



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>

[University of Sydney | Exercise and sport science](#)

November 8, 2023

Interested in exercise and sport science? Join this session to hear from the program director for exercise and sport science at the University of Sydney. Find out more about which study options are available and where this degree could take you.

[Find out more](#)

[University of Sydney | Why study Business at Sydney](#)

November 8, 2023

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, or Strategy, Innovation and Entrepreneurship – and 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](#)

[The Hotel School | Information Evening, Sydney](#)

November 8, 2023

Are you passionate about a career in hospitality, tourism or events? Join us to explore how you can start an exciting global career within the hospitality, hotel and tourism industry by attending our Information Evening.

Highlights of the session include:

- Meet faculty team members and the Head of Campus
- Discuss career opportunities with the Work Integrated Learning team
- Find out about our courses and the application process
- Chat with our current students

Bring your parents or friends along and get all your questions answered.

[Find out more](#)

[University of Newcastle | Nursing & Midwifery Insights Evening – Gosford](#)

November 8, 2023



Please join us for our Nursing and Midwifery Insights Evening. The evening is an invaluable experience, allowing students to hear first-hand about the nursing and midwifery degrees on offer at the University of Newcastle's Central Coast Clinical School, Gosford.

Students will be able to hear from, and speak with, academic staff and current students from the School of Nursing and Midwifery. Students will also have the opportunity to tour the nursing and midwifery labs. This is an excellent opportunity for students to ask any questions they might have about the Bachelor of Nursing and Bachelor of Midwifery.

[Find out more](#)

[Student Wellbeing Hub: Supporting self-regulation skills in the classroom](#)

November 9, 2023

The Student Wellbeing Hub resource '[Interoception and self-regulation: Get ready to learn](#)' features videos, activities and educator guides designed to help students feel more connected to their bodies, and to interpret and express their emotions helpfully.

This webinar unpacks the new resource and explores how building interoception skills can help children and young people to self-regulate their emotions and feelings, be calm and engage with learning, have positive wellbeing, and improve their academic performance.

[Find out more](#)

[UTS | Sport Tours](#)

November 9, 2023

Interested in exploring what UTS sport has to offer? Join us on the following dates to get an exclusive tour of our sport facilities and have your sporting questions answered.

[Find out more](#)

[University of Newcastle | Nursing & Midwifery Insights Evening – Callaghan](#)

November 9, 2023

Please join us to attend our Nursing and Midwifery Insights Evening. The evening is an invaluable experience, allowing students to hear first-hand about the nursing and midwifery degrees on offer at the University of Newcastle's Callaghan campus.

Students will be able to hear from, and speak with, academic staff and current students from the School of Nursing and Midwifery. Students will also have the opportunity to tour the nursing and midwifery labs. This is an excellent opportunity for students to ask any questions they might have about the Bachelor of Nursing and Bachelor of Midwifery.

[Find out more](#)

[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 Workshops](#)

In person: November 14, 2023

In person: 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 or Online to hear from UNSW staff and academics about submitting an outstanding portfolio for a range of degrees across our Arts, Design & Architecture, and Engineering Faculties for 2024.

[Register for in-person](#)

[Register for online](#)

[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](#)

[SCCE | Exchange Webinar](#)

November 14, 2023

Preparing for your exchange program is an important part of the process and is vital to 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](#)

[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 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](#)

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 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](#)

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](#)

[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](#)

[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](#)

[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](#)

[Staying organised throughout the scholarship application process](#)

Whether you're a high school student or an adult, having a structured approach to scholarship applications can make a world of difference. If you're not sure where to start, we have some tips that can help you get organised and stay on top of your scholarship applications.

Start with research

Begin by identifying scholarships that align with your interests, circumstances, and future course of study. Consider using scholarship search engines, school resources, and community organisations to compile a list. Don't forget to make note of any application deadlines.

Create a calendar

Now that you have a list of potential scholarships, it's time to set up a calendar. Note each scholarship's application deadline, making sure to include plenty of time for gathering required documents and writing essays. Prioritise each option based on your eligibility, the amount of the award, the effort required for the application, and the closing date.

Gather necessary documents

Next, collect all the necessary documents, such as academic transcripts, recommendation letters, doctor's notes, or proof of financial hardship. Keep them in a dedicated folder or digital file for easy access when needed.

