

Careers Newsletter



BLUE MOUNTAINS
GRAMMAR SCHOOL

Monday, 29 July 2024

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What's On

Upcoming Events

WSU | Discover Western Webinar – Scholarships

July 30, 2024

Our Scholarships webinar will take you through our range of scholarships on offer, how to apply and what to include in your Personal Statement.

[Find out more](#)

NAS | Portfolio Information Session

July 30, 2024

Putting together a strong portfolio is one of the most important parts of your application to the National Art School. In this session, NAS lecturers will offer helpful advice to guide you through your portfolio preparation. You will then have the opportunity to meet with a member of our faculty to receive advice on your portfolio.

[Find out more](#)

Northern Rivers Careers Expo 2024

July 30, 2024

Held annually in July, the Northern Rivers Careers Expo is the region's premier careers event. Showcasing Career Advice, Further Education, Jobs and Training, it is an opportunity for local school leavers, job seekers and workers to develop genuine long-term career prospects.

[Find out more](#)



University of Sydney | Differences between Software Engineering and Computer Science

July 31, 2024

Calling those who are interested in technology! Our upcoming webinar will explore the mysteries of Software Engineering versus Computer Science. Learn about the distinct focuses, job prospects, and real-world applications in this informative 1-hour session. Get ready to ignite your passion for the digital age!

[Find out more](#)

AIT | MasterTalk: Matt Estela, Senior Houdini Artist at Google

July 31, 2024

Matt Estela is a highly accomplished visual effects artist currently working as a senior Houdini artist at Google.

Over the years, Matt has held various roles in the creative industry, notably as a VR supervisor, where he supervised, co-wrote, and co-directed the Lego Batman Batmersive Experience short film. Matt also worked as the CG supervisor for Avengers: Age of Ultron, working with Houdini, Maya, and Nuke artists to create the cyberspace visualisations.

[Find out more](#)

Meet the University of Sydney – Port Macquarie

August 1, 2024

Join us for an information evening to find out all you need to know about the University of Sydney!

Learn about our [Regional and Remote Entry Scheme](#) and [MySydney Scheme](#).

The session will also cover information about courses, admission requirements, entry schemes/pathways, fees, and scholarships, as well as the type of support available on campus. Uni students and alumni from Regional NSW will share stories, tips on moving away from home and advice about their journey to university and beyond.

You'll get the chance to speak with staff and students and have all your University of Sydney questions answered.

[Find out more](#)

UNSW Parents' Information Evening 2024

August 1, 2024

Support your child on their journey to uni. The Parents' Info Evening is an event for parents and caregivers where you'll be empowered to guide your child as they navigate the high school to uni transition.

[Find out more](#)

UTAS | Open Day 2024, Rozelle

August 3, 2024

Visit us at our Open Day 2024 event in Sydney. You will get to explore our campus, talk about your study options, and see how studying at the University of Tasmania could be the right fit for you.

[Find out more](#)



CSU | Open Day 2024, Port Macquarie

August 4, 2024

What is Open Day? It's your opportunity to discover what life at Charles Sturt is all about.

Open Day isn't just for students – parents and carers are welcome too!

Be inspired by our academics, explore our facilities and chat to current students about what studying with us is really like. From information sessions and campus tours to free food, entertainment and giveaways – there's something for everyone.

[Find out more](#)

SCU | Open Day 2024, Northern Rivers

August 4, 2024

Discover which courses spark your interest and the campus or study mode that works best for you.

- **Listen** to an expert panel and hear from current students and alumni and find out why they loved studying at Southern Cross University.
- **Chat** to our academics in the Academic Lounge and get answers to all your questions about applying, scholarships and support in the Student Hub.
- **Join** a campus tour and discover the state-of-the-art facilities on each of our campuses.
- **Learn** all there is to know about student life at Southern Cross University.

[Find out more](#)

WSU | Discover Western Webinar – Uni 101

August 6, 2024

Our Uni 101 webinar will give you all the info you need to understand University. What's the difference between high school and uni? What's a Major? How many days per week will I need to be on campus? We answer all these questions and more.

[Find out more](#)

NAS | BFA Scholarships Information Session

August 6, 2024

Join our Scholarships session to learn all about the NAS First Peoples Scholarships and Ernest Heine Family Foundation BFA Scholarships. Our team will guide you through the eligibility criteria, application process and deadlines, which will be followed by a Q&A session so that you can ask any questions you may have, so tune in.

[Find out more](#)

2024 Apprenticeship/Traineeship & Jobs Expos

August 6 to September 10, 2024

Our Apprenticeship/Traineeship & Jobs Expos are held annually and have grown to a status where they are widely accepted as the premier events of their kind in NSW. The timing of the expos is a hit with families as they allow parents to attend with their children and have those all-important career chats with industry experts.



