

Careers Newsletter



BLUE MOUNTAINS
GRAMMAR SCHOOL

Tuesday, 14 November 2023

Jump to:

[What's On in the Next Few Weeks](#)

[Important Future Events](#)

[Scholarships](#)

[Apprenticeships and Traineeships](#)

[Getting Ready for Work](#)

[Competitions](#)

[Resources](#)

[Workplace Spotlight](#)

[Job Spotlight](#)

What's On in the Next Few Weeks

[AMPA | Experience Days](#)

November 13 to November 16, 2023

The Academy of Music and Performing Arts (AMPA) invites aspiring students (16 and over) to join us for a day in our music or dance programs. Attendees will have the chance to sit in on performance classes, workshops, Q&A sessions and meet faculty and students.

Whether you're passionate about dance, contemporary music, classical music, music theatre, music production, songwriting or composition, RSVP now to discover how you can take the lead with AMPA.

[Find out more](#)

[UNSW | ADA Portfolio Entry Early Conditional Offer Workshop \(Arts, Design & Architecture\)](#)

In person: November 14, 2023

Online: November 15, 2023

Here at UNSW, we want to reward your passion, creativity and potential to succeed in your degree area.

That's why from Term 1 2024, we'll be evolving our UNSW Portfolio Entry Scheme to offer early conditional offers, giving you the opportunity to demonstrate your passion and talent alongside your ATAR.

Join us on the UNSW Art & Design Paddington Campus to hear from UNSW staff and academics about submitting an outstanding portfolio for a range of degrees across our Arts, Design & Architecture Faculty for 2024.

[Register for in person](#)

[Register for online](#)



[SCCE | Exchange Webinar](#)

November 14, 2023

continued program success. At these online meetings, an experienced high school exchange advisor will share an overview of high school exchange programs with Southern Cross Cultural Exchange.

You'll learn more about living with a host family and how studying overseas can help you develop confidence and independence... and gain a lifetime of memories.

[Find out more](#)

[WEP | Student Exchange Info Session](#)

November 14, 2023

Imagine making friends from all over the world, learning about yourself and the world around you and seeing sights you could only dream of! Find out more about your student exchange opportunities at WEP's online info session.

[Find out more](#)

[University of Sydney | Diagnostic radiography](#)

November 15, 2023

Learn about the pivotal role that diagnostic radiography plays in the healthcare system. Our staff will explain what it's like to study here, and where a career in diagnostic radiography can take you.

[Find out more](#)

[University of Newcastle | Law Insights Evening](#)

November 15, 2023

Join us for our Law Insights Evening at the University of Newcastle, where you'll be able to hear more about our Law Program.

As part of the evening, students will have the opportunity to hear from and speak with academic staff and current students from the School of Law and Justice. Additionally, students will be informed about the opportunities with the Legal Centre and Mooting competitions. This event will be held at NUspace, which is the main hub for our Law programs, therefore allowing students to take in the experience of what could be their home for the next couple of years!

[Find out more](#)

[University of Sydney | Software engineering at Sydney](#)

November 15, 2023

Software engineers improve the efficiencies of computers and other electronic devices through designing, writing, and testing software and systems. You could be applying your coding and creative skills to develop the latest app or using analytical thinking to streamline software used by thousands every day. Whether you want to dive deeper into this field, or simply find out the differences between software engineering and computer science, we invite you to join us for our webinar.

[Find out more](#)



[Bond | Medical Program Information Session for 2024 Intake](#)

November 15, 2023

The Bond University Medical Program offers students opportunities to bring to life their ambitions to become outstanding practitioners, thinkers, and leaders, well-equipped to deliver evidence-based, patient-centred health care that meets the needs of a diverse community.

If you missed out on our last webinar in August or would like a refresher, we invite you to join the Dean of Medicine who will provide an overview of the Medical Program at Bond University. Get the answers to all your questions during this information and interactive chat session. It's your opportunity to ask the important questions, explore your options and discover if Bond University is the right fit for you.

[Find out more](#)

[University of Newcastle | Bachelor of Pharmacy \(Honours\) Q&A Webinar](#)

November 15, 2023

Future students and parents, please join Program Convenor Dr David Newby, Current Pharmacy Student Angus Barnes and Alumnus Ryan Lacy to learn all about the Bachelor of Pharmacy (Honours) at the University of Newcastle.

Take this opportunity to ask any questions you have ensuring you're fully prepared for your exciting new study journey in 2024.

[Find out more](#)

[Macquarie | Year 12: Get Ready With Us Webinar](#)

November 15, 2023

Are you struggling to balance your social life, exams and assignments? Or perhaps you just need a boost of motivation to keep pushing forward? If this sounds like you and you're gearing up for Year 12 next year, then you don't want to miss our Year 12: Get Ready With Us webinar.

This isn't your typical webinar; it's an experience tailored just for you and designed to change how you approach your senior year. We'll keep it fun, engaging and, most importantly, useful.

Here's a glimpse of what you can expect:

- Personal Stories: You'll hear inspiring anecdotes from students who have been through Year 12 and have come out on top.
- Study Hacks: You'll learn practical tips and tricks that have helped our students successfully navigate Year 12.
- Planning the Year Ahead: We'll provide you with a roadmap for 2024 so you feel organised and don't miss important dates.
- Live Q&A: You'll have the opportunity to ask questions.

[Find out more](#)

[SCU | Webinar for Scholars – High School Program](#)

November 15, 2023

Join us for the Southern Cross University Scholars Program webinar. Chat with our academic staff about how the Scholars Program works, the subjects on offer, the application process, and the benefits of completing the program. This program challenges you as a motivated Year 11 and 12 student with university-level learning to accelerate your ambition while gaining new skills to enhance your school studies. Check out the [Scholars Program webpage](#) for more information, including the list of subjects.