To obtain a recommendation letter, approach teachers, mentors, or employers who know you well and can speak to your strengths. Provide them with enough time and information to write a quality recommendation – this will make your application much stronger.

When it comes to writing essays, take your time. Tailor each essay to the specific scholarship's requirements and prompts. Make sure to highlight your achievements, goals, and why you're a perfect fit for that particular award.



Double-check application details

Before hitting that submit button, review your application thoroughly. Ensure that all fields are filled out accurately and all necessary documents are attached. It would be a shame to let a small oversight cost you a potential scholarship.

Keep track of submissions

Maintain a record of the scholarships you've applied for, including confirmation emails or any tracking numbers provided. This helps in case you need to follow up or address any issues that may arise.

Be patient

After submitting your applications, be patient – it may take some time to hear back. In the meantime, you might like to continue your search for additional opportunities, or switch gears and focus on other important applications.

Follow up

If you're fortunate enough to receive a scholarship, remember to express your gratitude. A thank you note or email goes a long way in showing your appreciation. If you didn't receive a scholarship, you may be able to ask for some feedback so you can craft an even better application next time.

Find out more about scholarships

Staying organised throughout the scholarship application process can greatly increase your chances of success, as well as save you from the panic of submitting everything at the last minute.

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

[Apprenticeship and traineeship FAQs](#)

When thinking of your future career options, there's usually more than one path to get you there. Apprenticeships and traineeships are a great option to consider, allowing you to not only gain valuable skills but also earn some money too. In this blog, we'll explain some apprenticeship and traineeship basics and answer some frequently asked questions (FAQs).

What are apprenticeships and traineeships?

Apprenticeships and traineeships are hands-on training programs that allow you to learn and earn at the same time. They're like a bridge between the classroom and the workplace. During an apprenticeship or traineeship, you'll work under the guidance of experienced professionals in your chosen field while also studying towards a nationally recognised qualification.

Benefits of apprenticeships and traineeships

There are lots of benefits of apprenticeships and traineeships, including:

- Practical experience: Gain real-world skills that employers value.
- Earn while you learn: Receive a wage while you train, helping you become financially independent.



- Industry connections: Build a network of professionals who can support your career growth.
- Nationally recognised qualifications: You'll receive a qualification that you can use anywhere.
- Clear career pathway: Set yourself up for a successful and fulfilling career in your chosen field.

Types of apprenticeships and traineeships

There are various types of apprenticeships and traineeships, catering to a wide range of interests and industries. Some popular categories include:

- Traditional trades (e.g., plumbing, carpentry, electrician)
- Healthcare and allied health (e.g., nursing, dental assisting, pathology)
- Business and administration (e.g., customer service, office administration)
- Information technology (e.g., software development, IT support)
- Hospitality and tourism (e.g., chef, hotel management)

Apprenticeship and traineeship FAQs

If you're interested in starting an apprenticeship or traineeship and want to know more, here are some answers to frequently asked questions (FAQs) students often have.

Can I do an apprenticeship or traineeship straight out of high school?

Yes. There are lots of apprenticeships and traineeships programs designed for high school graduates. In some cases, you can even start while you're still in school.

How long does an apprenticeship or traineeship typically last?

The duration varies depending on the industry and qualification. They can range from anywhere between six months to four years. Apprenticeships are typically longer in duration than traineeships.

What is the difference between an apprenticeship and a traineeship?

While both involve on-the-job training, apprenticeships typically focus on traditional trades and technical skills, whereas traineeships cover a broader range of industries and professions. You can read more about the difference in our blog [here](#).

How do I find an apprenticeship or traineeship opportunity?

There are several avenues to explore. You can start by checking job boards, company websites, and government apprenticeship portals. Additionally, career fairs and networking events can be great opportunities to connect with potential employers.

Do I need any qualifications to start an apprenticeship or traineeship?

It depends. Some programs may require certain subjects or certifications from high school, while others may have additional prerequisites. It's always a good idea to check the specific entry requirements for the program you're interested in.

Can I switch industries or roles during my apprenticeship or traineeship?

While it's generally possible to transition within the same industry, switching to a completely different field might require additional training or qualifications. It's important to communicate with your employer and training provider if you're considering a change.



What is the pay like for apprenticeships and traineeships?

The pay for apprenticeships and traineeships varies depending on factors such as the industry, location, and level of qualification. It's important to research and compare wage rates within your chosen field to have a clear understanding of what to expect.