The Expos provide our career/job seekers, business and industry, education providers and employers with the opportunities to all come together under the one roof where exhibitors also get the chance to collect resumes and promote their organisation for upcoming recruitment drives.

Upcoming events:

- **Parramatta & Hills District:** Tuesday 6 August | 3pm to 7pm | Wenty Leagues – Wentworthville
- **Central Coast:** Tuesday 13 August | 3pm to 7pm | Mingara Recreation Club – Tumbi Umbi
- **Newcastle & Hunter:** Tuesday 20 August | 3pm to 7pm | NEX – Newcastle Exhibition & Convention Centre – Newcastle West
- **South Western Sydney/Macarthur:** Tuesday 27 August | 3pm to 7pm | Liverpool Catholic Club – Prestons
- **Western Sydney:** Tuesday 3 September | 3pm to 7pm | Penrith Valley Regional Sports Centre – Cambridge Park
- **Sutherland Shire:** Tuesday 10 September | 3pm to 7pm | Tradies GyMEA – GyMEA

[Find out more](#)

University of Sydney | Introducing the brand new Bachelor of Politics, Philosophy, and Economics

August 7, 2024

Join us for an enlightening discussion on Sydney's brand new Bachelor of Politics, Philosophy, and Economics (BPPE). This degree program is designed to equip students with a comprehensive understanding of the interconnected realms of politics, philosophy, political economy and economics. Come along and hear more about how this degree will hone your analytical skills, teach you how to think independently, and form and articulate judgements based on argument and evidence.

[Find out more](#)

Code Like a Girl: Virtual Engineers Summit

August 8, 2024

The (online) destination to supercharge your tech career.

We've gathered top tech companies in AU/NZ to come for this once-a-year, half-day event so you can meaningfully upskill, learn from industry pros, and connect with women and non-binary people working in the tech industry.

[Find out more](#)



University of Sydney | Meet the University of Sydney – Coffs Harbour

August 8, 2024

Join us for an information evening to find out all you need to know about the University of Sydney!

Learn about our [Regional and Remote Entry Scheme](#) and [MySydney Scheme](#).

The session will also cover information about courses, admission requirements, entry schemes/pathways, fees, and scholarships, as well as the type of support available on campus. Uni students and alumni from Regional NSW will share stories, tips on moving away from home and advice about their journey to university and beyond.

You'll get the chance to speak with staff and students and have all your University of Sydney questions answered.

[Find out more](#)

Open Day 2024, Surry Hills

August 8, 2024

Come and meet our academics and Future Student Advisors, who will be able to answer all your questions about scholarships, entry pathways and our world-class facilities. Explore our campus and find out firsthand how exciting studying in Sydney can be.

[Find out more](#)

Important Future Events

CSU | Open Days 2024

Albury-Wodonga: Sunday 11 August

Bathurst: Sunday 18 August

Orange: Sunday 25 August

What is Open Day? It's your opportunity to discover what life at Charles Sturt is all about.

Open Day isn't just for students – parents and carers are welcome too!

Be inspired by our academics, explore our facilities and chat to current students about what studying with us is really like. From information sessions and campus tours to free food, entertainment and giveaways – there's something for everyone.

[Find out more](#)

SCU | Open Days 2024

Coffs Harbour: August 11

Gold Coast: August 18

Want to check out Southern Cross University campuses in person? Come to our Open Days at the Gold Coast, Northern Rivers, and Coffs Harbour campuses in August 2024.

[Find out more](#)



Torrens | Open Days 2024

Ultimo: August 10, 2024

Come and meet our academics and Future Student Advisors, who will be able to answer all your questions about scholarships, entry pathways and our world-class facilities. Explore our campus and find out firsthand how exciting studying in Sydney can be.

[Find out more](#)

Sydney Science Trail 2024

August 10 to August 18, 2024

Celebrate National Science Week with an adventure full of family-friendly science programs and excursions for primary and secondary students, presented from 10 – 18 August in collaboration with the Botanic Gardens of Sydney.

This annual program by the Australian Museum, Botanic Gardens of Sydney and their partners is an opportunity for curious kids of all ages and schools to think, talk and experience the science conducted at our organisations – from the study of the natural world and research into the effects of climate change, to exploration of the environmental knowledges of First Nations peoples.

[Find out more](#)

Girls Day Out in STEM: Imagineering Adventure

August 10 to August 18, 2024

Get your imaginations ready to join us on our Imagineering Adventure!

This National Science Week 2024 sign up for the best metaverse adventure in cyberspace to discover so much more than just sustainability. Take the hero's path to enter our Imagineer-verse where you get to be the imagineer for a better world!

There are heaps of prizes to be won during our Imagineering Adventure – stay tuned about how to get your hands on one of those cool prizes! You could win an iPad from our wonderful friends at Telstra, or the latest and greatest, coolest Ray Ban XR glasses thanks to Meta.

The online event can be undertaken independently, with friends or family members, or as a school incursion for your class or even as a club activity. All our exciting challenges and engagements are either pre-recorded or embedded to create a child-safe space.

