



Careers Newsletter

1 April 2020

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 Ms Janes please call 9414 4377 or email djanes@stpiusx.nsw.edu.au

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=fZoyckJwVg&feature=youtu.be>

Open Days & Info Sessions

Cancelled Events

Defence Force Information Sessions – April | No Info Sessions have been scheduled

30 March | SAE Flickerfest Masterclass

3 April | WSU Hawkesbury Campus Tour

14 April | Experience UNSW Built Environment Workshops

15 & 16 April | AFTT 2-Day Acting & Film Workshop

16 April | Sydney Design School Info Session – NOW ONLINE

16 April | Torrens Business Industry Day

17 April | Experience UNSW Business Day

17 & 18 April | Torrens Discover Beauty, Health Science, Nursing or Nutrition

22 & 23 April | Macquarie in a Day

22 April | Torrens School Holiday Hospitality Workshops

22 April | WSU Parent Information Evening, Campbelltown

23 April | WSU Parent Information Evening, Parramatta

24 April | Experience UNSW Science Day

6 May | Macquarie Year 10 Subject Selection Evening

13 May | ACU School Leaver and Parent Information Evening, Strathfield

15 May | Macquarie HSC Geography Enrichment Day

19 & 20 May | Macquarie Year 12 Information Evenings

20 May | Greater Western Sydney Careers Market – POSTPONED

21 May | Experience UNSW Engineering Day

27 May | Experience UNSW Science Day

Liberating Education

28 – 31 May | HSC and Careers Expo

25 – 28 June | Western Sydney Careers Expo

13 – 17 July | UTS Galuwa Engineering and IT Experience

Stuck at Home? Take a Virtual Campus Tour

If you're wanting to see the ins and outs of a uni campus but can't get there, there is a way. Many universities offer virtual campus tours that you can take from the comfort of your own home. Take a look at them below.

NSW

ACU North Sydney Campus: <https://www.acu.edu.au/locations/north-sydney/north-sydney-virtual-tour>

ACU Strathfield Campus: <https://www.acu.edu.au/locations/strathfield/strathfield-virtual-tour>

UNSW Kensington Campus: <http://360tour.unsw.edu.au/>

University of Sydney Campbelltown Campus: <http://tour.sydney.edu.au/>

UOW Wollongong Campus:

https://www.youtube.com/playlist?list=PL3X_u1Y_w8lKZyHdhcAHxE4Ab5edLtOfd

QLD

ACU Brisbane Campus: <https://www.acu.edu.au/locations/brisbane/brisbane-virtual-tour>

Bond University: <https://www.youtube.com/watch?v=y7Cvh1SFhkY>

JCU Townsville Campus: <https://www.youtube.com/watch?v=AqK16zU8yG0>

USQ Toowoomba Campus: <https://goodeducation360.com.au/university-of-southern-queensland/index.html?startscene=pano2475>

USC Fraser Coast Campus: <https://www.usc.edu.au/usc-fraser-coast-tour>

USC Gympie Campus: <https://www.usc.edu.au/usc-gympie-tour>

USC Sunshine Coast Campus: <https://www.usc.edu.au/usc-sunshine-coast-tour>

USC Caboolture Campus: <https://www.usc.edu.au/usc-caboolture-tour>

USC Moreton Bay Campus: <https://www.usc.edu.au/usc-moreton-bay-tour>

USC Southbank Campus: <https://www.usc.edu.au/usc-southbank-tour>

VIC

ACU Melbourne Campus: <https://www.acu.edu.au/locations/melbourne/melbourne-virtual-tour>

ACU Ballarat Campus: <https://www.acu.edu.au/locations/ballarat/ballarat-virtual-tour>

