



'Motivate your mate'

Justice and Solidarity

Careers Newsletter

13 October 2021

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

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>

[Australian Veterans' Children Assistance Trust](#)

Applications for 2022 AVCAT Scholarships **close 31 October 2021.**

Apply online at avcat.org.au.

AVCAT Scholarships are for the children and grandchildren of Australian ex-serving veterans.

To be eligible students must be:

- The child, stepchild, foster child, or grandchild of an Australian ex-serving veteran
- An Australian citizen or permanent resident
- Enrolled, or planning to enrol in a full-time course at an Australian university, TAFE or registered training organisation in 2022
- In receipt of, or eligible to receive, Centrelink payments including Youth Allowance, ABSTUDY, Austudy or an accepted means-tested Commonwealth government payment in 2022

Contact info@avcat.org.au for further information.

SCU | Q & A Webinar

Tuesday 12 October 2021, 6:00 pm

Online

Join us at our next Q & A webinar on Tuesday 12 October from 6pm (AEDT). We will chat to students about pathways, campus facilities and graduate outcomes. Importantly you will have the chance to ask questions about studying at Southern Cross and get your questions answered in real time.

Find out more: <https://www.scu.edu.au/info-sessions/>

University of Sydney | Architecture and the built environment student panel

Wednesday 13 October 2021, 4:00 pm - 4:45 pm

Online

Hear from current students from each built environment degree and discover what makes each degree different. Learn why they chose to study the built environment, what opportunities they've accessed and what they have enjoyed the most about studying at Sydney.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_MJ8Dv2bSSTqWRvWc1undzw

ACU | New diploma pathways at ACU

Thursday 14 October 2021, 3:00 pm

Online

A big future starts with a small step. Join Anna Menicucci, National Manager, Diploma Programs at ACU and learn about our five new diploma programs launching in February 2022.

Find out more: <https://www.acu.edu.au/about-acu/events/2021/september/new-diploma-pathways-at-acu>

Basair | Pilot Career Webinar

Thursday 14 October 2021, 7:00 pm - 8:30 pm

Online

In this free & interactive Pilot Career Webinar, you'll learn everything you need to know about a career as a Commercial Pilot.

Find out more: <http://www.basair.com.au/Events/Register/212>

University of Sydney | Double degree medicine and dentistry programs

Wednesday 20 October 2021, 4:00 pm - 4:30 pm

Online

Join this webinar to learn about assessment day – an important part of the application process into our medicine and dentistry double degree programs. Learn about the process, what to expect on the day and getting your results. This webinar will outline the general format of the day to help you feel prepared, and you will hear from current students who have undertaken the process themselves.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_1eixYwPLQXgOoWnNWvKuWA

CQUni | Aviation Information Session

Wednesday 20 October 2021, 7:00 pm - 8:00 pm

Online

If you are interested in a rewarding career in aviation, [register](#) for our upcoming Aviation Information Evening.

Join Aviation Head of Course, Professor Doug Drury to hear more about:

- How our [Bachelor of Aviation](#) combined with [Graduate Diploma of Aviation \(Flight Operations\)](#) will provide you with the theoretical knowledge and flight training to become a pilot
- The career opportunities our new Airline and Airport Management major in the Bachelor of Aviation offers
- Our strong relationship with our flight partners and how many flight hours you will achieve
- Course entry requirements including medical
- What the future of aviation looks like and the strong demand for newly qualified pilots

Find out more: <https://www.cqu.edu.au/events/event-items/information-session/virtual-aviation-information-session>

TAFE NSW & UTS Engineering Pathway Webinar

Thursday 21 October 2021, 4:30 pm - 5:30 pm

Online

Join us virtually to uncover further details about the innovative pathway between TAFE NSW and UTS that will assist you in getting your engineering career underway.

Find out more: <https://www.tafenswevents.com.au/event/tafe-nsw-uts-engineering-pathway-webinar>

Crimson Education | Information Session: Uber Internship Program

Thursday 21 October 2021, 6:00 pm

Online

Do you want to intern with Uber? Crimson's Uber Internship Program is a 1 month intensive work experience for high school students aged 14-19. Register for this free information session to learn more about the program.

