



'Motivate your mate'

Justice and Solidarity

Careers Newsletter

28 July 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>

SCU | Open Day (for a month)

Friday 16 July 2021, 9:00 am - Sunday 15 August 2021, 5:00 pm

Online

This year our Open Day isn't just a day, it's a whole month.

You can take an immersive 360-degree look at our campuses, find out what current students have gained from their courses and explore the best degrees for you.

We'll also be hosting online information sessions with our academic experts so you can get the answers to all your study questions.

You also have the chance to win an Open Day Scholarship worth \$15,000. To enter, submit a 200-word response or a 90-second video, answering the question: "Why do you want to study at Southern Cross University?"

Find out more: <https://discover.scu.edu.au/>

UNSW | Co-op Career Chat – Technology

Tuesday 27 July 2021, 6:00 pm - 7:00 pm

Online

The Technology Sector spans a huge range of career opportunities, from software development, digital technologies and cyber security to business process design & analysis, network design, enterprise system development, and beyond. If any of these sound like an area you might be interested in pursuing for your career join us for a Technology Careers Chat!

Hear from industry partners and sponsors, Co-op alumni, and current scholars as they share their experience of working and studying in the Technology sector and answer any questions you might have about the experience.

Find out more: <https://www.eventbrite.com.au/e/2021-co-op-career-chat-technology-tickets-161045777255>

Macquarie | Leaders and Achievers Early Entry Scheme Q&A Series

Wednesday 28 July 2021, 5:00 pm - Thursday 5 August 2021, 5:45 pm

Online

Want to know how to get an offer to Macquarie before you sit exams? Let us show you how. Join us for our online Leaders and Achievers Q&A Series!

We are running sessions on Wednesday and Thursday afternoons at 5 pm over the next two weeks to provide more info on how to apply for the Macquarie Leaders and Achievers early entry scheme and give you the opportunity to ask your questions.

You'll hear from our Student Ambassadors, who all received offers via this program, and are current students studying at Macquarie University.

Find out more:

https://macquarie.zoom.us/webinar/register/WN_tATwqOPsS3SlikboUQDnAw

UNSW | Co-op Career Chat – Business

Wednesday 28 July 2021, 6:00 pm - 7:00 pm

Online

The world of business spans a huge range of career opportunities from the Finance Sector (Management Accounting, Financial Accounting, Assurance Services, Management Consulting, Investment/Merchant Banking, Financial/Securities Trading etc), Marketing Sector (Digital Media, Brand/Product Coordination, Business Development, Market Research, Consumer Insights Analysis, Consultancy, Media Liaison/Sales and Marketing Coordination etc) and even the Maths Sector (Actuarial Analysis, Business Consultancy, Business Intelligence, Big Data Analysis, Insurance/Credit Analysis, Risk Assessment, Policy Analysis, Environmental Modelling, Wealth Management etc) If any of these sound like an area you might be interested in pursuing for your career join us for a Business Careers Chat! Hear from industry partners and sponsors, Co-op alumni, and current scholars as they share their experience of working and studying in these Business areas and answer any questions you might have about the experience.

Find out more: <https://www.eventbrite.com.au/e/2021-co-op-career-chat-business-tickets-161046890585>

UOW | Early Admission: Ace your application webinar

Thursday 29 July 2021, 6:00 pm

Online

Sign-up for our Early Admission: Ace your application webinar where you will learn all about the UOW Early Admission program from UOW staff and current students.

During the event our hosts will guide you through the following:

- Who can apply for UOW Early Admission

- Which courses can you apply for in our Early Admission program
- The application process
- Key dates and timelines
- Tips and tricks to make your application stand-out
- Hardship applications
- How your application is assessed
- Interview preparation
- How and when offers are made
- Preparing for study in 2022

You will also be able to have all of your questions answered in the live Q & A.

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

[au.zoom.us/webinar/register/WN_gkpVwNWnTriKbnAPWGZySA](https://uow-)

UNSW | Co-op Career Chat – Engineering

Thursday 29 July 2021, 6:00 pm - 7:00 pm

Online

The Engineering sector encompasses a huge range of careers and specialisations from Civil, Chemical, Electrical and Mechanical, to Biomedical, and Photovoltaic & Renewable Energy. If you like to design, create and problem solve, and these sound like an area you might be interested in pursuing for your career, join us for an Engineering Careers Chat!

Hear from industry partners and sponsors, Co-op alumni, and current scholars as they share their experience of working and studying in the Engineering sector and answer any questions you might have about the experience.

Find out more: <https://www.eventbrite.com.au/e/2021-co-op-career-chat-engineering-tickets-161047807327>

Charles Sturt Advantage Info Session

Monday 2 August 2021, 6:45 pm - 7:45 pm

Online

Join us for an info session to find out all there is to know about this year's program. Learn about the application process, courses that you can apply for, key dates and tips on writing a good application.

If you're a Year 12 student, parent or career adviser, this one is for you!

Find out more:

https://charlessturt.zoom.us/webinar/register/WN_QkNJ0cyESXmO76YPSgsFbw

ICMS | Open Day 2021

Sunday 8 August 2021, 10:00 am - 2:00 pm

International College of Management, Manly

It's never too early to start exploring your career options. At the ICMS Open Day you will get the chance to explore courses that will suit your interests, personality and goals.