Are there opportunities for further education after completing an apprenticeship or traineeship?

Absolutely! Many apprenticeships and traineeships offer pathways for further education and career advancement. You may have the opportunity to pursue higher-level qualifications or specialised certifications to enhance your skills and move up the career ladder.

Find out more

Embarking on an apprenticeship or traineeship can be a game-changer for your future. It's an opportunity to learn, grow, and set yourself up for success in your chosen field.

To explore more about apprenticeships and traineeships, head over to our website [here](#). Or check out information specific to your country:

- [Australia](#)
- [New Zealand](#)
- [United Kingdom](#)
- [Ireland](#)
- [United States](#)
- [Canada](#)

spooky jobs

If you're a fan of Halloween and everything frightful, we've got some spooky jobs you might want to look into. Take a look.

Forensic Pathologist

If you're curious and have a strong stomach, this could be the job for you. A Forensic Pathologists' job is to determine exactly why or how someone has died, usually done through a process known as an autopsy. Forensic Pathologists may also gather evidence directly from a crime or accident scene, as well as use their expertise to testify in court.

If you'd like to become a Forensic Pathologist, you'll need to first become a qualified medical practitioner, before undertaking further specialist training.

Funeral Director

Also known as a Mortician or Undertaker, a Funeral Director's job is to help (you guessed it) plan a person's funeral. This includes all the nitty-gritty details, such as helping family or loved ones pick out a coffin, collecting bodies from mortuaries and preparing them for burial, and delivering or disposing of ashes after a cremation. You get to do some less morbid stuff too though, like picking out flowers and processing important documents.

There's no specific qualifications necessary to work as a Funeral Director, but lots of experience will definitely help.

SFX Makeup Artist

Special Effects (or SFX) Makeup Artists are responsible for some of the magic we see on



screen. They use their skills and tools to create realistic wounds, terrifying monster masks, weird facial features, and a whole other stack of things that transform actors into something else entirely!

[Rick Baker](#), the SFX Artist responsible for creations in *Star Wars*, *How the Grinch Stole Christmas*, and *Men in Black*, says this about his work: "When you're on the set and you get the makeup on this actor, and you actually see it start to become this living, breathing thing, it's magical." Having training in makeup and arts can help you get your foot in the door with this career.

You can read more about the ins and outs of running a haunted house from Jacob Eugster, owner of *Screamin' Acres*, [here](#).

[Work experience ideas for students who love swimming](#)

Do you love to swim and are thinking about future careers where you can incorporate your passion? There are more options than just becoming an athlete. In this blog, we'll look at some work experience options for students who love swimming, and hopefully give you a bit of inspiration for your future. Let's "dive" in!

Local swimming pools and aquatic centres

One of the first places to consider looking for a placement is your local swimming pool or aquatic centre, which often offer opportunities for work experience. You could assist with swimming lessons and fitness classes, help maintain the facilities, or even shadow a lifeguard to get a feel for what it takes to ensure safety in the pool.

Tour and dive boats

If you have a fascination for the underwater world, consider reaching out to local dive shops or tour boat operators. You could assist with equipment setup, guide guests on snorkelling or diving excursions, or learn about marine conservation efforts.

Surf lifesaving clubs

If you're a confident swimmer and want a career where you could help save lives, consider volunteering with or joining a surf lifesaving club. You can learn vital first aid skills and help make our beaches and waterways safer.

Aquatic therapy centres

Some rehabilitation centres, aged care homes, and sporting clinics have aquatic therapy programs. This could be an option if you're interested in the therapeutic aspects of swimming and want to explore a potential career in healthcare.

Sports event planning

Look out for local swimming competitions or events happening in your area and offer to lend a hand. They often need volunteers to assist with various tasks like setup and pack down, ticketing, timekeeping, and assisting athletes.

Find out more

Remember, work experience isn't just about gaining specific skills related to swimming, but also about developing transferable skills like communication, teamwork, and time management. These will be valuable assets in any career path you choose down the track. Learn more about work experience and search for opportunities on our website [here](#).



Bow Seat Ocean Awareness Contest

The 13th annual Ocean Awareness Contest is a platform for young people to learn about environmental issues through art-making and creative communication, explore their relationship to a changing world, and become advocates for positive change. Students ages 11-18 from around the world are invited to participate.