Federation University Ballarat Campus: <https://federation.edu.au/virtualtour>

La Trobe Melbourne Campus: <https://www.latrobe.edu.au/melbourne/virtual-tour>

La Trobe Albury-Wodonga Campus: <https://www.latrobe.edu.au/aw/virtual-tour>

La Trobe Bendigo Campus: <https://www.latrobe.edu.au/bendigo/virtual-tour>

La Trobe Mildura Campus: <https://www.latrobe.edu.au/mildura/virtual-tour>

La Trobe Shepparton Campus: <https://www.latrobe.edu.au/shepparton/virtual-tour>

Monash University: <https://www.monash.edu/virtual-tours>

Swinburne University: <https://www.swinburne.edu.au/virtual-tour/360/photos/>

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Victoria University: https://www.youtube.com/playlist?list=PL3y_wByS2sRPafspC45HiKnnLqzejFYqs

ACT

ACU Canberra Campus: <https://www.acu.edu.au/locations/canberra/canberra-virtual-tour>

ANU Canberra Campus: <https://apps.apple.com/au/app/look-around-anu/id851970996> – this is an app for Apple devices only

SA

Flinders University: <https://www.flinders.edu.au/campus/virtual-reality>

University of Adelaide North Terrace Campus: <https://www.adelaide.edu.au/tours/north-terrace-campus-360deg-tours>

University of Adelaide Waite Campus: <https://www.adelaide.edu.au/tours/waite-campus-virtual-tour>

University of Adelaide Roseworthy Campus: <https://www.adelaide.edu.au/tours/roseworthy-campus-virtual-tour>

UniSA Mawson Lakes Campus: <https://www.unisa.edu.au/Campus-Facilities/Maps-Tours/Mawson-Lakes-campus/Mawson-Lakes-Campus-Tour/>

WA

Curtin University: https://www.youtube.com/playlist?list=PL0tDjpu6kUPQ_gd08TJdyv3s6LaOPm3ov

ECU All Campuses: <https://www.ecu.edu.au/vr/overview>

Murdoch University: <https://murdoch-360.azureedge.net/360/Perthcampustour/murdochVT.html>

UWA Crawley Campus: <https://www.web.uwa.edu.au/campus-tour/interactive/>

The Online US & UK University Expo

23 March 2020, 9:00 am - 24 April 2020, 5:00 pm

Online

Put the world's top universities like Harvard, Yale, Oxford and Stanford within your reach!

Register to receive video recordings and summary documents. Expo videos include:

The Fundamentals of Applying and Studying in the US & UK

- US & UK application process and timeline
- The difference between US, UK and Australian universities
- The academic scores to aim for

Recently Admitted Student Discussion

- Hear from recent admits to leading US & UK universities
- How to manage high school and overseas universities
- Advice for prospective students

Find out more: <https://www.eventbrite.com/e/the-online-us-uk-university-expo-tickets-99332772998>

Lattitude Global Volunteering | Online Info Session

1 April 2020, 5:30 pm - 1 April 2020, 6:30 pm

Online

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Are you considering taking a gap year and volunteering overseas in 2021? Here is YOUR chance to live life a little more extraordinary! Join our Latitude Global Volunteering Information Night to find out more.

Latitude Global Volunteering is a youth development organisation, offering young Australians the opportunity to take part in highly supported and structured international volunteer work placements. We specialise in placements for people aged 17-25, offering 6 different workplace roles in 15 countries around the world.

Find out more: <https://www.eventbrite.co.nz/e/international-gap-year-sydney-april-2020-info-night-tickets-93825246839>

CQUni | Online Chat Sessions

30 April 2020, 3:00 pm - 6:00 pm

21 May 2020, 3:00 pm - 6:00 pm

16 September 2020, 3:00 pm - 6:00 pm

8 October 2020, 3:00 pm - 6:00 pm

24 November 2020, 3:00 pm - 6:00 pm

Online

Thinking about starting a TAFE or university qualification? If you're considering CQUniversity, you probably have a few questions.

Get to know CQUniversity a little better at our Online Chat Session, whether it's in relation to your course of interest, student support services, or anything else to do with studying with us, our staff will be on hand to provide you with the answers.