At ICMS Open Day you will:

- Find a career path you'll love.
- Explore how ICMS mentors you towards professional success.
- Hear from Industry Partners about their sector.

- Learn about different degrees from ICMS lecturers and students.
- Discover how the famous ICMS Industry Training program works.
- Learn about ICMS alternative and Early Entry programs.

Join ICMS on campus or online.

Find out more: <https://study.icms.edu.au/open-day-2021/>

SAE | Virtual Open Day

Sunday 8 August 2021, 4:00 pm - 6:00 pm

Online

Find your true calling with the leading global specialist in creative media education.

Join us at Virtual Open Day, an interactive experience hosted online by our SAE team. The Virtual Open Day is a great opportunity for you to ask any questions you might have about studying at SAE before the next intake in September, or if you are looking to commence study in 2022.

If you're considering studying creative media (Animation, Audio, Creative Industries, Design, Film, Games, Web & Mobile or Virtual Reality) this event is a great opportunity to speak to our experienced team and find out more about this dynamic and expanding industry. You can check out our amazing equipment and facilities, meet your future mentors, talk to current students and discover the career opportunities that await you after graduation.

Find out more: <https://sae.edu.au/news-and-events/events/sae-virtual-open-day-8-august-2021/?date=2021-08-08&id=1707>

SCU | Online Information Sessions

Tuesday 10 August 2021, 3:00 pm - Thursday 12 August 2021, 7:00 pm

Online

Come and chat to us, learn about our courses, and meet our course experts and students. Our online information sessions are great if you want to delve deeper into our degrees.

Find out more: <https://discover.scu.edu.au/events>

UOW College | Fitness Online Info Session

Thursday 12 August 2021, 5:30 pm - 6:30 pm

Online

Have you been thinking about studying a Fitness course at UOW College or do you already have an application or offer and still need answers? Don't worry we've got you covered.

Please join us for our upcoming online info session to find out more about our Certificate III, Certificate IV in Fitness and FitPro courses. We'll also cover entry requirements, job outcomes and eligibility criteria to access Smart & Skilled government funding. Staff will be available on the night to answer any questions you may have.

Find out more:

<https://studentservice.uow.edu.au/Portal/Events/EventDetails?eventId=b0f08775-2ce8-eb11-8185-005056814cdc>

Macquarie | Co-op Q&A – How to apply and make your application stand out

Tuesday 17 August 2021, 5:00 pm - 5:45 pm

Online

Want to know how to get an offer to Macquarie's Co-op Program? Let us show you how. Join us for our online Co-op Q&A! We'll provide more info on how to apply for Macquarie's Co-op program and give you the opportunity to ask your questions.

You'll hear from our Student Ambassadors, who received offers via this program and are current students studying at Macquarie University.

Find out more: <https://www.mq.edu.au/study/high-school-students/events>

UOW College | Screen and Media Online Info Session

Wednesday 18 August 2021, 5:30 pm - 6:30 pm

Online

Are you thinking about studying the Diploma of Screen and Media at UOW College but need more information? Don't worry we've got you covered. Please join us for our upcoming online info session to find out more about opportunities within the industry and how studying the Diploma of Screen and Media can help you achieve your career goals. We will provide an overview of course structure, entry requirements, job outcomes and current online delivery mode for this course. Staff will be available on the night to answer any questions you may have.

Find out more:

<https://studentservice.uow.edu.au/Portal/Events/EventDetails?eventId=eefe67f6-31e8-eb11-8185-005056814cdc>

UOW College | Individual Support and Aged Care Online Info Session

Thursday 19 August 2021, 5:30 pm - 6:30 pm

Online

Thinking about studying the Certificate III in Individual Support or the Certificate IV in Ageing Support this summer? Or, do you have an offer and still need answers? Don't worry we've got you covered. Please join us for our upcoming online info session. We will provide an overview of the course structure, entry requirements, job outcomes, scholarships available, VET student loans and more. Staff will be available on the night to answer any questions you may have.

Find out more:

<https://studentservice.uow.edu.au/Portal/Events/EventDetails?eventId=71b2c6ee-37e8-eb11-8182-005056812c00>

UNSW x National Science Week 2021

Monday 16 August 2021, 9:00 am - Wednesday 1 September 2021, 7:30 pm

Online

UNSW x National Science Week is a hotbed of ideas and innovation, bringing together internationally acclaimed leaders in science, medicine, technology and engineering. In 2021, learn why space weather is our chief adversary in the quest to set foot on Mars, how lab-grown meat might save the planet, why a zero carbon future is now well within our grasp, and much more.

Find out more: <https://events.unsw.edu.au/event/national-science-week-2021>

Bond | Ideas Camp 2021

Thursday 19 August 2021, 9:00 am - 2:30 pm

Bond University, Robina

Bring the spark. We'll fan the flames.

Have your students got an idea that will set the world on fire? Are they unsure of what career path to take, but know that they want to blaze their own trail? Now is the time for them to unleash their inner entrepreneur!

