, rather than waiting for your turn to talk. Together, they help you work well with customers and teammates. If a customer at your part-time job is upset, listening fully before you respond can turn things around.

10. Leadership
Leadership isn't only about being the boss. It's about positively influencing others, from encouraging a teammate, to organising a fundraiser or keeping a group task on track. Social influence is a big part of this. It means being able to bring people around to an idea, build trust and inspire others to get involved, without having to give orders. If you've ever convinced your friends to join a charity fun run, you've already used it.
Leadership and social influence ranked in the top three core skills in the Future of Jobs Report. Captain roles, student councils and mentoring younger students are all good starting points.

Start building your skills today
You don't need to master all ten of these skills at once (and you're probably already great at a few anyway). Pick one or two that interest you, or that you know are not your strongest, and look for small chances to practise them. Then keep a note of what you did, then when you write a resume or sit an interview, you've got real examples to give which are far more convincing than a list. Saying you're a good communicator is one thing, explaining how you trained three new staff at your café job is another.

For more practical tips on resumes, interviews, and starting your first job, explore our Skills for Work articles.

Industry, Jobs & Careers

Careers in behaviour support: where could you work?

Think about the last time you felt really frustrated. Maybe you snapped at someone, slammed a door or went quiet. Your behaviour was telling people something, even if you didn't say it out loud. For some people, especially those who find it hard to communicate, behaviour is one of the main ways they show how they feel. Behaviour support professionals work out what that behaviour is saying, then make changes so life gets easier for everyone. If you're curious about people and want a career that makes a real difference, read on.

What is behaviour support?

Behaviour support is about helping people whose behaviour makes everyday life harder for them or the people around them. This could include people with intellectual disability, autistic people, people with a brain injury or mental health condition, and children who are finding school tough.

It isn't about punishment, most services today use an approach called positive behaviour support, or PBS. It starts with one simple question: why is this happening?

Here's an example. Imagine a young man who gets very upset every time his bus is late. He might shout or refuse to get on. A behaviour support professional would look closely at what's going on. Is it the noise at the bus stop? Is it not knowing what will happen next? Once they find the cause, they might suggest a picture timetable, headphones or a calm activity while he waits. The goal is to make the behaviour less frequent, while improving his quality of life at the same time.

Job titles to look out for

Titles change from place to place, but here are some you'll often see:

- **Behaviour support worker** – works side by side with a person each day and follows their behaviour support plan.
- **Positive behaviour support practitioner** – observes, assesses and writes behaviour support plans, then trains others to use them.
- **Behaviour specialist or behaviour analyst** – a senior role that usually needs university study.
- **Learning support or behaviour roles in schools** – helping students manage their learning, emotions and friendships in class.

You could start as a support worker and build up to a practitioner or specialist role over time.

Where do behaviour support professionals work?

Most work in healthcare and social assistance, disability services or education. Some also work in youth justice and community services.

The setting can change a lot from day to day. Depending on your exact role, you might spend the morning in a family home, the afternoon at a school and the evening writing reports. Other workplaces include supported accommodation, day programs, hospitals, clinics, and community centres.

In **Australia**, much of the work is linked to the National Disability Insurance Scheme (NDIS). Before practitioners can assess behaviour or write behaviour support plans for NDIS participants, the NDIS Quality and Safeguards Commission must find them suitable. Many

support workers study a Certificate IV in Disability Support, which includes a core unit on following person-centred behaviour supports.
In **New Zealand** things might look a little different. In schools, Resource Teachers: Learning and Behaviour (RTLB) are trained specialist teachers who work across groups of schools, supporting students, teachers and whānau. Within the disability sector, Careerforce offers a New Zealand Diploma in Health and Wellbeing (Level 5) for people who create and use PBS plans.
If you're in the **United Kingdom**, the NHS employs PBS practitioners in learning disability teams, intensive support teams and children's mental health services. Senior NHS roles often ask for a postgraduate qualification in applied behaviour analysis or PBS. Care providers, charities and schools hire behaviour support staff too. There are often no set qualifications for these roles but you employers might look for a level 2 or 3 Diploma in Health and Social Care or similar.