This year's theme – *Tell Your Climate Story* – encourages you to become a climate witness and share your own unique climate story. We are asking you to creatively express your personal experiences, insights, or perceptions about our changing climate reality. Use this opportunity to learn about the climate crisis and how it impacts your family and community, and to examine your individual responses to our evolving world.

The Contest deadline is June 10, 2024.

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

Western Sydney University Youth Music Prize 2023

Western is looking for outstanding musical talent – young people interested in being mentored by our Bachelor of Music teaching team and realising their musical ideas in our world class recording studios.

The winning entrant will spend a day being mentored: up to six hours split between workshopping your original piece of music and recording it in our studios. This is a unique opportunity to collaborate with our staff whose expertise ranges from rock and pop songwriting and recording to art music and orchestral composition, electronic music and improvised music.

Additionally, entry carries with it the possibility of being granted fast-tracked admission into our competitive Bachelor of Music!

To enter, send us a recording of your piece of music (must be self-composed). Entries should be between 2 and 4 minutes in duration. Entrants must be enrolled in Year 11 or Year 12 of high school for the calendar year of 2023.

Deadline for entries is 20 November 2023.

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

Enter the Young Achiever Awards

The Young Achiever Awards acknowledge, encourage and most importantly promote the positive achievements of all young people throughout Australia up to and including 30 years of age as of 31st December each year.

No achievement is too small (or big!) and all young people should be applauded for their positive impacts on our local and wider communities.

Why enter the Young Achiever Awards?

- It is free to enter and so easy to do.
- Winners will be taking home some great prizes and will also receive a magnificent trophy.
- A media release is sent out for every nominee that enters, in turn increasing promotion for the nominee.
- Should the nominee become a semi-finalist or a finalist, we will promote them on our social media pages and further media releases will be sent to their local papers.
- Everyone who is entered in the Awards receives a certificate of achievement.

Nominations close:



- **Wednesday 20 December 2023** (QLD, NT, TAS)
- **Monday 29 January 2024** (SA)
- **Tuesday 6 February 2024** (NSW, ACT)
- **Friday 9 February 2024** (WA)
- **Tuesday 13 February 2024** (VIC)

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

[Tips for navigating loneliness while studying or working from home](#)

It's completely normal to feel a bit isolated when you're studying or working from home. Many people, both students and adults, face this challenge. But there are practical ways to manage these feelings and stay connected. In this blog, we have some helpful tips for navigating loneliness if you study or work from home.

Hybrid work and study – pros and cons

Since the pandemic, studying and working from home has become an increasingly lucrative option for many. It has increased our options for study and careers, making courses and jobs that were once inaccessible easier to reach. Not all of us can or want to commute each day, and for people with extra responsibilities at home, remote work and study is a blessing. Unfortunately, it can come with some downsides as well. You might miss being able to communicate and collaborate with your co-workers or fellow students face-to-face and build personal connections. For university students, many feel that being on campus is a huge part of the study experience, and tuning into lectures via Zoom isn't quite the same. Staying at home all day can also cause us to feel disconnected and isolated. Research from the [Australian Institute of Health and Welfare](#) has shown that people under the age of 24 are reporting higher levels of loneliness now compared to 10 years ago. In turn, loneliness can [disrupt our productivity and mental and physical health](#).

Tips for navigating loneliness

Working or studying remotely doesn't automatically mean you will be lonely. You might live with family or friends, or have a robust social life outside of work or study. But if you find yourself feeling isolated and need some help, that's OK – here are some things you can try to combat loneliness when studying or working from home.

Move to a new environment

Working or studying *remotely* doesn't necessarily mean you need to work or study from your house. If you want a change of pace, grab your laptop, tablet, or notebook and head down to your favourite cafe, local library, or even find a comfy spot in the park. Being around other people, even if you don't necessarily interact with them, can help you feel less isolated. And there's nothing stopping you from striking up a conversation or two either – even if it's just a quick chat with the barista while you grab a coffee.

Even if you'd rather stay at home, having a designated area for your work or study sessions can make a world of difference. Having a separate space for work or study can help you make a mental disconnection between work and leisure, almost as if you're back in the office or classroom. Make sure it's comfortable, well-lit, and clutter-free to maximise productivity.

Stay connected with others

Just because you're physically alone, you don't have to be socially isolated. Regularly reach out to friends, family, or colleagues through phone calls, video chats, or messaging. Joining



online communities related to your study, work, or for things you're interested in can also provide a sense of belonging.