Ideas camp is a one day business bootcamp designed exclusively for our next-gen corporate adventurers in Years 10, 11, and 12. We've brought together some of our most successful young entrepreneurs and current Bondies to stir the embers of business dreams.

Find out more: <https://bond.edu.au/ideas-camp>

University of Sydney | Tertiary Jazz Pre-audition Workshop

Saturday 21 August 2021, 2:00 pm - 5:00 pm

Sydney Conservatorium of Music

Are you planning to audition for a Conservatorium tertiary degree in jazz? Be well informed about the audition requirements and process so you can achieve your best result in this highly competitive field.

This three-hour workshop includes discussion and demonstration of the process, a mock Jazz aptitude test and the opportunity for some students to have their mock audition critiqued by members of the Tertiary Jazz staff in front of your peers (this is optional). This is an invaluable opportunity to ensure your optimum preparation for the "real thing".

Find out more: <https://openacademy.sydney.edu.au/course/WFTJW>

UTAS | Sydney Nursing Workshop

Thursday 2 September 2021, 8:45 am - 2:45 pm

University of Tasmania Sydney, Rozelle Campus

These immersive workshops provide Years 10 – 12 students with an opportunity to explore real-world examples of study, skills and careers in the areas of health and medicine.

Students will learn to check vital signs, dress a wound, use PPE and how to provide basic life support. Students will work through real-life scenarios with our team of academics and students and have the opportunity ask questions about studying at UTAS and career pathways in Nursing.

As a Registered Nurse you can have a lifelong and rewarding career in a huge range of areas including emergency medicine, surgery, and mental health. There are many opportunities for future career progression, plus, you'll make a real difference in the quality of life for your community.

Applications close 18 August.

Find out more: <https://www.utas.edu.au/community-and-industry/schools/activities/sydney-nursing-workshop>

UNSW | Year 9 to 12 Short Course: Current Affairs in Aviation

Monday 27 September 2021, 9:30 am - Tuesday 28 September 2021, 3:00 pm

Online

UNSW Aviation is presenting a two-day course for secondary students during the school holiday break on 27th and 28th September 2021. The course is aimed at those interested in a future career in aviation. The Aviation industry is a global, social and economically important industry that brings people together. From the technically challenging cockpit with awe-inspiring views, to the operational, logistical, safety and financial challenges of managing airports and airlines, UNSW Aviation is uniquely placed to create graduates ready to take on opportunities in this exciting and growing industry.

UNSW School of Aviation is proud to be supporting the Royal Flying Doctor Service (SE Section) with the donation of 100% of the registration fees for this course. All proceeds from the course are being donated to the RFDS.

Find out more: <https://www.aviation.unsw.edu.au/news-events/year-9-12-short-course-current-affairs-aviation-0>

Larsen Jewellery Design Scholarship Program

Value: \$3,000 AUD

Open/Closing Dates: June 1, 2021 – November 30, 2021

Larsen Jewellery recognises the need to support and educate young adults wishing to begin a career in jewellery, design or visual arts; or who wish to further their studies in a jewellery, design or visual arts related course.

[Find out more](#)

Sydney Scholars Awards

Value: \$6,000 AUD

Open/Closing Dates: April 1, 2021 – September 30, 2021

An undergraduate scholarship that supports outstanding Year 12 students to undertake an undergraduate degree at the University of Sydney.

[Find out more](#)

AVCAT Scholarships

Value: \$4,000 AUD per year

Open/Closing Dates: August 18, 2021 – October 31, 2021

AVCAT is a national charity providing tertiary education scholarships and bursaries to children and grandchildren of ex-serving veterans. We assist scholars each year to reach their potential through achieving a range of academic and personal goals.

[Find out more](#)

Adelaide Fringe Poster Competition 2022

The Adelaide Fringe Poster Competition is as iconic as the festival itself. Each year, the winning poster encapsulates the love and pride that people have for Fringe.

We welcome professional artists, budding illustrators, designers, students and everyone in between to submit their designs for this year's competition which celebrates the diverse and inclusive nature of our festival.

The winning poster will become the symbol of Adelaide Fringe 2022, with the artist receiving a \$3,000 cash prize and free artist registration to present their own exhibition as part of Adelaide Fringe 2022.

Entries close Sunday 8 August.

Find out more and enter: <https://adelaidefringe.com.au/poster-design-competition>

International Space Challenge 2021

The International Space Challenge (ISC) is one of the few platforms that connects young minds across the globe with industry experts, to nurture interest in space technology and its applications. It taps into the creativity of young minds to find new solutions and create a pathway for future commercialisation of these ideas.

Held annually, the challenge calls for young people to work in teams to solve problems developed closely with the industry, derive theoretical models, design prototypes, and create simulations of their creative solutions. During the challenge, they hear from industry and subject matter experts, receive mentorship and gain access to technical tools to help them complete their proposal. Final entries are reviewed and judged by esteemed technical leaders from around the world.

This year ISC will be split into 2 categories – Starter and Open. The Starter's category will be from ages 13 to 18, while the Open category will comprise of the 15 to 25 age group.