Find out more: <https://www.crimsoneducation.org/au/campaign/uber-internship-information-session/>

University of Sydney | Pathways to medicine and health for Indigenous students

Wednesday 27 October 2021, 4:00 pm - 4:30 pm

Online

Learn about the Gadigal Program and our pathways into the Doctor of Medicine (including the new Dubbo stream), Doctor of Dental Medicine and the Bachelor of Oral Health. This

webinar will also cover the Graduate Diploma in Indigenous Health Promotion and our range of scholarships available for nursing, oral health, medicine and dentistry students.

Find out more: <https://uni->

[sydney.zoom.us/webinar/register/WN_8IWLdzerTjy_MHJVfT212Q](https://uni-sydney.zoom.us/webinar/register/WN_8IWLdzerTjy_MHJVfT212Q)

Mental Health Foundation Australia | Future Leaders' Forum

Wednesday 27 October 2021, 6:30 pm - 7:00 pm

Online

Young people are the future of our nation. Join us as the MHFA's Australian Future Leaders explore how mental health is important and what young people really want to talk about.

Find out more: <https://mhfa.org.au/cms/future-leaders-forum>

Afford SLES Information Session

Tuesday 2 November 2021, 2:30 pm - 3:30 pm

Online

Calling all school leavers with an NDIS plan!

Join Afford for an Information Session to learn about the School Leavers Employment Support (SLES) program. We will be going through how SLES can help you transition from school to work, the requirements and process for how to access SLES, and the components involved in the SLES Service. You can meet our friendly staff and decide if Afford SLES is the right fit for you.

Find out more: <https://www.eventbrite.com.au/e/afford-sles-info-session-tickets-186349505387>

UAC Digital | Applying for the Educational Access Scheme

Wednesday 3 November 2021, 6:00 pm - 6:00 pm

Online

The Educational Access Scheme (EAS) is for students who have experienced long-term disadvantage(s) and may help with entrance into university. We'll give you an overview of EAS and discuss:

- categories of disadvantage
- how to apply
- application documentation
- EAS key dates
- application tips.

And we'll give answers to the most commonly asked questions!

Find out more: <https://uacdigital.easywebinar.live/eas>

AIE | Open Day

Saturday 20 November 2021, 10:00 am - 3:00 pm

Academy of Interactive Entertainment, Ultimo

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day on Sat 20 November, 2021. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra and Adelaide.

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: https://aie.edu.au/aie_event/open-day/

UNSW Diversity Fest 2021

Monday 25 October 2021 - Friday 29 October 2021

Online

Returning for the third edition, UNSW Diversity Fest invites students and staff to participate in activities that embrace the diversity of our community and ignite broader conversations about how we can foster a more inclusive society.

Over 50 free events and activities are scheduled throughout the week of 25 – 29 October, addressing topics including age diversity, cultural and linguistic diversity, disability inclusion, gender diversity, Indigenous knowledge, LGBTIQ+ inclusion, mental health and neurodiversity.

Find out more: <https://www.events.unsw.edu.au/event/diversity-fest-2021>

Student Group Coaching Session

Wednesday 27 October 2021, 4:00 pm - 5:00 pm

Online

Are you a student tired of being in lockdown and wanting to discuss your questions about careers, next steps and dealing with life in general? Join us for this group coaching session where you can share and hear from other students on their journey and take away tips and new connections. The agenda is open and driven by the group so this is a safe place for you to join others and discuss whatever is on your mind.

These run on a monthly basis so if you miss this month, just enrol for next month.

Study Work Grow members can access the workshop for free; just use the code **SWG2021**.

Find out more: <https://www.eventbrite.com.au/e/international-oyster-program-group-coaching-tickets-151339080263>

SAE | Creative Futures, Byron Bay

Wednesday 27 October 2021, 5:30 pm - 7:00 pm

SAE Institute Byron Bay

Are you in year 11 or 12 and want a career where your imagination is your only limitation? Come along to SAE Byron Bay Creative Futures event, to explore your interest and passion for a career in Creative Media. We're opening the campus doors and giving you the chance to chat with our industry experts, who are ready to answer all your questions about studying and working in creative fields.

