



Motivate your mate

Justice and Solidarity

Careers Newsletter

3 November 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>

UTS | World Science Day Series

Wednesday 10 November 2021, 9:30 am - 3:00 pm

Online

Join us as we celebrate World Science Day with a series of talks from our students and expert researchers.

Student Insight Series: Let our students take you through their pathway to university and offer insights into their experience of studying at UTS including internships, research projects and career aspirations. Featuring Charlotte & Advanced Science, Sam & Environmental and Marine Science, Kelly & Maths and Statistics.

Science in Focus Series: Rebuilding Australia's Coral Reefs. Speakers include Professor David Suggett, Dr Emma Camp and Dr Melissa Edwards from UTS and Johnny Gaskell from Reef Catchments. Our panel will delve into the coral nurture program; a toolbox to save our reef. Find out more: <https://www.uts.edu.au/about/faculty-science/events/uts-celebrates-world-science-day>

AMPA | Dance Virtual Information and Q&A Session

Friday 12 November 2021, 4:00 pm - 4:00 pm

Online

AMPA DANCE invites dancers to join a Virtual Information and Q&A session. Our Head of Dance will talk you through the Associate & Bachelor Dance Programs and our students will give you a taste of what it is like to study full-time dance at AMPA.

Find out more: <mailto:studio@ampa.edu.au>

Basair | Pilot Career Webinar

Monday 15 November 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/213>

AIF | Virtual Open Day

Thursday 18 November 2021, 7:30 pm - 8:30 pm

Online

Open Day is your chance to get a taste for what it's like to study at AIF. Learn about our range of industry-leading courses, along with your career options in the fitness and massage industries, as you chat to our Careers team and staff. You will also have the opportunity to have all your questions answered, giving you all the info you need to ignite your career.

Find out more: <https://enquire.fitness.edu.au/open-day>

Bond | Medical Program Information Session

Monday 22 November 2021, 5:00 pm - 6:00 pm

Online

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

We invite you to join the Dean of Medicine who will provide an overview of the Medical Program at Bond University via a webinar. Get the answers to all your questions during this live information session.

Find out more: <https://bond.edu.au/event/69435/medical-program-information-session-webinar>

Sydney Design School | Info Session

Wednesday 24 November 2021, 7:00 pm

Online

Find out everything you need to know about our flexible courses and career support. Our Director, Amanda Grace will introduce you to our unique philosophy, passionate Educators and industry focused approach to learning. This event will take place online or on campus we will update you closer to the time. Register to join us below.

Find out more: <https://sydneydesignschool.com.au/information-sessions/>

NIE | Free UCAT Information Session

Monday 29 November 2021, 7:00 pm - 9:00 pm

Online

The National Institute of Education (NIE) is proud to present the free information seminar all about UCAT and the undergraduate pathways into medicine, dentistry, and some other health science programs. This is not a sales/advertising/promotional seminar. The session is

packed with invaluable information during which we will be covering the following topics and more.

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

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

Find out more: <https://www.nie.edu.au/ucat-free/free-ucat-information-sessions>

UAC Digital | ATAR release, preferences and offers

Wednesday 1 December 2021, 6:00 pm

Online

This session is your one-stop shop for all things ATAR release, preferences and offers. We'll discuss:

- how to access your ATAR
- how to read your ATAR Advice Notice
- what to do once you receive your ATAR
- how to manage your preferences to maximise chances of an offer
- offer rounds and dates
- deferring and taking a gap year.

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

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

ACU | Pathways to ACU

Thursday 9 December 2021, 1:00 pm

Online

If you didn't receive the ATAR you wanted, don't worry, there's more than one way into university. We'll take you through the entry pathways to ACU, including diplomas and Foundation Studies that can give you access straight into the second year of your preferred bachelor degree.

Find out more: <https://www.acu.edu.au/about-acu/events/2021/december/pathways-to-acu>

Photo Scavenger Hunt (Years 7-12)

Thursday 16 December 2021, 11:00 am - 2:00 pm

Redleaf Cafe, Double Bay

Join artist and photographer Garry Trinh for a photo scavenger hunt around the parks and streets circling the Woollahra Gallery at Redleaf.