This year's theme is "Space Weather". The challenge for teams is to design an experiment to be conducted on board the ISS that uses changes in space weather as the independent variable.

Registrations close Friday 6 August.

Find out more and enter here: <https://www.space.org.sg/isc/>

Social Media and Your Job – Does it Matter?

Social media and your job

Let's face it, pretty much all of us use some form of social media these days. It can be a great way of keeping in touch with friends and family, finding news and events, or even just entertaining ourselves.

But as social media becomes even more a part of our lives and identity, there's something else we need to consider – does it affect our jobs?

Whatever you post on the internet could potentially be seen by anyone, including employers, fellow workers, and customers. And more and more professions are introducing social media policies that staff need to follow, or there could be some serious consequences.

We're here to explain the dos and don'ts of social media as a student and professional, so you can maintain a good reputation online.

What counts as "social media"?

What can be defined as “social media” is actually quite broad, and includes more sites than you’d think than just Facebook and Instagram. In fact, almost any online platform where content can be shared could potentially be considered social media. Some common examples include:

- Social networking platforms (Facebook, Twitter, WEChat, WhatsApp, etc)
- Professional networking platforms (LinkedIn, etc)
- Discussion forums (Reddit, Whirlpool, etc)
- Media sharing platforms (YouTube, TikTok, Flickr, Instagram, etc)
- Content production and blogs (Tumblr, WordPress, etc)
- Wikis (Wikipedia, etc)
- Gaming platforms and environments (Online games, Discord, Steam, etc)

While many of these sites and platforms allow you to post under a username or anonymously, [it’s likely that it can still be tracked back to you in some way.](#)

Take this as a general rule of thumb: if you’re putting something on the internet where other people can potentially see it, think twice before you hit post.

Your conduct on social media

While rules and policies can vary between job areas and individual organisations, there are some basic rules that are fairly common between them all. Even if the place you work or study has no specific social media policy, these are some good guidelines to follow to make sure your online presence doesn’t cause any conflict with your job or studies.

Appropriate behaviour

This one’s fairly obvious: make sure you behave appropriately online. There are real people behind the screens, so treat people online like you would treat them in person. And maybe think twice before letting your mate post those embarrassing photos! Other things that could get you in hot water include:

- Cyberbullying and harassing others online
- Posting obscene or offensive things
- Spreading information that is false, misleading or deceptive

Posting about your job

Be extremely careful if you make any sort of post or reference about your job (even if it’s to say something nice). If you’re posting a photo or video wearing a company uniform or on work premises, make sure this is okay according to your workplace’s policy. And if you’re unhappy with something that’s happened with work, don’t vent about it online; we know it can be tempting to badmouth your annoying colleague or a frustrating customer experience, but this can get you in a lot of trouble. Your workplace should have an appropriate channel you can take these concerns, like talking to your manager.

There are even some cases where posting about your job on personal social media sites is not allowed *at all* – you’ll see more about this below.

It applies to students too

Remember, these rules aren’t just for workers to follow. Universities and other education providers usually also have social media policies that are strict about what you post that might be associated with them as well. Your behaviour online could potentially lead to some serious consequences, like having your enrolment cancelled.

If you'd like to take a look at an example, here's [Bond University's Social Media Policy](#) – it applies to both staff and students at Bond.

Profession-specific rules

As well as the general rules above, different career areas and employers can also have specific rules that their employees need to follow in regards to social media. Here are some common ones, so if your dream job appears below, you might want to take a look.

Healthcare professionals

This includes almost everyone working in health, including doctors, nurses, midwives, aged carers, disability support workers, surgeons, and more.

One of the big things to consider as a healthcare professional is privacy and patient confidentiality. You need to be really careful not to post any identifying details about one of your patients. An example includes uploading pictures that might have things in the background, like scans and reports, that could potentially contain confidential information.

As a healthcare worker, your views and opinions on some matters can also be influential. Be careful when expressing opinions about social issues online. Maintaining appropriate boundaries and relationships with patients online is also very important.

You can see the Australian Health Practitioner Regulation Agency's (Aphra) guide to social media for healthcare professionals [here](#).

Police officers

As a police officer, your reputation as well as the reputation of the force as a whole is taken extremely seriously. So it's not surprising that they have some pretty strict rules when it comes to social media.

Common things include not sharing confidential information (such as information about ongoing investigations), making comments about the police force or government, and even posting pictures of yourself in uniform on private social media.

If you want to dive a bit deeper, take a look at NSW Police's social media policy [here](#).

Defence Force

Similar to the police, the Defence Force also has clear and enforceable guidelines when it comes to personnel posting information on social media. Again, it is mostly concerned with protecting confidential information, and upholding the reputation of the Defence Force.

An interesting thing to keep in mind is that [these rules apply to young people as well](#), whether you're participating in a Cadet program or Defence Work Experience.

Read the ADF's policy on social media use [here](#).

Teachers

Teachers need to be careful when posting on social media, particularly around matters relating to students. Teachers are advised to not post anything work-related to personal social media accounts, particularly if it contains any identifying information about students or other staff.

It is also very important that teachers should under no circumstances interact with students on social media, other than through official school accounts.