What does the work involve?
No two days look the same, but tasks often include:

- watching and recording behaviour to spot patterns
- talking with the person, their family, carers and teachers
- writing, checking and updating behaviour support plans
- teaching others how to use the plan
- helping people join in everyday activities, like cooking, shopping or seeing friends
- staying calm and keeping everyone safe when things get difficult.

Support worker roles can involve shifts, including evenings and weekends. The people you support need help at all hours, not just from nine to five.

Who would be well suited to this career?
People who might thrive in behaviour support need to be:

- patient and stay calm under pressure
- curious about why people do what they do
- listen well and don't rush to judge
- treat everyone with respect and dignity
- enjoy working in a team
- not take things too personally and are able to bounce back after a tough day

Good observation and writing skills matter as well, because notes and reports are a big part of the job. If this sounds like you, you might belong to the Guardians CADI Career Cluster. Guardians care about health and wellbeing, and use their people skills to support others, so there are tonnes of other careers to think about it this one isn't your perfect match.

What can you do right now?
You can start building skills while you're still at school. Try volunteering with a disability organisation, coaching a junior sports team, or joining a mentoring/peer support program. Subjects like psychology, health and English could help too, especially if you're keen keep studying after school.
Most roles also need safety checks, such as a police check or a working with children check. Some may need a driver's licence.

Ready to explore your next step?
Behaviour support is a career for people who want to help others to live fuller lives. There are pathways for every stage, from entry-level support work to university-trained specialist roles.

Want to see how other people-focused careers compare? Explore more careers in our Job Spotlights.

Pay & Conditions

Understanding payslips before your first job

Getting your first job is a big step, then after a few shifts your pay lands in your bank account and a payslip arrives alongside it. At first glance, it can look like a jumble of numbers, codes and gobbledegook. But you'll soon get to understand them once you know what to look for and understand why they're a useful document to keep a record of. Here's how to read it, check it and get help if something doesn't look right.

What is a payslip?

A payslip is a record of what you earned during a set period of time, and what was taken out before the money reached you. Think of it as a receipt for your work. When you buy something, the receipt shows what you paid for and how much it cost. A payslip does the same thing in reverse: it shows the work you did and what you were paid for it.

The rules about payslips differ from country to country. In Australia, employers must give you a payslip within one working day of pay day, according to the Fair Work Ombudsman. They're also required to be provided by employers if you're in the UK. In New Zealand, employers don't have to provide one unless your employment agreement says so. However, Employment New Zealand explains that you can always ask to see your wage, time and leave records instead. Wherever you live, it's worth knowing what your rights are and what to expect before your first pay day.

What's on a payslip?

No two payslips look exactly the same. Different employers use different software, so the layout will vary. Most, though, contain the same core details.

Your details and your employer's details. This includes your name, your employer's name and sometimes a business number. In Australia, this is the employer's Australian Business Number (ABN), if they have one.

Pay period and pay date. The pay period is the stretch of time you're being paid for, such as one week or two weeks. The pay date is the day the money is actually paid. These are often different. You might work from Monday to Sunday and get paid the following Wednesday.

Pay rate and hours. If you're paid by the hour, your payslip should show your hourly rate and how many hours you worked at that rate. You might see several rows here. Work on a weekend, a public holiday, late at night, or over your contracted hours can be paid at a different rate, so each one may be listed separately.

Extras. These can include loadings, allowances, bonuses, or penalty rates. An allowance might cover something like wearing a uniform or using your own tools. If you're a casual worker in Australia, your casual loading should be shown or noted too.

Gross pay. This is your total pay before anything is taken out.

Deductions**.** These are amounts taken from your gross pay. The biggest is usually income tax, but you might also see other deductions you've agreed to, such as higher education loan repayments, salary sacrifice, or union fees. If you're in New Zealand, KiwiSaver contributions and student loan repayments may also appear here. In the UK you could expect National Insurance, income tax or student loan repayments to be some of the deductions you'll see.

Net pay. This is what's left after deductions. It's the amount that should land in your bank account, people often call it "take-home pay".

Retirement savings. In Australia, your employer pays superannuation into a fund for you. Your payslip should show how much was paid and the name of the fund. In New Zealand, if you're in KiwiSaver, you'll usually see your own contribution and your employer's contribution. In the UK your National Insurance (NI) contributions cover state pensions among other things.
Year to date (YTD). Some payslips show running totals for the financial year. These help you see the bigger picture and are especially handy at tax time.