[Find out more](#)



[NIE | Pathways into Medicine and Dentistry Live Webinar](#)

November 15, 2023

Are you currently studying in years 10, 11 or 12? Are you considering a career in medicine or dentistry? If you have answered yes, then you may need to sit a compulsory entry exam known as the UCAT before you can apply to certain universities.

The National Institute of Education (NIE) is proud to present the free information seminar all about UCAT and the undergraduate pathways into medicine, dentistry, and some other health science programs. The session is packed with loads valuable information during which we will be covering the following topics and more:

- What is UCAT? UCAT scores? UCAT Sub-tests?
- The Undergraduate Selection Criteria
- Application process into universities for medicine and dentistry
- When and who can sit the UCAT
- UCAT vs GAMSAT – How is UCAT different?
- Can you prepare for the UCAT?
- Undergraduate medical school interview explained and medical school interview preparation advice
- Gap Year
- Alternative degrees and career choices
- Q & A

This forum is an excellent opportunity for teachers, students, and parents to find out about the UCAT and to have their questions answered by an expert who has been working in the field since 1999.

[Find out more](#)

[University of Sydney | Grand Challenges – Igniting the Future of Renewable Fuel](#)

November 16, 2023

Year 9-10 students will spend a day learning about a real-life global problem, i.e. the Grand Challenge, and brainstorm, develop and pitch their own solutions to their peers and STEM experts for a chance to win cash prizes.

“As an entrepreneur, pitch an innovative idea that uses, or amplifies the use of, renewable energy.”

In a world facing pressing environmental challenges, the need for renewable fuel solutions has never been more critical. Could green hydrogen fuel be the answer to decarbonise global industries and local energy users alike?

Our guest speaker, Professor Kondo-Francois Aguey-Zinsou, is one of the world’s leading hydrogen fuel and storage experts and is passionate about using hydrogen as a global energy solution.

Students will need to be supervised by a teacher. Available for school bookings only. This is a collaboration between [Future Anything](#) and the [Faculty of Science, University of Sydney](#).

[Find out more](#)

[AIE | Open Day](#)

November 18, 2023

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day on Sat 18 November 2023. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra and Adelaide from 10am to 3pm.



AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

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

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

[Find out more](#)

[NIE | Bond Psychometric Test & MMI Preparation Advice Webinar](#)

November 18, 2023

Useful knowledge about these psychometric tests can be obtained in this fun and challenging intensive 5 ½ hour webinar that focuses primarily on the Bond Psychometric Tests in Emotional Intelligence and Personality, exploring how they measure the most important aspects of you using standardised metrics. The last component of the webinar includes a bonus 1-hour training concentrating exclusively on the Bond Medical Interview.

[Find out more](#)

[WSU | Green Minds, Bright Futures](#)

November 20 to December 8, 2023

Western's School of Science is inviting year 10-12 students to delve into the fascinating world of science and sustainability through a unique blend of online and on-campus experiences.

Dive into Environment, Agriculture and Zoology on our 1100-hectare Hawkesbury campus, exploring cutting edge glasshouse technology and endangered woodlands and wetlands. Alternatively, explore cutting-edge plant-based food technology in Food Sciences or immerse yourself in forensic science at our top-ranked Crime Scene House.

Additionally, our Physics program at the Western Sydney Observatory offers a cosmic perspective in "The Cosmos in Perspective: Information and Life". Join our Medical Science Team and explore the "Science behind Medicine" at our Campbelltown campus.

[Find out more](#)

[The GiST | Pathways to careers in space](#)

November 20, 2023

This webinar focuses on the experiences of two women who have studied and worked in the space industry. Careers in space are vast, varied and the Australian space sector is thriving. Find out more about what a job in this sector might look like.

Dr Vienna Tran, a medical doctor, has a dream to pursue a road less travelled: space medicine. She is a Designated Aviation Medical Examiner and has worked for the Australian Space Agency. She has published research on the use artificial gravity to maintain the muscle health of astronauts.

Tully Mahr aspired to be an astronaut right through her secondary schooling; her recent acceptance into an internship at NASA has brought her closer to her goals than ever before. Tully is a Gundungurra woman interested in bridging Indigenous knowledge with advanced engineering concepts.

[Find out more](#)



[Enter the World of Le Cordon Bleu – Careers Residential, Sydney](#)

November 21 to November 22, 2023

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like.

Meet lecturers and Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary arts with our chefs.

[Find out more](#)

[ACU | Discover Sport and Exercise Science at Blacktown Campus](#)

November 21, 2023

Join our free Discover Sport and Exercise Science activities. These sessions will give you an insight into life as an ACU student.

In our newly built Blacktown Exercise Sports and Technology Hub (BEST), you'll hear about the importance of pre-screening and learn how to conduct and score various tests with clients, including how to manually check a pulse.

You'll see the range of cutting-edge equipment you will use during your studies, including an aquatics recovery pool, for the very best in training and rehabilitation.

[Find out more](#)

[ACU | Discover Teaching at Strathfield Campus](#)

November 22, 2023

Discover why ACU is ranked in the top 50 universities in the world for education.

Explore the different types of learning styles and consider how to use different techniques in your lesson planning.

Visit our visual arts and design studios, metal and timber workshops, and textiles and food technology laboratories to learn how you can study those subjects to become an expert in your chosen field.

[Find out more](#)

[University of Sydney | Mechanical and mechatronic engineering at Sydney](#)

November 22, 2023

If it excites you to know how things work, a degree in mechanical or mechatronic engineering could be for you. Mechanical engineers use a knowledge of movement to design and improve mechanical components and systems. This is a diverse area in high demand, particularly as we try to find solutions for problems like climate change and supply chain issues. Similarly, mechatronic engineers have a vital role to play in the age of advancing technologies. They combine mechanical, electronic, and software engineering to create computer-controlled machines (yep, that includes robots).

Our degrees emphasise practical learning, industry experience, and ensure that you graduate ready for the work force with full accreditation. Join our webinar to find out more about mechanical and mechatronic engineering at Sydney.