Find out more: <https://sae.edu.au/news-and-events/events/creative-futures-sae-byron-bay/?date=2021-10-27&id=1911>

Macquarie University Campus Accommodation Scholarship

Value: Accommodation costs

Open/Closing Dates: August 14, 2021 – January 10, 2022

The Macquarie University Campus Accommodation Costs Scholarship is an undergraduate equity/access scholarship awarded to students in financial need who have relocated to study at Macquarie University from a regional or remote area.

[Find out more](#)

Westpac Youth Impact Challenge

The Westpac Youth Impact Challenge is a nationwide initiative open to all young people around Australia aged 7 to 21 years. The Challenge aims to help young Australians solve problems in their local communities.

To take part in the Challenge, participants must identify a local problem and brainstorm an innovative business or social change idea to solve it. Participants can choose to work individually, or in a group of up to 3.

All participants who complete the Challenge will receive a Certificate of Completion.

Winners will receive an Exclusive Prize Pack which will include a Microsoft Surface laptop from our partner Microsoft, The Academy Membership, a Spill the Beans Pitch Opportunity, financial education mentoring support for your business idea from Westpac's Davidson Institute and a pitch opportunity at the final Challenge event.

Registrations are due by 1:00pm on 10 December 2021 AEST.

Find out more and register here: <https://youthimpactchallenge.com.au/>

Public Education Foundation – Design a Holiday Greeting Card Competition

Bring out your art supplies! Students from public schools around Australia are invited to enter PEF's 2021 Design a Holiday Greeting Card Competition.

"What I love about the holidays!" is the theme for the 2021 competition.

The 3 winning entries will have their design printed as our 2021 Holiday Greeting card. The card will include the student's name, and the name of the school. Each winning participant will receive 25 printed cards, and their school will receive 100 cards of the student's design.

Competition closes on 28th October.

Find out more here: <https://www.publiceducationfoundation.org.au/card-competition/>

Little Stories Big Ideas Flash Fiction Competition for Secondary School Students

Little Stories Big Ideas is a writing competition for Australian Secondary School Students. As part of the comp, students write a story in 100 words or less to a specific themed prompt, in any literary style they like – prose, poetry, haiku or song. There are two entry categories, Year 7 to 9 (Junior) and Year 10 to 12 (Senior).

The comp runs every school term with great prizes on offer and is free to enter.

Cash prizes of \$100 plus Gift Vouchers and Memberships are up for grabs.

Find out more: <https://littlestoriesbigideas.com.au/>

MyState Student Film Festival

The MyState Student Film Festival is back again for another year of fun, creativity and exploration.

You can enter an original short film in whatever genre you like — drama, comedy, action, documentary, animation or even a music video. The story, setting, plot and style are all completely up to you.

Entry to the MyState Student Film Festival is free and students from Kindergarten to University are eligible to submit their films and have the chance to share in thousands of prizes.

Entries close 21 October.

Find out more and enter here: <https://www.mystatefilmfestival.com.au/the-festival/festival-information/>

Kennedys Virtual Work Experience

Kennedys' virtual work experience programme will allow you to take the first step of your legal career with a global law firm that does things differently.

The aim of the virtual work experience programme is to widen access to legal work experience to a diverse range of students and provide a unique insight into law and Kennedys.

The programme gives you the opportunity to complete legal work experience virtually, completing real life tasks created by our own trainees and apprentices. Throughout the programme, you will gain legal analytical skills, develop legal knowledge of the insurance industry, and learn critical legal communication, research, and drafting skills that will help set you up for your future career in law.

[Learn more](#)

7 cool science jobs you might not know about

We all know about the standard jobs out there in science – biologist, researcher, chemist... But what if you're looking for a career that's a bit different?

Well, there are plenty of weird and wonderful jobs in STEM as well. How does designing and building rollercoasters sound? Or driving vehicles on another planet? What about 3D printing body parts?

[Check out this infographic we've made](#) with 7 interesting jobs in science you might not have heard of before.