How to check your payslip
Mistakes happen. Payroll is often handled by busy people or by software that relies on someone typing in the right numbers. Checking your payslip each time takes a few minutes, and it's a habit worth building early.
Start by keeping your own record of the hours you work. A note on your phone or a calendar entry for each shift is enough. Write down the date, your start and finish times, and any breaks. Then, when your payslip arrives, work through these checks:

- Are your name and details correct?
- Does the pay period match the shifts you worked?
- Do the hours on your payslip match your own record?
- Is your hourly rate the one you agreed to in your employment agreement or contract?
- Have weekend, public holiday or late-night shifts been paid at the right rate?
- Do you recognise every deduction?
- Does the net pay match the amount that arrived in your bank account?

It also helps to know the minimum wage where you live. Your rate should never fall below it. Government websites publish current rates, and they're usually reviewed once a year.
Finally, keep your payslips somewhere safe. Save digital copies in a folder or print paper ones. You'll need them if you ever have to raise a problem, and they'll come in handy when you do your tax return, if you want to lodge an application to rent accommodation, take out a loan, or claim government benefits.

What to do if something looks wrong
First, talk to your manager or whoever handles pay. Most errors are honest mistakes and are fixed quickly. Bring your own record of hours so you can point to exactly what doesn't match. If you're nervous, a parent, carer or teacher can help you plan what to say.
If the problem isn't sorted, free official help is available:

- **Australia:** the Fair Work Ombudsman on 13 13 94.
- **New Zealand:**Employment New Zealand on 0800 20 90 20.
- **Elsewhere:** look for your government's employment or labour department.

Take charge of your pay
Your payslip is proof of the work you've done. Reading it carefully means you'll spot problems early and feel more confident about your money. Want to build on this? Explore our Managing Money articles for tips on budgeting, saving and tax.

Skills for Work

How to make effective phone calls with confidence

Picking up the phone can feel strange if most of your conversations happen by text or email. You can't edit what you say, you can't see the other person's face, and there's not much time to think up the perfect reply. Feeling a bit nervous is completely normal, the good news is that phone calls are a communication skill, and they get easier every time you make one. Whether you're asking about a tertiary course, chasing a work experience placement, looking for a part-

time job, or reaching out for help, a well-planned call can often get you answers quicker than an email. Here's how to do it.

Before you call, get prepared

Before you dial, be sure you've got why you're calling all worked out working out. Try to sum it up in one sentence, such as: "I want to find out if the café has any weekend jobs." If you can't explain it simply, the person on the other end will struggle to help you.

Next, you can jot down a few notes. You don't need a full script, just the key points and any questions you want answered. It also helps to have a few things within reach:

- a pen and paper (or a notes app) to write down names, dates and numbers
- your calendar, in case they want to book a time
- any details they might ask for, like your year level, school name or email address

Finally, choose your moment - make sure it's within their operating hours, find a quiet spot, and remember to make sure your phone is charged.

How to open the call

The first ten seconds set the tone. Say hello, give your name and explain why you're calling. For example:

It's always polite to check whether now is a good time, especially if the person sounds busy. If they put you through to someone else, simply introduce yourself again.

During the call

Make a conscious effort to speak a little more slowly than you normally would. Nerves tend to speed us up, and the other person can't read your lips or your expressions. You don't need to shout, but it's also a good idea to make sure you speak up and speak clearly - with dodgy reception and background noise you want to make sure the person you're calling can hear you OK.

Take notes as you go. Write down the name of the person you're speaking to, plus any dates, times or next steps. If you miss something, it's fine to say, "Sorry, could you repeat that?" or "How do you spell that?" Nobody expects you to have a perfect memory.

Before you hang up, repeat the important details back to them. For example: "So I'll email my CV to Sam by Friday – is that right?" This simple check might avoid mix-ups later.

If they ask you something you don't know, you don't have to make up an answer. Saying "I'm not sure, can I find out and get back to you?" shows you're honest and organised.

Ending the call well

Finish by thanking the person for their time, even if the answer wasn't the one you hoped for. A friendly close leaves a good impression, and you never know when you might call them again. Then tidy up your notes while they're still fresh.