[Find out more](#)



[ACU | Scholarship Opportunities at ACU Webinar](#)

November 22, 2023

ACU has more than 700 scholarships to help you get where you want to go. And these awards aren't just for the academically gifted – we offer a wide range of scholarships for students with different backgrounds and abilities.

Join this webinar to discover what scholarships you may be eligible for, hear from current scholarship recipients and learn about the application process.

[Find out more](#)

[ACU | Discover Nursing and Midwifery at Blacktown Campus](#)

November 23, 2023

Join our free Discover Nursing and Midwifery activities. These sessions will give you an insight into life as an ACU student.

Learn how nurses and midwives work at the forefront of patient care and experience how nurses save lives by taking part in a real-world emergency scenario.

Visit our interactive, fully functional nursing and midwifery simulation wards. Discover how our students engage in highly realistic interactions with high tech manikins and actors to develop and practise interpersonal and decision-making skills which make ACU students in high demand when they graduate.

[Find out more](#)

[ACU | Blacktown Parent Information Evening](#)

November 23, 2023

Studying at university is a life-changing experience, and at ACU we enable our students to achieve their full potential to make a positive impact in today's world.

Discover why ACU Blacktown is the ideal choice for your teen's future and have all your questions answered. Hear from our current students as they share their personal experiences and learn about our course offerings, early offer and pathways programs, scholarships and support services designed to help your teen transition into university. Find out everything you need to know about ACU and break down the myths of a Catholic education at this informative evening.

[Find out more](#)

Important Future Events

[UNSW | Info Week](#)

December 13 to December 15, 2023

Join us at our Info Week events to get personalised advice and all the information you need to finalise your UAC preferences.

Your ATAR doesn't have to be a make or break. Info Week is your opportunity to learn more about your transition to uni – tour our campus, attend lectures, and chat with current students and academics to explore how your UNSW journey could look.

[Find out more](#)



[University of Newcastle | ATAR Info Day 2023](#)

December 14, 2023

Join us on campus at our ATAR Info Day to get all your questions answered to kick start your uni journey! If you have questions about studying in 2024 or didn't quite get the marks you need, our ATAR Info Day is a chance to chat with our admissions and pathways teams to help you understand your adjusted ATAR and entry options.

Bring your mates and grab a free bite to eat, relax with some live music and talk to our team about degrees, changing preferences and alternative entry options.

You'll also have the chance to take a tour of our beautiful campuses and chat with current students to find out what uni is really like.

Our info sessions are held on the day that ATARs are released and prior to the close of change of preferences for consideration in the December Round 2 (14 December), so it's perfect timing to get the advice you need to finalise your UAC application.

[Find out more](#)

[ACU | Change of Preference Tours](#)

Blacktown: December 14 to December 16, 2023

North Sydney: December 14 to December 16, 2023

Strathfield: December 14 to December 16, 2023

Explore ACU's campuses and discuss your study options by booking a guided campus tour with our friendly staff. Tours are available at 10am, 1pm and 3pm AEDT.

[Register for Blacktown](#)

[Register for North Sydney](#)

[Register for Strathfield](#)

[UOW | ATAR Live Chat](#)

December 14, 2023

Is your ATAR higher or lower than you expected? Is it enough to get into your dream course? What about your other options and pathways? Join us online as we answer your questions live – giving you the answers you need so you can make the right decisions.

[Find out more](#)

[UOW | Options Day](#)

December 15, 2023

Looking for clarity around which courses to apply for or what to do next once you have your ATAR? UOW will be hosting Options Day in December to guide you around the decisions you need to make to study at UOW in 2024. We will have faculty experts, current students and important information ready for this event at our Wollongong and Liverpool campuses.

[Find out more](#)

[UTS | Info Day](#)

December 15, 2023

Info Day is your chance to explore undergraduate course and pathways options. Speak 1:1 with UTS staff, attend an info session or join a campus tour to discover more about your options at UTS.

[Find out more](#)



[Notre Dame | Options Day, Sydney](#)

December 15, 2023

Upon receipt of your ATAR, join us on our Broadway Campus to discuss options, change of preference and enrolment information including your Early Offer. You can also get a taste of uni life as a Notre Dame student. Chat to current students and academics about the Notre Dame experience, enjoy a campus tour and prepare for Semester 1, 2024.

We'll also have Faculty staff, Student Advisors and Admissions officers available to offer you personalised assistance and advice on your UAC preferences, specific degrees and programs, and to share insights into the application process.

[Find out more](#)

Scholarships

[Tips for writing a thank you letter after receiving a scholarship](#)

Sometimes when you receive a scholarship, one of the requirements is writing a letter of thanks to the scholarship donor. A donor is the person, group, or organisation who donated the money you receive. Even if it's not specified in the scholarship terms, writing a thank you letter is also just a nice thing to do to show your appreciation. So if you need (or want) to write a thank you letter after receiving a scholarship, we have some tips to help.

Before you start

If your university or institution has given you formal instructions on what to include in your letter of thanks, be sure to follow that too (e.g. attaching a portfolio or CV).

Start with a greeting

Begin your letter with a polite greeting, usually "Dear". Always use the donor's name if you know it – if not, a general greeting is okay.

Share a bit about yourself

Briefly introduce yourself, your background, what you're studying, and your achievements or goals. This adds a personal touch to your letter and helps the donor get to know you better.

Express gratitude

Clearly state your appreciation for being awarded the scholarship. Use sincere and genuine language to convey your thanks. Make sure to mention the scholarship by name too.

Mention the impact

Share how the scholarship will make a difference in your academic journey or future plans. This helps the donor understand the real-world impact of their support. Mention how specific aspects of the scholarship will help, whether it's financial assistance, mentorship opportunities, or accommodation. Being specific shows that you've thought about the details.



Discuss future plans

Briefly mention your aspirations and how the scholarship aligns with your future plans. This shows that you are forward-thinking and grateful for the opportunities the scholarship provides.

