



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>

WEP | Online Information Session

February 6, 2024

WEP info sessions are free and provide students and parents the opportunity to meet some of our WEP staff, hear all about student exchange opportunities and ask us any questions!

At a WEP Information Session, you will learn all about WEP and our exciting exchange programs, including the best time for you to go, what countries offer which programs, information about overseas school, host families and more!

[Find out more](#)

University of Sydney | Life of a psychologist

February 7, 2024

Are you fascinated by the way the human mind works and wonder what studying psychology might be like? Join our academic expert to learn how psychologists investigate human behaviour and cognition. Hear about what an average day for a psychologist looks like, the wide range of rewarding careers available within this broad field and how you can become an accredited psychologist.

[Find out more](#)

ADFA Careers Virtual Information Session

February 8, 2024

Would you like the opportunity to undertake military training in the Australian Defence Force (ADF) while earning a degree? All without debt – in fact, we'll pay you!

You will earn a salary while learning and step into a guaranteed role upon graduation as an Officer in the ADF.

Head to the upcoming info session to speak with current serving military personnel and learn more about the Australian Defence Force Academy.

[Find out more](#)

UTS | College Campus Visit

February 13, 2024

Keep your UTS dreams alive with UTS College! We offer guaranteed entry to UTS, with most



diplomas taking you to second year of your dream UTS degree.

Come see for yourself as we take you on a tour of the UTS and UTS College campus. We're home to more than 44,000 students and award-winning facilities in Sydney's exciting CBD. There's no other place quite like us, so join us for a campus visit to find out why.

[Find out more](#)

Discover The Hotel School, Sydney

February 13, 2024

Are you passionate about a career in hospitality, tourism and events? Dive into the possibilities of kickstarting a dynamic global career within the hospitality, hotel and tourism industry. Don't miss out – join us on Tuesday 13 February, where we take the first step together towards an exciting future.

Highlights of the session include:

- In-depth insights into our courses and application process
- Discuss career opportunities with the Industry and Careers team
- Gain insights and tips from our Industry Guest Speaker
- Explore scholarships and fees
- Meet our friendly staff and current students

[Find out more](#)

University of Sydney | Why study business at Sydney?

February 14, 2024

Discover how our Commerce degree prepares you for the future of work and a wide range of career opportunities. You will learn about the range of study areas (or majors) available – such as Marketing, Finance, Strategy, Innovation and Entrepreneurship. You will also discover the many ways in which you can combine your interests, with over 100 study areas to select from our shared pools of majors and minors. Find out more about internships, industry-focused experiences, and global mobility opportunities on offer to our Bachelor of Commerce students.

[Find out more](#)

UOW | 2024 Languages Day

February 23, 2024

Being able to converse in more than one language is a highly regarded skill. It can open doors into other cultures and communities and expand your knowledge of the world.

This free, interactive event offered by the Faculty of Arts, Social Sciences & Humanities is designed specifically for students studying languages in Years 9-11 in 2024. Participants will spend the day at UOW learning valuable skills from academic staff and students. The day includes fun and engaging activities which will invigorate their passion for languages, plus the opportunity to learn about languages degrees offered at UOW.

[Find out more](#)

Charles Sturt | Medicine Information Night

March 20, 2024

Join our online Medicine Information Night to discover our five-year Doctor of Medicine.



Charles Sturt University offers the Joint Program in Medicine in partnership with Western Sydney University. The two-year program runs on our Orange campus in regional New South Wales and is followed by three years of regional placements.

Whether you're in high school, looking for a career change or keen to take the next step in your health career – this information night is for you! Parents, carers and career advisers are also welcome to attend.

[Find out more](#)

BiG Day In, UTS

Day 1: March 20, 2024

Day 2: March 21, 2024

Join us in the Great Hall at UTS for the 2024 BiG Day In – hear from organisations such as Australian Signals Directorate, Microsoft, Google, Westpac, Woolworths, Wisetech Global, Avanade, TCS and loads more to come to learn where a STEM career could take you.

[Register for Day 1](#)

[Register for Day 2](#)

Central Coast Career Pathways Expo 2024

April 9, 2024

The emphasis of the Career Expo is to examine industries and the range of career pathways available through further education, training and employment opportunities.

The Career Pathway Expo is held when Students in Year 10 are selecting subjects for Year 11, and Students in Year 11 and 12 are considering their career options!