Each student will bring their own SLR camera or phone camera and be provided with a map and list of images to be hunting for. The map will show the walking route as well as clues to where they may find the desired images.

Throughout this fun and explorative workshop, Garry will teach students how to use their camera to capture the variety of images on the hunt.

Find out more: <https://www.eventbrite.com.au/e/photo-scavenger-hunt-years-7-12-registration-193278490167?aff=erellivmlt>

Alphacrucis College | Startup Bootcamp

Monday 17 January 2022, 9:00 am - Thursday 20 January 2022, 5:00 pm

Online

Discover your purpose and worship God with your work. Our bootcamp is open to students in Years 11 and 12, and curious learners/aspiring entrepreneurs of all ages.

This 5 day Bootcamp will help you clarify your purpose, through a series of missions that help you answer questions such as:

- Is my character setting me up for success as an entrepreneur?
- How do I cultivate the right mindset and attitude?
- How can I find a supportive community of entrepreneurs?
- What problem am I best placed to solve?

At the end of the 5 days, you will have a better understanding of your strengths and areas for growth in entrepreneurship, a support network and a written personal focus, all of which will help your future plans.

Find out more: <https://study.ac.edu.au/en-au/startup>

TAFE NSW | Radio, Journalism and Media Sample Class

Tuesday 25 January 2022, 9:30 am - 12:30 pm

Online

Attend this free online class to get some great skills and to see how much you enjoy media, radio presenting, interviewing and mobile journalism. You will also get career advice and enrolment help.

This will be run online using MS Teams (this works best in Chrome, or the MS Teams App).

Find out more: <https://www.tafenswevents.com.au/event/sydney-radio-journalism-and-media-sample-class>

Bendigo and Adelaide Bank Scholarship for Rural and Regional Students

Value: \$5,000 AUD

Open/Closing Dates: December 1, 2021 – February 18, 2022

The Bendigo and Adelaide Bank Scholarship for rural and regional students aims to assist academically outstanding but disadvantaged students, from a rural or regional area, who have been offered a full-time place at an Australian University for the first time.

[Find out more](#)

SCU Far North Coast Law Society Scholarship

Value: \$2,500 AUD

Open/Closing Dates: October 1, 2021 – December 20, 2021

Far North Coast Law Society has been supporting Far North Coast residents in their SCU studies for a number of years.

[Find out more](#)

Charles Sturt Central NSW Joint Organisation Scholarship

Value: \$5,000 AUD per year

Open/Closing Dates: October 1, 2021 – February 2, 2022

Available to 1st Year students studying Doctor of Medicine on Orange Campus.

[Find out more](#)

Macquarie Regional and Remote Support Scholarship

Value: \$8,000 AUD per year

Open/Closing Dates: April 1, 2021 – February 4, 2022

The Macquarie University Accommodation Scholarship assists rural and remote students from disadvantaged backgrounds, including demonstrated financial hardship, with the costs associated with higher education.

[Find out more](#)

UNE William McIlrath Rural Scholarship

Value: \$10,000 AUD + \$4,000 AUD annually thereafter

Open/Closing Dates: September 1, 2021 – January 3, 2022

The William McIlrath Rural Scholarship is established to encourage and assist rural and regional students to undertake a full-time undergraduate degree at the University of New England.

[Find out more](#)

ANU 2021 STEM Challenges

This event series is an opportunity for high school and college students to participate in fun and hands-on weekly challenges on a range of science, technology, engineering, and mathematics (STEM) topics. The competition is being organised by the Australian National University (ANU).

How it works:

- Students need to [register to participate](#).
- Every Monday, challenges will be released by email to all registrants and will also be published on this website. Students will have one week to complete each challenge(s), with answers/photos due on Sunday of the same week.
- Each of the challenges will draw on a different element of STEM and may require you to take photos, answer questions or build/design something to complete the challenge.