Register online to receive reminders and instructions on how to chat with our team.

All online event times are Australian Eastern Standard Time and chats are conducted through Facebook Messenger.

Find out more: <https://www.cqu.edu.au/events/event-items/information-session/online-chat-session39>

CQUni | Open Day, Sydney

20 August 2020, 5:00 pm - 7:00 pm

CQUniversity Sydney

Deciding where to study? Get the answers to your questions at the CQUniversity Sydney Open Day.

Explore our city campus and get a feel for uni life, attend an information session, join a tour and chat to our helpful staff about your TAFE or University options!

Find out more: <https://www.cqu.edu.au/events/event-items/open-day/sydney-open-day>

Online Short Course on Fairy Tales from UON

The University of Newcastle is offering a free online short course called "Fairy Tales: Meanings, Messages, and Morals".

During the three-week course, you will look deeper into the enchanting and surprisingly dark themes of several well-known European fairy tales.

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If you have an interest in literature, writing, stories and fantasy, this course could be perfect for you. The course begins on Wednesday 1 April.

Find out more here: <https://www.newcastle.edu.au/online-learning/fairy-tales-meanings-messages-morals>

Study Zoology Online

Have you ever dreamed of working with animals? You can kickstart your career journey by taking a short online Zoology course, offered by SpotED.

During the class you will learn all about animal behaviour, diseases, breeding and care.

You can enrol and start at any time.

Find out more here: <https://www.shortcourses.com.au/course-listing/zoology-certificate-spoted/>

Study Music Technology Foundations Online with the University of Adelaide

If you've dreamed of a career as a musician, producer or sound engineer, then the University of Adelaide's free online course Music Technology Foundations could be a great starting point.

During the course you will learn:

- How to produce and record your own music
- History, theory and practice of music technology
- Sound, audio, MIDI, effects and sequencing
- Hands-on practice with music-making using contemporary digital tools

It's free and can be completed anytime.

Find out more here: <https://www.edx.org/course/music-technology-foundations>

Young ICT Explorers Competition

Young ICT Explorers is a non-profit competition, which has been created by SAP to encourage school students to create their best Information and Communication Technology (ICT) related projects. The competition's alignment with the school curriculum enables students to apply what they learn in their ICT/Digital Technologies classroom to develop a technology related project of their choice. At the judging event, students have the opportunity to present their project to a judging panel of academia, industry partners and ICT professionals.

Registration for the competition is due by Friday 5 June.

Find out more and enter here: <http://www.youngictexplorers.net.au/>

Écrire! Words Alike Short Story Competition

Écrire! is an annual short story competition hosted by the Words Alike team for new and aspiring writers.

Writers aged 13+ are encouraged to enter a short story between 5,000 and 10,000 words. The theme for this year's competition is "something you are passionate about".

Entries are open until Monday 20 April.

Find out more and enter here: <https://wordsalike.wixsite.com/words/ecire>

[Anzac Day Schools' Awards](#)

The Department of Veterans' Affairs (DVA) is proud to host the Anzac Day School's Awards. This is a national competition recognising the work of primary and secondary students, teachers and schools to engage with veterans and honour Australia's wartime history.

In 2020, the awards theme will be the Second World War.

Schools may choose ONE of these formats for their entry:

- a PowerPoint or similar slidedeck (up to 15 slides; may include an embedded video of no more than 1 minute)
- written content and images, for example, poetry or creative writing (up to 10 pages, including images), or
- a video (up to 2 minutes; see checklist for file formats)

Entries are open until Friday 11 September.

Find out more and enter here: <https://anzacportal.dva.gov.au/research-education/competitions/anzac-day-schools-awards>

[The Bruce Dawe National Poetry Prize](#)

Entries for the 2020 Bruce Dawe National Poetry Prize are now open.

You can submit up to 5 poems of any theme or style.

The 2020 winner of The Bruce Dawe National Poetry Prize will receive \$3000, and two highly commended entrants will be awarded \$500 each.