See more about how teachers at public schools in NSW can use social media in the Department of Education's guide [here](#).

Lawyers

Once you finish your studies and want to become a practicing lawyer, there are certain things other than your education that can affect your hopes of being admitted. One consideration is that you are a "fit and proper person" to practice. In the days of social media, [what you post can be one of the things used to determine your fitness to practice](#).

As with many of the other professions above, client confidentiality is also incredibly important. Lawyers must make sure not to reveal any information about a client or case.

It's not all bad

On the flip side, social media can be used as an incredibly powerful tool to put yourself out there to potential employers. These days it's becoming more and more common for people to find work through social media channels, so making a good impression is always important. [Studies show](#) that three out of four managers will take a peek at a potential candidate's social media profile before making a decision.

So if you are going to use social media, make sure you use it the right way.

You can find heaps more resources about the world of work on [Study Work Grow here](#).

[UOW Early Admission – Open Now](#)

The University of Wollongong's Early Admission program is now open for applications for students wanting to study in 2022.

UOW Early Admission is an early offer program for students completing Year 12 (Higher School Certificate or other Australian equivalents) during 2021. When you apply for Early Admission, UOW looks beyond your ATAR and considers your unique skills and experiences, alongside your Year 11 results, so you can earn an offer to uni before you sit your first exam.

Applications for Early Admissions close Friday 13 August, so get yours in now.

Don't forget, if you also apply for accommodation before 14 November, you could win a \$5,000 Relocation Scholarship as well.

Find out more and apply here: <https://www.uow.edu.au/early-admission/>

[What's the difference between a Bachelor of Business and Bachelor of Commerce?](#)

Business vs Commerce

If you're keen to study business at university, you might already be looking into your future degree. And you also might have run into this conundrum – should I study a Bachelor of Business or a Bachelor of Commerce? You might even be wondering, are these two degrees even different?

We're here to answer your questions, and the first is, *yes*, there is a difference (we promise). Read on to find out more about the finer details on Business vs Commerce.

Business: broad knowledge

A Bachelor of Business is usually the first thing that comes to mind when you think about studying business at university. This is a common degree that you can study at pretty much any university in Australia, and for a good reason.

A Bachelor of Business equips you with the foundation skills you need to work in almost any industry and role. If you're not quite sure which area you'd like to specialise in, or you just want to be an all-round pro, a Bachelor of Business is an ideal choice.

As a general rule, you'll also learn more "people-centered" skills in a Bachelor of Business; think things like communication, management and leadership skills, marketing, and so on. These are core skills you can take into any role, setting you up for future success.

But if you do want to specialise, you can do that too. You can always take a major (or two) and really expand your horizons. For example, you could study the [Entrepreneurship and Innovation](#) major at Murdoch, or [Human Resource Management](#) at Monash.

Business courses also tend to have slightly lower ATAR requirements, and only English as a prerequisite. They're also incredibly popular, so you won't have to go far to find a uni that offers this course.

Commerce: specialised knowledge

A Bachelor of Commerce is for those who really want to get into the nitty-gritty of a particular business area. These degrees tend to be much more thorough and in-depth, while focusing on a particular area.

A Bachelor of Commerce gives you specialist skills and knowledge in your chosen area. These degrees are more analytical, and commonly involve a bigger emphasis on mathematics. If you have a particular career path in mind, a Bachelor of Commerce can be a great way to learn the specific skills you need to get there.

Some common majors for a Bachelor of Commerce include things like [Actuarial Science](#) from the University of Melbourne, or [Business Economics](#) from UNSW.

Commerce courses can have slightly higher ATAR requirements, and also sometimes include mathematics as a prerequisite.

The similarities?

Although they have their differences, the Bachelor of Business and Bachelor of Commerce share some similarities as well.

Both are great at equipping you with the skills and knowledge you need for your future career. One isn't inherently "better" than the other, and what you learn in each will differ from university to university.

You might also see some universities offer the same major in both degrees – in this case, the content is usually largely the same and both degrees would be considered equally by employers. For example, the [Accounting](#) major is offered in both the Bachelor of Business and the Bachelor of Commerce at La Trobe. The things that might differ between the two degrees are other core subjects, and which electives you can choose to study.

The final decision

When making a decision about which course to study, the best course of action is to always do your research. Read the course information and handbook for each course carefully, and see if there is anything about a particular degree you do (or don't) like.

Want to know more about your university options? Make sure to take a look at [Study Work Grow's university resources here](#).

Don't forget you can also get a copy of our [2022 Apply to University Guide](#), free with a Study Work Grow membership.

[2022 Medicine Closing Dates](#)

Wanting to study medicine at university in 2022? You need to have booked your UCAT test date by now (and may have already even sat it already). And if you haven't already, it's time to start getting your applications in.

Applications for medicine degrees in Australia tend to close earlier than other courses. Some of them are coming up soon, so we've compiled a list of all the medicine courses and their closing dates, so you can make sure you don't miss out.