Reiterate thanks

Conclude your letter by reiterating your gratitude. Express your appreciation once more and thank the donor for their generosity.

Closing

Use a professional closing, such as “Sincerely” or “Best Regards,” followed by your full name. You might also need to include your student number or contact details.

Final tips

Remember to keep your scholarship thank you letter concise, genuine, and focused on expressing your gratitude – you’ll make a great impression with both the donor and your university too.

You can read more about scholarships and search for opportunities on our website [here](#).

Apprenticeships and Traineeships

[Higher and degree apprenticeships](#)

Think apprenticeships are just for trades and vocational qualifications? Think again. Higher and degree apprenticeships have been growing in popularity, widening your options for work and training after school. But what exactly are they, and what makes them different from other apprenticeships? Let’s find out.

What is a higher or degree apprenticeship?

Higher and degree apprenticeships are structured learning programs that combine on-the-job training with formal education. They may also be called [co-operative \(or co-op\) programs](#), [dual study programmes](#), [work-study degrees](#), or [professional apprenticeships](#).

The main difference between higher and degree apprenticeships and “normal” apprenticeships is the level of study – higher and degree apprenticeships often lead to qualifications like a diploma, advanced diploma, or even a full bachelor’s or master’s degree.

Think of them a bit like internships, except you get to start working from day one of your course instead of needing to wait until your penultimate year (and you’re paid too). So by the time you’ve finished, you’ll have a full qualification, some savings, and heaps of work experience under your belt compared to your peers.

What are the benefits of a higher or degree apprenticeship?

We just touched on one potential benefit above, but there are heaps of others too, including:

- **Earning a wage while you learn:** which you can use however you wish, whether you want to pay off your course fees or save for a new car.
- **Develop practical skills:** by the time you finish your program, you’ll have heaps of practical transferable skills under your belt, putting you ahead of students with no work experience.



- **Build industry connections:** being out in the workforce will help you make valuable contacts and network with mentors who can give you helpful advice.
- **Have a clear career pathway:** higher and degree apprenticeships are usually structured in a way that means you'll have the skills and knowledge to jump right into a specific job or industry.
- **Enjoy balanced learning:** if sitting around in the classroom with your nose in a textbook all day isn't for you, then the opportunity for real, hands-on experience is even more valuable.

How do higher and degree apprenticeships work?

The exact structure of your higher or degree apprenticeship will differ depending on where you study, what you study, and the employer you work for. But they do follow some general rules.

Just like other apprenticeships, you'll typically split your time between working for an employer and attending classes. You might split your time daily, weekly, or even by semester or term.

Degree and higher apprenticeships can last anywhere between three and six years in length, depending on the qualification. So if you're concerned that you'll take longer than other students to graduate, that's not necessarily the case (plus, even if you do, you'll still have heaps more skills and experience under your belt anyway).

Once you finish your higher or degree apprenticeship, you'll graduate with a formal qualification, plus have real work experience to add to your resume. Graduates often receive job offers from the company they completed their apprenticeship with, so you might even be able to dive straight into full-time work.

What industries are higher and degree apprenticeships available in?

Higher and degree apprenticeships are most commonly found in these industries:

- Computing and IT
- Business and Management
- Finance and Accounting
- Engineering
- Healthcare
- Law

This doesn't mean there are no opportunities in other industries – in fact, as their popularity grows, more and more options are gradually opening up.

Where can I find out more?

You can find more information on higher and degree apprenticeships here:

- [Australian Apprenticeship Pathways](#)
- [UCAS](#) (UK)
- [Cooperative Education and Internship Association](#) (USA)
- [Co-operative Education and Work-Integrated Learning Canada](#)
- [SkillsFuture](#) (Singapore)

You might also like to read more blogs on our website about [apprenticeships](#), [university](#), or [work](#).



Getting Ready for Work

[Prepare for your next interview with Interview Warmup](#)

Google has released a new tool to help you practice answering job interview questions called [Interview Warmup](#). It's designed to help you become more comfortable with the interview process, allowing you to feel more confident going into your next big interview. Let's take a look at how it works and how it can benefit you.

How does Interview Warmup work?

You have two options for your practice session: you can either do a practice interview with five randomly-selected questions, or you can take your time and browse through all the questions available.

To answer each question, just click "Answer" and start speaking. There's also an option to type your answer if you don't want to talk out loud. Don't stress too much about your answer – just go with what feels natural, and remember you can go back and edit it later. Your response is then transcribed in real-time, giving you the chance to review and reflect on what you said. *(If you're using Chrome on iOS or Firefox, you can only participate by typing your answer.)*

After each answer, you'll then be presented with some insights. These observations can help you identify key terms and patterns in your responses. It's important to remember that this isn't a "grade" of your answer, or to tell you what's right or wrong – they just help you see if you've covered important talking points that employers usually like to hear in real interviews.

Why is Interview Warmup useful?

We get it – interviews can be nerve-wracking, especially if it's your first time. Interview Warmup provides a safe space for you to practice without the pressure of a real interview.

You'll get valuable and instant insights into your answers, allowing you to catch any stumbling points, refine or expand your responses, and become more aware of your speaking habits. You also have the freedom to redo or edit your answers as many times as you'd like, allowing you to build confidence at your own pace. While the tool uses AI to help detect insights and patterns in your answers, the questions in have all been carefully selected by real experts in various fields. This means you can prepare for the types of questions you're likely to encounter in real life.

Importantly, your audio and transcript is *never* saved or shared with anyone while using Interview Warmup, so your data remains entirely confidential. If you really want to save your answers for future reference, you can download a copy of your transcript at the end of the interview.

Get started

If you'd like to give Interview Warmup a try, you can access it for free [here](#). You can also brush up on some interview tips in [our blog](#), or find lots of other job prep resources [here](#).