[Find out more](#)

AIE | Industry Experience Day

April 11 to April 17, 2024

AIE's Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

[Find out more](#)

UTAS | Maria Island Marine Biology Experience

April 22 to April 28, 2024

A practical learning experience on Maria Island for year 11 and 12 students.

This predominately field-based unit consists of 5 days on picturesque Maria Island on the Tasmanian East Coast. The unit is open to 24 students and is designed to engage, challenge, excite and inspire you through a hands-on marine science program. It will encourage you to explore issues threatening biodiversity as well as the productivity of the marine system.

Climate change, invasive species, pollution, debris and their associated social and economic impacts will be covered.

To help with the cost of getting to Tasmania, year 11 and 12 students currently living interstate will automatically go into the running to receive one of five fully funded packages.

Please note, applications close at 11.59pm on Monday, 26 February. Applications received



after this date and time will not be accepted.

[Find out more](#)

Crimson Access Opportunity

Opens: February 1, 2024

Closes: April 1, 2024

Crimson Access Opportunity provides high-achieving Year 12 students who need financial support to attend top US and UK universities with admissions consulting services for free.

[Find out more](#)

Anthology Personal Memoir Competition 2024

Opens: November 1, 2023

Closes: August 31, 2024

Everyone has a story to tell. What's yours? Authors are invited to share a unique life experience. Whether your memoir recounts a transformative journey, a poignant moment, or a life-altering event, we welcome your story.

[Find out more](#)

Anthology Nature Writing Competition 2024

Opens: November 1, 2023

Closes: September 30, 2024

The *Anthology* Nature Writing Competition is created to celebrate the beauty of the natural world, inspire literary excellence and encourage *Anthology's* readers to explore the great outdoors. Whether it's the wonder of life right in your own garden, an encounter with wildlife, the serenity of a forest, a reflection on environmental challenges, or the healing power of nature, we welcome your stories.

[Find out more](#)

Anthology Flash Fiction Competition 2024

Opens: November 1, 2023

Closes: September 30, 2024

Established to inspire creativity, great writing and to provide a platform for publication. The *Anthology* Flash Fiction Competition is open to original and previously unpublished flash fiction pieces on any theme or genre in the English language by writers of any nationality, living anywhere in the world. We are looking for writing that is clever and unique, inspires us, and crafts a compelling story.

[Find out more](#)

Anthology Photography Competition 2024

Opens: December 1, 2023

Closes: November 30, 2024

Open to photographers working at any level, the *Anthology* Photography Competition celebrates outstanding standalone images. It also provides a platform for photographers to showcase their work through publication.



[Find out more](#)

Anthology Art Competition 2024

Opens: November 1, 2023

Closes: October 31, 2024

The *Anthology* Art Competition is established to foster and support both established and emerging visual artists and provide a platform for publication. The competition is open to multiple genres including painting, printmaking, mixed media, photography and digital media.

[Find out more](#)

[Why you might need to take the SAT](#)

If you're a student outside the US eyeing college admissions, you may have noticed that in some cases you're required to take the SAT. But what exactly is the SAT, why do you need to take it, and how can you prepare? Let's take a look.

Understanding the SAT

The SAT (which stands for Scholastic Assessment Test) is a standardised test widely used for college admissions in the United States. It's designed to assess a student's readiness for college and is typically taken by high school juniors and seniors.

The test consists of two sections: [Reading and Writing](#) and [Maths](#). Each section of the test is then divided in to two modules. The first module contains a mix of easy, intermediate, and hard questions. The difficulty of the second module will depend on your answers in the first module. Most of the questions are multiple choice.

You have 64 minutes to complete the Reading and Writing section, and 70 minutes to complete the Maths section (a total of 2 hours and 14 minutes all up).

Why take the SAT?

Many universities around the world, not just in the US, accept SAT scores as part of their admissions process. It provides a standardised measure of your academic abilities, making it easier for colleges to evaluate applicants from different educational backgrounds. And as a bonus, a strong SAT score can increase your chances of securing scholarships and gaining admission to top-tier universities.

How can I prepare for the SAT?

College Board (the creator and organiser of the SAT) provides a variety of resources to help you practice and prepare for the test, including practice tests, checklists, and guides. You can check them out [here](#).