What to do if you get voicemail

The person you need to speak to might not be available, so it's great to have a plan for voicemail too. Keep your message short and clear:

Say your number slowly, and make sure you say it twice - that helps the person at the other jotting down your number without having to replay the message. If you haven't heard back after a few days, it's fine to try again.

Tips for different types of calls

Each type of call has its own focus.

Asking about study. Have the course name ready and a short list of questions, such as entry requirements, fees, start dates or open days.

Looking for work experience. Explain what you'd like to learn, why you've selected this organisation, and when your school's placement dates are. If they can't help, ask if they know anyone who might.
Seeking work. Treat the call like a mini interview. Be ready to share your availability and one or two strengths, like being reliable or great with customers.
Asking for help. Whether you're calling a support service or your school office, it's okay to say, "I'm not sure where to start." The people answering these calls are there to guide you. If you or someone else is ever in danger, call your local emergency number straight away.

Building your confidence
Confidence comes from doing, not waiting until you feel ready. A few ideas that could help:

- **Practise first.** Run through the call with a friend or family member. Hearing yourself say the words out loud makes them feel more natural.
- **Start small.** Ordering takeaway or booking an appointment are easy ways to build up your phone skills.
- **Stand up and breathe.** Standing can help your voice sound clearer, and a slow breath before dialling helps calm your nerves.
- **Remember the bigger picture.** The person answering takes calls all day. To them, your call is completely normal.
- **Go easy on yourself.** If you stumble over a word, just keep going. Afterwards, think about one thing that went well and one thing to try next time.

Ready to pick up the phone?
Every confident caller started out feeling nervous. Prepare your notes, introduce yourself clearly and confirm the details before you hang up – then each call will feel a little easier than the last. Why not choose one call you've been putting off and make it this week?
Want to keep building the skills employers look for? Explore more practical tips in our Skills for Work section.

Family Support

Supporting teens through the end of the school year

By the time the last term of the year rolls around, many teens are running on empty. Assessments keep coming, and big changes are on the horizon. Some students are moving up a year or heading off to an entirely new school. Others are sitting final exams and getting ready to leave school altogether. As a parent, it can be hard to know when to step in and when to step back. Here are some practical ways to help.

Why Term 4 can feel so heavy
Think of the school year like a long road trip. In Term 1, everyone is fresh and excited. By Term 4, the snacks are gone, everyone is a bit cranky, and the destination still feels far away. For teens, that tiredness often mixes in with worry about what's next. Moving up a year could mean harder subjects, new teachers, or a different group of friends. Leaving school brings even bigger questions about study, work and independence.
These feelings are normal. But they can show up as a short temper or a sudden lack of interest in things your teen usually enjoys. Knowing what sits underneath and reflecting back to how you felt, could help you respond with patience.

Helping a tired teen recharge

Sleep comes first. According to the Raising Children Network, most teenagers need 8–10 hours of sleep each night. Teens also feel sleepy later at night, because their body clocks shift during puberty. So a teen who can't nod off at 9pm isn't being difficult, their body simply isn't ready yet. You can't force sleep, but you can try to make it easier. Here are a few ideas:

- **Keep wake-up times steady.** Raising Children suggests keeping school-day and weekend wake-up times within 1–2 hours of each other.
- **Create a screen-free wind-down.** Encourage an hour before bed without devices.
- **Watch the caffeine.** Energy drinks, coffee, and cola in the afternoon could all make it harder to fall asleep.
- **Get outside.** Morning daylight and some physical activity during the day help reset the body clock.

Rest isn't only about sleep, either. A teen who spends every spare minute studying is like a phone that never gets fully charged. So check in with their study schedule, encourage short breaks for things they enjoy, such as a walk with the dog, shooting hoops or cooking a meal together. These moments give their busy mind the chance to settle and reset.

Easing worries about moving up

Change is easier to face when it doesn't feel like a total mystery. If your teen is anxious about next year, start by finding out what's actually worrying them. Is it the workload, new subjects, or leaving a close friend behind? Keep it low-pressure, you might find it easier to chat in the car, where it's private, there's not much else going on, and you're both looking ahead rather than at each other.

