



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.

To contact Mr Madani please email jmadani@stpiusx.nsw.edu.au or call 9414 4388.

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

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

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

Search school – St Pius X Chatswood

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

Password – pius (lower case)

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

UNSW x National Science Week 2024

August 12 to August 27, 2024

The electrifying UNSW x National Science Week program illuminates groundbreaking advancements in science, medicine, tech, and engineering.

In 2024, learn about the celestial ballet of exploding supernovae and cosmic whispers of gravitational waves, delve into the invaluable lessons on managing disaster risks through cooperation, community and even playfulness, and dissect the myths and misinformation about the female anatomy.

Want even more? During the National Science Week dates explore a series of on demand content – podcasts, videos, articles – or head to SciFest for a taste of everything!

[Find out more](#)

CGA Open Evening, North Shore

August 12, 2024

Are you seeking a dynamic alternative to traditional schooling or intrigued by the possibilities of online education?

Join us at this exclusive in-person event to explore why Crimson Global Academy could be an excellent choice for your child.

Discover first-hand CGA's personalised learning approach which empowers students to excel—whether they're aspiring athletes, academically driven, or thrive in inclusive environments.

- Learn how an online learning environment benefits athletic, ambitious, and neurodiverse students
- Connect directly with CGA's expert educators and get your questions answered
- Gain insight into life at CGA: online classes, flexible timetables, international curricula, and our incredible global community.

[Find out more](#)

Dr Karl National Science Week Q&A

August 13, 2024

As we celebrate National Science Week we are kicking off the newly formatted STEM 2024 professional learning series with Dr Karl Kruszelnicki. This year's National Science Week theme is "Species Survival – More Than Just Sustainability", so get your questions about threatened species, habitats and all manner of living things ready for Dr Karl!

This live and free event is the chance for students to ask Dr Karl the questions they have always wondered about. Dr Karl encourages curiosity and all questions from attendees are welcome!

[Find out more](#)

Our Ocean Our Future

August 13, 2024



The ocean is a unique, irreplaceable environment that is home to many living things. This session builds on UNESCO's ocean literacy principles to help students understand why the ocean is important for all life on Earth. We'll discuss the pollution problem facing our ocean. We'll learn about real life examples of sustainability and brainstorm achievable ways to help the ocean in our everyday lives.

This Inspiring Australia NSW initiative is supported by the Australian Government as part of National Science Week and proudly brought to you by Virtual Excursions Australia.

[Find out more](#)

\$20 Boss Funded Professional Development Workshop | Sydney

August 13, 2024

Young Change Agents is delivering a series of fully-funded full day Professional Development training workshop across the country giving you the skills to run \$20 Boss with confidence.

- We will start the day with an immersive experience of the program, we'll then dive into the materials and how to best use them for your school and circumstances.
- Together, we'll ideate solutions to the following question: 'How might we create the best possible \$20 Boss experience for your school?'
- Finally, we'll be sharing case studies from other schools and sharing insights and learnings from one another.

After this workshop, you will be given exclusive access to our eLearning platform. Through the platform, you'll be able to access modules and materials to build your knowledge and understanding of entrepreneurial education and all the resources (including slides and worksheets) you need to run \$20 Boss. [Find out more](#)

University of Sydney | Design at Sydney: Your Pathway to Innovation and Creativity

August 14, 2024

Join us for an exciting webinar where we'll introduce you to the vibrant universe of studying Design at the University of Sydney. This webinar is your chance to discover how our Design degree can prepare you to shape the way we experience the world through technology, from digital interfaces to physical spaces, and everything in between!

[Find out more](#)

Careers in STEM

August 14, 2024

Discover the diversity of careers in STEM this National Science Week! Are you interested in collecting rocks? Do you like taking things apart to see how they work? Are you always asking WHY or HOW. If so, join us for a different look into Careers in STEM

During the session there will be several short presentations about their journey to their career and what they love about their jobs. There will be an opportunity to ask questions too.

Find out how your passion can lead to a career.

This Inspiring Australia NSW initiative is supported by the Australian Government as part of National Science Week and proudly brought to you by Virtual Excursions Australia.

[Find out more](#)

The Species Showdown

August 14, 2024

Join us this National Science Week for The Species Showdown. Scientists will go head to head in the ultimate scientific rumble in the jungle.

Get ready to engage your mind and join us for some serious fun as six University of Sydney scientists face off in a battle of wits about the survival of species on our planet.

Different viewpoints will be explored, ideas exchanged, and assumptions challenged. Take your seats and settle in for an evening of thought-provoking discussion and lively sparring. It's time to throw down for The Species Showdown!



[Find out more](#)

CGA Open Evening, Newcastle

August 14, 2024

Are you seeking a dynamic alternative to traditional schooling or intrigued by the possibilities of online education?

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Discover first-hand CGA's personalised learning approach which empowers students to excel—whether they're aspiring athletes, academically driven, or thrive in inclusive environments.

- Learn how an online learning environment benefits athletic, ambitious, and neurodiverse students
- Connect directly with CGA's expert educators and get your questions answered
- Gain insight into life at CGA: online classes, flexible timetables, international curricula, and our incredible global community.

[Find out more](#)

Sydney Careers & Employment Expo 2024

August 16 to August 17, 2024

Sydney's New Careers & Employment Event will open on August 16 & 17, 2024, at the Hordern Pavilion, Moore Park. 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](#)

SciFest 2024

August 16, 2024

SciFest 2024 invites you to immerse yourself in a world where science meets art, where curiosity knows no bounds, and where discovery awaits at every turn.

The festival brings science to life – throwing open laboratory doors and transporting science into the everyday. Head back to science class with interactive activities, games, live stage shows and talks that showcase the wonders of science, technology, engineering, maths, medicine, and the arts.

Designed to appeal to all ages, from curious kids to inquisitive adults, the festival features an array of activities that will spark imagination and curiosity.

[Find out more](#)

Big Ideas and Inspiring Careers: Make an impact with a career in biodiversity science

August 16, 2024

Don't miss this unique opportunity to connect with and learn from exceptional women who are addressing some of the most pressing environmental challenges of our time.

Our panellists are carving diverse and remarkable paths in the fields of wildlife biology, conservation, science communication and marine biology. They will share their career journey and the innovative approaches they are taking to develop successful and meaningful careers.

If you want to be inspired to build an exciting career that makes a real difference, join us for this fantastic event!

[Find out more](#)

First Nations Astronomy and Stargazing

August 16, 2024

The Albury LibraryMuseum is proud to present astrophysicist and science communicator Kirsten Banks, a Wiradjuri woman also known as AstroKirsten.

This event will ignite your curiosity and leave you in awe of the universe. Learn about the astronomical knowledge developed by First Nations people over thousands of years. Whether you're a seasoned stargazer or a curious novice, this event is perfect for anyone with a passion for learning.

Don't miss this opportunity to connect with the cosmos and expand your understanding of the universe.



[Find out more](#)

University of Newcastle | Open Day 2024, Central Coast

August 17, 2024

Open Day is packed with everything you need to know about going to the University of Newcastle. Participate in degree presentations, info sessions and tours of the campus.

Enjoy a hands-on experience with our program activations, and ask our student ambassadors questions about uni life.