- In some weeks, there might be two challenges with different STEM topics released, students can choose to do one or both.
- Only one submission per challenge will be accepted and counted for each participant.
- Each week, the submissions will be judged by a panel of ANU staff and voted on.
- Winners will be announced on the Tuesday following the submission deadline and will be notified by email and will also appear on our social media pages.

Prizes:

- Winners will receive a Winner's Certificate and a surprise prize.
- All registrants who submit at least one challenge over the 7 weeks of challenges will also receive a printable online Certificate of Participation from the Australian National University. The certificate of participation is not part of the AQF.

The challenge will run from 2 November to 19 December.

Find out more and register here: <https://science.anu.edu.au/engagement/community-outreach/2021-stem-challenges>

Hogan Lovells Life Sciences and Health Care Virtual Program

Hogan Lovells Life Sciences Learning Hub provides an insight into life as a junior associate at a global elite law firm. For you this means working with experts in their field, collaborating across different legal specialties, to help our clients solve the toughest legal issues.

Our virtual program allows you to experience different tasks typically handled by a junior associate, giving you a flavour of what an opportunity with Hogan Lovells can offer. Access the program from anywhere in the world and complete at your own pace, to fit around your other commitments. In return, gain valuable skills and commercial awareness to help you stand out in the application process.

No prior legal knowledge or work experience is required to participate in this course, and your work will not be used for assessment purposes.

[Learn more](#)

Will robots take my job?

Back in 2013 two guys called Carl and Michael took [an in-depth look](#) into what makes jobs susceptible to automation. They found that around half of all jobs are 'at-risk', although these jobs are often replaced one-to-one with similar jobs that utilise the technology being developed.

Change in the workforce is pretty normal, and this isn't the first time technology has changed how we work – just take a look at the [first industrial revolution](#) if you want to see how much things can change. As has happened for millennia, new technology makes it easier for us to do jobs (usually repetitive ones that don't require creativity or human skills) which means we then move on to other jobs – it's this process that allows us to do more and be better, and without it we'd be stuck in the one place.

Right now, we need more people in high-skilled jobs that require advanced thinking skills, and also more demand for low-income workers who can do physically demanding jobs that are difficult to automate, but the data suggests what we're seeing is a 'hollowing-out' of routine jobs that normally sit in the middle of the workforce. These are semi-skilled jobs that are now being replaced by technology.

Want to know if robots will take your job?

Here's what to look for:

1. Is the job repetitive?

If a job requires repeated actions or tasks, it's more likely to make sense financially to automate the job. These jobs include tasks like processing forms, checking the same set of data monitors each day, or factory work. If you're thinking about going into a field with a high proportion of repetitive tasks then think carefully about what you will do if your job is automated.

2. Does the job require face-to-face contact with other people?

If you need to speak with or care for other people in your job then you can be pretty sure it's going to take a long time to replace you. Humanoid robots are a long way off being 'standard technology', and even when they do become more common it's uncertain how comfortable we will become with them. Want an example? Try to imagine getting your Covid vaccination from a robot...

3. Does the job require complex physical movement?

If you need to carry plates of food, check powerlines, or use a wrench in a small space, then it's unlikely that a machine will be able to take over your job in the next few decades. And sure, there are ways to get around these problems, like conveyor belts in restaurants, but these aren't much fun and can have an impact on how people feel in the space.

4. Is the job creative or innovative?

Technology and machine learning can go a long way, but they can only ever be as creative as their creators. AI may be able to write screenplays (check out [Sunspring](#)) but that doesn't mean they're any good – if your job requires you to be creative or innovative then it is likely you'll be safe (at least until the AI screenwriting robots take over). 'Creative' jobs aren't just in design and the arts – you need creativity to solve problems for customers in sales, design buildings as an engineer, or inspire students as a teacher.