Want to find out more about careers in STEM? [Explore our website here.](#)

Interested in a career as a Veterinary Practitioner?

In the latest interview from Braintree's International Oyster Program, Christine Fernandes talks about her life as a Vet to support students as they navigate career options. Here is a glimpse of what was discussed!

The full 15 minute interview is available here: <https://lnkd.in/grNtDdMX>

Find out more about the International Oyster Program here:

<https://internationaloysterprogram.com/>

Careers in Pharmacy

When you think of a [career](#) in the Pharmaceutical Industry, you wouldn't be alone if the only job you can think of is a [Pharmacist](#). But did you know that even Pharmacists have a huge variety of professional paths available to them?

Within the pharmaceutical industry itself, there's also a huge scope of jobs available across many different organisations.

Pharmacists are qualified healthcare professionals

A Pharmacy degree doesn't just mean that you'll be dispensing medications all day every day.

You could also be providing a range of services, from health and medication advice, giving vaccinations, diabetes education, to providing medication management advice to patients in nursing homes.

Perhaps you'd rather work in a hospital or remote health setting where you'd also be at the cutting edge of practice working in multi-disciplinary teams delivering care in low-resource environments. In these environments you find a greater variety of tasks, more travel opportunities, and greater levels of professional autonomy (not to mention a great lifestyle).

A pharmacy degree provides options

With plenty of careers to consider, a [pharmacy degree](#) could provide more career opportunities than you might expect.

"Share of recent university pharmacy graduates employed full-time in Australia 96.4%"

(Source: [Statista Feb 2021](#))

You could become a:

- Community Pharmacist
- Hospital Pharmacist
- Defence Force Pharmacist
- Industrial Pharmacist
- Consultant Pharmacist carrying out home medication reviews or working with doctors and residents of nursing homes to maximise their medicines
- Work in research or drug development
- Specialised cancer and palliative care pharmacist
- Health service manager
- Pharmacist who works in government policy or project development roles PLUS much more

A career as a pharmacist could take you from working directly with patients in communities and hospitals, all the way through to lab-based research and development, clinical trials, regulatory affairs, manufacturing, engineering, quality assurance, quality control and validation.

Real life stories

You can find out more about some of the [roles](#) you could pursue with a pharmacy degree in the real-life stories below.

Dr Stephen Perks is a **Hospital Pharmacist** working in Research, Cardiac care and in the Emergency Department. Read his story [here](#) or have a look at this short video to find out a bit more about what he does:

Tegan Stark is the **Pharmacy Team Leader in a Cancer Centre**. Learn about her pathway and her career [in this article](#) or in this video clip:

Kate Gill is a **pharmacist embedded** in an Aboriginal health service, where she works with her patients at home once they've been discharged from hospitals and clinics. Read more about Kate's role [here](#) or check out this video:

Pharmacist Selina Taylor who works in the [Centre for Rural and Remote Health \(CRRH\) in Mount Isa](#) says working as a pharmacist is a rewarding career, read her story about how she's making a difference.

Claire Wade is a [Community Pharmacist](#) who's provided a typical day in the life write up, so you can get a real feel for what a 'traditional' pharmacy career could look like.

Business owner Farnaz Famouri now combines her business and clinical skills running her own Pharmacy. Her career in Pharmacy has been diverse, flexible and allowed her to travel. You can read more about the opportunities Farnaz has explored in this [blog](#).

[Vince Pappalardo](#) also owns his own **Community Pharmacy Group**. Read his story to hear about what life on the front line servicing the community is like.

Caitlin Davies works as a [Remote Area Pharmacist](#) flying in and out of remote communities to provide health advice and medications.

From beauty therapist to pharmacy assistant, [Melissa Gibson](#) loved her job so much she completed a bridging course in maths and chemistry which allowed her to enrol in a Bachelor of Pharmacy degree and pursue her true passion to become a pharmacist.

As a [Defence Force Pharmacist](#) not only will you get to help people here and overseas, but you'll also have logistics duties as well as your usual clinical roles to carry out. You could even study with ADFA and get your tuition fees paid and earn while you study, plus there's the benefits of a guaranteed job once you graduate.