Entries close on Friday 5 June.

Find out more: <https://www.usq.edu.au/bruce-dawe-prize>

[Coronavirus and the UCAT](#)

Are you thinking of studying medicine in 2021? You may be wondering if your ability to sit the UCAT test may be affected.

UCAT has released some information about the impact the coronavirus may have on testing. At this stage they advise all students to continue with their preparations for the test as normal, and they are still taking bookings.

If you need to sit the UCAT, you will need to book by Monday 11 May.

Find out more here: <https://www.ucat.edu.au/ucat-anz/registration-booking/covid-19/>

[Tuckwell Scholarship – Deadline Extended](#)

Due to the coronavirus, ANU has decided to extend the due date for applications to their prestigious Tuckwell Scholarship Program.

You now have until **Monday 25 May** to apply.

Find out more here: <https://studyworkgrow.com.au/scholarship/tuckwell-scholarship/>

[Get maths help on Wootube](#)

Watch videos of Eddie Woo's regular classroom lessons on his YouTube channel [Wootube](#).

The videos aren't all that flash as they're filmed by Eddie using his mobile phone – but if you're needing some help with your maths, they're definitely worth checking out.

The ABC wrote an article about how the channel came to be and how it's been helping hundreds of thousands of students. If you're parents aren't convinced it's a valid way to spend some time while you're at home, you could get them to read this:

<https://education.abc.net.au/newsandarticles/blog/-/b/2167431/wootube-teaching-maths-with-technology>

Resources

Your mental health matters

With everything going on, you might find that you're feeling:

Overwhelmed	Stressed
Anxious	Angry
Emotional	Sad
Helpless	Hopeless
Confused	In denial

If you're feeling any of the above, or you can't pinpoint how you're feeling but you're not in a good head space and feeling down, now is the time to be brave, reach out and get help.

Please help yourself by letting your parents, carers, school counsellor, teachers, or a friend know how you're feeling, **you are not being a burden**. They can offer you some support, check in on you, help you to cope with your emotions and feel better.

You are not alone

We're all in this together.

Now more than ever your community and health professionals are rallying around to keep you safe.

Whether you are physically sick or not, they're there with services in place to help you right now.

If you don't feel like you have anyone to reach out to, or you feel uncomfortable speaking to someone you know, here are still lots of resources available to you.

Your GP is a good option if you'd prefer to speak to someone outside your immediate family and friends too.

You don't have to see someone face-to-face; you can message or phone. Mental health services are designed to be safe and secure, and you can even remain anonymous.

You can get the help you need right now

Here are some of the mental health services available to you, they are free and confidential.

Australia wide:

[Kids Helpline](#) open 27/7, offer phone and online counselling for youths aged 5-25, call them on **1800 55 1800**.

[Headspace](#) have a range of services designed for ages 12-25, you can get advice online, call **1800 650 890**, or head to [ehespace](#) for more ways to get connected with a professional helper.

[Lifeline](#) call **13 11 14** or access them online, these are the people to call if you feel like you are facing a crisis or at breaking point, you can call them 24/7 or chat online between 7pm and 12am (AEST).

[Beyond Blue](#) have heaps of resources and contacts

[SANE Australia](#) specifically their [itsallright](#) initiative, you can call on **1800 18 7263**

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[Black Dog Institute](#) offer lots of resources to combat mental health issues, where to find help advice and more, particularly their [Bite Back](#) program.

[ReachOut](#) offer online help.

In your state you can also access:

NSW

[NSW Health – Programs and initiatives for children, adolescents and families](#) for information about how to find access support services. You can call them on **1800 011 511** they're open 24/7.

[Way Ahead](#) mental health information line is available from 9.00 am to 5.00 pm, Monday to Friday **1300 794 991**.

There are plenty more websites that you can find online too.

If you call and the lines are busy, please call back or try another number.