Other providers, such as [Crimson Education](#), also provide SAT practice resources and even tutoring to help you succeed.

Do I need to pay a fee to take the SAT?

Both US and international students will need to pay a fee to sit the SAT. For US students, it's US\$60 – international students then pay the same plus a US\$43 regional fee on top.

Some US students may be eligible for a fee waiver – unfortunately this is not available to international students.

There are also other additional fees you may need to keep an eye out for. You can see a full list of fees [here](#).

Note that fees listed above are correct as of date of publication, but may change in the



future.

Important dates for the SAT

Here are the upcoming dates for test days and registration closing dates:

- **Test Day:** March 9, 2024 – **Registration Deadline:** February 23, 2024
- **Test Day:** May 4, 2024 – **Registration Deadline:** April 19, 2024
- **Test Day:** June 1, 2024 – **Registration Deadline:** May 21, 2024

All dates and deadlines apply to both US and international students.

You can find a full list of upcoming dates, including tentative testing dates for late 2024, [here](#).

Where can I register or find out more?

You can register to sit the SAT fully online on College Board's website [here](#). If you still want to know more, they also have heaps of other information and resources [on their website](#) about the SAT.

Just want to brush up on your general study skills or learn more about life at university? You might like to read some of the other blogs on our website [here](#).

What are vocational pathways?

Did you know that university isn't your only option after leaving school? Vocational education is a great way to get you skilled and ready for work, and is often faster than traditional university pathways. Read about some of the vocational pathways available to you, from school to the end of your career.

What is vocational education?

Vocational education focuses on teaching specific skills and knowledge required for a particular job or role. Much of the learning is hands-on and practical, and provides you with a direct route to a specific career or industry.

Lots of people still hold the belief that vocational education is only for trades, but that couldn't be further from the truth! There are courses available in nearly every single industry, from health to technology, design to business, hospitality to environment.

So what are some of the pathways you can take with vocational education?

School to vocational education

Many vocational courses have no prerequisites for enrolment, meaning you can start no matter what your results are or which subjects you study. In fact, in some cases you can even study vocational subjects and courses while you're still at school.

Want to start working instead? You could also get paid while you learn by doing an [apprenticeship or traineeship](#), which combines part-time work and vocational education.

Vocational education to university

Obtaining a vocational qualification can also be a great pathway to university if you don't meet the entry requirements straight out of school. Many universities will accept a vocational qualification for entry into some courses.

One benefit is that doing a vocational course first is a great way to get a feel for what tertiary study is like. By the time you start your university course, you'll already have well-developed study skills and know what to expect.

Another benefit is that your vocational qualification can allow you to start working in a relevant field while you study at university part-time. For example, if you already have a



vocational qualification in allied health, you can work in a hospital and gain practical experience while you study for your nursing degree.

Changing careers

If you work in the same job for a while but find yourself wanting something different, vocational education is a great way to get re-skilled into a brand new career. Some courses can be completed in as little as six months, meaning you can jump into your new job sooner. And if you want to remain in the same industry or workplace, there are vocational qualifications that can help you climb the ladder into more advanced positions too. Sometimes your employer might even encourage you to upskill and pay the tuition fees on your behalf.

It doesn't matter how young or old you are – anyone can study a vocational qualification.

Is vocational education right for me?

Whether or not you choose to follow a vocational pathway comes down to your individual circumstances and preferences. If you're not sure yet, here are some questions to help narrow down your options:

- Do I prefer to learn by doing lots of reading and research, or would I rather learn through practical experience?
- If I already have a dream career in mind, is there a specific qualification I must earn before I can start work? If so, what is it?
- Do I want to start working straight away, or do I want to keep studying for a while?
- Do I have a fixed plan for my career, or am I more flexible and open to other options?
- How much am I willing to pay for a course, and how will I pay for it?

At the end of the day, the choice is yours – follow the pathway you're most comfortable and happy with, even if it might not be the one your parents or friends think you should do.

Find out more

Want to know more about your options beyond school? You can read heaps of other blogs on our website [here](#).

[How to become a Sales Representative](#)

Vital for the growth of organisations, sales representatives increase revenue, help to drive and build brand reputation, develop strong long-term customer relationships, and increase client loyalty and satisfaction. They often have close connections to clients and can find out what they like or need, or where services and products are failing. As the "face" of many businesses, they have a significant impact on how well a business performs in terms of making money and remaining competitive in the market.