Take advantage of any events (both in-person and virtual) happening near you. You might meet new friends who share your interests and passions, or just find something fun to do outside of work or study.

Do things outside of work and study

Dedicating time to activities you enjoy can be a great way to stave off loneliness. Whether it's reading, coding, painting, gaming, cooking, gardening, or playing a musical instrument, hobbies provide a sense of purpose and fulfilment – plus, they can be a great way to meet new people with similar interests.

Taking care of your physical and mental wellbeing is crucial too, especially when combating loneliness. Make sure to get regular exercise, eat balanced meals, and get enough sleep. You might even like to try engaging in relaxation techniques, like meditation or deep breathing, to ease any stress or tension.

Don't be afraid to seek support

It's totally OK to ask for help if you're feeling overwhelmed by loneliness. The first step is to someone you trust about your feelings – whether it's a friend, family member, or professional counsellor. In any case, simply sharing your emotions can provide much-needed relief and perspective.

For students, universities often have robust student wellness teams and resources to support you during your studies. If you're struggling at work, you could get in touch with your boss or manager and let them know how you're feeling; they might be able to mix up your working environment or find other ways to help.

You're never really alone

Managing loneliness when studying or working from home is a common challenge, but with the right strategies, you can overcome it. Remember that you're definitely not the only one feeling this way, and that seeking support is a sign of strength, not weakness. Keep these tips in mind, and you'll be well on your way to a happier, more connected work or study experience.

We also have heaps more blogs you might like to check out on [wellbeing](#), [study](#), and [work](#).

Tips to remember on ATAR release day

About to finish Year 12? Nervous about ATAR release day? Let's be honest, waiting to find out the single score that's supposed to define your future isn't fun.

At Study Work Grow, we believe that you should be judged on everything you've done and the person you've become, rather than one little number.

In a few months, you'll be off at uni or TAFE, working, or even backpacking around some far-flung part of the world and no one will either know or care what you got for your ATAR.

Unfortunately, that doesn't stop you from worrying right now. So, here are our key tips for retaining your sanity on ATAR release day.

You don't have to know what you want to do yet

When you leave school, a whole world of options open up in front of you. There are a few



paths you can walk down that may seem quite different, but the truth is that all of them intersect, and it's even possible to jump from one to another if you want.

Say you want to go to uni – you did well at school, you want to keep learning, and you have a few favourite subjects...but you're not quite sure how they translate into a career yet.

You can always pick something that lets you choose from a range of different subjects, and narrow it down after a couple of semesters. Don't choose not to go to uni, just because you don't know what you want to do yet – you have plenty of time to work that out later.

Want to get a trade or go to TAFE? Fantastic; there are literally thousands of vocational courses you can choose from. You can sign up for pre-apprenticeship courses, try as many as you like, and eventually find something you love – whether it's baking, painting, electrical, automotive, or beauty therapy.

Get a part-time job if you need to, and have a go at anything that sparks your interest in your spare time. Sure, it's not as 'neat and tidy' as just picking something, but there's way less pressure and you're more likely to enjoy yourself. Plus, you'll have tonnes of experience for your resume.

The point here is that you don't need to have your whole life neatly planned out at 18 years old. And even if you do, chances are you'll find yourself changing your mind or falling into unexpected opportunities down the track. Don't fall victim to [analysis paralysis](#).

If you don't get the ATAR you want, you still have options to achieve your goals

If your ATAR won't get into your dream course, it's not the end. We cannot overstate this – there are a hundred and one ways to get into just about every course, including:

- Picking something else that's related, then transferring across.
- Applying directly for alternative entry.
- Going to another uni with lower entry requirements – you might find it's better there anyway.
- Working for 12 months first. Do a heap of short courses, get work experience, network in your community, volunteer, then apply again at the end of next year.

The ranks of mature age students are growing by the year. Lots of people leave school, work for a while, then end up going back to study later on. Think outside the box and you could be surprised where you end up.

Your ATAR does not reflect who you are as a person

One number cannot define you or who you are. If you have an incredible ATAR, but no interpersonal skills, extra-curricular activities, or work experience, it won't be enough to get you hired. Many high-achieving students often fall into the trap of focusing solely on their studies and neglecting other aspects of their life, which can sometimes undermine a fantastic ATAR.