James Cook University (JCU) offers a Bachelor of Pharmacy degree in Cairns, Mackay and Townsville. To find out more about becoming a pharmacist and studying at JCU, visit jcu.edu.au/studypharmacy.

Pathways into Pharmacy

If you're in high school and you'd love to be a Pharmacist, you'll need to complete a Bachelor's degree in Pharmacy, so make sure that you check the [prerequisites](#) that you'll need for [entry](#).

For example, at JCU they stipulate that you'll need an ATAR of 79.3 and you'll need English (Units 3/4,C), Chemistry (3/4,C), Mathematical Methods (3/4,C).

If you don't have all the necessary subject knowledge, or your ATAR isn't predicted to be as high, don't give up on your dream just yet.

Universities like JCU also offer [alternative pathways](#) that will allow you to build a plan B.

From bridging and tertiary preparation courses, you should also look at early entry programs, co-op scholarships and programs that are designed to help if you need an extra boost to your ATAR – from adjustment factors to special pathway programs.

If you really want to do Pharmacy at uni, it's always worth speaking with the future students team or the schools directly, they'll be able to explain all your options and help you to decide what the best path for you will be.

Careers with Pharmaceutical Science degrees

[Pharmaceutical science](#) is another degree option to consider which could lead to some interesting careers in the pharma sector including:

- Forensic Scientist analysing illicit substances and drugs and in fire and explosive cases
- Clinical Science Specialists working to develop new medicines and increase efficacy of existing drugs
- Regulatory Affairs workers and Pharmaceutical Evaluators ensure that drug companies and their products meet standards and legal requirements before they can go to market
- Sales and marketing roles may require a degree background in order for professionals to provide product support to retailers and consumers
- Product developers in this industry can work in many fields from food, biotechnology, drugs, or medical devices to cosmetics, or even mining explosives

Alternatives to University

Perhaps you're not convinced that becoming a Pharmacist is your future. Or perhaps you're interested in a future career within the Pharmaceutical Industry but you're not sure what options are out there, that's OK. There are plenty of other [options to explore](#).

You could complete a [VET qualification](#) such as a:

Certificate II, III or IV in [Community Pharmacy](#) which may even be possible as part of an [Apprenticeship](#). Then find work as a Pharmacy Assistant, gain some hands-on [work experience](#) and decide if you'd like to go on to qualify as a Pharmacist.

You could apply for entry level jobs within pharmacy settings or elsewhere in the pharmaceutical industry that will also provide you with workplace experience, industry insight, and the ability to chat with other professionals about their job and pathways.

Other roles in the Pharma Industry

If you love the idea of helping people but you're not the most STEM-centred learner or you have a science background but not a degree in Pharmacy, a job in the pharmaceutical industry could still be an option.

From working in the retail section of a community pharmacy to patenting, this is a great [resource](#) (UK based) to explore some of the diverse roles available in research and development, manufacturing and supply, commercial and support functions; all the way through to marketing, sales and distribution.

Examples of some of the roles include:

- Pharmacy Assistant
- IT systems pharmacist
- Compounder / Blender
- Pharmaceutical Sales Representative
- Safety Officers
- Quality Assurance
- Wholesale and Logistics Co-ordinators
- Patenting
- Medical Science Liaison
- Medicines Advisors
- Science writers
- Researchers
- Education

If you love chemistry, biology, law, engineering, software developing, sales and marketing or even IT, perhaps you should take a closer look at some of the ways you could get involved with the Pharmaceutical industry.

You could contribute to the health and wellbeing of individuals and communities everywhere.

[Bond Medical Program – 2022 Intake Key Dates](#)

The Bond University Medical Program is designed to equip graduates with the foundational knowledge, skills and attributes required to safely and effectively practise medicine in today's complex healthcare environment.

Due to Bonds tri-semester structure, graduating students will have the advantage of entering the workforce as a Doctor in only 14 semesters (4 years, 8 months) and will experience personalised learning in small class sizes with access to state-of-the-art equipment.