Once you know what's on their mind, turn the unknown into something concrete:

- **New subjects or a heavier workload?** Encourage them to chat with a teacher or an older student, help them work out a study schedule, or share a good place to find study tips.
- **A new school or campus?** Visit if you can, and practise the journey there together if they'll be travelling by bus, rail, or bike. Look for online tours of the campus, read their latest newsletters, or follow them on social media and share exciting things with your teen.
- **Worried about friendships?** Remind them of times they've made new friends before, such as joining a sports team or starting a new hobby. Check in with friends or family for people they might know already. You could even get involved in community events where you might meet other newbies who are also on the look out for new connections.

You don't need to have every answer. Sometimes just saying "That sounds tough, let's work it out together" or "let me know how I can help" is enough to make a big change feel smaller.

Year 12: final exams and what comes next

For Year 12s, final exams, course applications and goodbyes to friends all land in the same few weeks.

During exams

A little stress can be useful. But too much can tip over into something harder to manage. In a 2019 ReachOut survey of 1,000 young people aged 14–25, almost two thirds reported worrying levels of exam stress. And 68% said that stress came from pressure they put on themselves. Of those who did get help, two thirds turned to a parent.

So even if it doesn't always feel like it, you're often their first port of call. Some ways to help:

- **Look for the signs.** Trouble sleeping or pulling away from friends and family can be signals that stress is becoming too much.

- **Check your own expectations.** ReachOut encourages parents to reflect on how their hopes might be adding pressure, even without meaning to.
- **Handle the small stuff.** Cooking a favourite meal or giving a lift frees up time for study.
- **Keep perspective.** One exam isn't the whole story.

Working out what comes next
Many students finish school without a clear plan, and that's OK. Researchers from Monash University, writing in The Conversation, found that many young people feel uncertain and worried about their next steps after school. You can find School Leaver Toolkits packed with information and just hand them over, no conversation necessary.
Instead of asking "What do you want to be?", try questions that open things up. What subjects have they enjoyed? When do they lose track of time? Their answers can point towards study, an apprenticeship, a job, a gap year or something else entirely.
There's usually more than one road to a destination. If results aren't what your teen hoped for, there are often other pathways into the same course or career. headspace has helpful information on options after finishing school.

When to look for extra support
For many teens, end-of-year tiredness and nerves ease once the holidays arrive. But if your teen's low mood, worry or sleep problems carry on for weeks, or start to affect their friendships, schoolwork or health, it's a good idea to reach out for more help. A GP or school counsellor is a great place to start.
And don't forget about yourself. Looking after your own wellbeing helps you stay calm and steady for them. These trusted sites have more advice for parents:

- ReachOut Parents – articles and forums for parents
- Raising Children Network – research-based guides on teen health
- headspace – support and study advice for 12–25 year olds

Outside Australia, your school counsellor can suggest local support.

Finishing the year together
Term 4 asks a lot of teens, and of the people around them. You don't need to fix every problem or plan every step. Often the most helpful things are simple, protecting their sleep, listening without judgement, being a cheerleader, and reminding them that one term or one exam won't decide their future.
Want more ideas for supporting your teen as they grow, study and plan ahead? Explore our Resources for Families for practical guides on life during and after school.

Pathways, University

Uni at school, what to know first

Uni at school programs provide the opportunity to read the same material as first-year uni students, hand in the same assignments, and get marked by university staff, but during your final years of school. Not instead of but alongside your core and selected subjects, you'd also be studying a university subject. For some students it could be a brilliant opportunity, but it takes commitment, so it's worth understanding how it all works before you enrol.

What is a uni at school program?
A uni at school program lets high school students enrol in one or two university units while they're still finishing school. These are generally the same introductory units that first-year students take, taught by university lecturers and held to university standards.

How you study can vary. Some programs have you on campus for lectures, some run entirely online, and others mix the two. At the end, you'll be marked and receive a university grade, just like any other student in the unit.

How it differs from other uni programs

Universities run lots of activities for school students, and it's easy to mix them up. The key difference is that uni at school is formal study: you enrol as a student, complete assessments and receive a grade for a university level course. Other options usually work differently.