[Find out more](#)

Powerhouse Museum Sydney Science Festival Family Day

August 17, 2024

Sydney Science Festival is an exciting and accessible program of science events presented by Powerhouse Parramatta and City of Parramatta.

A full day of free hands-on science fun for all ages, presented by Powerhouse Museum in August. It aims to inspire curiosity about what science is capable of – and criticism too – in a series of interactive performances, talks and exhibits across the city.

[Find out more](#)

ACU | Open Day 2024, Strathfield

August 17, 2024

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol.

You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more](#)

ICMS | Open Day 2024

August 17, 2024

The International College of Management, Sydney (ICMS) is a leader in career-focused education, offering internationally recognised undergraduate bachelor's degrees and postgraduate master's degrees at our Manly and Sydney City campuses. At the ICMS Open Day you will learn about all the degrees offered and discover why ICMS's personal mentoring approach could make all the difference to your future career success – and help you to make the most of your student years!

[Find out more](#)

Indigenous Science Experience at Redfern Community Open Day

August 17, 2024

What can Aboriginal astronomy tell us about the night sky? How are our native flora and seaweeds used as foods and in healthcare? What can we learn about sustainable living from 60 000+ years of Indigenous culture? What is the relevance of science, technology, engineering and mathematics (STEM) to our everyday lives? Find out the answers to these questions and more at the Indigenous Science Experience Community Day.

This free, community open event showcases Indigenous and Western STEM and their significance in our lives. Come along to get hands-on with a diverse range of interactive science activities accessible to all ages.

[Find out more](#)

William Angliss | Open Day 2024, Sydney

August 17, 2024

Come join us and explore our Sydney campus! Get a glimpse of a day in the life of an Angliss student and find out more about your study options. Connect with expert faculty members and the vibrant Angliss community – we're looking forward to meeting you!

[Find out more](#)



National Quantum & Dark Matter Demo Day

August 17, 2024

Drop in to visit the National Quantum & Dark Matter Road Trip in Sydney and discover all things quantum and dark matter!

Throughout the event, the team will have interactive quantum and dark matter demos on display, as well as a range of activities such as colouring-in and badge-making. There will also be opportunities to tour a quantum physics lab!

In addition to these drop-in activities, the team will deliver short presentations on quantum technologies and dark matter discovery at 12 pm, 1 pm and 2 pm.

This event will have activities suitable for all ages. The presentations are targeted at a junior high-school level, but should appeal to general audiences.

[Find out more](#)

CSU | Open Day 2024, Bathurst

August 18, 2024

What is Open Day? It's your opportunity to discover what life at Charles Sturt is all about. Open Day isn't just for students – parents and carers are welcome too!

Be inspired by our academics, explore our facilities and chat to current students about what studying with us is really like. From information sessions and campus tours to free food, entertainment and giveaways – there's something for everyone.

[Find out more](#)

University of Sydney | Life of an agricultural scientist

August 21, 2024

Are you looking for a career that's impactful, future-focused, and vital to our nation's well-being? Then look no further than studying Agricultural Science at the University of Sydney. Join this session with one of our very own agricultural scientists to learn about their career and what they get up to in a day. From agribusiness to influencing policy, sustainable practices, and improving the food crops that feed the world, you will discover what our newly launched 3-year Bachelor of Agricultural Science, and 4-year Bachelor of Agricultural Science Honours have to offer you and the diverse and rewarding career that lies ahead.

[Find out more](#)

La Trobe | Open Day 2024, Sydney

August 22, 2024

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more](#)

ACAP | Open Days 2024

Byron Bay: August 24, 2024

Sydney: August 24, 2024

Open Day is your chance to experience the ACAP difference, and find your path in the applied professions.

Whether you're interested in Counselling, Psychology, Social Work, Criminology, Law, or Business, ACAP is your pathway to making a difference.

Be part of a workshop, meet our industry-renowned facilitators, and hear all about life as an ACAP student. Join us for a day of exploration and inspiration!

[Find out more](#)



SAE Institute | Open Days 2024

Byron Bay: August 24, 2024

Sydney: August 24, 2024

Come along to SAE's Open Day and find your future in creative media!

Open Day is your ticket to everything SAE – get a taste of our courses in workshops, explore activations on campus and get some hands-on experience with our state of the art facilities.

[Find out more](#)

CSU | Open Day 2024, Orange

August 25, 2024

What is Open Day? It's your opportunity to discover what life at Charles Sturt is all about. Open Day isn't just for students – parents and carers are welcome too!

Be inspired by our academics, explore our facilities and chat to current students about what studying with us is really like. From information sessions and campus tours to free food, entertainment and giveaways – there's something for everyone.

[Find out more](#)

UON | Open Day 2024, Newcastle

August 31, 2024

Open Day is packed with everything you need to know about going to the University of Newcastle. Participate in degree presentations, info sessions and tours of the campus.

Enjoy a hands-on experience with our program activations, and ask our student ambassadors questions about uni life.

[Find out more](#)

University of Sydney | Open Day 2024

August 31, 2024

Join us at the University of Sydney Open Day on Saturday 31 August 2024. Experience our vibrant student life on campus, hear from academics and current students and discover what makes us different.

[Find out more](#)

UTS | Open Day 2024

August 31, 2024

Info sessions, campus tours, workshops, dancing robots – UTS Open Day has it all. Get a taste of what students can expect at Australia's #1 young uni.

[Find out more](#)

ACU | Open Day 2024, North Sydney

September 7, 2024

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more](#)

AIM | Open Day 2024, Sydney

September 7, 2024

Join us for Open Day, and experience everything AIM has to offer!

See our campus, get course advice, experience live performances, meet our teachers and students, and take



part in activities that will give you a taste of student life here at AIM.

Whether you're ready to study now, or in five years' time, Open Day is open to all and a fantastic opportunity to discover how the Australian Institute of Music can help turn your passion for music into a career.

[Find out more](#)

UNSW | Open Day 2024

September 7, 2024

Save the date for Open Day – Saturday, 7 September 2024! Get ready to explore our campus, connect with students and faculties, and discover the progress you can make at UNSW.

[Find out more](#)

NAS | Open Day 2024

September 7, 2024

Ever wondered what it's like studying at art school? Peek behind the historic sandstone walls of NAS and find out at Open Day!

Everyone is welcome at Open Day, from those considering art as a career to anyone simply curious about what happens behind the school's historic sandstone walls.

It's a busy and active day-long program offering plenty of opportunity to see what life is like for students at NAS, with art demonstrations in the studios, and shows in our exhibition spaces.

Interested in applying to study at NAS? Attend an info session to find out more about studying at NAS. Meet with a member of our faculty and learn about our admissions process including advice on preparing your portfolio.

[Find out more](#)

ACPE | Open Day 2024

September 28, 2024

Exploring your study options for a career in the sport industry? Join us on campus. See where you will study, meet our students and lecturers, and participate in info sessions and practical sessions to take the next step with confidence.

[Find out more](#)

WSU | Bizfluencers Workshop

September 30, 2024

Bizfluencers is an exciting school holiday workshop program offered by the School of Business at Western Sydney University, targeted at high school students in Years 9 – 10. The program aims to connect aspiring Business Influencers ('Bizfluencers') with business leaders, researchers and practitioners in the 1PSQ Business Lab to explore the future of business.