5. Does the job require a lot of information processing?

In the past, being able to remember and understand large amounts of information made you a highly skilled and valuable worker, but now we have computers with incredible datasets who can do the vast majority of the information processing for us. If you're thinking about a job which is mostly comprised of retaining and using information, then you may want to check out pathways you could pivot towards if a machine replaces you. Lawyers, for example, used to be in high demand, but now complex datasets and machine learning are taking over many of their tasks.

Updated La Trobe Bachelor of Business

La Trobe University's new Bachelor of Business is making it easier than ever for students to focus on the career they want.

With a range of enhanced course options, they'll find majors and minors that let them specialise in a chosen field, from events management to marketing, sports management, tourism and more. They'll also graduate with that major on their transcript recognising their studies, like Human Resource Management or Economics as an example.

Some majors in this course are offered with [StudyFlex](#), so students can add online study to their on-campus degree – or the other way round.

Regional students studying online benefit from our [Regional Connect Program](#). They'll find the support they need to connect to larger networks as they build their future and have access to a range of on-campus support services.

This course is available at La Trobe's Melbourne, Bendigo, Online and Sydney campuses.

Find out more: <https://www.latrobe.edu.au/courses/bachelor-of-business>

Summer Skills Program

Summer Skills is an initiative of NSW JobTrainer. It offers young people aged 16-24 the opportunity to upskill, prepare and get ahead through fee-free training courses in construction, coding, business, horticulture, social media, mental health and more.

This fee-free training offers multiple benefits for school leavers such as:

- allowing them to gain skills that can be used to help bridge the gap from school to work
- helping find what interests them or learn a new skill
- giving them a head start on their journey after school and their employment by upskilling through short courses and training opportunities.

A mix of training opportunities are available across NSW.

Register before 31 December 2021.

Find out more about the program here: <https://education.nsw.gov.au/skills-nsw/skills-initiatives/summer-skills>

Searching for your dream course

How do I find my course?

Looking for the perfect course to study? Going through every single university website and seeing if they offer the course you want can be tedious.

Thankfully, you don't have to do that. This is where [Course Seeker](#) comes in.

What is Course Seeker?

Course Seeker is a comprehensive database of tertiary courses on offer from universities and private providers across the country.

It makes it easy to find your dream course. You can filter your search by subject area, location, duration, qualification level, institution type, and more.

You can also see the entry requirements for each course, so you can work out which courses you might be eligible for in a flash.

Say you're looking to do a Bachelor of Science. Just from one quick search you can see the difference in admission requirements between the same course on offer from two different universities.

You also get other handy info, like the course duration, whether you can study part-time, and the campuses where the course is offered.

You can also add courses to your shortlist, which lets you easily compare them when you're trying to make a decision. In your shortlist, you can also compare indicative course fees, whether or not Commonwealth Supported Places (CSPs) are available, and if there are any prerequisites, plus more.

And if you click on a course, you can see all the information you'll need, including majors, extended admissions criteria, the date the course will start next, and more.

Get searching

Find the course of your dreams here: <https://www.courseseeker.edu.au>

Looking for something similar for VET courses? Try [MySkills](#).

Free and Low-Cost TAFE

Are you thinking about studying a VET qualification when you leave high school? The Government is providing lots of subsidies to make the cost of training cheaper, and in some cases, totally free.

There are tons of qualifications to choose from in a variety of industries, from IT to construction, hospitality to health care.

There is eligibility criteria you need to meet to be eligible for free and low-cost courses. It differs from state to state, so make sure you check before you apply.

Find out more about options in your state or territory:

NSW – <https://education.nsw.gov.au/skills-nsw/skills-initiatives.html>

Grandshake Art of Creative Thinking Microprogram

Learn how to improve creative thinking skills in Grandshake's newest 40-minute Art of Creative Thinking microprogram. This program will help young people (14-19) find creative inspiration when they feel stuck for ideas; teach practical techniques to train creative muscles; help build confidence in their creativity; and show them how to be creative in the workplace. They'll also explore how creative thinking intersects with technical fields like engineering and science, and the value of team collaboration in making creative magic happen.

This is for you if you...