- **Experience days and** open days give you a taste of campus life over a day or two, with talks, tours and hands-on activities. There's no assessment or grade.
- Workshops and holiday programs focus on a particular topic or skill for a short time. They're a great way to explore an interest, but they're not university units.
- Extension programs sometimes delivered in conjunction with universities are a form of accelerated learning for students who'd like to be academically challenged
- Bridging courses are usually designed to fill a gap in your knowledge, such as maths, so you're ready for a degree. They're often taken after finishing school.
- **Enabling or foundation programs** offer a pathway into university for people who don't yet meet the entry requirements for their chosen course.

Each of these are worth exploring, but if you want to study a real university unit while you're still at school, uni at school is the one to look for.

Why are these programs offered?

Universities and schools both see value in them. For universities, it's a way to support curious, capable students and give them a real look at what studying there involves. Students who've already had a positive experience on campus may also feel more confident applying later on. For schools, it gives students who are ready for an extra challenge a way to go beyond the curriculum. It could also help making the leap from school to university feel easier, because students have already practised the routines and expectations of uni study in a supported setting.

What's in it for you?

The benefits can be significant, from exploring a subject your school doesn't teach, to finding out whether university-style learning suits you, and building confidence before you start uni properly. Some universities will even count your completed unit as credit towards a future degree. We've covered this topic in more detail in our article on the 7 benefits of uni at school programs, so take a look if you'd like the full picture.

The skills you'll need

University study works differently from school, where your teachers probably check in with you regularly, remind you about deadlines and follow up if you fall behind. At uni, that support is still there, but you're expected to go looking for it. If you're considering enrolling in a uni at school program, these skills could help you keep on top of things.

Time management

This is a big one. You'll be fitting uni work around school classes, homework, assessments and everything else in your life. Simple steps like making a weekly planner that shows your school deadlines and uni deadlines side by side could stop two big assignments from catching you off guard in the same week. Remember to look ahead, and if you have some big school assessments or exams coming up, a school competition, or a busy few weeks with work then, you'll have time to make a plan or let your uni lecturers know what's going on.

Independent learning
At uni, a lecture is just the starting point, not the whole lesson. You'll be introduced to a topic and given an overview, then you'll be expected to do set readings, make your own notes and work through ideas before tutorials. If you already enjoy researching a topic on your own, that's a good sign that uni at school could work for you.

Academic writing
University assignments expect you to build an argument and back it up with sources, rather than simply show what you know. You'll also need to reference those sources properly. Most universities offer free writing guides and support, so make the most of them. Practising this skill now could be a huge bonus in your first year and it's always going to be handy if you choose a career where report or technical writing is important.

Asking for help
Nobody will notice if you're stuck on something. Being willing to email a tutor, post a question on a course forum, or visit a drop-in session could is important. Not technically a skill, it's an important strength to develop as many first-year students find tricky, so practising it now puts you ahead.

Things to consider before you apply
A uni at school program adds to your workload rather than replacing anything, so it pays to think it through carefully.

How your schoolwork is going
Start with an honest look at your current results. If you're keeping up comfortably and still have energy to spare, you may be in a good position to take on more. If you're already finding it hard to stay on top of things, it could be wiser to focus on school for now. Many programs also ask for minimum grades or a teacher's recommendation, so have a chat with your teachers early.

How much time you have
Each university will give an estimate of how many hours a week a unit takes, so check this before you sign up. Then map it against your real week. If your schedule already includes school, a part-time job, sport training and family commitments, think about where those extra hours would actually come from. Remember to leave room for rest, too. Burning out halfway through the year won't help your uni unit or your school results.

What it will cost
Costs vary a lot between programs. Some are free for school students, while others charge fees. Scholarships or fee reductions may be available, so it's always worth asking. Don't forget there may also be extra costs to think about, such as:

- textbooks and course materials
- travel to and from campus
- a reliable laptop and internet connection for online study

What happens if plans change
Find out what happens if you need to withdraw, or if you don't pass the unit. Again, rules vary between universities and programs, knowing this upfront means you can make a decision with confidence.

Take the next step

A uni at school program can give you a real head start, as long as it fits with your schoolwork, your time and your budget. If you're curious, talk to your careers adviser about which programs your school takes part in, then check the details on the university's website. To keep exploring your options, have a browse of our university resources or head straight to the Uni at School Guide for all the programs we've found in Australia and New Zealand.

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