If you're great at making connections and building relationships, and want a dynamic and fast-paced work environment, then a career as a sales representative could be worth exploring.

What skills do I need as a sales representative?



- Fantastic people skills
- Excellent communicator
- Empathetic and understanding
- Driven and dynamic
- Great at multi-tasking
- In depth knowledge of processes, products, and services
- Confident public speaker
- Trustworthy and engaging
- Persuasive and a great negotiator

What tasks can I expect to do?

Regardless of the industry you end up in, as a sales representative your role is to:

- Pitch your organisation's ideas, products, or services to potential clients
- Help clients understand how your goods will provide a solution or fulfil a need
- Seal the deal and receive money or finance from the purchaser
- Follow up with clients to ensure they are satisfied with the product or service
- Prepare sales reports and hit sales targets
- Monitor competitor activity and find a way to differentiate your products or services
- Maintain deep and valuable relationships with clients, both existing and new

You could be working at a supermarket, tech startup, shoe store, car yard, financial services company, or pharmaceutical manufacturer – the knowledge about your products will change, but the skills and tasks will be the same.

What industries do sales representatives typically work in?

You can find sales representatives in nearly any industry imaginable, but they are typically most common in these industries:

- Wholesale Trade
- Manufacturing
- Retail Trade

What kind of lifestyle can I expect as a sales representative?

Sales representatives are often given autonomy to manage their own schedules and work independently, which can be empowering and rewarding. Additionally, the potential for commission-based earnings provides a strong incentive for success and can lead to financial stability and growth. On the flip-side, this can also lead to a lot of competition and the pressure to meet targets can be stressful at times.

As a sales representative, it's likely you will be doing most of your work indoors. Depending on the industry and role, you could find yourself visiting clients directly, or working at a desk in an office or retail environment. You may even be able to work remotely or travel frequently as part of the job.

Most sales representatives earn an average wage, but the potential of earning commission may increase your overall earnings.

How to become a sales representative

Sales representatives typically receive on-the-job training, which may include learning about the company's products and services, sales techniques, and customer service skills.

Some employers may also require a bachelor's degree in business, marketing, or a related



field, and may offer additional training and certification opportunities. Relevant qualifications could help to open doors and highlight your abilities more clearly to prospective employers. But with dedication and hard work, you can develop the skills and knowledge needed to succeed as a sales representative with no formal education.

If you're still in high school and think a career as a sales representative would be perfect for you, here's a few things you could start doing right now:

- Take subjects that could be helpful in a sales career, such as business studies, psychology, or marketing.
- Seek work-based learning experiences such as job shadowing, traineeships, or work experience.
- Find a part-time job in retail or hospitality and start building on the skills and experience you'll need.

Find out more:

- [Australian Institute of Sales](#)
- [New Zealand Institute of Sales](#)
- [The Institute of Sales Professionals](#) (UK)
- [Sales Management Institute](#) (US)
- [Canadian Professional Sales Association](#)
- [Sales Excellence Institute](#) (Singapore)

Similar careers to sales representative

- Cashier
- [Call Centre Agent](#)
- Sales Consultant
- Business Advisor
- [Receptionist](#)
- [Executive Assistant](#)
- [Entrepreneur](#)

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

[Giving and receiving feedback – Why it's a vital skill](#)

Whether you're still a student or in the workforce, we have all been on the receiving end of feedback before. And it's also likely you'll need (or have already had) to give out a bit of advice yourself. We all know what it's like to feel the sting of some not-so-nice feedback; so how can you ensure you make the most of any feedback you're given, and also give feedback to others that's helpful and constructive? Let's find out.

Feedback can be useful

At its core, feedback helps us to improve – it means you can perform better at your job or earn a better grade on your next assignment. Without feedback, we'd all just be saying and doing things without knowing if they're accurate, effective, or useful – and that doesn't help anyone. In a school context, this is why you might hand in a draft before finishing an assignment. Your teacher can give you feedback on what you did well and what you could improve. You then take this feedback and use it to make some changes to your essay, and as a result, receive a better mark. At work, we also receive feedback all the time, from our



bosses, co-workers, and even clients. Think of reviews on Google – that's technically a form of feedback that businesses can use to improve their products or services.