If you are 10-14 years old and would like to join, simply register to book your place. If you would like your school to be involved, just ask your teacher to register your class or club.

[Find out more](#)



Science Showcase UOW

August 10 to August 18, 2024

National Science Week is Australia's annual celebration of science and technology. In 2024 it will be held from 10 – 18 August. As part of National Science Week, UOW will host several events to showcase the diverse and interesting science happening here.

UOW Science Showcase includes:

- Robotics, reptiles, a Fire & Ice Spectacular and more at UOW Shoalhaven & UOW Eurobodalla
- A live ABC Illawarra radio broadcast at UOW Wollongong
- A wide range of daytime activities and evening events at UOW Science Space, including a Future Science Comedy event

UOW scientists from across multiple scientific disciplines and different stages of their study or careers will share diverse and fun science content, suitable for people of all ages and walks of life.

[Find out more](#)

Whitehouse Institute of Design | Open House 2024, Sydney

August 10, 2024

Are you excited by design and dreaming of a creative career? Whitehouse Institute of Design, Australia invites you to Open House, a day where you can explore our courses and the endless possibilities within the world of design.

Explore your study options, meet our incredible team, and tour Whitehouse's unique facilities. Whether you're interested in Fashion Design, Interior Design or Creative Direction and Styling, this is your chance to see what makes Whitehouse has to offer.

[Find out more](#)

Macquarie | Open Day 2024

August 10, 2024

We can't wait to welcome you to our campus in 2024!

As we get closer to the event, we'll update you with more details. But in the meantime, here's a taster of what you can expect at our Open Day – an experience made for (YOU)^{US}.

What you can do on Open Day:

- Attend an info session
- Speak 1:1 with our academics
- Learn about our entry options, adjustment factors, pathways and scholarships
- Chat to current students and Alumni
- Jump on campus and faculty tours
- Engage in faculty-led workshops
- Participate in hands-on social activities
- Enjoy entertainment, cool giveaways and much more!

[Find out more](#)



La Trobe | Open Days 2024

Albury-Wodonga: August 11, 2024

Sydney: August 22, 2024

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more](#)

AIE | Open Day

August 11, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra, and Adelaide from 10am to 3pm.

AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer – from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career.

[Find out more](#)

CSU | Connections First Nations Direct Entry Program - Health

August 12 to August 16, 2024

Charles Sturt University is excited to host an immersive direct entry program for First Nations people interested in a study and career pathway in a range of health professions.

Join us for our five-day Connections program alongside deadly people with industry experience.

- Get advice and yarn about pathway options.
- Meet like-minded people and complete activities.
- Successfully complete the program and you'll be guaranteed entry into many of our bachelor's degrees, or a preparation program.

[Find out more](#)



UNSW x National Science Week 2024

August 12 to August 27, 2024

The electrifying UNSW x National Science Week program illuminates groundbreaking advancements in science, medicine, tech, and engineering.

In 2024, learn about the celestial ballet of exploding supernovae and cosmic whispers of gravitational waves, delve into the invaluable lessons on managing disaster risks through cooperation, community and even playfulness, and dissect the myths and misinformation about the female anatomy.

Want even more? During the National Science Week dates explore a series of on demand content – podcasts, videos, articles – or head to SciFest for a taste of everything!

[Find out more](#)

Our Ocean Our Future

August 13, 2024

The ocean is a unique, irreplaceable environment that is home to many living things. This session builds on UNESCO's ocean literacy principles to help students understand why the ocean is important for all life on Earth.

We'll discuss the pollution problem facing our ocean. We'll learn about real life examples of sustainability and brainstorm achievable ways to help the ocean in our everyday lives.

This Inspiring Australia NSW initiative is supported by the Australian Government as part of National Science Week and proudly brought to you by Virtual Excursions Australia.

[Find out more](#)

Careers in STEM

August 14, 2024

Discover the diversity of careers in STEM this National Science Week! Are you interested in collecting rocks? Do you like taking things apart to see how they work? Are you always asking WHY or HOW. If so, join us for a different look into Careers in STEM

During the session there will be several short presentations about their journey to their career and what they love about their jobs. There will be an opportunity to ask questions too.

Find out how your passion can lead to a career.

This Inspiring Australia NSW initiative is supported by the Australian Government as part of National Science Week and proudly brought to you by Virtual Excursions Australia.

[Find out more](#)

The Species Showdown

August 14, 2024

Join us this National Science Week for The Species Showdown. Scientists will go head to head in the ultimate scientific rumble in the jungle. Get ready to engage your mind and join us for some serious fun as six University of Sydney scientists face off in a battle of wits about the survival of species on our planet. Different viewpoints will be explored, ideas exchanged, and assumptions challenged. Take your seats and settle in for an evening of thought-provoking discussion and lively sparring. It's time to throw down for The Species Showdown!