Registration closes Monday, 16 September 2024.

[Find out more](#)

WSU | Free Online HSC Study Sessions

September 30 to October 4, 2024

From Monday 30th September to Friday 4th October 2024, Western Sydney University will be offering a range of online study sessions to assist Year 12 students in their preparations for the HSC.

Delivered by highly qualified senior teachers with 24 free sessions across 15 key HSC subject areas, the sessions will include content analysis, tips and strategies, and a detailed exploration of key syllabus and curriculum areas.

Students also have the opportunity to sit a practice exam and deconstruction, with feedback and advice from experts.

[Find out more](#)

Tocal College | Open Day

October 4, 2024

October 11, 2024

Our College Open Days are a wonderful opportunity to visit Tocal and experience first hand all that it can offer



students who are eager for a rewarding career in agriculture, agribusiness or horse breeding and training. Open Days provide prospective students, their families and carers an ideal forum to visit the College and get a feel for what life as a student is really like.

Each day's activities include:

- an overview of full-time courses,
- a description of career opportunities,
- information on fees and financial assistance,
- inspection of College campus facilities,
- tour of Tocal's commercial farms and training facilities,
- opportunities to chat with staff and also undertake an informal interview (if desired).

[Find out more](#)

CQC²T Open Day

October 7, 2024

Showcasing the state-of-the-art facilities at the UNSW Kensington Campus, the Centre for Quantum Computation and Communication Technology (CQC²T) is opening our doors this September school holidays.

Visit our Centre to be introduced to quantum physics and for many your first taste of university life.

This is a science-led day filled with talks and tours of our labs including practical demonstrations and an opportunity to speak to those currently working in this exciting field. This is the perfect opportunity for students contemplating STEM careers, with a passion for physics, maths, engineering or coding.

[Find out more](#)

NIE | Future Doctors Australia, Sydney

October 10 to October 13, 2024

Gaining medical work experience is essential for young people considering a career in medicine. It provides insight into the field, helps develop skills and attributes, and provides networking opportunities. However, obtaining medical work experience can be challenging due to various restrictions such as limited opportunities, safety concerns, and confidentiality issues.

That's why NIE has developed the "Future Doctors Australia" program. It is an engaging and high-impact 4-day program that provides young people with a unique opportunity to gain medical work experience in a safe and structured environment. Participants will have the opportunity to spend time with current junior and senior medical students. They will also have the rare opportunity to spend time with more senior clinicians and various medical specialists. You will get to learn about clinical specialist's relevant fields of work, ask them questions, and learn some hands-on skills from them.

- Over 15 hours of face-to-face interaction with leading specialists and clinicians
- Meet current medical students
- Develop advanced communication and team working skills
- Create new friendships with like-minded, highly driven young individuals
- Learn about the admission process into various medical universities in Australia
- Morning tea and lunch included

[Find out more](#)

University of Sydney | Grand Challenge 2024: Towards Net Zero

November 6, 2024

In The Grand Challenge, students in Years 9 & 10 will spend a fast and fun day learning about a real-life global problem before ideating, developing and pitching their own solutions to their peers and STEM experts for a chance to win prizes. This event is powered by Future Anything and the Faculty of Science, University of Sydney.

[Find out more](#)



Discover AI Magic with IT at ACU North Sydney

November 26, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Participate in interactive AI activities, chat with current students and learn what it's like studying a degree in IT at ACU.

[Find out more](#)

Discover Exercise and Sports Science at ACU Blacktown

November 27, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Experience the range of cutting-edge equipment for training and rehabilitation that you will have access to as part of a sport and exercise science degree with ACU.

[Find out more](#)

Discover Law and Criminology at ACU North Sydney

November 28, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Aspiring lawyers will have the chance to develop their analytical and courtroom skills in our law and criminology workshops. These hands-on activities will provide you with an insight into the Australian legal system and its functions.

[Find out more](#)

National High School Mooting Competition

Value: Scholarship opportunities

Hosted by the Bond University Faculty of Law, the National High School Mooting Competition provides an opportunity for high school students from across the nation to learn more about the law and begin to develop tangible legal skills. Students who are interested in studying law may be particularly interested as the competition provides students with an opportunity to road test a law-school-like activity.

The National High School Mooting Competition is open to students in Years 11 and 12 at Australian high schools. Teams are made up of two/three students. The preliminary rounds of the competition are held virtually (online), with the semifinals and grand final held on campus on the Gold Coast at Bond University.

Registration will open early 2025.

[Find out more](#)

Grandshake Virtual Work Experiences

Grandshake offers a ton of awesome Virtual Work Experience programs for young people across Australia aged 14-19. These programs are a great way to get a taste of your dream career, all from your own home. And they help you learn some valuable skills along the way as well.

The programs run all year, during school and the holidays, so you can sign up to start at any time. The programs typically run for four weeks, with a 2-4 hour commitment per week. Best of all, they're totally free.

[Find out more](#)

Work Experience with Irukandji Shark & Ray Encounters

Irukandji's work experience program is open to students in grades 9-12. We accept placements at many times during the year, based on departmental and organisational needs. There are a limited number of positions as we will only accept 2 students at any one time so advance planning is essential. On-site training, supervision and evaluation are provided.

Interested in getting your work experience hours done at Irukandji? Have your school's career advisor email Info@Sharkencounters.com.au to request the relevant paperwork.

[Find out more](#)



Single vs. Double Degrees: what's the difference?

Can't decide between studying 2 different degrees at uni? As it turns out, you might not even have to make a decision, because a double degree offers the best of both worlds.

As we approach the latter half of the year, we're also approaching the end of high school. Yep, you know what that means – thinking about your future and what's next for you after high school. University is a big step, and understanding your options can help you make the best decision for your future.

Today, we're diving into the difference between single degrees and double degrees to help you decide which path might be right for you.

What is a Single Degree?

A single degree, often called a [Bachelor's degree](#), is the most common type of university qualification. It's your standard undergraduate degree and is designed to give you in-depth knowledge and skills in one particular area. Here's what you should know:

- **Duration & focus:** A single degree typically takes around 3 to 4 years to complete. During this time, you'll focus on one major subject, such as [Business](#), [Engineering](#), or [Psychology](#). This allows you to gain specialised knowledge in your chosen field.
- **Career paths:** A single degree prepares you for entry-level jobs and provides a strong foundation for further education or career advancement. For example, a [Bachelor of Arts in English](#) might lead you to a job in writing, publishing, or education.

What is a Double Degree?

A double degree is a more advanced option that allows you to study two different fields at the same time. This can be a great choice if you have multiple interests and want to combine them into one career path. Here's what you need to know about double degrees:

- **Duration & focus:** Double degrees usually take around 4 to 5 years to complete. You'll be enrolled in two different programs, such as a [Bachelor of Business and a Bachelor of Law](#), or a [Bachelor of Science and a Bachelor of Arts](#). This means you'll have a more extensive study load than if you just did a single degree.
- **Career paths:** With a double degree, you gain expertise in two fields, which can make you more versatile and open up a wider range of career opportunities. For example, combining [Business and IT](#) can prepare you for roles in tech management or consulting.

Why choose a Double Degree?

Broader knowledge

Studying two subjects means you'll have a more diverse skill set, which could make you more adaptable. If you're not sure what you want to do for a job, a double degree gives you way more options than a single degree.