New South Wales

- [UNSW Bachelor of Medical Studies/Doctor of Medicine](#) – apply through the Medicine Application Portal (MAP) and by UAC before 30 September 2021.
- [University of Newcastle/UNE Joint Medical Program](#) – apply direct online and through UAC before 30 September 2021.
- [University of Sydney Bachelor of Science and Doctor of Medicine](#) – apply through UAC before 30 September 2021.
- [WSU/CSU Joint Program in Medicine](#) – apply through UAC between 1 August and 30 September 2021. **Late applications will not be accepted.**

Want more information about applying for medicine? Check out our [2022 Medicine Entry Guide](#), available for free with a Study Work Grow membership.

[Macquarie University | COVID-19 Impact Points](#)

Macquarie recognise the significant impact this pandemic has had on students and the stress related to university entry for 2022.

To reassure Year 12 students, all applicants applying for a Session 1, 2022 undergraduate degree will automatically receive five COVID-19 Impact Points to boost their selection rank. Prospective students will not have to apply for these additional adjustment factors as they will be automatically applied via their Universities Admission Centre (UAC) application.

Find out more: <https://www.mq.edu.au/study/high-school-students/getting-into-university/adjustment-factors/covid-19-impact-points>

[Casper Test | 2021-2022 Admissions](#)

What is the Casper test?

The Casper test is an online situational judgement test. Like the UCAT, it is an extra step you need to take before being admitted to some university degrees.

When taking the test, you are given a series of hypothetical scenarios, and then must answer questions about how you would respond in those scenarios.

You are asked what you would do, how you would do it, and why you would do it. The point of Casper is to assess potential university applicants for not just academic ability, but important people skills such as communication, empathy, self-awareness, and motivation.

The test is done online, so you can do it from anywhere. You are required to have a webcam for the test so they can make sure your answers are all your own.

Your results from the Casper test are used alongside your academic results (e.g. ATAR) to determine whether or not you are accepted into your chosen course.

Will I need to sit the Casper test?

The Casper test is currently used in Australia for admission to some education and health degrees. These are the courses that currently require you to sit the Casper:

- Initial Teacher Education courses at –
 - [Australian Catholic University \(VIC only\)](#)
 - [Deakin University](#)
 - [Federation University](#)
 - [La Trobe University](#)
 - [Monash University](#)
 - [RMIT University](#)
 - [Swinburne University](#)
 - [Victoria University](#)
- [Bachelor of Nursing](#) at Victoria University
- [Bachelor of Veterinary Science \(Honours\)](#) at the University of Queensland
- [Doctor of Veterinary Science](#) (including undergraduate pathways) at the University of Melbourne
- [Doctor of Medicine](#) at the University of Wollongong
- [Bachelor of Veterinary Science at Massey University](#) (NZ)

When do I sit the Casper test?

There are a variety of dates throughout the year you can sit the Casper test. These dates vary depending on which course you're applying for, and which university you want to go to. There is usually one day each month you can book to sit the Casper test.

Make sure you keep an eye on the test dates and book one as soon as possible, to avoid missing the test before university applications are due.

[You can see the available dates and book here.](#)

Where can I find out more about the Casper test?

You can find out all about the Casper test here: <https://takealtus.com/casper/>

[How to Build a Strong Work Ethic – new microprogram from Grandshake](#)

Grandshake has launched a brand-new online microprogram for young job seekers and students called "How to Build a Strong Work Ethic".

The 40-minute microprogram lays out the foundations of having a solid work ethic. Participate in exercises to pinpoint your values and find a career that embodies them. Pick up accountability techniques and interview tips. Learn how to ask for feedback, and embody a

positive workplace culture that makes you and others in your team want to show up to work (or school) every day. This soft skill will help you no matter the career path you're seeking. The program is completely free to take and is all online, so you can do it anywhere at your own pace.

Find out more here: <https://www.grandshake.co/product/how-to-build-a-strong-work-ethic>

Wellbeing and study tips for teens during lockdown

Lockdowns are tough on everyone, but if you're at school – particularly in senior high school, then you're probably having a harder time than most.

We get that, we really do. Unfortunately, we can't make the pandemic or the restrictions go away, but we can find ways to help you support yourself and make the best of a rubbish situation.

Here's a few tips and resources to try, keeping your physical and mental health in check, as well as your studies.

Get Physical

It's important to stay active while you're at home. You'll get the dopamine hit to help boost your mood and enhance your ability to learn.

You feel better about yourself in general when you're being active, and exercise or just being in the outdoors more could also help you to get better sleep (quality and quantity counts), plus your immune system will thank you for it too.

Check out these ideas for [keeping active in a lockdown](#).

Make sure you get enough sleep

We know you're heard it a million times before and sure sleep can't fix everything, but it can make a huge difference to the way that you feel.

If you need some more information about why your body and mind need sleep, or tips on how to get good sleep, [read this blog](#).

Fuel your body with the good stuff

If you're at home (and procrastinating) it can be so easy to head for the cupboard or fridge and raid the snacks. Whilst there's nothing wrong with that at all – and who doesn't need the comforts of chocolate or chips sometimes; it's a great idea to also make sure that you're giving your body the nutrition it needs too.

You could even make meals for the whole family and earn brownie points.... or dessert.

If you want to snack try going for foods that could be [boosting your brain](#) and potentially helping you to get your studies done.