Applications must be made via QTAC, and applications **open for the Medical Program on Thursday, 13 January and close on Thursday, 27 January, 2022.**

Keep an eye out for online information sessions on 22 November and 13 January. Please visit Bond's website for FAQ's, prerequisites, entry requirements and selection criteria here:

<https://bond.edu.au/program/medical-program>

[University of Sydney Gadigal Program](#)

The Gadigal Program is an Indigenous student pathway that supports Aboriginal and/or Torres Strait Islander students to study at the University of Sydney.

Through the Gadigal Program you will have:

- the opportunity to apply for a Gadigal early conditional offer

- lower minimum ATAR requirements
- access to an academic skills program before commencing University
- ongoing academic and personal support throughout your degree.

Year 12 and post-high school applicants are eligible to apply.

To be considered for an early conditional offer to commence study in 2022, **submit your Gadigal Program application by 15 November 2021.**

Find out more about how to apply here: <https://www.sydney.edu.au/study/how-to-apply/undergraduate/admission-pathways/aboriginal-and-torres-strait-islander-pathways.html>

Introduction to Critical Thinking with Grandshake

Learn to seek truth out from lies in an age of digital misinformation. Challenge your biases, diversify your perspective, and form fact-based judgements.

This short 40-minute upskilling microprogram from Grandshake will introduce you to the essential critical thinking skills essential for both personal and professional success.

If you...

- Want to get better at making informed decisions
- Take things at face value
- Get into debates with friends or family over the news
- Want to know where and how to find reliable sources
- Are interested in how to overcome bias
- Want to better understand your own perspective
- Love learning!

Then this program is for you!

The program is run completely online and, best of all, is totally free.

Check it out here: <https://www.grandshake.co/product/introduction-to-critical-thinking>

Thoroughbred Explorer Cadetship 2022

Are you passionate about horses? And wonder what it's like to work in an industry where horses are everything?

The Explorer Cadetship is the ultimate 12-month entry pathway into the Thoroughbred Breeding and Racing Industry. This program is the only one of its kind in Australia, and it gives you the best opportunity to build a successful career.

The 2022 intake of the Explorer Cadetship commences on the 14th of February and is open to those between 18 and 24 years.

Find out more and apply here: <http://tbindustrycareers.com.au/overview/>

Halogen Australia's One Minute Wisdom Videos

Halogen Australia have put together a collection of short videos to give you just a little bit of life wisdom without interrupting your day. You can find the full collection here –

[youtube.com/playlist](https://www.youtube.com/playlist).

Here are some of our favourites:

- [Bindi Irwin](#)
- [Rove McManus](#)
- [Eamon Sullivan](#)
- [Cal Wilson](#)
- [Erin Molan](#)
- [Leisel Jones](#)
- [Dr Fiona Wood](#)

Become a Citizen Scientist

Citizen scientists are normal people who volunteer to contribute to scientific experiments and research. It's a great option for anyone considering a STEM career – get out there and take part in a real-life project to help you make a more informed decision about science as a pathway.

You won't just be volunteering as an assistant, you'll be responsible for collecting valuable data in collaboration with professional scientists. Most citizen science projects lead to a formal acknowledgement like a certificate of participation, so you can include your involvement on your resume as a form of work experience.

There are thousands of Citizen Science projects across Australia, and you can find something near you here – citizenscience.org.au/ala-project-finder/

More resources:

- [Australian Citizen Science Association](#)
- [Citizen Science NSW](#)
- [Inspiring Victoria](#)
- [EPA Victoria](#)
- [The Great Australian Platypus Search](#)
- [Queensland Chief Scientist](#)
- [Marine UQ](#)
- [Landscape SA](#)
- [UniSA](#)
- [Adelaide Sustainability Centre](#)
- [Climate Watch](#)
- [Questagame](#)
- [Scitech WA](#)
- [Great Southern Science Council](#)
- [Dolphin Watch](#)
- [TasLand](#)
- [Institute for Marine and Antarctic Studies](#)

Look after yourself and prevent burnout – 7 tips

Life can be tough and it can be busy.