More career opportunities

A double degree can qualify you for jobs in both fields you studied. This flexibility can be a huge advantage in a competitive job market, or if you want to do something that combines fields of study.

Personal challenge

If you enjoy taking on academic challenges and have strong time management skills, a double degree can be a really rewarding experience. Plus, you'll get to see what it's like in two different study pathways.

Why choose a Single Degree?

Focused expertise

With a single degree, you'll gain specialised knowledge and skills that can make you stand out in that field,



preparing you for a more targeted career path.

Shorter study duration

Single degrees typically take around 3 to 4 years to complete, which is usually shorter than the duration of a double degree. This means you can enter the workforce or pursue further studies sooner. If you're eager to start your career or prefer a more straightforward academic journey, a single degree offers a clear and efficient path to achieving your educational and professional goals.

Less academic pressure

Pursuing a single degree generally involves a more manageable academic workload compared to a double degree. You'll focus on one major subject area, which allows for a balanced study schedule and reduces the stress of juggling two different sets of coursework.

What to consider

Choosing between a single and double degree depends on your career goals, interests, and academic strengths. Here are a few things to consider:

- **Interest & passion:** Are you passionate about one specific field, or do you have multiple interests you want to explore? A single degree might be best if you want to specialise deeply in one area, while a double degree is ideal if you want to combine different fields and be more of a jack-of-all trades.
- **Career goals:** Think about your long-term career goals. If you need expertise in two areas to achieve your career aspirations, a double degree could be beneficial. For more focused career paths, a single degree might be more than enough.
- **Workload & time:** Double degrees involve a heavier workload and longer study time. Consider if you're ready for the commitment, if you want to study for a longer period of time, and if you can balance it with other responsibilities.
- **Tuition cost:** Consider your financial situation, and which route would suit you better in the long run. Double degrees are inherently more expensive than studying a single degree, due to the longer time period as well as increased coursework and resources. While they may be more expensive upfront, double degrees cost less than studying the same two degrees separately as single programs one after the other. We always recommend applying for [scholarships](#) and financial assistance where possible to alleviate HECs debts too.

Ready to explore your options?

No matter which path you choose, understanding your options will help you make an informed decision about your future. Whether you're excited about specialising in one field or eager to combine your interests with a double degree, there's a world of opportunities waiting for you.

Worried about the financial side of uni? Check out some of these helpful articles:

- [HELP Loans explained](#)
- [Should you study a degree based on what it costs?](#)
- [What is a Student Contribution Amount?](#)

Explore more about university and career options on our website [here](#). If you're unsure whether university is the right path, you can check out our guides on [apprenticeships & traineeships](#), [alternative pathways](#), and much more.

[Why do people want to get an apprenticeship anyway?](#)

If you're not 100% sure what you want to do once school is over, but don't think university is the answer, you might want to consider an apprenticeship. But what are some of the reasons why you might want to do an apprenticeship? What are the benefits? Let's take a look.

The changing nature of careers

Careers look different to how they used to – once upon a time you picked uni, a trade, or a job, and that was pretty much it for the rest of your working life. Now, tradies get degrees in management, professionals take short courses to round out their qualifications, and [around 39% of students work and study at the same time](#). Apprenticeships and traineeships are great because you generally don't need a lot of skills or knowledge when you start, and you'll get quality on-the-job training as well as classroom based training. Plus, you'll be earning



an income all along the way.

That way, when you finish you'll have all the skills you need to work independently, as well as a formal qualification to prove how awesome you are.

Skilling Australia Foundation [found in 2019](#) that VET graduates had:

- Higher starting salaries – \$56k vs \$54k for uni grads
- A higher rate of employment – 78% vs 68% for uni grads
- Apprentices had a graduate employment rate of 92%

What's the difference between an apprenticeship and traineeship?

The main difference is usually the industry – apprenticeships tend to be for more technical trades, while trainees might learn business skills or job-specific skills they need before they can be fully employed.

Traineeships are also generally shorter than apprenticeships.

Finding an apprenticeship might be easier than you think

It's easy to find apprenticeships if you know what to look for. Most people think of electrical or plumbing trades, but there are a huge number of things you can do with an apprenticeship or traineeship, and you can even get one in the military.

Finding a traineeship or apprenticeship can be a great choice – here's why:

- You'll enjoy satisfying and practical work, and in many trades you'll avoid being stuck behind a desk.
- Get paid while you learn, and start living in the 'real world' sooner.
- You'll probably have a job before you finish, and if you do move employers, you'll have recognisable skills that make you more employable.
- You generally don't need great marks to get started.

There are also usually a range of incentives for businesses to take on trainees and apprentices, which means more are available and there will be lots of support to make sure you finish your training.

How do I get started?

First, put together a [resume](#) (also known as a list of good stuff you've done). Include everything, and get it checked by someone who loves you (they'll point out the good things you've missed) and someone who's good with writing (like a teacher – they love helping students prepare resumes).

Find out what free stuff you can get – there's lots of support out there for apprentices and trainees. You could get allowances and living subsidies, cheap student loans and subsidised training, or even cash incentives to make you more appealing to employers.

Finally, start job searching. Fantastic employers won't come searching for you (most of the time), you need to go and find them. But it doesn't have to be difficult – there are heaps of apprenticeships and traineeships in just about every area, including regional and remote places.

Here's how to search for an apprenticeship or traineeship

Let people know you're looking. Tell your teachers, friends, or parents (and their friends). Word of mouth is still a great way to get a job.

Search job sites. Simply googling apprenticeships or traineeships in your area will give you a good start. You might also like to try searching popular job sites like [SEEK](#) or [Indeed](#).

Look at government websites. Most countries usually have a government website built especially for apprentices and trainees to look for opportunities, including support options and other handy info. Here are some government sites you might like to browse:

- [Australian Apprentices](#)
- [New Zealand Apprenticeships](#)
- [Apprenticeships UK](#)
- [Apprenticeship USA](#)
- [Job Bank Canada](#)



Find out more

So, if you'd like to earn a good wage, enjoy a secure and rewarding job, and earn while you learn, getting an apprenticeship or traineeship could be the right option for you. And we can guarantee it'll be a whole lot more fun than spending your life on the couch.

If you'd like more help, or any advice on finding an apprenticeship then talk to your careers advisor or guidance counsellor. Or you might like to read more resources on our website [here](#).

[How to become a Pharmacist](#)

Ever wondered how you could turn your love for science and helping others into a cool job? Becoming a pharmacist could be your ticket to fulfilment.

A Pharmacist's job is to prep and provide over-the-counter drugs and fill prescriptions, provide advice about the best medications and treatments for minor ailments, as well as guiding customers on how to safely take medicines.

If you pay attention to detail, have great communication skills and a caring personality, this could be an excellent career to consider.

What skills do I need as a Pharmacist?

- Problem solving
- Meticulous & thorough
- Great in teams
- Approachable & trustworthy
- Excellent time management
- Empathetic & understanding
- Can multitask effectively
- Fantastic people skills

What does the job involve?