Tips for looking after your mental health

If you feel like you're coping OK at the moment, and you have someone safe and trusted to speak to, that's great.

Remembering a few simple things could help you stay on top of your emotions:

- Eat well – avoid too much junk food, sugary drinks and caffeine
- Get enough sleep – don't stay up too late and set your alarm for the morning on weekdays even if you don't have to get into school
- Exercise regularly – there are plenty of online classes and workouts that you can do from home
- Learn some [relaxation techniques](#)
- Practice mindfulness or meditation
- Get outside as much as possible, day light and fresh air are important. If you can't get outside, then open up your curtains and throw your windows wide open.
- Set a schedule and stick to your new routine
- Avoid alcohol and other drugs
- Limit your exposure to news and social media
- Talk it through

You can help other people

Understanding that you're not the only one feeling this way could really help, or if you're feeling positive and upbeat, then spread those vibes around.

You can call or message your friends and loved ones.

Check in with people on social media (just remember not to spend all day scrolling).

Find positive stories and images, activities and ideas with those around you.

Access mental health help professionals for advice if you're concerned about somebody else.

[Feeling the Urge to Travel?](#)

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Even though you might not be able to travel far at the moment (or even leave the house), there are still plenty of ways you can experience the world from the couch. Check out some of the great places you can explore:

Historical Sites

Virtual Tour of the Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>

View Live Webcams of Famous World Sites: <https://www.skylinewebcams.com/en/webcam>

Take a Look at Scott's Hut in Antarctica:

<https://artsandculture.google.com/entity/%2Fm%2F09txk5?hl=en>

Museums and Galleries

Online Tours of the Louvre: <https://www.louvre.fr/en/visites-en-ligne>

Explore the National Gallery of Victoria: <https://www.ngv.vic.gov.au/channel/>

Animals and Wildlife

Phillip Island Penguin Burrow Cam: <https://www.penguins.org.au/attractions/penguin-parade/penguin-burrow-camera/>

Watch Animals Live at Melbourne Zoo and Werribee Open Range Zoo:

<https://www.zoo.org.au/animal-house>

Nature

Explore the Great Barrier Reef: <https://artsandculture.google.com/entity/%2Fm%2F0jbxl?hl=en>

Virtual Tour of Yellowstone National Park:

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

7 ways to set yourself up for online learning

With schooling potentially moving to online or remote learning, your school is probably providing amazing communication about what is expected to happen and what you'll need.

Here's our take on how you can get ready for some distance learning.

1. Create a study space

You're going to need a space in the house where you can really knuckle down, focus and get your work done.

So, consider the things you're going to need:

- Located in a quiet area that'll allow you to concentrate on your tasks (whether it's in your room or another area in the house)
- Desk
- Comfortable chair

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- Learning device (you'll also need access to power points and internet connection). If you don't have a device or internet access at home, contact your school; they will most likely have a plan in place to help students in your position too.
- Good lighting, natural if possible. Natural light is more stimulating and better for your mental health than artificial light, but if it's not an option in your space just do the best you can.
- Remove distractions or face your desk away from them – classroom studies have shown that minimising things on the walls and removing temptation from view (so hide your phone or novel that's hard to put down) can help students stay focused.

2. Desk tips

Having a great study space all set up won't be any use if you can never get to your desk because it's covered in or surrounded by clutter and you never use it, so here's our ideas for organising your workspace.

- Make it comfortable – not so comfortable you'd like to curl up and go to sleep, but you don't want neck strain or sore wrists creating new challenges.
- Using a makeshift desk for now? You could put books under the legs to raise it up or put your monitor up on a step if it makes it easier to use.
- The best desk height should allow your forearms to rest on the desk at a 90-degree angle and allow you to keep your back straight (a rough guide is that it's between your waist and ribcage when you're sitting down).
- Position your screen more than 30cm from your face to avoid eye strain.
- Have a stationery holder to contain all your pens, highlighters, etc. Don't have one? That's OK, improvise using a mug, glass, or Tupperware container.
- Only keep study materials on your desk – so leave your games, phone, book, laundry, etc. somewhere else.
- If your desk doesn't have draws, find a box to slide underneath or that fits down beside it, and store your textbooks and materials in it to help you keep your desk top clear of mess and help you stay focused. Don't think you have anything suitable? Ask if you can use a spare laundry basket or get creative.
- As mentioned before, lighting is very important. Natural light is best, otherwise a good overhead light and using a desk lamp to throw some light on your work are great alternatives. Good lighting could reduce the likelihood of headaches and eye strain and could help you to stay focused and more energised.