Conversely, if you've worked hard at school and have reports that reflect your effort, you can easily combat a low ATAR. Get letters of recommendation from your teachers (or principal if you can). Taking on leadership positions at school, volunteering, being involved in sports and clubs, and presenting yourself well can go a really long way when it comes to impressing both universities and employers.

You're not alone

This is a stressful time, so rely on the people who care about you. There are lots of people who are ready to help right now, and once you get your results, there are a huge range of resources you can take advantage of.



- Reach out to family and friends. They know that even if you're expecting a good score this is a hard time, and would love to be there for you.
- Get in touch with your preferred uni. Once you've got your score, many institutions hold post-ATAR info sessions where you can ask questions and find out about your options, even if you didn't get the score you wanted.
- There are lots of support services available as well. [Youth Beyond Blue](#) are just one group who will be there if you need someone to talk to.

Good luck!

We wish you all the best of luck on ATAR release day and hope you get the results you've been working hard for. And remember – no matter what your score looks like, you always have options.

You can find heaps more resources on further study, careers and jobs, alternative pathways, study and health, and much more on our website [here](#).

[Helping your teen manage exam result disappointment](#)

As a parent or carer, it's completely normal if you're also feeling some intense emotions in the period leading up to your child's exam results. After all, we worry about our young people – how they'll cope if things don't go well, what their future holds, and so much more. We're also invested in the outcomes because we love them, want the best for them, and we've gone through all their educational ups and downs alongside them.

You'll no doubt have witnessed your child invest countless hours studying, preparing, and feeling the weight of expectations. Anticipation, nervousness, and sometimes disappointment could be some of the feelings that you're both experiencing.

But the fact is, exam results do not define anyone's entire future. So as guardians you can continue to support your children, especially if the results aren't as expected. You can help them to see that these results do not dictate the rest of their life and their ultimate success. If you're not sure how, we have some tips you can use to help your teen manage exam result disappointment.

Understanding and supporting disappointment

"We must accept finite disappointment, but never lose infinite hope." – Martin Luther King, Jr.
It's natural for young individuals to feel upset or [disappointed](#) if their results don't align with their expectations or aspirations. Let them know that is OK – as a parent, being empathetic and understanding is key. Then you can help them to work through those emotions and find alternative pathways and a new focus.

Here are some tips to help your teen manage exam result disappointment:

1. **Let it go:** Just listen. Be open and non-judgmental while your teen expresses their feelings, processes all that emotion, and then starts to move on.
2. **Explore together:** Helping your child to look at different [options](#) and find [new pathways](#) could help them to change their perspective, bring new hope, and even spark joy. Sometimes, a setback can open new doors that were previously unseen.
3. **Find the positives:** Remind your child that everyone experiences disappointment; in fact, it's often how we grow and [build resilience](#). Success is rarely a linear path, and resilience in the face of challenges is a crucial life skill.



4. **Find their why:** Knowing their core values and knowing their “[why](#)” can provide [direction and focus](#). This can be particularly helpful when everything seems unknown or uncertain and provides some confidence to move forward.
5. **Write down their new goals:** People who [set goals](#), write them down, and check in on them are often more successful. Your job could be to ask them if you can help by checking in on their progress and helping them to remember their goals.
6. **Ask for help:** There are so many people aside from parents, carers, friends and family who are well placed to help. Careers advisors, future student teams, and recruitment specialists are just a few. And if feelings become overwhelming, there are professionals who can help them work through that too.

Rethinking success beyond exam results

It's important to remind both yourself and your child that exam results, while significant, are not the sole predictors of future success. Perhaps you could start a conversation about what success looks like to them and talk about the many different ways they could be successful. Exam results can be important, but they are just one chapter in a book filled with many opportunities and paths. Ultimately, the mark of true success is not a grade, but in the resilience, adaptability, and determination to achieve their goals – even if they change down the track.

What is it like to work in a photography studio?

Photography studios provide a dedicated space equipped with specialised equipment, such as lighting setups, backdrops, and props, to ensure optimal conditions for capturing high-quality images. Photographers can manipulate and control various elements, including lighting angles and intensity, to achieve desired visual effects.

This controlled setting allows for precise composition and focus, resulting in professional-grade photographs suitable for a range of purposes, from portraits to product photography.

While every photography studio is different, they do have some things in common:

1. Attention to detail is key – from framing shots to refining the smallest elements in post-processing.
2. You'll work with all different kinds of people – not just clients, but your co-workers as well.
3. Organisation is important too – for keeping track of equipment and working to strict deadlines.