- Receiving, checking and filling prescriptions
- Advising patients on dosage, side effects and other important information
- Determining appropriate medication for a patient's situation
- Partaking in ongoing care and monitoring of patients
- Supervising Pharmacy Technicians and Assistants
- Conducting research into the development of new medicines
- Working with other professionals to refine manufacturing techniques
- Developing standards for medicine used in pharmaceuticals

What industries do Pharmacists typically work in?

- Retail Trade
- Health Care & Social Assistance
- Pharmaceuticals

What Career Cluster do Pharmacists belong to?

Because the role of Pharmacist focuses on helping people maintain their health and wellbeing, many [Guardians](#) are attracted to this kind of role. There is also an element of utilising personal skills and knowledge to support and guide other people, so it's quite common for [Informers](#) to thrive in a career as a Pharmacist.

What kind of lifestyle can I expect?

As a pharmacist, you can expect a pretty uniform lifestyle with part-time opportunities on the lower side. Only about 27% of pharmacists work part-time, so it might not be as flexible as other jobs. For those working full-time, the average is about 43 hours per week, which aligns with typical work hours in most professions. You'll spend most of your time indoors, whether in pharmacies, labs, hospitals, or offices. While many pharmacists work in these traditional settings, there are also diverse roles available. You could find yourself in a lab developing new medicines, collaborating with chemists and engineers on medicine manufacturing, or



working in advocacy and community education, making a real impact behind and beyond the pharmacy counter.

How to become a Pharmacist

To become a pharmacist, you need to follow a series of important steps, as it's a bit more of an involved career with some strict requirements.

First, you'll need to complete high school with a focus on science subjects like Biology and Chemistry, as well as Math. After high school, you should pursue a Bachelor's degree in a related field, such as a [Bachelor of Biological Sciences](#), [Bachelor of Chemistry](#), or [Bachelor of Health Sciences](#). Some pharmacy schools also accept students with other majors if they have taken the required science courses.

If you want to go straight into Pharmacy, you could elect to choose a [Bachelor of Pharmacy \(Honours\)](#) outright. Not sure about the difference between a Bachelor's degree, Master's, and Doctorate, or where Honours fits into all that? Check out our [guide to university degrees](#).

Once you have your undergraduate degree, you could then apply to a [Doctor of Pharmacy](#) (PharmD) program, which typically takes about four years to complete.

After finishing study, if you want to be a pharmacist in Australia, you'll need to apply for [provisional registration](#) with the [Pharmacy Board of Australia](#) (PharmBA). Then, you'll be required to complete a year-long [internship](#) with a registered pharmacist.

During that internship, you'll need to do [approved supervised practice](#) (minimum 1,575 hours). Then, there's a [board registration examination](#) you'll have to pass, before you finally apply for and are granted [general registration](#), and become a licensed pharmacist. .

Once you're licensed, you can start looking for jobs in various settings, such as retail pharmacies, hospitals, clinics, or pharmaceutical companies.

What can I do right now to work towards this career?

If you're currently in high school and considering a career as a pharmacist, here are some steps to help you explore the profession:

- Gain practical experience by working in a local pharmacy, doctor's office, or hospital. This hands-on experience will provide insight into the field and help you figure out if it's something you want to do with your future
- Really focus on getting good marks in Biology, Chemistry and Maths, and doing any kind of subject that might relate to a career in pharmacy. If it's something you enjoy, that passion can carry you through the rigorous higher education requirements you'll need for the job.
- Research various pharmacy programs thoroughly to understand the requirements and workload involved. This preparation will help you make informed decisions about your education and future career path.

Similar careers to Pharmacist

- [Cosmetic Chemist](#)
- [Registered Nurse](#)
- [Lab Technician](#)
- [Pathology Collector](#)
- [General Practitioner](#)
- [Surgeon](#)
- [Paramedic](#)
- [Dentist](#)

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



[Celebrating Indigenous pioneers in careers](#)

August 9 is the [UN International Day of the World's Indigenous Peoples](#), and it's the perfect time to celebrate the awesome achievements of Indigenous Australians across industries. Indigenous Australians have made significant contributions across a ton of different fields and we've got some we'd love to share with you in this blog.

Let's explore some inspiring examples of Indigenous pioneers and discover how you too can make your mark.

Trailblazers in Medicine

Dr Kelvin Kong

Dr. Kelvin Kong, a proud Worimi man, is Australia's first Indigenous surgeon. He specialises in ear, nose, and throat surgery and is dedicated to improving health outcomes for Indigenous communities. Dr. Kong's journey is a testament to his hard work and he's someone who's dedicated to the importance of giving back to the community. He often travels to remote areas to provide essential medical services to those who need them most.

"Life changed one day at high school when two Indigenous Australian medical students instilled in us that if we had a dream, we should pursue it."

[Dr. Kelvin Kong](#)

Professor Sandra Eades

Professor Sandra Eades, a Noongar woman, is another pioneer in the medical field. She's one of Australia's leading researchers in Indigenous health and the first Indigenous medical doctor to be awarded a Doctorate of Philosophy in public health. Her work has significantly impacted Indigenous health policies and practices, and she continues to be a pivotal advocate for closing the gap.

"The evidence is clear that when Aboriginal and Torres Strait Islander people have a voice in policies and practices that affect them, the outcomes are better, resources are better-used, and we move closer to closing the gap in health equity,"

[Professor Sandra Eades](#)

Innovators in Business

Leah Cameron

Leah Cameron, a Palawa woman, is a successful entrepreneur and lawyer who founded Marrawah Law, the largest Indigenous-owned law firm in Australia. Leah's firm specialises in native title law, cultural heritage protection, and commercial law, supporting Indigenous communities and businesses. Her work ensures that Indigenous voices are heard and respected in the legal and business worlds.

"What I'd love to see is more of our mob practising as lawyers in commercial sectors."

[Leah Cameron](#)

Darryl Lyons

Darryl Lyons is a proud Maiawali man, passionate about what technology can do for agriculture and traditional owners to provide a more sustainable future. The goal of his business, Rainstick, is to integrate Indigenous sustainable practices with modern technology to address the climate and planet impact modern agriculture has. Rainstick has a passion to increase productivity, reduce waste in a more sustainable way and investigate and adapt Indigenous sustainable practices into modern AG systems.

"As we go forward trying to solve issues surrounding climate and biodiversity, I'm so passionate about creating a global solution. I think there's just a tremendous opportunity that comes from exploring traditional and living knowledge systems."

[Darryl Lyons](#)



Leaders in Education

Professor Bronwyn Fredericks

Professor Bronwyn Fredericks, a proud Murri woman, is a distinguished academic and the Pro Vice-Chancellor (Indigenous Engagement) at the University of Queensland. She's dedicated her career to advocating for Indigenous education and research, creating opportunities for Indigenous students to excel in higher education. Her leadership has paved the way for many young Indigenous Australians to pursue their academic dreams.

"Education gives young people a choice, its gives young Indigenous people a choice. It enables them to see that there are options out there that they may not have considered before and it improves the outcomes for their lives."

[Professor Bronwyn Fredericks](#)

Dr. Chris Sarra

Dr. Chris Sarra, a Gurang Gurang and Taribelang man, is an educator and the founder of the [Stronger Smarter Institute](#). He is known for his innovative approaches to Indigenous education, promoting high expectations and cultural pride among Indigenous students. Dr. Sarra's work has transformed schools and communities across Australia.