3. Stick to a routine

Although you might not be at school, it could really help you stay on track if you stick to a week-day routine and establish a study schedule that'll keep you on track.

Here's an example of what your daily routine could look like – insert your own times and customise it to suit you.

- Set your alarm & get up when you usually would.
- Get showered, dressed, eat breakfast – stick to your usual routine.

- Maybe take some time to get some exercise.
- Check your Check eDiary, school email and Online Learning Platforms each morning and afternoon (Monday to Friday) for updates, communication, information on courses, resources and assessment.
- Start work.
- Include break times and lunch times in your schedule.
- Set an end time to finish your learning.
- Help with cooking dinner, cleaning up around home, or have a bit of free time.
- Eat dinner with the whole family if possible, discuss your day and decide what you'll be doing tomorrow.
- Spend a little time doing "homework" – finish up assignments, reading or note taking from your day.
- Relax and wind down – you could watch TV, read a book, listen to music, catch up with friends and family, exercise or try some relaxation techniques e.g. meditation, yoga.
- Remember to go to bed at a reasonable time, so you can get plenty of sleep and get back to home learning the next day.

4. Scheduling your work

Your school and teachers will be working hard to put together an online learning plan for you. Each school's plan will most likely look a little different, but if you haven't got one or you haven't been given specific instructions; here's how you could put together a schedule that'll suit you.

At the start of each week:

- Check what material you've been sent from school.
- Break down the information you've been given for the day or week by making a note / document / spreadsheet to keep track of what you need to do.
- Insert any online lessons or meetings with your teacher that have been scheduled (you might like to pop these in your calendar or set reminders for these too).
- Go through each subject separately and:
 - Highlight the learning intentions for the week (what are the expectations or study goals).
 - Jot down any links and resources you'll need.
 - Plan the time you think you'll need to complete each task (think how long your lessons usually are and add a bit more on).
 - Put deadlines for assessment and other submissions into your calendar or reminders too and make sure you get work sent off in time.
- If you're not given a daily or weekly schedule, you get to decide which tasks you'd like to tick off first and which order you'd like to work on everything else.
- Stick to your study schedule every weekday. Leave your evenings and weekends for vegging out and having sleep-ins etc.

Taking the time to create a work schedule that'll help you to achieve all of your study goals might take a little time in itself the first few times, that's OK, you'll get faster at doing it each time.

Creating a schedule and saving it could also help you keep track of what you've been doing so you can accurately report back to your school.

5. Take regular timed breaks

Just like when you're at school, scheduling in regular breaks to your study routine is important. Taking breaks could help you stay focused over longer periods of time, help you retain information better, maintain performance, reduce stress, and keep on track.

Time your breaks, otherwise it's easy to get side-tracked and distracted.

Use your break times to get your drinks and snacks, have a bit of exercise or fresh air, use the bathroom if you must. Catch up on social media, check in with friends and family to see how they're going.

Don't be tempted to skip breaks or extend breaks. You could surprise yourself with what you've achieved at the end of each day.

6. Keep notes organised

Having a dedicated workspace or study zone and keeping your desk tidy could help you keep track of all your notes.

You could:

- put all your notes for one subject in a separate folder.
- clip them together.
- use post-its mark-up sections of a note pad for each subject.