[Find out more](#)



SciFest 2024

August 16, 2024

SciFest 2024 invites you to immerse yourself in a world where science meets art, where curiosity knows no bounds, and where discovery awaits at every turn.

The festival brings science to life – throwing open laboratory doors and transporting science into the everyday. Head back to science class with interactive activities, games, live stage shows and talks that showcase the wonders of science, technology, engineering, maths, medicine, and the arts.

Designed to appeal to all ages, from curious kids to inquisitive adults, the festival features an array of activities that will spark imagination and curiosity.

[Find out more](#)

Big Ideas and Inspiring Careers: Make an impact with a career in biodiversity science

August 16, 2024

Don't miss this unique opportunity to connect with and learn from exceptional women who are addressing some of the most pressing environmental challenges of our time.

Our panellists are carving diverse and remarkable paths in the fields of wildlife biology, conservation, science communication and marine biology. They will share their career journey and the innovative approaches they are taking to develop successful and meaningful careers.

If you want to be inspired to build an exciting career that makes a real difference, join us for this fantastic event!

[Find out more](#)

Sydney Careers & Employment Expo 2024

August 16 to August 17, 2024

Sydney's New Careers & Employment Event will open on August 16 & 17, 2024, at the Hordern Pavilion, Moore Park. The Expo will showcase over 120 organisations and employers with career opportunities for all ages. Entry is free.

The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new opportunities.

[Find out more](#)

Powerhouse Museum Sydney Science Festival Family Day

August 17, 2024

Sydney Science Festival is an exciting and accessible program of science events presented by Powerhouse Parramatta and City of Parramatta.

A full day of free hands-on science fun for all ages, presented by Powerhouse Museum in August. It aims to inspire curiosity about what science is capable of – and criticism too – in a series of interactive performances, talks and exhibits across the city.

[Find out more](#)



ACU | Open Days 2024

Strathfield: August 17, 2024

North Sydney: September 7, 2024

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more](#)

UON | Open Day 2024

Central Coast: August 17, 2024

Newcastle: August 31, 2024

Open Day is packed with everything you need to know about going to the University of Newcastle. Participate in degree presentations, info sessions and tours of the campus. Enjoy a hands-on experience with our program activations, and ask our student ambassadors questions about uni life.

[Find out more](#)

ICMS | Open Day 2024

August 17, 2024

The International College of Management, Sydney (ICMS) is a leader in career-focused education, offering internationally recognised undergraduate bachelor's degrees and postgraduate master's degrees at our Manly and Sydney City campuses. At the ICMS Open Day you will learn about all the degrees offered and discover why ICMS's personal mentoring approach could make all the difference to your future career success – and help you to make the most of your student years!

[Find out more](#)

2024 NYSF National Youth STEM Summit

August 17 to August 19, 2024

The NYSF National Youth STEM Summit is an exclusive three-day event, held annually in Canberra and designed for young Australians after they have left school, have started their first degree or training, and before they become more senior in their science and technology careers. The STEM Summit is a conference-style event designed to support delegates' next steps in their career journeys. It enables delegates to connect with government, industry and academia and provides professional development opportunities through workshops, keynote presentations, networking events, a Careers and Study Expo, and discussions on the latest developments in STEM fields.

During the STEM Summit, there will be a number of opportunities for delegates to network with each other as well as with the wider STEM community. The STEM Summit will cumulate with a Gala Dinner at the Australian Parliament House to celebrate the 40th Anniversary of the National Youth Science Forum.

The STEM Summit is open to people between 18 – 25 (who have completed high school), regardless of whether they have completed previous NYSF programs.

Please note registrations close at 11:59 pm AEST on Sunday, 11 August 2024.

[Find out more](#)



ACAP | Open Days 2024

Byron Bay: August 24, 2024

Sydney: August 24, 2024

Open Day is your chance to experience the ACAP difference, and find your path in the applied professions. Whether you're interested in Counselling, Psychology, Social Work, Criminology, Law, or Business, ACAP is your pathway to making a difference.

Be part of a workshop, meet our industry-renowned facilitators, and hear all about life as an ACAP student. Join us for a day of exploration and inspiration!

[Find out more](#)

SAE Institute | Open Days 2024

Byron Bay: August 24, 2024

Sydney: August 24, 2024

Come along to SAE's Open Day and find your future in creative media!

Open Day is your ticket to everything SAE – get a taste of our courses in workshops, explore activations on campus and get some hands-on experience with our state of the art facilities.

[Find out more](#)

University of Sydney | Open Day 2024

August 31, 2024

Join us at the University of Sydney Open Day on Saturday 31 August 2024. Experience our vibrant student life on campus, hear from academics and current students and discover what makes us different.

[Find out more](#)

UTS | Open Day 2024

August 31, 2024

Info sessions, campus tours, workshops, dancing robots – UTS Open Day has it all. Get a taste of what students can expect at Australia's #1 young uni.