"At my core here I am human, and my sense of being Aboriginal resonates very strongly, enhanced by the sense of time and place that locates me here."

[Dr. Chris Sarra](#)

Champions in Sports

Cathy Freeman

Cathy Freeman, a Kuku Yalanji and Birri Gubba woman, made history at the Sydney 2000 Olympics by winning gold in the 400 meters. Her victory was a proud moment for Australia and highlighted the incredible talent and determination of Indigenous athletes. Cathy's legacy continues to inspire heaps of young athletes today to strive for excellence and embrace their cultural heritage.

"Disappointment and adversity can be catalysts for greatness. There's something particularly exciting about being the hunter, as opposed to the hunted. And that can make for powerful energy."

[Cathy Freeman](#)

Adam Goodes

Adam Goodes, an Adnyamathanha man, is a former AFL player and dual Brownlow Medalist. He is not only celebrated for his outstanding sports career but also for his activism against racism and his efforts to promote Indigenous culture. Adam's influence extends beyond the sports field, making him a role model for many.

"You just have to be true to yourself, know where you come from, make sure that your relationships with family members back in country, back home, are really strong so that connection is always there."

[Adam Goodes](#)

Artists and Storytellers

Ronnie Tjampitjinpa

Born on Pintupi land in Muyingga, Western Australia, Ronnie Tjampitjinpa's career as an artist has spanned over 40 years. Working as a dedicated land claim activist since the 1970's, Tjampitjinpa's art consists of intricate dot and line paintings that explore stories of water and bushfire dreaming, and the Tingari cycle—legendary beings central to the beliefs of Pintupi people.



“I’ve been painting since I had a black beard... for Fire Dreaming ... we’d wait till the grass grew green and dry, then my mob would light a bushfire...”

[Ronnie Tjampitjinpa](#)

Vernon Ah Kee

Vernon Ah Kee is a member of the Kuku Yalandji, Waanji, Yidinji and Gugu Yimithirr peoples. His multi-faceted practice includes works that range from large-scale drawings of his ancestors to hard-hitting text-based works and installations. Through clever puns and plays on words and objects, Ah Kee fuses the history and language of colonisation with contemporary racially motivated political issues to expose degrees of underlying racism in Australian society.

“Part of my role as a visual artist—and I’m not alone—is to demonstrate to audiences that there are parallel narratives, which are generated by the kind of parallel existences that different peoples in this country have. Ultimately, it is a colonial experience—both of the coloniser and the colonised, the persecutor and the persecuted.”

[Vernon Ah Kee](#)

Your time to shine

These incredible individuals are just a few examples of how you can achieve great things with passion, dedication, and support. Whether you’re interested in medicine, business, education, sports, or the arts, there are countless opportunities for you to follow in their footsteps. Here are some tips to help you on your journey:

Connect with community

Building a strong support network is crucial for young Indigenous Australians. Seek out mentors, join Indigenous student groups, and connect with your local community. They can provide guidance, encouragement, and valuable connections. Here are some resources to help stay social and connected:

- [Young Mob](#)
- [Queensland’s Indigenous Knowledge Centre](#)
- [Gondwana National Indigenous Children’s Choir](#)
- [Nungeena Aboriginal Corporation for Women’s Business](#)
- [Australian Men’s Shed Association](#)
- [North Queensland Combined Women’s Service – The Women’s Centre](#)
- [National Rural Women’s Coalition](#)
- [Yarn Safe](#)

Use support services

Many schools and organisations offer support services specifically for Indigenous students. These can include [tutoring](#), [financial assistance](#), [cultural programs](#), and [career advice](#). Don’t hesitate to reach out and take advantage of these resources – they’re there for a reason.

Celebrate your identity

Embrace and celebrate your [cultural heritage](#). Participate in cultural events, learn from your elders, and share your stories, because your unique perspective is your strength.

Seek financial support

There are heaps of [scholarships](#) and [financial aid](#) options available for Indigenous students. Look for opportunities that can help you achieve your educational and career goals without financial stress. We’ve got some here to get you started:

- [ABSTUDY](#)
- [Relocation Scholarship](#)
- [Student Start-up Loan](#)
- [Tertiary Access Payment](#)



- [Assistance for Isolated Children Scheme](#)
- [Remote Area Allowance](#)
- [Certificate 3 Guarantee](#)
- [User Choice \(apprenticeship and traineeship funding\)](#)
- [Free Apprenticeships for Under 25s](#)
- [Fee Free TAFE](#)
- [Free Nursing](#)

You can also check out our article on [top scholarships for Indigenous students](#).

Learn from role models

Look up to successful Indigenous people in your field of interest, and make the most of [mentoring opportunities](#). Their journeys can provide valuable insights and inspire you to overcome challenges.

Find out more

We have lots of other resources and advice for Indigenous students on our website [here](#), as well as blogs about university courses, life, and more.

[7 jobs for people who love video games](#)

Are you a gamer who dreams of turning your passion into a career? Good news—there's a whole world of jobs out there that can combine your love for video games with a fulfilling and exciting profession. It's time to put your gaming skills to good use, and learn how you can fill your work days with the likes of [Fortnite](#), [The Witcher](#), or even [Elden Ring](#).

If you're ready to level up your career prospects, check out these 7 awesome jobs for gamers that could be perfect for you.

1. Game Developer

Ever wondered who develops the games you can't stop playing? We'll give you a hint – first word Game, second word Developer.

As a game developer, you'd be the mastermind behind the scenes, designing, coding, and bringing new game ideas to life. Whether you're into coding visual elements, storyline, or monitoring game stability, game development offers endless possibilities.

In your inventory: Programming, creativity, problem-solving.

How to unlock: Consider a degree in [game design](#), [computer science](#), or [software engineering](#). [Building your own games](#) and joining [game development communities](#) can also give you a kickstart.

2. Game Tester

Love actually *playing* games more than anything else? You might like to become a game tester, especially if you've got an eye for glitches and a knack for smoothing over problems.

Game testers play a crucial role in ensuring games are bug-free and ready for release. You'll spend your time playing games, testing various features, and reporting any issues you find to developers.

In your inventory: Attention to detail, patience, analytical skills.

How to unlock: A background in gaming or [a degree related to game design](#) can help. Many game testers start as interns or through entry-level positions at gaming companies.

3. Pro Gamer

Dream of competing in video game tournaments and making a name for yourself in the world of pro gaming?

As a pro gamer, you'd compete in organised video game competitions, possibly even earning sponsorships and prize money. It's a high-stakes, fast-paced career for people who thrive under pressure.

In your inventory: High skill level in specific games, teamwork, strategic thinking.

How to unlock: Build your skills by [playing competitively](#), [streaming your gameplay](#), and participating in [online tournaments](#). Networking with other gamers and teams is also a great way to break into the industry.



4. Game Streamer

If you love sharing your gaming experiences with others, becoming a game streamer or content creator might be your calling. You could entertain viewers on platforms like Twitch or YouTube by playing games, sharing tips, and engaging with your audience. It's a fun way to connect with fellow gamers while building your brand.

In your inventory: Charisma, communication, video editing.

How to unlock: Set up your streaming equipment, create engaging content, and build your audience through social media and online communities. Consistency and creativity are key if you want to break into this profession.