If you're making notes on your computer, you could:

- create a separate folder for each subject.
- remember to give each set of notes a different title, that could just be the date.
- insert relevant links to online resources.

Adding the date to any notes you write or create could help you organise them and track them down when you need them later.

However, if you choose to make and keep your notes, having a plan in mind to organise them *before* you start could save you time and stress down the track.

7. Email or ask if you need help

Being away from your school or cohort doesn't mean you have to struggle.

Your teacher and school will provide contact details for them, so use them. They won't be angry or annoyed to hear from you, they'll want to help you out.

If you can't reach anybody, ask your parents or friends, try googling online and working it out for yourself. Failing that – put aside your task, move on to the next one and come back to the bit you're stuck on later.

Just do your best

Everyone is learning how to adapt at the moment; things will get easier.

[Spend Your Gap Year with the ADF](#)

Not sure what to do at the end of Year 12 this year? Applications are now open to the Defence Force's Gap Year Program.

Spend a year experiencing life in the defence force in a variety of roles, including STEM, aviation, administration, and many more.

Best of all, you even earn a salary during your gap year. There is also the opportunity for travel, and meeting heaps of new people and forging lifelong friendships.

Find out more and apply here: <https://www.defencejobs.gov.au/students-and-education/gap-year>

[Staying active at home](#)

Just because you have to stay at home doesn't mean you'll turn into a couch potato.

Staying active is not only great for your physical and mental health, but it's also a fantastic way to pass some time. There are tonnes of work out routines already available online, with more being added by the day, as well as free live streaming classes and free trials of apps.

- Join *Thor* actor Chris Hemsworth and an assortment of others working out on his [Centr app](#); you can get full, free access for the next six weeks.
- Get fit with *Outlander* star Sam Heughan on [My Peak Challenge](#).
- Join in with one of the free [Planet Fitness](#) videos on YouTube.
- Train with [Freeletics](#).
- Try the [spell your name workout](#).
- Do some [yoga with Adriene](#).
- Try a [Les Mills trial for FREE](#) and access some of their older workout series online.
- Have a go at a [hip-hop tabata class from Popsugar](#).
- Do a PT session with [Sydney Cummings](#).
- How about a [10 minute abdominal workout from HASfit](#), or choose from one of their other videos.
- Check out [Cosmopolitan's list of 11 gym studios offering free online workouts](#).
- Check out more FREE fitness videos available on this [list of 50](#).

If none of those appeal to you how about one of these ideas:

- Hold a dance off challenge for members or your family or get online and do it with your mates.
- Practise your ball skills in the backyard.
- Do some skipping to get your heart rate up – no skipping rope? See what you could use from around the house or your dad's shed as a substitute.
- Shoot some hoops.
- If you're lucky enough to have a pool, do some laps and get competitive with yourself, see how many you can do in a set time.
- Get out the backyard cricket set and get your whole family playing.
- Set up exercise stations in your backyard, on the driveway, or in a room in your house, then do circuits, time yourself and see how many exercises you can do at each station. How many push-ups, sit-ups, jumping jacks, jump-rope turns, burpees,

and step-ups can you do in 45 seconds? How about a minute? Keep track of how well you do and see how you improve over time.

- Mow the lawn for your parents.
- Get on [GoNoodle](#) and perfect some of the routines.

[Free ballet and opera from the Royal Opera House](#)

Need some culture in your life?

You can get a behind the scenes look at the Royal Opera House, watch ballet, opera and more with online shows and masterclasses through Facebook or YouTube. Even better, it's all free.

Read this [article](#) to find out more about what's on offer, or head straight over to their [webpage](#).

[5 ideas for STEM activities you can do from home](#)

Careers with STEM have put together a list of activities including:

- Maths games.
- STEM themed social accounts from Tik Tok accounts to YouTube channels you can follow.
- Online learn to code tools.
- Working on an entry for the [2020 UNSW Bragg Student Prize for Science Writing](#).
- And spending some time at the school of Google.

You can read the full article [here](#).