Mental Wellbeing is important too

If you're feeling anxious, stressed, or even depressed then you're not in the best mindset to work and these issues could start taking a toll on your physical health too.

Looking after your mental health is just as important as looking after your body, after all your brain is the most powerful organ in your body. If you're struggling, there's no shame in that, getting help is the best and bravest move you can make if you aren't coping too well.

Here's a few ways that you can help yourself:

Maintain your normal feel-good activities

Do you usually exercise each day, meditate, listen to podcasts, or make time to sit and read or listen to music each day for your mental health? If you've found the key to doing things that make you feel good or better normally, keep it up. It can be hard, but you'll be glad you made the time and effort afterwards.

If you can't do your usual sport or hobbies, that's tough, but you could try switching them up for something new like online work outs or spending the time practising the techniques involved.

Take a hot bath

[Liggy Webb](#) recently posted that just taking a hot bath could be enough to prevent burnout.

She cited 3 main health benefits:

1. Researchers at Osaka University tracked 30,000 Japanese adults over 29 years and found that daily hot baths are associated with lower blood pressure and our heart's improved ability to pump blood.
2. A hot soak can also raise your metabolism and help you to control your blood sugar levels in the same way walking for 30 minutes can.
3. Taking a hot bath 90 minutes before bedtime could help you to get a good night's sleep. This works by raising your core body temperature to such a height that it then has to fall and a natural drop in body temperature is one of the triggers your body uses to prepare itself for rest and sleep.

Share your worries

Sometimes it's hard to talk, keeping your concerns all bottled up generally won't so you any favours though.

"A problem shared is a problem halved"

You've probably heard that phrase before, that's because it's actually great advice.

Talk to your parents or carers, siblings, friends, teachers or the school counsellor. All of these people have your best interests at heart and will want to listen to your worries and support you.

If you don't feel like you can talk to anyone close to you, that's ok too. You can call one of numerous help lines, chat with professionals online, or even make an appointment to chat with your GP if there's something niggling about you physical or mental wellbeing. They're all confidential and usually free. If you need help right now, you can always call Lifeline on 13 11 14 or Kids Helpline on 1800 55 1800.

Look up mental health services in your state [here](#) or find [other ways to get mental health support without talking on the phone](#).

Study tips to help keep you on track

Not being in school could be making it really hard to study, here's a few hacks that could help:

Keep a routine

Setting and sticking to specific times for daily rituals such as meals, study, exercise, unplugging, social connection, sleep etc can help you feel in control and "creates pockets of certainty" (Beyond Blue) in your day which can help you to stay grounded.

Getting up at the same time as usual and sticking to your usual routine – including showering, having breakfast, and getting dressed ready to learn, could really help you start your day more motivated and focused.

Set boundaries

Being at home so much of the time with your whole family around can be challenging, with lots of distractions and noise. Why not sit down with your family and work out what will work in order to respect each others needs and space. Set a few ground rules for when people need to work and need a little quiet with no interruptions for example. Working together to do this will ensure that everyone gets what they need and things might work a lot more smoothly.

Importantly, set clear times for learning and for when it's time to step away from the books for the day. Otherwise you might find yourself wasting hours watching day time TV, then burning the midnight oil in order to get your work done, then you'll be missing out on sleep, potentially feeling stressed out, and possibly not doing your best work. Plus, you don't want to give your parents something to nag you about do you?

Find your perfect space

If you're struggling to concentrate on or switch off from studying, perhaps you need to change where you're working from. Your room might be comfortable but are there too many distractions when you're trying to work, perhaps it's too dark or too bright, are you finding it hard to stop working when you should be sleeping? If so, perhaps there's another spot around the house that'll work better for you.

Connect with teachers and peers

Feeling isolated when you're studying could mean that you're feeling demotivated, confused, frustrated, or even angry.

Joining in with online sessions, organising a chat with your teachers, or even connecting with your classmates in an online chat or group could help you to get back on track, understand your subject matter, or provide you with the help that you need to keep going.

Regular communication, including checking and sending emails means that you won't miss any important deadlines or other information. Checking in each morning and at the end of your allocated study time is a great place to start.

Just be mindful that you might not always get an immediate response, so having a Plan B is a good idea too. If you're stuck on a piece of work and can't get hold of a teacher or classmate to help explain what you need to do next, try moving on to another subject and come back to it later.

Remember to breathe

If you're feeling overwhelmed, make a conscious effort to take a few big deep breaths, slowly exhale. It's not a magic cure for everything but it's a great way to give you a little bit of clarity and calm.

Wait, there's more

If you're looking for more resources or haven't found what you're looking for in this blog, check out these articles:

[Virtual Fitness Challenge Series](#)

[9 Wellbeing Tips for Teens](#)

[Digital Mental Health Resources for Young People](#)

[Are you OK? | Looking after your mental health](#)

[Stay calm and succeed with these last minute study tips](#)

[9 Smart Study Tips to Try Out at High School](#)

[Study Playlists to keep you on track](#)

[How to Stay Focused While Studying](#)

[9 motivational tips for remote learners](#)

[7 ways to set yourself up for online learning](#)

There are more resources on our [wellbeing](#) and [study tips](#) pages too.