[Find out more](#)

AIM | Open Day 2024, Sydney

September 7, 2024

Join us for Open Day, and experience everything AIM has to offer!

See our campus, get course advice, experience live performances, meet our teachers and students, and take part in activities that will give you a taste of student life here at AIM.

Whether you're ready to study now, or in five years' time, Open Day is open to all and a fantastic opportunity to discover how the Australian Institute of Music can help turn your passion for music into a career.

[Find out more](#)



UNSW | Open Day 2024

September 7, 2024

Save the date for Open Day – Saturday, 7 September 2024! Get ready to explore our campus, connect with students and faculties, and discover the progress you can make at UNSW.

[Find out more](#)

NAS | Open Day 2024

September 7, 2024

Ever wondered what it's like studying at art school? Peek behind the historic sandstone walls of NAS and find out at Open Day!

Everyone is welcome at Open Day, from those considering art as a career to anyone simply curious about what happens behind the school's historic sandstone walls.

It's a busy and active day-long program offering plenty of opportunity to see what life is like for students at NAS, with art demonstrations in the studios, and shows in our exhibition spaces.

Interested in applying to study at NAS? Attend an info session to find out more about studying at NAS. Meet with a member of our faculty and learn about our admissions process including advice on preparing your portfolio.

[Find out more](#)

ACPE | Open Day 2024

September 28, 2024

Exploring your study options for a career in the sport industry? Join us on campus. See where you will study, meet our students and lecturers, and participate in info sessions and practical sessions to take the next step with confidence.

[Find out more](#)

WSU | Bizfluencers Workshop

September 30, 2024

Bizfluencers is an exciting school holiday workshop program offered by the School of Business at Western Sydney University, targeted at high school students in Years 9 – 10. The program aims to connect aspiring Business Influencers ('Bizfluencers') with business leaders, researchers and practitioners in the 1PSQ Business Lab to explore the future of business.

Registration closes Monday, 16 September 2024.

[Find out more](#)

WSU | Free Online HSC Study Sessions

September 30 to October 4, 2024

From Monday 30th September to Friday 4th October 2024, Western Sydney University will be offering a range of online study sessions to assist Year 12 students in their preparations for the HSC.



Delivered by highly qualified senior teachers with 24 free sessions across 15 key HSC subject areas, the sessions will include content analysis, tips and strategies, and a detailed exploration of key syllabus and curriculum areas.

Students also have the opportunity to sit a practice exam and deconstruction, with feedback and advice from experts.

[Find out more](#)

Tocal College | Open Day

October 4, 2024

October 11, 2024

Our College Open Days are a wonderful opportunity to visit Tocal and experience first hand all that it can offer students who are eager for a rewarding career in agriculture, agribusiness or horse breeding and training.

Open Days provide prospective students, their families and carers an ideal forum to visit the College and get a feel for what life as a student is really like.

Each day's activities include:

- an overview of full-time courses,
- a description of career opportunities,
- information on fees and financial assistance,
- inspection of College campus facilities,
- tour of Tocal's commercial farms and training facilities,
- opportunities to chat with staff and also undertake an informal interview (if desired).

[Find out more](#)

CQC²T Open Day

October 7, 2024

Showcasing the state-of-the-art facilities at the UNSW Kensington Campus, the Centre for Quantum Computation and Communication Technology (CQC²T) is opening our doors this September school holidays. Visit our Centre to be introduced to quantum physics and for many your first taste of university life.

This is a science-led day filled with talks and tours of our labs including practical demonstrations and an opportunity to speak to those currently working in this exciting field. This is the perfect opportunity for students contemplating STEM careers, with a passion for physics, maths, engineering or coding.

[Find out more](#)

NIE | Future Doctors Australia, Sydney

October 10 to October 13, 2024

Gaining medical work experience is essential for young people considering a career in medicine. It provides insight into the field, helps develop skills and attributes, and provides networking opportunities. However, obtaining medical work experience can be challenging due to various restrictions such as limited opportunities, safety concerns, and confidentiality issues.



That's why NIE has developed the "Future Doctors Australia" program. It is an engaging and high-impact 4-day program that provides young people with a unique opportunity to gain medical work experience in a safe and structured environment. Participants will have the opportunity to spend time with current junior and senior medical students. They will also have the rare opportunity to spend time with more senior clinicians and various medical specialists. You will get to learn about clinical specialist's relevant fields of work, ask them questions, and learn some hands-on skills from them.

- Over 15 hours of face-to-face interaction with leading specialists and clinicians
- Meet current medical students
- Develop advanced communication and team working skills
- Create new friendships with like-minded, highly driven young individuals
- Learn about the admission process into various medical universities in Australia
- Morning tea and lunch included

[Find out more](#)

Discover AI Magic with IT at ACU North Sydney

November 26, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Participate in interactive AI activities, chat with current students and learn what it's like studying a degree in IT at ACU.