Work Experience

[Work experience FAQs](#)

Thinking of embarking on a work experience placement? It's a great way to get first-hand insight into your dream job, learn valuable skills, and make important contacts. If you have some questions before you start, we've got you covered in this blog where we answer frequently asked questions (FAQs) students often have about work experience.

Work experience basics

Work experience is typically a short-term placement where you get the chance to observe (and sometimes participate in) a real job setting. Think of it as an opportunity to learn about a particular industry or profession – this way you can decide whether or not it suits you before diving into further study or work.

Work experience FAQs

If you have questions about work experience, we have the answers right here. Let's dive in.

Is work experience mandatory for high school students?

It is in many schools, but not always. Some vocational and university courses may also include work experience (more commonly referred to as work integrated learning).

Is work experience paid?

Typically, work experience isn't paid, as it's considered a learning opportunity rather than a job. However, some companies might offer a small stipend to help cover expenses. Keep in mind that if you're not being paid, you should *not* be expected to perform any tasks a normal employee would.

Why is work experience important?

Work experience gives you a taste of what a particular job or industry is really like. It helps you develop skills, gain insights, and make more informed career choices.

How do I find a work experience placement?

Your school can usually help you find a placement. They might have partnerships with local businesses or provide a list of approved options. You can also ask family or friends for suggestions, contact your chosen business directly, or search online databases (like [ours](#)).

What should I wear for work experience?

It's best to ask your supervisor or the company beforehand, but generally, it's a good idea to dress neatly and in clothes appropriate for the type of work you'll be doing.

Should I bring anything with me to my work experience?

It's a good idea to bring a notebook and pen to jot down any observations or things you learn. You might also like to bring something for lunch and a bottle of water.

How long does work experience last?

Work experience placements usually run between three to seven days. This is generally enough time to give you a good sense of the job.



What if I don't like my work experience placement?

It's totally OK if you decide it's not right for you, but you can still use this as a learning opportunity. Think about what you didn't enjoy and why – this will help you make better-informed decisions in the future.

How do I make the most of my work experience?

Be proactive, ask questions, observe, and show eagerness to learn. Treat it as an opportunity to gain as much knowledge and experience as you can!

Can I include work experience on my resume or university applications?

Absolutely! Work experience is a great addition to your resume or university applications. It shows initiative and gives insight into your interests and skills.

What if I have additional questions or concerns after my work experience?

You can always reach out to your school or the business where you did your placement. They're there to support you even after your work experience is complete.

Find out more

If there's still more you'd like to know about work experience, you can read more blogs and search for placements on our website [here](#).

Competitions

[2024 Ravenswood Australian Women's Art Prize](#)

The Ravenswood Australian Women's Art Prize is an annual acquisitive prize that was launched in 2017 to advance art and opportunity for emerging and established women artists in Australia. It is the highest value professional artist prize for women in Australia.

There are three prize categories – the Professional Artist Prize of \$35,000, the Emerging Artist Prize of \$5,000 and the Indigenous Emerging Artist Prize of \$5,000.

There is also a People's Choice Award of \$2,000 plus an art pack valued at \$500.

Artists are asked to enter an artwork that best reflects their art practice – there is no theme.

Entries close 14 February 2024.

Find out more and enter [here](#).

[National Photographic Portrait Prize 2024](#)

We are excited to announce that entries to the 2024 National Photographic Portrait Prize are now open.

Entering its 17th year, the National Photographic Portrait Prize (NPPP) is one of the Gallery's most popular annual events. The prize provides a powerful visual record of the year that was – a celebration of identity, both collective and individual.



In 2024, the winner will receive a prize of \$30,000. All finalist artworks will also be exhibited at the National Portrait Gallery from 22 June to 13 October 2024. The Gallery is committed to supporting artists, so each selected finalist will receive:

- an artist fee of \$1,200 to exhibit your work at the Gallery
- an additional artist fee of \$700 if your work is included in the NPPP 2024 National Tour
- a copyright and image licensing fee of \$1,000
- domestic artwork freight allowance to and from the Gallery
- domestic travel allowance and accommodation in Canberra for the exhibition launch.

To be eligible to enter the 2024 NPPP, your work must be:

- a photographic artwork
- taken after 2 February 2023
- depicting a person or persons, from a live sitting (Zoom's okay too)
- entirely your own intellectual property.

To enter, artists must be:

- an Australian citizen or a resident of Australia at the time of your online entry
- 18 years or over at the time of your online entry.

This year, we are pleased to announce that it is now free to enter the Prize.

Entries close at 11:55pm AEDT on Wednesday 7 February 2024.

Find out more and enter [here](#).

Resources

[University disability and inclusion services](#)

For many students living with disabilities or ongoing health issues, heading off to university can seem like a massive challenge. However, universities these days (as well as most other higher education providers) recognise the issues that you might be facing, and are there to help. You'll find that they offer a range of disability and inclusion services that could help you to transition more easily into university life and succeed once you're settled in.

What help do university disability and inclusion services offer?

Different universities might offer different services, so it's worth your time to research what's available at all the campuses you're interested in studying at. Then, we recommend that you make contact with the teams working in those departments, ask them questions, or even arrange to meet them. Examples of some of the services offered include:

- Accessibility options
- Adjustments to assessments
- Special arrangements during exams
- Provision of specialised equipment and technology
- Advice, advocacy, and on-site support



Who is eligible for help from these support services?

Anyone who has a disability or chronic health condition may be eligible to apply for help from these university services. Physical and learning disabilities, mental health issues, and injuries are usually all included in the eligibility categories. You may also be able to apply if you're the main carer of someone with a disability or long-term health issue.

The best thing to do is contact universities directly. They'll be able to tell you if you'll be eligible for assistance, what services and provisions may be offered, and how to make sure you can access them.