But not all feedback is good

Unfortunately, not all feedback is helpful. Sometimes it can just be downright mean. In these cases, it often has the opposite effect and makes us feel more insecure, afraid, or even shut it out completely.

So how do we know if the feedback we receive or give is useful?

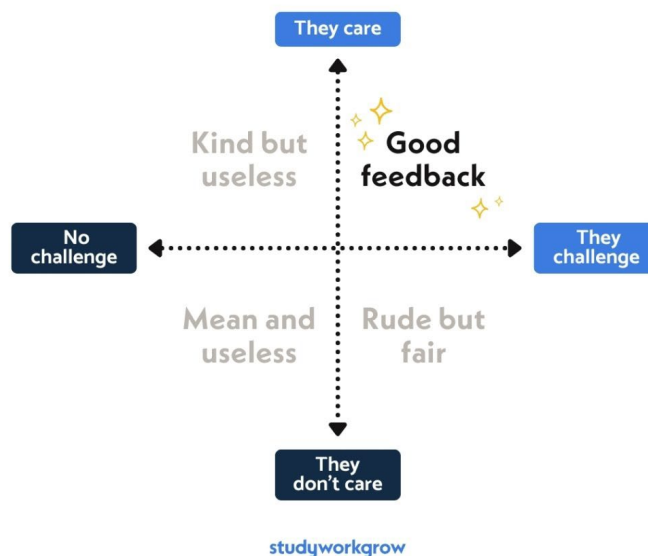
What makes feedback useful?

To determine if feedback is valuable, we can ask just two simple questions:

- Does the person giving/receiving the feedback *care* personally?
- Is the feedback directly *challenging* in any way?

This is known as [radical candor](#), and can be visualised like this:

The Feedback Matrix



The best feedback is the **right mix of caring and challenging**. If you just say nice things to spare someone's feelings, you're not actually helping them in the long run. On the other hand, being brutally honest with no regard for someone's feelings (even if what you say is true) probably won't put you in their good books either.

This is also often known as constructive criticism or advice, and is the best way to both give and receive feedback.

How can I give better feedback?

Here are some tips to help you provide useful feedback to others:

- **Be considerate:** Even if you don't like the other person or agree with them, aggression or condescension will probably turn them off immediately.
- **Be clear:** When giving feedback, don't waffle or try to hide it in a "[complement sandwich](#)" – just get straight to the point.



- **Be specific:** Let the other person know exactly where they went wrong, or what they got spot on. Give them actionable suggestions they can work on after the conversation is over.
- **Be sincere:** Give feedback because you *genuinely* want to help the other person, not out of obligation or to make them go away.

If you can't do **all** of the above, it's probably better to not say anything at all.

How can I be better at taking feedback?

Giving feedback is one thing – receiving it is a different thing entirely. Those of us on the more sensitive side can often take feedback hard, even if well-intentioned. But good feedback helps us to grow and learn, so here are some tips to make the most of it:

- Go into the conversation with an open mind and try to stay positive.
- Try not to take it personally, particularly in a work or academic context.
- Don't immediately jump in with objections or protestations – just listen to what they have to say.
- When appropriate, feel free to express your own feelings or ask for clarification if you're unsure.
- Thank the other person for their feedback, even if it wasn't very useful (unless they were downright rude).
- Focus on any actionable suggestions and make a conscious effort to work on them.

Remember, it's always up to you whether you want to take any feedback on board, regardless of how it was delivered or how useful it might be.

What value can I get out of feedback?

Delivered well, there are lots of benefits you can get from feedback, including:

- Improving your performance, whether it's at work, school, or even in your social life.
- Learning to see different perspectives and ideas.
- Strengthening your relationships with others, both personal and professional.
- Helping you to adopt a [growth mindset](#).
- Building your communication skills.
- Making you more mindful of the impact your actions have on others.

How can I ask for feedback?

Often in school or the workplace, we are given feedback after major projects or events. But sometimes you might want some advice on something smaller, or reassurance that you're on the right track – in these cases you might need to deliberately seek out feedback. Here are some tips to help you ask for feedback:

- Know what you want to get from the feedback. Do you actually want to improve, or are you just seeking validation?
- Go to the right person. Ask someone who you trust and know will be able to give you the advice you need. For example, if you want some feedback on your history assignment, you're probably better off going to your history teacher rather than your friend in a different class.
- Do some reflection first. Knowing specific areas you want help with can make it easier for the other person to give you helpful advice.
- Remember to keep an open mind and express your gratitude for the other person's help.