Capture professional quality images

A photography studio serves as a controlled environment designed to facilitate the art and craft of photography. You can usually find photography studios in the arts and recreation industry. Photography studios can specialise in portraits, product, fashion, commercial photography, and more, each tailored to specific client needs and artistic objectives.

Key tasks

- Set up lighting and equipment
- Arrange props and backdrops
- Direct subjects for optimal poses
- Operate cameras and related gear



- Edit and retouch images
- Organise equipment and schedules
- Communicate with clients and team members
- Maintain and troubleshoot equipment
- Collaborate with stylists and makeup artists
- Manage digital files and storage systems
- Market and promote the studio's services
- Handle administrative tasks like invoicing

You can expect flexible hours and on-site work

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

Employees in a photography studio often work flexible hours, including evenings and weekends, as client availability and optimal lighting conditions may affect the timing of shoots. You may even spend time travelling to shoots on location.

On-site work is more common in photography studios, as it allows for immediate access to specialised equipment, controlled environments, and collaboration between workers. However, some tasks can still be done remotely, particularly in administration, planning, marketing, and even editing and design.

Photography studios are more commonly found in metropolitan areas, where there is a higher concentration of potential clients, easier access to a diverse range of technology and equipment, and more opportunities for collaboration.

The Career Clusters you'll find in a photography studio

People from all Clusters are needed for a photography studio to run successfully, but the most common Clusters you'll find are Makers and Innovators. In many roles, you might find yourself performing tasks across multiple Clusters.

What do Makers do in a photography studio?

Makers are responsible for operating, maintaining, and repairing the complex equipment and props found in photography studios. They might set up and adjust lighting equipment; operate and calibrate cameras; diagnose and fix technical faults; build the physical sets, backdrops, and props used in photoshoots; process, edit, and retouch images; or manage the physical and digital systems used to store digital images and host software.

- Equipment [Technicians](#)
- [Photographers](#)
- Set Builders
- Photo Editors
- IT/Database Technicians

The role of a Linker in a photography studio

Linkers help to maintain a strong relationship between the studio and its clients. They might answer inquiries; schedule appointments; address any concerns or special requests clients may have; liaise between clients and creatives; or ensure the finished product ends up in the client's hands. Other Linkers play a pivotal role in marketing and promotion, managing the studio's website and social media presence, or coordinating special events and offers.

- Client Services Officers



- Marketing Specialists
- [Social Media Managers](#)

Where you'll find Coordinators in a photography studio

Coordinators are responsible for planning, managing, and executing the essential components that keep the studio running efficiently. They might monitor and evaluate the performance of staff; delegate tasks; write up contracts and agreements; coordinate schedules; book locations and venues; purchase new equipment; or implement and track budgets.

- Production Managers
- [Administrative Assistants](#)
- Operations Managers

What do Informers do in a photography studio?

Informers in photography studios use their in-depth knowledge to provide technical guidance, offering advice to colleagues on camera settings, lighting techniques, and post-production processes. Other Informers might provide photography workshops and classes to the public. Sometimes Informers are hired externally to provide legal and financial advice.

- Technical Advisors
- Photography Instructors
- [Lawyers](#) & [Accountants](#)

The role of Innovators in a photography studio

Innovators are the minds behind the engineering, design, and development of spaces and equipment in a photography studio. They might design specialised equipment and props; integrate emerging technologies to improve workflow and output; or implement spatial arrangements to optimise efficiency. Other Innovators lead the artistic direction and execution of projects and shoots; create compelling narratives through photography; conceptualise and lead new projects; and ensure the client's vision is captured effectively.

- Equipment Designers/[Engineers](#)
- Creative Directors
- [Photographers](#)
- [Interior](#)/Set Designers

How do Guardians work in a photography studio?

Guardians aren't very common in photography studios, but are still needed to ensure the health, safety, and overall wellbeing of clients and staff. They might assess and mitigate potential hazards; enforce safety protocols and procedures; coordinate breaks; provide access to refreshments; and promote a healthy workspace.

- [Workplace Health and Safety Officers](#)
- Health and Wellness Advocates

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

The future of photography studios is set to be shaped by evolving technologies (particularly AI), shifts in consumer preferences, and broader industry trends.