If you're feeling exhausted, demotivated, or just plain down in the dumps, then you might need to make some changes.

When you feel like you can't go on

[Burnout](#) can be experienced by anyone at any time.

“Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.”

Term 4 after a long year of school, and work, can be the tipping point for lots of students and teachers. Add in the impacts of lockdowns and remote learning and your mental load may feel increasingly difficult to handle.

Finding a [balance](#) with school, study, work, extracurriculars, as well as the extra effort needed to maintain social connections right now could explain why you're feeling fatigued, emotionally and mentally drained, or like you're living at the limit of your capabilities.

Find your mojo again

If you feel like you're reaching the end of your tether, there are lots of things you can do to help yourself [bounce back and feel much better](#).

Try making little changes to your daily habits and routines. Find yourself a cheerleader or motivator, get them to check in with you.

7 tips to reduce or prevent burnout:

1. Remember to take breaks

Whether you're online learning, revising, or your life is just busy, taking breaks throughout your days, or before bedtime could help you to feel more in control. Incorporating rest periods or days into your schedule could help to give you back some energy and keep your motivation up.

2. Get some balance back

Think about what stresses you out. Then figure out ways you can remove them or reduce their impact. Setting boundaries (and sticking to them) or learning to say “no” are often effective methods to start with.

3. [Manage your time](#)

Making a plan or schedule can help you to visualise what time you've got available or help you to see where you need to make changes.

Decide what your priorities are and go from there. Getting organised could help you remember important commitments and spend less time on things that don't make you happy or add value to your life.

4. Get some stress relief

- Walking
- Swimming
- Hot bath or shower
- Yoga or meditation
- Reading

- Watching a movie
- Cooking
- Massage
- Hanging out with friends

What makes you feel good?

Plan to do whatever it is in your breaks and down time. Make the effort even if you're feeling low or too tired, because once you've done it, the chances are you'll feel a hundred times better.

5. Give your body what it needs

You wouldn't expect a car to run on empty or if you filled it up with water. So don't expect your body perform at its best if you don't look after it.

You know what comes next...make sure you get enough [sleep](#), stay hydrated, make good food choices (but treat yourself sometimes too), and exercise. Doing all of these things could help you to focus better on what you need to or want to get done.

6. Be Creative

Engaging the creative side of your brain can be a great distraction but it can also help to boost your mood. You could try some creative writing, make some art, listen to music, or making a video to share with friends and family.

If your regular de-stressing options aren't an option right now, e.g. you can't get to the gym or catch up with your bestie in person – try alternatives that might work for you instead.

You could sign up for online workouts, schedule a Facetime get together with your friends each evening after you've finished up with study, work and chores; or just spend some time with your family. Enjoy coming up with new rituals.

7. Ask for help

If you're in a really bad [headspace](#) or struggling physically and you're not managing to help yourself, then it's time to reach out.

There are lots of people who'll be there for you. Friends, family, teachers, your GP, [digital](#) and online [support services](#), all you have to do is let them know that you need a bit of extra help or support.

It's OK to not feel OK

Whatever you do, don't brush your feelings under the carpet or keep struggling on.

Taking action when you recognise the signs could help you to get back on track and feel like your old self again sooner.

[Participate in the Aussie Backyard Bird Count](#)

The #AussieBirdCount is a great way to connect with the birds in your backyard no matter where your backyard happens to be — a suburban backyard, a local park, a patch of forest, down by the beach, or the main street of town.

You can count as many times as you like over the week, we just ask that each count is completed over a 20-minute period. The data collected assists BirdLife Australia in understanding more about the birds that live where people live.

By participating you also go in the running to win some great prizes.

For more information on how to take part, go here: <https://aussiebirdcount.org.au/>

[How to become a Mechanic](#)

Repair vehicles to keep us moving

What do Mechanics do?

Mechanics use their skills and tools to repair and maintain vehicle engines and other related mechanical components. They can specialise to work on a variety of different vehicles, including cars, motorbikes, trucks, boats, and farm machinery.

If you like working with your hands, are analytical and a great problem-solver, and want a job that will keep you on your feet, you might want to consider becoming a Mechanic.