5. Game Designer

Ever dreamed of designing your own game worlds, characters, or gameplay mechanics? As a game designer, you could be responsible for the creative aspects of a game, from conceptualising new features to working closely with developers to bring your ideas to life.

In your inventory: Creativity, storytelling, knowledge of game mechanics.

How to unlock: A degree in game design or a related field is always helpful. Building a [portfolio](#) of your own game designs and participating in [design contests](#) can also boost your chances.

6. Video Game Journalist

Do you love writing as much as you love gaming? As a video game journalist, you could spend your time reviewing new games, interviewing developers, and covering gaming news. It's a great way to combine your passion for gaming with your writing skills.

In your inventory: Strong writing skills, knowledge of the gaming industry, research abilities.

How to unlock: Start a blog or contribute to gaming forums and publications. A degree in [journalism](#) or [communications](#) can also be super helpful.

7. Game Marketing Specialist

If you've got a knack for promoting and strategising, you might love a career as a game marketing specialist. You'd work on marketing campaigns, create buzz around new releases, and managing social media accounts to build excitement for upcoming games.

In your inventory: Marketing knowledge, creativity, communication skills.

How to unlock: A degree in [marketing](#) or [digital communications](#) is useful for this kind of role. Experience with social media and other digital marketing can also give you an edge.

Ready to game on?

These are just a few of the exciting career options available for video game enthusiasts. Whether you're interested in creating games, playing competitively, or sharing your passion with others, there's sure to be a career out there that's perfect for you.

Want more career ideas? Check out our blog [here](#) for more inspiration and tips on how to turn your passions into a profession.

[So you want to be an influencer?](#)

Dreaming of becoming the next big influencer? It's an exciting and glamorous world, but it's not all about snapping selfies and creating cool content. Behind the scenes, influencers actually do rely pretty heavily on basic numeracy and literacy skills to succeed.

Want to know why these skills are so important, and how they help influencers thrive in the digital world? We've got you covered, and are here to tell you what you *actually* need to know if you want to be an influencer.

Crunching the numbers: why math matters

You might think being an influencer is all about creativity, but math plays a huge role too. Here's how.

Tracking views & engagement

To know if your content is hitting the mark (and how much money you're making from it), you need to track your views, likes, comments, and shares. This means looking at numbers and understanding what they mean.

- **Views:** How many people are watching your videos, and what does this mean for you?



- **Engagement rate:** What percentage of your viewers are liking, commenting, and sharing, and how does this translate financially?

Reading & creating charts

Charts and graphs help visualise data, and dealing with this is actually a massive part of an influencers job. For example, you might need to see how your follower count has grown over time, or know when peak engagement time would be for posting. Knowing how to read and create charts can help you understand trends, make better decisions about your content, and display your success for potential sponsorships.

Budgeting & finances

As an influencer, it's probably your goal start earning additional money through sponsorships, ads, or selling your own products. Basic math skills are crucial for managing your income and expenses, so you can keep track of your earnings and plan for the future.

Words matter: literacy in the influencer world

Your ability to communicate effectively is key to your success as an influencer – it's how you engage with your audience, which can propel your popularity. Here's why literacy is also just as important as your content creation skills.

Crafting captions & descriptions

Every post needs a catchy caption or an engaging description. Good spelling and grammar make your content look professional and trustworthy (plus you'll avoid any annoying comments pointing out basic English mistakes). It's not just about looking good; it's about making sure your audience understands your message, and that they connect with you on a [parasocial level](#).

Writing scripts & blog posts

Heaps of influencers make money by creating videos and writing blogs. Whether you're scripting a YouTube video or writing a blog post, good writing skills help you tell your story in a way that keeps your audience hooked, and ensures you look like you actually know what you're talking about. It's all about credibility and relationship building.

Communicating with brands

When you start working with brands, you'll need to write emails and proposals. Clear and professional communication can make the difference between landing a deal and losing out.

Bringing it all together

Ok so we've outlined the basics, but let's put it into a real-world scenario.

Imagine this: You're an influencer with a growing following. You just posted a video about your daily routine, and it's getting a lot of views. Here's how you use numeracy and literacy skills in real life as an Influencer:

1. **Checking the stats:** You look at the analytics and see that your video has 10,000 views, a 10% engagement rate, and a spike in new followers. You create a chart to track this growth over time, and can potentially use this as leverage when looking for a brand deal or sponsorship.
2. **Crafting the perfect caption:** Your next post needs a catchy caption. Using your English skills, you can write a witty caption that connects with a bunch of people, and can double-check yourself for spelling and grammar mistakes to keep it professional.
3. **Writing a brand proposal:** A skincare brand reaches out, interested in a collaboration. You write a clear and professional email proposal, showcasing your engagement stats and explaining why you'd be a great fit. Math + English skills = influencer success!

Time to get a head-start

Being an influencer might look easy on the surface, but there's a lot going on behind the scenes. Your ability to



understand and use basic numeracy and literacy skills can set you apart from the rest. So, next time you're in Math or English class, remember: these skills could be the secret to your future success as an influencer. If you want more tips about what you really need to get ahead in life, we have heaps more on our website [here](#).

[Strategies for managing mental health](#)

Mental health is a big deal, especially for young people. According to the [2024 Australian Youth Barometer](#), 98% of young Australians reported feeling anxious or depressed at least once in the past year. That's almost everyone, so trust us, you're not alone in what you're feeling.

But don't worry, there are ways to manage these feelings and take control of your mental health. Let's break the cycle with some simple strategies.

Talk about it

Talking about your feelings can make a huge difference. If you're feeling anxious or down, talk to someone you trust. This could be a friend, family member, teacher, or school counsellor. Sometimes just [sharing what you're going through](#) can make things seem less overwhelming.

Stay active

Exercise is not only good for your body but also for your mind. Physical activity can [boost your mood](#) and help reduce anxiety. You don't need to hit the gym; even a walk, dancing, or playing a sport can help. Aim for at least 30 minutes of activity most days.

Get enough sleep

Sleep is super important for mental health, and [teens actually need a lot more than most](#) – in fact, most high school students need about 8-10 hours of sleep each night. Try to go to bed and wake up at the same time every day. Avoiding screens (like your phone or laptop) at least an hour before bedtime can also help you wind down.

Eat well

What you eat can affect how you feel, and it's been proven that there's a [correlation](#) between nutrition and mental health. Eating a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins can help you feel better physically and mentally. Avoid too much sugar and junk food, as they can make you feel sluggish and more anxious.

Stay connected

Feeling connected to others is crucial. The [Barometer report](#) shows that 70% of young Australians volunteered in their communities last year. Helping others can make you feel good about yourself and build strong relationships, so why not join a club, volunteer, or just spend time with friends and family.

Take breaks

School can be stressful, but it's important to take breaks. Step away from your studies every now and then to relax and recharge by doing something you enjoy, like [reading](#), drawing, or listening to music. Breaks can help you stay focused and reduce stress.

Practice mindfulness

[Mindfulness](#) is about staying in the moment and being aware of your thoughts and feelings without judging them. Practices like deep breathing, meditation, or yoga can help calm your mind and reduce anxiety. There are heaps of apps and online resources to guide you through mindfulness exercises – if you're keen, we've got a list for you right [here](#).