Continuing technological innovation, such as improvements in camera equipment, lighting, and post-production software, will further enhance the capabilities and creative output of



photography studios. AI and automation are also set to play a larger role in post-production processes, such as image retouching and editing, freeing staff up to work on more creative, high-level tasks.

With the use of AI, however, comes a heightened focus on ethical considerations regarding image usage, licensing, and copyright. Studios, workers, and even clients will all need to stay informed about evolving legal and ethical standards in the industry – not just locally, but globally too.

Particularly since COVID, remote work and collaboration tools have become more common in nearly all workplaces. This allows workers in photography studios to work together seamlessly, even if they are physically located in different places.

There is also a growing awareness of the importance of diversity and representation in visual media. Studios may place greater emphasis on inclusivity, ensuring that their teams reflect a broader range of perspectives and that their work resonates with a variety of audiences.

How to become a Correctional Officer

Correctional Officers (sometimes called prison officers) work in prisons and other correctional or detention institutions. They're responsible for supervising and controlling the activities of inmates, as well as carrying out other functions such as educational and rehabilitation programs.

If you enjoy working with people, are able to remain calm and authoritative in any situation, and you're looking for a career that's different every day, working as a Correctional Officer could be ideal for you.

If you have these skills, you could make a great Correctional Officer

- Assertive, confident, and resilient
- Fair and empathetic with good cultural awareness
- Great at teamwork, conflict resolution, and problem solving
- Can maintain a calm and professional front at all times, even in emergencies
- Able to think on your feet and react quickly
- Physically fit with lots of stamina

What tasks can I expect to do?

- Supervise inmates at all times, prevent disturbances and escape attempts
- Carry out routine or unplanned searches and inspections
- Implement prisoner activities including exercise, education, rehabilitation, or work programs
- Patrolling and moving prisoners between locations, e.g. court or other institutions
- Completing and filing paperwork and reports
- Respond to emergency situations and other incidents in accordance with strict procedures

Where do Correctional Officers work?

Correctional Officers work in prisons, correctional centres, and rehabilitation facilities. You could find yourself working anywhere from community service centres to maximum security prisons.



What kind of lifestyle can I expect as a Correctional Officer?

You may have to work long shifts and work outside of normal business hours, including holidays. You'll also have to work on site, with very few opportunities for remote work. However, there is also potential to be flexible with working arrangements, often with generous leave entitlements.

Most Correctional Officers can expect to earn an average salary throughout their career. Some interactions with inmates could be highly rewarding, but it's also likely that you'll face challenging people and situations on a daily basis too. You could have multiple opportunities for career development and promotion.

How to become a Correctional Officer

Formal qualifications aren't always a requirement to apply as a Correctional Officer. Pathways and requirements can change depending on your location, so you'll need to check specifics in your county, state, or country before you apply.

Step 1 – Complete high school with good results in English and Maths. You might like to take Legal Studies and Civics as well.

Step 2 – Consider obtaining qualifications in a related field. This could boost your application, help you to apply for more senior positions, or become eligible for promotion in less time.

Areas to consider include:

- Security operations
- Criminology
- Legal studies

Step 3 – Apply directly to the relevant justice department in your county, state, or country (or any private institutions in the industry) to begin the recruitment and selection process.

Step 4 – Obtain any licenses or checks required and undertake any tests, which could include:

- Driver's licence
- Police check
- Fitness test
- Numeracy & literacy tests
- First aid certificate
- Medical test
- Psychometric or aptitude tests

Step 5 – Before you can start, you might need to complete a training and/or probationary period.

Step 6 – After working for a while, you can decide if you would like to undertake further training to specialise or be eligible for promotions, including:

- Offender diversion programs
- Prison industrial programs
- Dog squads
- Field supervision of offenders on worksites outside a prison setting
- Managerial roles



Find out more here:

- [Probation and Community Corrections Officer's Association of Australia](#)
- [Corrections Association of NZ](#)
- [The POA](#) (UK)
- [Prison Officers Association](#) (Ireland)
- [Office of Justice Programs](#) (US)
- [Union of Canadian Correctional Officers](#)
- [International Corrections and Prisons Association](#)

Similar careers to Correctional Officer

- [Police Officer](#)
- Security Guard
- [Lawyer](#)
- [Criminologist](#)
- [Psychologist](#)
- [Youth Worker](#)
- [Court Officer](#)
- [Social Worker](#)
- [Mediator](#)

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