- Sometimes doubt your creative abilities
- Dream of a career where you can innovate and shake things up
- Want to know your creative personality type
- Are interested in the Humanities OR STEM subjects
- Want to improve your problem solving skills

Find out more and register here: <http://www.grandshake.co/product/the-art-of-creative-thinking>

Why you should set goals

Planning for your future or just wanting to get the most out of your year? Gain long-term vision and short-term motivation by setting some [goals](#).

Whether you're thinking about subject selection, wondering which post school pathway to take, pondering your gap year options, choosing your next holiday destination, or thinking about how to get fitter and healthier – you're already forming goals.

Goals don't always have to be hugely monumental and life changing events either, so here's some reasons why you should consider putting a little bit of time and energy into turning your dreams and plans into goals.

Goals can provide focus and help you to move forward in life

Spending some time thinking about what you'd like to achieve in the future (either in a year, five years, or even ten years) can help you work out what's really important to you. This clarity can help you to focus on what really matters to you. If you care about something, you're more likely to stick with it and get a great reward when you follow through.

Writing down your goals and putting an action plan in place are the next steps that could help you to achieve what you set out to do.

Goals help you to see and measure your progress

No matter how big, challenging, or daunting your aspirations are, goals could help you to break them down into manageable steps and plan ways to work around obstacles or make time.

This will help you to chip away at the ultimate goal (as well as feel good along the way when you accomplish your milestones).

Setting goals could help you to overcome [procrastination](#)

"Never put off till tomorrow what you can do today." – Benjamin Franklin.

Putting things off is so easy to do, but it means that you'll probably end up achieving less. By setting goals you'll become accountable to yourself. Instead of brushing something off and thinking "I'll get around to it tomorrow", your goals will stick in your mind. If you don't complete an action or step, it might niggle away at you. That works as a constant reminder of what you should be doing, and prompt you into action.

Don't scare yourself off though. Setting one huge goal can be daunting, but breaking it down into smaller steps can make it more manageable.

[Increase your motivation](#)

When you've discovered goals that are important to you, planned how you can achieve them and set yourself deadlines that will hold you accountable, statistically there is a much higher chance that you will be more motivated than ever to see your goals through to the end.

You could achieve more than you might have done without them.

Productivity and positivity

The last couple of years have been a bit crazy and lots of us had plans changed or written off – sometimes more than once. So it's understandable that you might be feeling hesitant to start making goals this year.

However, lots of experts reckon that this could be the best year ever to set some goals. They could help to keep you productive and preserve your sanity by making you feel a bit more in control. Surely it's got to be worth a go?

You can set goals anytime

Despite the unknowns of the future, setting goals still has great value – so try not to get sucked into the “why bother” attitude and instead opt for making the best out of what you've got to work with.

If you haven't set any goals yet, don't stress, it's never too late and there's no perfect time or deadline. You could take some time to think about what you'd like to achieve right now, or book it in for this weekend. Then you can get stuck in and start taking action once you have organised your direction.

Make sure your goals are:

- Realistic and achievable
- Measurable
- Will add value or happiness to your life
- Flexible – it's OK to change your goals or milestones if they're not working out for you.

More about goal setting

There are more resources available over at [Study Work Grow](#), including the super simple and quick [goal generator](#).

Letz Live – New UK Activity Camp Program

Working and living in the UK is an experience like no other!

On an Activity Camp Working Holiday, you could be working as an activity/group leader with one of Letz Live's partner outdoor learning centres. For adventurers and thrill seekers, you'll be supporting young people with essential outdoor learning activities. This could include canoeing, high ropes, sports, archery, paddle boarding and other age appropriate activities, as well as facilitating the day-to-day operations to ensure the students are supported throughout their stay.

Discover the beautiful British countryside and travel on your days off. The UK is easily connected by public transport so you can visit nearby towns when you aren't working. With staff accommodation on-site, all meals will be provided while you earn a competitive salary. Activity camp positions are available from a 6 month duration.

Applications are currently open for March 2022 programmes!