[How to become a Police Officer](#)

Protect and serve the public

What do Police Officers do?

Police Officers help protect lives and property by enforcing laws and investigating crimes. Police Officers are highly trained specialists and have a wide variety of duties, including responding to emergencies, patrolling public areas, conducting criminal investigations and making arrests, and helping to maintain public order.

If you are fit and resilient, hard-working with a strong sense of justice, and want a job that can be extremely challenging but rewarding, becoming a Police Officer could be perfect for you.

About you:

- Fit and strong
- Physically and emotionally resilient
- Passionate about helping people
- Strong sense of justice
- Confident and tough
- Can remain calm under pressure
- Great communicator
- Determined and capable

The job:

- Responding to emergency calls for help, such as accidents and crimes
- Investigating crimes and pursuing and arresting suspected offenders
- Maintaining public order at gatherings and events
- Providing assistance to victims of crime and their families
- Patrolling roads and enforcing traffic law
- Dealing with people who may be violent and unpredictable, or affected by alcohol and drugs
- Maintaining proper reports and records

Lifestyle Impact: High

- Part Time opportunities: Very low – only around 7% of Police Officers work part-time (source: joboutlook.gov.au).

- Average hours for full-time workers: 43 hours a week, which is average (source: joboutlook.gov.au). However, you can expect to be working at odd hours, such as overnight, and on weekends and holidays.
- Police Officers' salary (average) \$75,000* per year (source: seek.com.au). *Salaries vary depending on your skills and experience.
- Future career growth: Strong (source: joboutlook.gov.au).
- This is a job where you may see some extremely confronting things, and can be very mentally challenging. You need to be emotionally resilient and prepared for any situation as a Police Officer.

Police Officers are most in demand in these locations:

This is a large occupation, with around 48,200 people working as Police Officers in 2019 (source: joboutlook.gov.au). Speech Pathologists are needed all across Australia, with higher than average demand in South Australia and the Northern Territory. Most Police Officers work in the public administration and safety industry.

There are jobs available around Australia and globally. Be prepared to do a lot of high-impact outdoors work, as well as some indoor administrative work.

How to become a Police Officer in Australia

The process of becoming a Police Officer in Australia can vary slightly in each State and Territory. Generally you only need to have finished Year 12 to become a recruit. You will need to be 18 years of age and hold a driver's license.

Step 1 – Complete Year 12 with a strong focus on English and Maths.

Step 2 – Apply to become a recruit police officer in your State or Territory. As part of the application process, you will need to provide your education and employment history, as well as undergo rigorous interviewing and testing, including fitness, psychometric, medical and aptitude testing.

Step 3 – If your application is successful, you will be invited to complete a training program. The length of the program varies in each State and Territory.

Step 4 – Once your training is complete, and you meet any other requirements, you can start working as a Police Officer.

Step 5 – You will need to continue building your skills and training throughout your career, or you can choose to move into specialised role.

Find out more here –

<https://www.afp.gov.au/>

<https://www.police.nsw.gov.au/>

<https://www.policecareer.vic.gov.au/>

<http://www.policerecruit.qld.gov.au/>

<https://www.letsjoinforces.wa.gov.au/>

<https://www.police.sa.gov.au/>

<https://recruitment.police.tas.gov.au/>

<http://pfes.nt.gov.au/Police.aspx>

Similar Careers to Police Officer

[Firefighter](#)

[Paramedic](#)

[Correctional Officer](#)

[Solicitor](#)

[Barrister](#)

Judge

[Social Worker](#)

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

Frequently Asked Questions (FAQs)

What do Police Officers do?

Police Officers work to protect people and property from harm through enforcing the law. They have a wide variety of duties, including patrolling, conducting investigations, making arrests, and more.

Which industries employ Police Officers?

Most Police Officers work in the Public Administration and Safety industry.

What options are there for career progression?

You can start out doing general policing duties, and as you gain experience choose to move into a specialist role, such as forensic investigation, dog squad, water police, and more. Or you could choose to move into more managerial roles.

Do I need to go to university to become a Police Officer?

No, you don't need any particular qualifications to become a Police Officer. However, when you apply any education and experience you have will be taken into consideration, so having done some study can work to your advantage.

Where do Police Officers work?

Police Officers work all around Australia and globally. They work in all sorts of outdoor environments, as well as in offices doing administration work.

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

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

1. Try and get work experience with your local police. This can be a great way to find out what the daily duties of a Police Officer are, and can help you decide whether or not it's the job for you.
2. Volunteer in your community. Not only will this look great on your recruit application, but it lets you build relationships with the people you will be working to protect.
3. Start working on your fitness, and make sure you will be able to pass any physical testing required. Don't forget to stay on top of your mental health too.

Mr Madani

COLLEGE ● 35 Anderson Street, Chatswood NSW 2067 P(02) 9411 4733 F(02) 9413 1860

TREACY COMPLEX ● Dreadnought Road, Oxford Falls NSW 2100 P(02) 9451 7375

E admin@stpiusx.nsw.edu.au www.spx.nsw.edu.au

ABN 50 451 308 630

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