Find out what's available

To see more information about the disability and inclusion services offered in your country or with the university you'd like to study at, visit the following links:

Australia

- [Australian Disability Clearinghouse on Training and Education](#)
- [Open Universities Australia](#)

New Zealand

- [Te Kete Ipurangi \(Inclusive Education\)](#)

United Kingdom

- [UCAS](#)
- [Diversity and Ability](#)

United States

- [National Center for College Students with Disabilities](#)
- [Campus Disability Resource Database](#)

Canada

- [National Educational Association of Disabled Students](#)

Online study support is also available

If you choose not to study on campus, or you're unable to, you could consider enrolling in an online course. You might find that there's still lots of help or consideration available to ensure that you can succeed. We recommend you contact the university you'd like to enrol with and find out how they can help.

Ask the experts

If you can't find the information you're looking for, you could also speak to other experts in the field and ask some questions. They may not know all the answers, but they can usually help to point you in the right direction. Here are a few organisations to get you started:

- [National Disability Service](#) (Australia)
- [Whaikaha – Ministry of Disabled People](#) (NZ)
- [Disability Rights UK](#)
- [ADA National Network](#) (USA)
- [Council of Canadians with Disabilities](#)



Don't give up

There are lots of options designed to help you achieve your study goals. If you are feeling overwhelmed, it's always okay to ask for help. Try talking to your school's careers advisors, teachers, or mentors. Speak to your family and friends about your concerns. Don't be embarrassed to ask for information or a little bit of extra help from universities and other institutions.

You can find out more about study [here](#), or info for students with disability [here](#).

Have fun and stay safe at Schoolies

At the end of Year 12, you deserve your well earned celebration. Whatever you've got lined up, we hope you have an amazing time. Although you probably don't need reminding, we've put together a few tips and resources you might like to read to help you have fun and stay safe at Schoolies. Your parents will also feel happier when you tell them that that you've done your due diligence and are all prepared – winning!

Before Schoolies starts

Planning ahead can help ensure that you have a drama-free, full-fun time.

- Leave a copy of your bank card details at home in case you lose it and have to cancel it, and take your bank contact details with you so that you can report lost or stolen cards.
- Make sure you'll have enough money to cover all the essentials while you're away, including an emergency stash (cash might be handy).
- Know where you're staying and how you'll be getting there.
- Read through the accommodation agreement so that you know the rules.
- Plan a safe place you can store any important documents or valuables while you're away.
- Remember your phone charger and make sure you have plenty of credit/data, so that you can stay in touch with home or call for help if you need to.
- Make sure your parents or carers have a copy of your accommodation and travel details – they'll want to know where you are and it could be handy if you have any problems with your booking.
- Add an ICE (in case of emergency) contact to your phone. It could be useful to download the [Red Frogs](#) app or store their helpline number too ([1300 557 123](tel:1300557123)).

What to pack

We've no doubt you'll take enough outfits to last (hopefully enough socks and jocks too), but make sure you also have:

- Your ID
- Phone charger
- A hat, sunscreen, and insect repellent
- Some comfy shoes
- Small first aid kit – band aids and paracetamol at least
- Any medications or prescriptions you might need
- Snacks and emergency food (muesli bars, noodles, cup-a-soups, for example)
- A reusable water bottle is a good idea – staying hydrated is really important
- Sharing a room? You might want a sleep mask or ear plugs



Heading overseas?

If you're lucky enough to be venturing out of the country, have you:

- Got all your vaccinations?
- Left scans or photos of your itinerary and travel documents with someone at home and have copies to take with you?
- Organised an international SIM card or know how you'll be contact home (international calls can be expensive)?
- Got travel insurance? It's not that costly and well worth it for peace of mind. Make sure you keep a note of the phone number and your policy details with you too
- Found out what you need to do if there's an emergency?

We also recommend you take a look at the resources on [Smart Traveller](#) for school leavers looking to head overseas for Schoolies.

Staying safe at Schoolies

Before you head off, discuss your boundaries with your mates and trusted adults, and listen to their advice as well. Hopefully you'll never need to act on these plans, but it's good to have it in the back of your mind in case a tricky situation occurs.

- Make sure someone always knows where you are going and when to expect you back – ideally go out with at least one other person or in a group.
- Have a way of staying in touch with your parents and contacting them in an emergency. Remember it's free [to use public pay phones across Australia](#) now. You could give your parents' contact details to a couple of your friends going away with you (and their parents too if you know them).
- When you're out and about, stay with your friends and have a plan to meet up at a certain time and place if you get split up.
- Be careful about who you tell where you are staying and who you let into your room – you could arrange to meet new friends in a public place rather than at your accommodation.
- Plan how you will get back to your accommodation and make sure you'll have enough money left at the end of the night to follow your plan.
- If you're walking around late at night, stick to well-lit areas.
- Don't leave your drinks unattended or accept drinks from strangers.
- There's plenty of help around if you need it, so don't be afraid to ask police, security, emergency services, officials and volunteers.
- If an argument or a fight breaks out, walk away. If you're concerned about a someone's wellbeing, find security or call 000.

There's other tips about how to party safely and avoid potential dangers, plus what to do in an emergency [here](#). Get more information and useful contact numbers if you're attending schoolies in [Victoria](#), [Queensland](#), or specifically the [Gold Coast, Byron Bay, Airlie Beach, or Bali](#).

Have fun!

OK, so we probably don't need to remind you about this one. But just keep in mind our top 3 recommendations for a great schoolies:

- Use your common sense
- Drink heaps of water
- Think twice about what you post on social media

You're bound to make some fantastic memories and have an absolute blast.



Helping your teen to reframe negative thoughts

Negativity bias is a psychological phenomenon that begins infancy and can last through to middle and old age, when the positivity effect takes over. It's been shown to have a wide variety of effects on how people think, respond, and feel, and can impact on areas like decision-making, perceptions, and our self-esteem. For young people, when you combine this with the challenges of puberty, peer pressure, school, and life, this can lead to negative thinking. And that negativity can impact on their mental wellbeing, motivation, confidence, as well as their ability to make good decisions. Thankfully, as parents, we can help our teens reframe these negative thoughts and build a more positive mindset.