[Find out more](#)

Discover Exercise and Sports Science at ACU Blacktown

November 27, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Experience the range of cutting-edge equipment for training and rehabilitation that you will have access to as part of a sport and exercise science degree with ACU.

[Find out more](#)

Discover Law and Criminology at ACU North Sydney

November 28, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Aspiring lawyers will have the chance to develop their analytical and courtroom skills in our law and criminology workshops. These hands-on activities will provide you with an insight into the Australian legal system and its functions.

[Find out more](#)



Free Money

Scholarships

ECU Engineering Excellence Scholarships

Value: \$20,000 AUD

Open date: March 20, 2024

Closing date: December 20, 2024

ECU is offering scholarships valued at \$20,000 to high performing Year 12 students who have achieved an ATAR of 94 or above and wish to study Engineering in 2025. This scholarship will support your study in some of the best equipped, industry-grade engineering labs in Australia, work on real-world projects, and develop strong contacts through industry engagements, events and internships.

[Find out more](#)

UQ Ramsay Undergraduate Scholarship

Value: \$32,000 AUD per year

Open date: June 17, 2024

Closing date: August 4, 2024

Up to 30 UQ Ramsay Undergraduate Scholarships are available to commencing students each year to study Western Civilisation in either the Bachelor of Advanced Humanities (Honours) or Bachelor of Humanities / Bachelor of Laws (Honours) program.

[Find out more](#)

WiseTech Global Earn and Learn Program

Value: Up to \$300,000 AUD

Open date: May 1, 2024

Closing date: November 1, 2024

WiseTech's Earn & Learn program gives you a full-time, paid job as a software developer while also supporting you through a four-year university degree.

We combine university recognised coursework and real-world experience at one of Australia's most successful tech companies, and provide university funding to give you an unparalleled head-start on your career in tech. No prior coding experience necessary.

[Find out more](#)



Competitions

NASA Space Place Art Challenge

Value: Feature on website

Closing date: July 31, 2024

In this new activity, we'd like to challenge young explorers to think about and draw a space-related situation each month.

This month's prompt: If you were sending commands from Earth to a faraway spacecraft, or a robotic explorer on another planet, what would you tell it to do? Would you tell a space telescope to take a photo of your favourite star? Would you tell a rover on Mars to draw a giant heart with its robotic arm?

Draw an antenna on Earth, and the spacecraft or robotic explorer you'd imagine it would talk to. Use any materials you would like – crayons, markers, pencils, pens, aluminium foil, paint, yarn, or anything else you find.

[Find out more](#)

STEM Video Game Challenge

Value: See perks

Open date: October 6, 2023

Closing date: July 23, 2024

Australian students in years 3-12 are encouraged to design, build and submit an original educational video game that includes science, technology, engineering and mathematics [STEM] content. This year we want you to build a game that incorporates one or more aspects of 'stars'.

Each year, the winning games are featured in an interactive display at PAX Aus.

[Find out more](#)

National History Challenge

Value: Up to \$1,000 AUD cash prize + travel to Canberra

Closing date: August 23, 2024

The National History Challenge encourages students to use research and inquiry-based learning to discover more about the past. This year's theme is "Crisis and Response" and prompts students to investigate their community, explore their own and their family's past, and consider ideas throughout history. The NHC encourages the use of primary and secondary sources and offers a variety of presentation styles.

[Find out more](#)



Experiences

Work Experience

UNSW School of Photovoltaic and Renewable Energy Engineering Work Experience Week

Organisation: University of New South Wales

The School of Photovoltaic and Renewable Energy Engineering is thrilled to deliver Work Experience Week, **14-18 October 2024**. Perfect for students passionate about renewable and solar energy engineering, this program offers a glimpse into uni life and career paths. Travel subsidies available for eligible students.

[Find out more](#)

Study

Future Options

[Quantum Computing: the future of super-fast computers](#)

Have you ever wondered what the future of computers looks like? It's all about quantum computing. Imagine computers that can quickly solve the problems that would take today's supercomputers thousands of years. Sounds cool, right? Let's dive into the world of quantum computing and see what all the buzz is about.

What is quantum computing?

Quantum computing is like traditional computing but on steroids. Traditional computers use [bits](#), which are like tiny switches that can be either 0 or 1. Quantum computers use [qubits](#), which can be both 0 and 1 at the same time, thanks to a property called [superposition](#). This allows them to process a massive amount of information at the same time.

Why should you care about quantum computing?

Quantum computers could revolutionise everything from medicine to climate change. Imagine discovering new medicines in days instead of years, or creating unbreakable encryption to keep your data safe. These are just a few ways quantum computing could totally change our world.