Job Spotlight

[How to become a Dietitian](#)

What do Dietitians do?

Dietitians are healthcare professionals who are qualified in dietetics. They understand how bodies and nutrition work together to provide maximum nourishment and benefit to our bodies. Licensed to assess and diagnose nutritional problems, then treat patients by adjusting their diets and eating habits.

If you're great with people, have a healthy lifestyle and outlook, combined with a desire to help others, a career in dietetics could be perfect for you.

About you:

- Compassionate, good listener and excellent communicator
- Good with numbers to accurately calculate calories, body fat percentages, BMI etc
- Problem solver with a flexible approach and persuasive manner

The job:

- Assess patient or client health and diet, diagnose nutritionally related problems
- Create customised diet plans and menus that cover all nutritional requirements, taking into account medical conditions and personal preferences

Liberating Education

- Monitor food preparation, intake and their effects, charting patients progress
- Consult with other health professionals and related workers
- Educate and inform through policies, reports, face-to-face contact (e.g. meetings, workshops, public speaking)
- Keep up to date with current information, advice and practises

Dietitian's salary (average) \$81,000 per year

(Source: au.indeed.com) variable, depending on where you work and your level of experience.

Job growth in dietetics is very strong (source: Joboutlook.gov.au)

This is a highly competitive field to enter, so it's recommended that you get lots of work experience and network within the industry to help secure some of the top spots.

How to become a Dietitian in Australia

It can take as little as 4.5 years from leaving Year 12 to becoming a fully qualified dietitian depending on the pathway you choose.

Step 1 – Study Mathematics, chemistry, biology, and health at school

Step 2 – Complete your university qualifications in a dietetics related program –research and consider taking an [accredited](#) qualification e.g. [4-year Bachelor of Nutrition and Dietetics at Griffith](#), this pathway could make you eligible for entry level roles in the industry.

Or, complete a Bachelor's degree in a relevant area (3 or 4 years), then complete a Master's degree e.g. [2-year Masters of Dietetics at Monash](#) which could make you eligible for professional entry roles.

Step 3 – Complete required work experience / internships (20 weeks) and clinical placements

Step 4 – Apply for accreditation through the [Dietitians Association of Australia](#) (DAA)

You may also be required to obtain a National Police Check, First aid certificate, up to date immunisations and a Working with Children Check.

Find out more here –

<https://daa.asn.au/>

Similar Careers to Dietitian

Clinical Dietitian (work in hospital settings with acute patients)

Management Dietitian (work in schools, hospitals, prisons, aged care facilities etc working to feed large groups of people on a budget)

Nutritionist

Dietetic Technician

Public Health Educators

Naturopath

Health & Welfare Services Manager

Health & Wellness Coach

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

Frequently Asked Questions (FAQ's)

- **What is the role of a dietitian?**

Typically they assess patient or clients nutritional and health needs. Inform them about nutrition issues and healthy eating habits. Develop meal and nutrition plans, taking preferences and budgets into account.

- **How long does it take to become a practising dietitian?**

To qualify for entry level positions in Australia it takes around 4 years from leaving high school (Year 12).

- **Where do dietitians work?**

Dietitians work in a variety of settings including hospitals, long-term care facilities, clinics, private practices, schools, prisons, community services and public health settings, sports, and within the food industry.

- **Do I need to go to university to become a dietitian?**

Yes, you'll need to complete a relevant degree, undertake work experience and apply for accreditation from the DAA.

- **What's the difference between a dietitian and a nutritionist?**

Although dietitians and nutritionists work in similar areas, nutritionists are not a regulated profession in Australia. Both are able to offer some services such as educating people about healthy eating and advising on menu plans and dietary requirements.

Dietitians can offer more advanced services such as individual dietary counselling, medical nutrition therapy, group dietary therapy and food service management. Dietitians are qualified to help manage conditions such as diabetes, heart disease, obesity, cancer, food allergies and intolerances.

Ms Janes

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