Tips for helping teens to build a positive mindset

When teens can reframe negative thoughts and situations, they feel more empowered, hopeful, and confident, and go on to make better choices for themselves.

Challenge negativity

Like nail chewing, negativity can become a habit – once you do it for a while, it becomes nearly second nature. You can help your teen recognise these negative thinking patterns, then be mindful about breaking them.

If they often find themselves using exaggerating words like *always* and *never*, encourage them to be mindful about whether these words are really accurate. For example, they might be feeling down about not doing so well on an assignment, and feel like they “always get bad marks” – remind them that this isn't true and that they have done well on lots of their other assignments and exams.

You can also help them to recognise catastrophising statements, and guide them to challenge these thoughts by asking questions like these:

- “Can you think of any other solutions?”
- “Is there another way you can think about this?”
- “Can you tell you me what facts you have on this topic/situation?”
- “Could you walk me through your evidence?”

Hopefully they'll start to see other perspectives and turn around the way they're thinking.

Promote self-compassion

Adolescents are highly critical and harsh on themselves. Encourage your teen to practice self-compassion by reminding them that it's okay not to be perfect – nobody is! Ask them to think about how they would feel if it was one of their close friends or a family member talking about themselves negatively, and how they would respond to make them feel better. Then apply that advice and choice of language to themselves.

Be a role model

As a parent or carer, your behaviour serves as a blueprint for your teen. Show them how you handle negative thoughts and situations by using positive language and re-framing. Modelling a growth mindset could also improve how your teen perceives future challenges (and could be good for your own mental wellbeing too).



Guide them towards solutions

You don't have to (and probably can't) fix everything for them, even though you might really want to. Instead, encourage problem solving and help them to brainstorm coping strategies and solutions. This will serve them better down the track when they're more independent and need to make decisions on their own.

Focus on the good stuff

Gratitude journals, mindfulness, and meditation are all great ways for teens to shift their mindsets into a more positive space. But in reality, not all teens may be up for this, and that's okay. Alternatively, you can encourage mindfulness by having conversations at dinner time, in the car, or before bed. Ask them to think about the best part of their day, something that made them feel good, or something kind they did for someone else, for example.

Celebrate progress

Acknowledge each time your teen manages to reframe their negative thoughts or says something positive. Celebrate in their favourite way, especially if they've overcome a particularly big hurdle. You'll be rewarding their efforts and motivating them to keep doing it.

Seek professional help if needed

If negative thoughts persist and are significantly impacting your teen's life, consider seeking professional help. Your doctor, a therapist, or a counsellor may be able to provide more guidance and strategies to help your young person better manage negative thinking.

Remember

Being negative is normal human trait, and it's not something we're generally conscious of. It definitely is possible for you to help your teen to change their mindset and reframe negative thoughts – unfortunately, it won't just happen overnight. But your support, guidance, and love will definitely help.

You can find more blogs and tips for parents on our website [here](#).

Workplace Spotlight

What is it like to work in a university?

Universities offer a diverse range of academic programs and opportunities for learning, research, and personal growth. Their primary purpose is to equip students with specialised knowledge, critical thinking skills, and practical expertise in various fields of study. People who work in a university help to foster an environment that nurtures intellectual exploration and the exchange of ideas.

Additionally, universities often serve as hubs for cutting-edge research, innovation, and the advancement of knowledge, making them important contributors to the progress of society as a whole.



While every university is different, there are some things they all share:

1. Tons of collaboration and communication – whether it’s with other students, lecturers, researchers, the public, or industry partners.
2. A commitment to learning – not just while you’re studying, but for life.
3. You’ll need to be adaptable – educational and technological landscapes are changing rapidly, and universities need to be at the forefront of these advancements.

Prepare students for work and foster a love of knowledge

Universities facilitate the development of a well-rounded individual, preparing students not only for their chosen careers but also for lifelong learning and contributing to society. You can usually find universities in the education industry. Universities come in various types, including public and private institutions, research-focused universities, and specialised technical or vocational schools.

Key tasks

- Teach and guide students
- Develop curriculum and course materials
- Write and grade assessments
- Conduct research projects and experiments
- Manage research grants and budgets
- Publish research findings in academic journals
- Collaborate with colleagues on interdisciplinary projects
- Provide administrative support for programs and departments
- Mentor and advise students on academic and career matters
- Organise and participate in conferences, seminars, and events
- Engage in professional development
- Contribute to community outreach and service initiatives
- Undertake committee work and university governance processes
- Maintain academic records and student databases

You can expect flexible hours and mixed work

Flexible hours | Work on-site and remote | Jobs more common in metro areas | Strong job growth

Many employees in a university typically work standard hours, generally falling within the traditional 9 to 5 time-frame. However, specific working hours can vary based on department, role, and individual preferences. Some roles may require flexibility, such as evening classes or research projects with unique schedules.

On-site work is still more common due to the nature of the tasks involved, such as teaching, mentoring, and conducting experiments. However, remote learning has become more common, so remote work opportunities are also growing. Some administrative tasks can also be done remotely.

Universities are found in both metropolitan and rural areas, but they are more common in metropolitan areas. This is generally because there is higher population and demand in cities – but rural and regional universities can also focus on specialised programs or research areas that are specific to their area.



The Career Clusters you'll find in a university

People from all Clusters are needed for a university to run successfully, but the most common Clusters you'll find are Informers, Linkers, and Coordinators. In many roles, you might find yourself performing tasks across multiple Clusters.

What do Makers do in a university?

Makers in universities ensure the smooth operation of physical infrastructure and technical systems. They are responsible for monitoring, building, fixing, and maintaining the equipment and facilities. They can be found in nearly every part of the university, using specialised equipment and tools to ensure everything functions as it should, from cloud systems to air conditioners.