Find out more and book here: <https://www.letzlive.org/programmes/working-holiday-uk-activity-camps/>

[How to become a Lifeguard](#)

Keep our waterways safe

What do Lifeguards do?

Lifeguards are responsible for monitoring any kind of waterway or aquatic facility where people swim. This includes beaches, rivers, lakes, pools, water parks, and more. Lifeguards help to prevent incidents, as well as rescue and provide first aid to people who are in trouble in the water.

If you're fit and motivated, love spending time outdoors, and want a job that could help you save lives, becoming a Lifeguard could be ideal.

About you:

- Calm and collected
- Excellent fitness level
- Great problem-solver
- Fantastic communication skills
- Thrives under pressure
- Works well in teams and independently
- Observant and quick-thinking
- Kind and compassionate

The job:

- Patrolling beaches, waterways and other aquatic facilities
- Putting in measures to prevent accidents (such as flags)
- Rescuing people in an emergency
- Providing first aid and resuscitation
- Keep patients calm and safe until help arrives
- Reporting incidents to other emergency workers
- Using and maintaining lifesaving equipment (e.g. rafts, radios)
- Educating the public on water safety

Lifestyle Impact: Moderate

- Part Time opportunities: Very high – around 83% of Lifeguards work part-time (source: joboutlook.gov.au).
- Average hours for full-time workers: 40 hours a week, which is around average (source: joboutlook.gov.au).
- Lifeguards' salary (average) \$55,000* per year (source: seek.com.au). *Salaries vary depending on your skills and experience.
- Future career growth: Strong (source: joboutlook.gov.au).
- You will be doing your work in the outdoors, in a variety of weather conditions.
- You will need to have a very high level of fitness and able to handle tough situations.

Lifeguards are most in demand in these locations:

This is a small occupation, with around 4,400 people working as Lifeguards in Australia in 2016 (source: joboutlook.com.au). There is higher than average demand in Victoria.

Lifeguards are needed almost anywhere there's water, including beaches, lakes, swimming pools and aquatic centres, water parks, and more, so there is plenty of opportunity for variety and travel.

Australia has a lot of coast and other waterways, and the hot weather means many people are often flocking to the beach for a swim, so there will always be a need for Lifeguards.

How to become a Lifeguard in Australia

You will need to complete a relevant VET qualification (depending on whether you want to work in indoor aquatics or on the beach) before you can work as a Lifeguard in Australia.

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

Step 2 – Work on your fitness, as there are strict fitness requirements for Lifeguards.

Step 3 – Complete a relevant qualification, such as:

- [SLS Bronze Medallion](#)
- [RLS Pool Lifeguard Course](#)
- [Certificate II in Public Safety \(Aquatic Rescue\)](#)
- You will also likely need a [First Aid](#) qualification

Step 4 – Start working as a Lifeguard.

Step 5 – Keep up with your professional development, as most qualifications will need to be refreshed yearly.

Find out more here –

<https://sls.com.au>

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

Similar Careers to Lifeguard

Fitness Instructor

Swimming Teacher

[Paramedic](#)

[Park Ranger](#)

Outdoor Educator

Sportsperson

Tour Guide

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

Frequently Asked Questions (FAQs)

What do Lifeguards do?

Lifeguards monitor waterways and aquatic facilities to prevent and help during incidents.

Which industries employ Lifeguards?

Lifeguards are mostly employed in the Arts and Recreation Services, and Public Administration and Safety Industries.

What options are there for career progression?

You can start out as a volunteer Lifeguard, before moving on to a paid role. You might even like to move into educational or supervisory roles.

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

No, but you will need to complete a relevant VET qualification.

Where do Lifeguards work?

Lifeguards work all across Australia, with highest demand in Victoria.

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

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

1. Volunteer or get involved in a program such as the Surf Lifesaving [Nippers](#) This will help you learn the basics of lifesaving, and build other valuable skills.
2. Make sure you work on your physical and mental fitness to ensure you can handle the rigours of the job.
3. See if you can talk to someone working as a Lifeguard and get an idea of what a day in their life is like.

Mr Madani

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