Final thoughts

It's not always easy, but feedback is a valuable part of our professional and personal lives. When delivered right, it can have lots of benefits, both to the person receiving and the person giving the feedback.

If you want to learn more, we have heaps of other blogs on skills for work on our website [here](#).

[The benefits of volunteering for students](#)

Like everyone else, students lead busy lives; so the idea of fitting volunteering into your jam-packed schedule can be tricky. But [evidence shows time spent volunteering has many benefits](#) – not just for the people being helped, but the volunteer themselves too. So what are some of the main benefits of volunteering for students? Let's take a look.

Learn about a career you're considering

Work experience can sometimes be hard to find, and can also feel like it lacks a sense of real responsibility or experience. Conversely, volunteering opportunities can be easier to find and allow you to test-drive potential careers without the commitment of a proper job.

For example, if you choose to volunteer in an aged care facility, it might be because you're considering a job in health or social work. If you volunteer for [Landcare](#), you might be interested in careers where you can work outside, such as landscaping, agriculture, or even environmental science.

Time spent volunteering provides real-world first-hand experience of the industry, and could help spark your interest (or rule out unsuitable careers). Unlike work experience, you can volunteer over many weeks, months, or even years and build up a solid bank of experience – this can give you more certainty when choosing a career down the track.

Find something you're passionate about

Regardless of the benefits, volunteering is still a big commitment and requires you to willingly give up your precious time. So it's important that you feel strongly enough about the cause to *really* want to make a difference, rather than just doing it because it looks good on your resume.

Being truly passionate about something helps you gain more from the experience. And connecting your passion to your career can also help you feel more fulfilled and happier in your day-to-day work.

If you aren't sure how to find volunteering opportunities that align with your interests, ask yourself some questions like these to kick-start the process:

- What do you enjoy doing?
- What causes are important to you?
- Do you want work with children or animals?
- Do you mind getting your hands dirty?
- Would you like to be part of a team, or do you prefer to work alone?
- What skills do you have to bring to a volunteer role?
- What skills are you interested in developing?

Develop important workplace skills

Unlike school, sport, or other extra-curricular activities, volunteering placements are usually run more like traditional workplaces. You're expected to turn up on time, take instructions



from people who are not educators, and achieve set goals.

Volunteering gives you the opportunity to build communication and teamwork skills in a work-like environment. You'll need to listen to instructions, potentially deal with clients or customers, and work alongside other volunteers. This level of accountability is difficult to replicate within the more sheltered school environment.

Volunteering placements that take place on a regular basis could also lead to you advancing in your role, and you could even become responsible for training new volunteers. All the skills you develop while volunteering will be useful in the workplace. Additionally, you can confidently add them to your resume knowing you have real evidence to back up your claims. This makes it a win-win for you and your potential new boss – employers usually regard volunteering experience very highly.

Build an understanding of the world (and yourself) outside of school

Volunteering often allows you to come face-to-face with existing problems and needs within the community. It can also help you develop an appreciation for your own opportunities and circumstances. Spending time in the community, gaining first-hand experience of the issues that affect people around you, can be truly character-building.

Unlike school, many volunteering roles often allow you to test-drive multiple different tasks and types of work. This way you can find which ones resonate with you the most.

For example, if you volunteer with a homeless charity, you may find you prefer to spend time talking to clients and providing that much-needed human interaction. Alternatively, you may find your strengths lie in sourcing food and goods to supply to clients, or in caring for their animals, or in handling the social media for the volunteer group.

Learning that multiple solutions and roles are required within a single workplace could expand your understanding of the world of work and yourself.

Access networking opportunities

It's no accident that the most exclusive university scholarships offer integrated networking opportunities as part of the package. We often find ourselves relying on our networks, particularly in the professional world.

Understanding the importance of networking and knowing how to develop connections early on means you can use your networks for everything, from securing part-time work to finding internships, sourcing referrals, and even finding new clients down the track.

Your time spent volunteering will also allow you to meet people who could one day be the key to finding your next position or opportunity.