Seek help if you need it

If things get too tough, don't hesitate to seek professional help. The [Barometer](#) found that one in five young Australians received mental health support in the past year, so know that you're not alone. Talk to your school counsellor or visit a doctor to get the help you need. Remember, asking for help is a sign of strength, not weakness.



Limit social media

Social media can be a double-edged sword – while it’s great for staying connected, it can also lead to feelings of [anxiety and inadequacy](#). Try to limit your screen time and be mindful of how social media makes you feel. We also recommend following positive accounts and taking breaks if you need to.

Focus on the positives

It’s easy to get caught up in negative thoughts, but try to focus on the positives. Keep a [gratitude journal](#) where you write down things you’re thankful for each day. This simple practice can shift your mindset and help you feel more optimistic.

Break the cycle

Managing mental health is important, and there are heaps of strategies you can try to feel better. Remember, it’s okay to have tough days, but with the right tools and support, you can break the cycle of anxiety and depression. Take small steps each day, and don’t hesitate to reach out for help when you need it.

For more information, check out the [2024 Australian Youth Barometer report](#) and learn more about what young Australians are experiencing today.

We also have loads of helpful tips and articles for improving your mental health on our website [here](#).

[Top 10 destinations for high school exchange](#)

Thinking about embarking on a high school exchange program? It’s a fantastic opportunity to experience new cultures, make lifelong friends, and gain a global perspective. Here are the top 10 destinations for high school exchange students, each offering something unique and special.

1. Japan

Do you love anime and manga? Maybe you’re a fiend for Japanese food like sushi and ramen, or maybe you’ve played [Sekiro](#) and are obsessed with the Samurai side of Japan’s history. No matter the draw, Japan is one of the most popular destinations for high-school exchange – and for good reason.

Why it’s special: Japan is renowned for its blend of ancient traditions and futuristic technology. Exchange students can experience unique cultural practices such as tea ceremonies, festivals, and the tranquillity of Japanese gardens. If you’ve ever watched a high-school anime, you’ll know Japan has a very distinct school life, and students often participate in extracurricular club activities that can provide a great sense of community and an awesome opportunity for immersion.

2. Germany

Enjoy watching [Julien Bam](#) on YouTube, or were you one of many who fell in love with police dog extraordinaire [Inspector Rex](#)? Want to be smack in the middle of Europe, eating Bratwurst and drinking Apfelschorle? Germany could be your perfect school exchange destination.

Why it’s special: Germany boasts a rich history and is a hub for engineering, science, and the arts. Students can explore medieval castles, bustling cities, and the picturesque countryside. The German school system also places a strong emphasis on academics and practical skills, providing a well-rounded educational experience.

3. Australia

[Cuddle a Koala](#), stroll on the beach and enjoy some vegemite on toast in the sunshine if you choose Australia as your exchange destination. Explore the place that lays claim to Wolverine (also known as Hugh Jackman) ACDC, and many more, and see for yourself why it’s called the Great Down Under.

Why it’s special: Australia is known for its stunning natural landscapes and laid-back lifestyle. Exchange students can enjoy the warm climate, beautiful beaches, and unique wildlife. The Australian education system is diverse and inclusive, offering a range of extracurricular activities from sports to performing arts.

4. France

Think France, think the Eiffel tower, mouthwatering pastries, and top tier fashion. If you’re a fan of [Marie Antoinette](#), [Victor Hugo](#) or [Brigitte Bardot](#), why not take a chance to walk in their footsteps? More than that, if you choose France for your high school exchange, you could find yourself immersed in a culture of art and



history like no other.

Why it's special: France offers a rich cultural heritage, from its art and history to its cuisine and fashion. Students can immerse themselves in the French language while exploring iconic landmarks like the Palace of Versailles and the Louvre. The French education system encourages critical thinking and creativity, making it an enriching experience.

5. Canada

Do you love snow sports like skiing and snowboarding? Maybe you're fascinated by Canadian wildlife, or perhaps you're a fan of [poutine](#) and maple syrup. If so, Canada's next up on our list.

Why it's special: Canada is celebrated for its natural beauty, multicultural cities, and friendly people. If you come on exchange to Canada, you could enjoy outdoor activities like skiing, hiking, and kayaking. The Canadian education system is known for its inclusivity and emphasis on collaboration, providing a super supportive environment for exchange students.

6. South Korea

Are you a K-pop fan who loves [BTS](#) and [Blackpink](#)? Maybe you're into Korean dramas and street food like [tteokbokki](#) and Korean fried chicken, or maybe you're interested South Korea's historical culture. No matter where your interests lie, South Korea is a very popular and supportive destination for high school student exchange.

Why it's special: South Korea is a vibrant country where tradition meets modernity. Students can experience K-pop culture, delicious cuisine, and historic temples. The South Korean education system emphasises hard work and respect, offering a unique schooling experience that can set you up for life.

7. New Zealand

Middle Earth, here we come! Love epic landscapes from movies like [The Lord of the Rings](#)? Into outdoor activities like hiking and white-water rafting, or maybe you want to learn the [haka](#)? New Zealand's adventurous spirit and natural beauty make it a top choice for heaps of high school exchange students.

Why it's special: New Zealand is famous for its breathtaking landscapes and adventurous spirit. If you choose New Zealand, you can enjoy famous Kiwi hospitality, get into rugby, and have a chance to explore Maori culture. The New Zealand education system is supportive and student-centred, encouraging independence and creativity.

8. Spain

Do you love vibrant festivals, stunning beaches, and delicious food like [paella](#) and tapas? Maybe you're captivated by Spain's rich history, passionate music, or famous football teams. No matter what, Spain is an amazing choice for your high school exchange, especially if you're looking for the friendliness and hospitality it's famous for.

Why it's special: Spain is known for its lively culture, delicious food, and historical landmarks. If you chose Spain, you'd be able to participate in traditional festivals, learn cultural staples like the Flamenco, and explore beautiful cities like Barcelona and Madrid. The Spanish education system is relaxed yet thorough, so you'd get a really balanced approach to learning.

9. Italy

Are you a big foodie? Ever wished you could bike along cobblestoned streets, visiting places like the Colosseum or casually browsing the Uffizi Gallery? Look no further – Italy is calling your name.

Why it's special: Italy is a country highly prized for its history, art, and cuisine. If you picked Italy, you could visit ancient ruins, Renaissance art galleries, and eat the best pasta of your life. The Italian education system tends to value family and community, providing a warm and welcoming environment for you as an exchange student.

10. Brazil

Are you a soccer buff? A [capoeira](#) fan, perhaps? Maybe you're more into samba, or have always dreamed of going to the Rio Carnival. Whatever the case, Brazil could be the one stop destination for the time of your life.

Why it's special: Brazil is known for its diverse culture, vibrant festivals, and natural wonders like the Amazon rainforest. If you decide that Brazil is the place for you, you'd enjoy a lively atmosphere, friendly people, and delicious food. The Brazilian education system is known for emphasising social interaction and community involvement, so it would be a really vibrant place for exchange.



Want more?

Choosing the right destination for your high school exchange program can be life-changing, and we're so excited to support you while you plan this awesome experience. If you want more advice on how to level up your education journey, we have loads of great articles on our website [here](#).

Are you a school leaver interested in gap years? You might like our article [5 ideas for a gap year on a budget](#).