- Maintenance/Lab [Technicians](#)
- Groundskeepers
- [Cleaners](#)
- [IT Support Officers](#)

The role of a Linker in a university

Linkers help guide prospective students through the enrolment process, connecting them with appropriate academic programs, and providing valuable information about available services. They also help current students to access resources such as academic tutoring, career services, and extracurricular opportunities. Other Linkers act as liaisons between the university and external stakeholders, including government bodies, businesses, community organisations, and the public.

- Student Advisors
- Admissions Officers
- Outreach Specialists
- [PR](#) & Marketing Specialists

Where you'll find Coordinators in a university

Coordinators are responsible for planning, managing, and overseeing various aspects of a university's operations, from schedule planning to policy writing. They handle administrative and managerial tasks, ensuring that day-to-day operations run smoothly. They also play a role in staff management, monitoring performance and providing essential support to workers. Senior Coordinators help to ensure a university meets its educational, financial, commercial, and legal responsibilities and goals.

- Program & Event Coordinators
- [Administrative Assistants](#)
- Student Services Coordinators
- Chancellors & Vice-Chancellors

What do Informers do in a university?

Informers are probably the first people that come to mind when we think of universities – professionals who share their wealth of knowledge with students through lectures, seminars, and one-on-one sessions. Other Informers provide valuable research support, helping students and faculty access resources and conduct effective searches.



Some assist students in navigating their academic paths, offering guidance on course selection, degree planning, and career goals.

- Professors, Lecturers & Tutors
- [Librarians](#)
- Student Advisors
- Researchers

The role of Innovators in a university

Innovators are usually the people at the forefront of research, design, and development initiatives within a university. They help to drive research activities and topics, extract important findings from research, and help the university contribute to wider society. Other Innovators develop and implement cutting-edge technologies, such as virtual reality systems and e-learning platforms.

- Research & Development Specialists
- [Software Designers](#) & Engineers
- [Data Analysts](#)

How do Guardians work in a university?

Guardians are responsible for maintaining a secure and safe environment on campus, enforcing rules, and responding to emergencies. Other Guardians might run mental health and wellness services, or provide specialised support to students who live on campus. Some help to ensure that campus facilities and resources are accessible to everyone and provide guidance and support to students who need it.

- Security Officers
- Student Counsellors
- Accessibility Officers

How do we expect working in a university to change in the future?

The university sector is changing quickly, driven by rapid technological advancements, evolving pedagogical approaches, and shifting societal needs.

The integration of advanced technologies, such as artificial intelligence (AI), virtual reality (VR), and augmented reality (AR), is already revolutionising teaching methods and research practices. There is also a growing demand for professionals who specialise in designing, delivering, and managing online courses and educational technology platforms.

Universities will continue to prioritise efforts to create inclusive and equitable environments for students and staff. This may lead to the development of new roles focused on diversity and inclusion, as well as a greater emphasis on inclusive teaching practices.

There is also a greater focus on global perspectives and experiences among students and faculty, which could lead to more opportunities for international collaboration, exchange programs, and global research initiatives.

With a growing emphasis on sustainability and environmental protection, universities have also begun to focus on implementing and overseeing eco-friendly practices and initiatives on campus.

The evolving job market and technological advancements are also leading to an increased need for continuous learning and upskilling. Universities are likely to expand offerings for lifelong learners, creating opportunities for people to engage in ongoing education throughout their careers.



Job Spotlight

How to become a Technician

Technicians are professionals who perform specialist tasks within their field, usually related to equipment and technology operation and maintenance. There are Technicians in almost every industry, so their duties and functions can vary accordingly.

If you're practical and great at paying attention to details, love to solve problems, and want a job with lots of variety, then becoming a Technician could be perfect for you.

If you have these skills, you could make a great Technician

- Dexterous (great with your hands) with strong maths and mechanical skills
- Excellent customer service focus and great communication skills
- Reliable, self-motivated, and able to work independently
- Willing to learn with a positive "can-do" attitude
- Great attention to detail and problem solving skills

What tasks can I expect to do?

Technicians' duties can vary depending on the industry you choose and the specific job you're hired to do, but here are some common tasks you can expect:

- Installing and maintaining systems and equipment, both physical and digital
- Operating complex and specialised equipment
- Performing tests and providing feedback
- Diagnosing and repairing faults and defects
- Providing support and assistance to users
- Managing networking, security, and updates to digital systems

Where do Technicians work?

Technicians can work in offices, workshops, laboratories, in classrooms, or out in the field. For some roles you could even find yourself working remotely, particularly when dealing with IT systems.

What kind of lifestyle can I expect as a Technician?

Many Technicians work standard hours, though depending on the job you may need to respond to emergency call-outs and urgent repairs any time of the day or night. Some roles may even include opportunities for travel or remote work.

Most Technicians can expect to earn an average salary throughout their career.

You will need to be prepared to think on your feet and diagnose and fix problems quickly, which can be stressful at times.



How to become a Technician

Depending on the industry you plan to enter, the qualifications that you need can vary. Some roles may require no specific qualifications, but a deep understanding of your chosen industry or technology instead.

Step 1 – Finish high school with a focus on English and Maths.

Step 2 – Decide which industry you're most passionate about and explore Technician roles within that industry.

Step 3 – Find out if you need to complete a qualification or undergo training. Vocational qualifications can provide you with the skills and knowledge required to work as a Technician in most industries. A bachelor's degree may be required in some fields, such as Health or STEM.

Step 4 – Check whether there are any other additional requirements for the job, for example:

- Relevant licenses or registrations
- Construction card
- First Aid qualifications
- Working with children check
- Police check

Find out more here:

- [SEEK](#)
- [Zippia](#)
- [Glassdoor](#)

Similar careers to Technician

- [Engineer](#)
- [Picker and Packer](#)
- [Fitter](#)
- [Truck Driver](#)
- [Air Traffic Controller](#)
- [Drone Operator](#)
- [Mechanic](#)
- [Occupational Health & Safety Officer](#)
- [Carpenter](#)

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

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