The benefits aren't limited to your career

Volunteering also comes with several benefits for students outside of job finding and skill building. It could help you:

- Feel more confident
- Raise your self-esteem
- Find purpose and meaning
- Know you are a part of something important
- Improve your [physical and mental health](#)

It's important to remember that you get the most benefits from volunteering when you're doing it for the right reasons. You'll find it much more fulfilling and rewarding if you're truly doing it for others, not just for your own benefit.

Find out more



There are heaps of benefits to volunteering for students – it can help you gain valuable skills and experience, and learn more about yourself as a person and your place in the world. If you want to read more, we have lots of other ideas and tips to spark your interest on our website [here](#).

Tax for students – What you need to know

It's not the most fun subject to talk about, but it's an important one – tax. If you have a part-time or casual job, even while you're still a student, chances are you'll need to know about tax. But what even *is* tax? Think of it this way. Tax is a small amount of money that gets taken off your pay. The government uses this money to provide important services and infrastructure, like roads, hospitals, and even schools – put simply, tax improves our quality of life.

Do I need to pay tax as a student?

If you have a job, the short answer is yes, you probably need to pay tax.

You need to pay tax on your income once you make more than a set amount each year. Remember that this is **combined income** – so if you have two jobs and your income from both added together is above the limit, you'll need to pay tax.

The current tax-free threshold amount in Australia (as of February 2024) is \$18,200.

Just to make it even more difficult, there are also some other things that count towards your income total, such as some government payments and even [scholarships](#) in certain circumstances.

Tax can be complicated, so if you have a job and are making any money, we suggest you do your research or talk to someone who can help you figure it all out.

How do I pay tax?

Thankfully, paying tax is simple – you usually don't even have to do anything. In most cases, your employer will automatically pay tax on your behalf. If you receive a payslip, you should be able to see how much tax comes out of each pay. Easy!

If you own your own business or do freelance or contract work, you will be responsible for calculating and paying tax yourself. Again, this can be tricky to wrap your head around, so read your obligations carefully or contact a professional for help.

Do I need to file a tax return?

Again, the answer is probably yes!

Lodging a tax return adds up your income for the year, and then the government checks how much tax you've already paid. If you paid more tax than is due, you'll get some money back. If you paid less, you'll have to pay the extra. Most people tend to get a small return each financial year, so filing a tax return is probably worth the effort.

There is a set date you must lodge a tax return by each year – In Australia, it's the 31st of October.

You will need to submit a tax return every financial year for as long as you are earning money. It's important to make sure you submit it on time each year, or you might be missing out on some extra money you could get back. Even worse, if you owe money, not knowing



and not paying could land you in hot water down the track.

In most cases, you can fill out and lodge a tax return yourself. If your financial situation is more complicated, you can visit a registered tax agent and they can lodge a tax return for you on your behalf – but keep in mind you'll need to pay a fee for their service.

How do I lodge a tax return?

If you do lodge your own tax return, there are a few general steps to follow:

1. **Gather any relevant documents.** What you need will vary depending on your circumstances. It can include bank statements, receipts, government forms, statements from your employer, or any other physical proof of income.
2. **Declare your income.** You will need to declare *all* your income for the financial year. Don't forget, this can include things like government payments and interest. If you're filling out your tax return online, most of this information should already come filled in for you. If your employer has sent you a payment statement, double-check to make sure the figures in your tax return match the statement.
3. **Claim any expenses or deductions.** If you have any work-related expenses, you may be able to claim their cost and receive some of the money back. These can include things like uniforms and laundry costs, tools, travel expenses, and other things. They *must* be relevant to your work, and you can't have been reimbursed by anyone for them (for example, if your employer pays for your tools on your behalf, you can't also claim them as a work-related expense). You will also need to keep a receipt or record of purchase. This step is totally optional, but it can be nice to get some money back. But be careful when claiming deductions, because if you get it wrong you may have to pay some money back.
4. **Submit!** Triple-check all of the values you've entered, then submit your tax return. You should hear back from the tax office in a few weeks, and they'll tell you what to expect and any next steps you might need to take.

Remember, these are just the most basic steps. The exact steps for your return will depend on your personal circumstances, so once again, we suggest reading more on the [ATO website](#), asking an adult for help, or seeking assistance from a professional if you're unsure.

Want to know more?

Staying on top of your finances can save you from future headaches, and can sometimes come with the bonus perk of a few extra dollars in your bank account.

If you want to find out more about money, we have heaps of resources on budgeting, superannuation, and more on our [website](#).