The basics of quantum mechanics

Quantum mechanics might sound scary, but it's all about understanding the very small particles that make up our universe. Qubits, the building blocks of quantum computers, can exist in multiple states at once (superposition) and can be linked together in strange ways ([entanglement](#)). Think of a regular bit as a coin that is lying on a table as definitely heads or tails, while a qubit as a spinning coin that could land on either side.



How do quantum computers work?

Quantum computers look way different from the ones you're used to. They're built with special components to maintain the delicate state of qubits, which are really fragile and sensitive to things like noise and temperature. The components used to help stabilise them include things like supercooled environments and precise lasers.

Quantum computing in action

Scientists and researchers are already using quantum computers to tackle big problems. For example, they're working on finding new materials for better batteries and solving complex mathematical problems that were previously impossible, and there is so much more that can be done with further research and more breakthroughs.

The future of quantum computing

In the next 10-20 years, quantum computing could transform industries. We might see breakthroughs in artificial intelligence, renewable energy, and even space exploration. If you're excited about technology, quantum computing is definitely something to watch.

Getting involved

Curious to learn more? There are plenty of resources online to get you started. Websites like [IBM Quantum Experience](#) and educational platforms like [Coursera](#) offer courses on quantum computing.

If you're interested in more to do with education and the future of technology, we have heaps of cool articles on our [website](#), like this one on the [changing world of work](#).

Study Tips

[The 8 best study apps for students](#)

Studying can be tough, but the right apps can make it way easier. There are loads of apps out there to help you take better notes, organise your study, and learn more effectively, and we've collected the best of the best just for you.

Here are 8 of the best study apps that can help you ace your classes and get the grades you need.

1. Evernote

[Evernote](#) is a super handy note-taking app. You can create, organise, and share notes across all your devices, which is great when you've got multiple study tools. You can also add text, images, audio recordings, and even scanned documents to your notes, making it easy to keep all your study materials in one place. Plus, it has a great search function, so you can quickly find what you need.



2. Zotero

[Zotero](#) is a lifesaver for managing citations and references, and can be used on your computer or phone. You can add books, articles, and websites to your personal library, and Zotero will automatically create citations and bibliographies in various styles, like APA, MLA, and Chicago. You can also add sources manually by scanning the barcode of a book or just entering the title (which sounds a bit like magic to us). The app can then create a bibliography, saving time and making sure your citations are up to the standard your teachers expect.

3. Brainscape

[Brainscape](#) is great for creating and studying flashcards. You can make your own flashcards or use any of the heaps they have in their database. The app also lets you take quizzes and track your progress, helping you see where you need to focus your study efforts.

4. Dragon Anywhere

[Dragon Anywhere](#) is a voice recognition app that turns speech into text. This can be super useful for taking notes quickly during lectures or recording your thoughts on the go. The app is also really accurate and can save you a lot of time compared to typing.

5. GoConqr

[GoConqr](#) offers a bunch of tools to help you study better. You can create mind maps, flashcards, quizzes, and notes that are all contained within the app. This app also lets you join study groups and share your resources with other students, making it a great way to study with friends.

6. Office Lens

[Office Lens](#) is a really cool app from Microsoft that basically turns your phone into a portable scanner. You can use it to take photos of whiteboards, documents, and notes, and the app will automatically make the images clear and readable. OfficeLens also works great with OneNote and other Microsoft Office apps, so you can easily organise your scanned documents.

7. My Study Life

[My Study Life](#) is perfect for managing your school schedule. It lets you store your class timetable, track homework assignments, and set reminders for exams and due dates. The app also syncs across all your devices, so you can check your schedule and tasks anywhere.

8. Quizlet

[Quizlet](#) is an awesome app for studying with flashcards and games. You can create your own flashcards or use sets made by other students, and it's a really fun way to start remembering stuff. The app also has fun study modes like matching games and practice tests to help you learn in a more interactive way.



Ready to improve your study game?

Using the right study apps can make a huge difference in how well you learn and remember information. Whether you need help with taking notes, organising your schedule, or studying for tests, these apps have you covered.

For more study tips and app recommendations, visit our site [here](#). Whether you're looking for ways to fix your [time management](#) or new techniques to [improve your learning](#), we've got all the resources you need to succeed.

Work

Job Spotlight

[How to become a Cosmetic Nurse](#)

Cosmetic nurses, also known as aesthetic nurses, provide non-surgical cosmetic procedures to enhance patients' appearance and boost their confidence. They might perform treatments such as Botox injections, dermal fillers, chemical peels, and laser therapies. By offering expert advice and care, they help people achieve their aesthetic goals. If you have a passion for skincare and beauty, enjoy helping others feel their best, and possess strong attention to detail, a career as a cosmetic nurse could be just what you're looking for.

What skills do I need as a cosmetic nurse?

- Calming bedside manner & interpersonal skills
- Ability to work well under pressure
- Great clinical & technical skills
- Compassionate & patient
- Knowledge of cosmetic products & procedures
- Organised & efficient
- Ability to use various equipment
- Attention to detail
- Committed to continuous learning

What does the job involve?