About you:

- Fit and healthy
- Works well with their hands
- Analytical and thorough
- Good communicator
- Trustworthy and reliable
- Great problem-solver
- Can work independently and as part of a team
- Strong mathematic skills

The job:

- Detecting and diagnosing problems and faults
- Repairing and replacing missing or broken parts
- Disassembling and reassembling complex parts, such as engines, transmissions, steering mechanisms, and more
- Performing routine maintenance on vehicles
- Communicating to clients about issues, costs and solutions
- Testing parts to make sure they work correctly
- Working with a variety of tools and machinery

Lifestyle Impact: High

- Part Time opportunities: Very low – only 10% of Mechanics work part-time (source: joboutlook.gov.au).
- Average hours for full-time workers: 44 hours a week, which is average (source: joboutlook.gov.au).

- Mechanics' salary (average) \$60,000* per year (source: com.au). *Salaries vary depending on your skills and experience.
- Future career growth: Stable (source: joboutlook.gov.au).
- You will be doing a lot of physical work and spend most of the day on your feet. Being fit and healthy is a huge advantage. You might also expect to work overtime on urgent jobs and on weekends.

Mechanics are most in demand in these locations:

This is a very large occupation, with around 107,300 people working as Mechanics in 2019 (source: joboutlook.gov.au). Demand is spread evenly across Australia. Most work in the trades and transport industries.

There are jobs available around Australia and globally. You'll need to be on site to do most of your work, so there are few opportunities to work remotely or from home.

How to become a Mechanic in Australia

To work as a Mechanic, you will need to complete a relevant VET qualification. These are usually done as apprenticeships, giving you the opportunity to gain valuable experience while you learn.

Step 1 – Complete Year 10 at the least, focusing on Maths and Sciences.

Step 2 – See if you can get work experience as a mechanic or working with machines.

Step 3 – Completing a relevant VET-level qualification, depending on the particular field you'd like to work in. Some options include:

- [Certificate III in Heavy Commercial Vehicle Mechanical Technology](#)
- [Certificate III in Light Vehicle Mechanical Technology](#)
- [Certificate III in Marine Mechanical Technology](#)
- [Certificate III in Motorcycle Mechanical Technology](#)
- [Certificate III in Agricultural Mechanical Technology](#)

Most of these qualifications can be undertaken as an apprenticeship, so you can earn while you learn.

Step 4 – Make sure you have all the relevant licensing and other requirements necessary to start working.

Step 5 – Consider starting up your own business and employing other apprentices and workers.

Find out more here –

<https://www.mtaa.com.au/>

Similar Careers to Mechanic

Plumber

[Electrician](#)

[Mechanical Engineer](#)

[Joiner](#)

[Builder](#)

[Tiler](#)

[Technician](#)

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

Frequently Asked Questions (FAQs)

What do Mechanics do?

Mechanics repair and maintain a variety of vehicles by detecting any faults and replacing or repairing defective parts or components. They may also perform other routine maintenance work on vehicles.

Which industries employ Mechanics?

Most Mechanics work in the trades and transport industries.

What options are there for career progression?

You can start out as an apprentice, and once you graduate work as a fully qualified Mechanic. Once you have lots of experience, you could consider starting up your own business or working freelance.

Do I need to go to university to become a Mechanic?

No. To become a Mechanic you only need to complete a relevant VET-level qualification.

Where do Mechanics work?

Mechanics are employed all across Australia. Most of your work will be done in garages and workshops, though on some occasions you may also have to travel to a specific site to repair broken down vehicles that can't be moved.

What are 3 things I can do right now to help me become a Mechanic?

If you're in high school and you'd like to find out if a career as a Mechanic is right for you, here's a few things you could do right now:

1. Start tinkering with broken objects around the home and see if you can repair them. Ask friends and family if they have anything they might like you to try and fix.
2. Try and get work experience as a Mechanic. This is a great way to start building your skills and can help you decide whether or not it's the right career choice for you.
3. Consider taking short courses and workshops to build on your skills and knowledge, or talk to a Mechanic and find out what the job is like.

Mr Madani

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