- Confirming appointments & greeting patients
- Ensuring a safe, sterile environment
- Carrying out initial consultations & performing aesthetic procedures
- Administering Botox, dermal fillers & other injectables
- Carrying out facials, peels, microdermabrasion & laser treatments
- Laser tattoo removal
- Clinical management & updating patient reports
- Developing & implementing treatment plans
- Assisting with pre- and post-operative care



What industries do cosmetic nurses typically work in?

- Beauty & Aesthetics
- Plastic & Reconstructive Surgery
- Health & Wellbeing

What Career Cluster do cosmetic nurses belong to?

Cosmetic nurses are people who help us maintain our health and wellbeing, so it's a great role for [Guardians](#). This job also often attracts [Makers](#), because they work with their hands and maintain aesthetics.

What kind of lifestyle can I expect?

Cosmetic nurses often work in clinics, medical spas, or private practices, with typical hours aligning with standard business operations: a 9-5 schedule is pretty common with this type of work. However, some roles may require evening or weekend shifts to accommodate patients' schedules.

Most cosmetic nurses work full time, with an average of 42 hours per week. The work environment is generally clean and comfortable, with a strong emphasis on hygiene and patient safety.

If you want to see what a typical day as a cosmetic nurse might look like, you can check out the vlog below:

How to become a cosmetic nurse

Because it's a part of the healthcare industry and you'll be carrying out procedures (albeit non-surgical), you'll first need to complete a relevant nursing qualification, then specialise as a cosmetic nurse. Most clinics also require a 2 year minimum of injecting experience, so clinical placements will be essential while training for this role.

To start, you'll need to complete Year 12 with a focus on English and maths. Biology and chemistry may also be useful if you're going into a nursing degree afterwards.

Next, you'll need to study a [Bachelor of Nursing](#) at university. Make sure you're registered with the [Australian Health Practitioner Regulation Agency \(AHPRA\)](#) as a Registered Nurse, and complete at least 1 year of work experience as an RN.

If you want to specialise as a cosmetic nurse, it'll be useful to get a [Graduate Certificate of Cosmetic Nursing](#) to up-skill as a cosmetic nurse and increase your chances of being hired.

What can I do right now to work towards this career?

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

- Focus on subjects such as biology, chemistry, and health sciences to build a strong foundation.
- Gain experience in customer service or healthcare settings to develop relevant skills.
- Volunteer or seek internships in medical or beauty-related fields to explore your interests.
- Research nursing programs and cosmetic nursing courses to plan your educational pathway.



Where can I find out more?

Find out more here:

- [Cosmetic Nursing](#)
- [Academy Face and Body](#)
- [Australian College of Nursing](#)
- [Cosmetic Nurses Association](#)
- [Nurse.Org](#)
- [RegisteredNursing.org](#)
- [Absolute Cosmetic](#)
- [Aesthetics Recruitment Australia](#)

Similar careers to cosmetic nurse

- [Registered Nurse](#)
- [Enrolled Nurse](#)
- [General Practitioner](#)
- [Makeup Artist](#)
- [Dermatologist](#)
- [Surgeon](#)

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

Skills for Work

[How to write a great cover letter](#)

Whether you're job hunting, applying to scholarships, or trying to nab your dream internship, chances are you'll need a cover letter for your applications. You might be tempted to skip the cover letter step, but if you want to stand out from the crowd and prove your professionalism, a great cover letter can do all that and more.

There's a foolproof format to writing an awesome cover letter, and we're here to show you just how it's done.

Do I really need a cover letter?

Simply put – yes. It's a super important part of any application process, and some employers will even ignore an entire application if the applicant hasn't bothered to include a cover letter. We want you to rise above the rest, so it's key to know how to write a cover letter that gets you noticed and shows off what a great fit you'd be.



How to write a cover letter: step by step

By following these guidelines, you'll never have to stress about what to put in a cover letter again. It's simple, foolproof, and easy to adapt.

1. Tailored opening

Your opening should be specific and personalised. Address the hiring manager by name if possible, and mention the position you're applying for. It's the first thing they'll read, so make it count.

For example, "Dear Ms. Smith, I am writing to express my interest in the Summer Internship position at ABC Company."

2. Engaging introduction

Start your cover letter with a brief introduction of yourself. Highlight how you found out about the opportunity and why you are excited about it.

An example might be:

"After learning about the Summer Internship at ABC Company through Study Work Grow, I am thrilled to apply for this position. As a high school student passionate about marketing, I believe this internship aligns perfectly with my career aspirations."

3. Highlight your skills and experience

Clearly state why you are the best fit for the position. Provide specific examples of your skills and experiences that are relevant to the job.

An example of this could be:

"During my time as a member of the school's marketing club, I developed skills in social media management and event planning. I successfully coordinated a fundraising event that raised \$500 for a local charity."

4. Show enthusiasm

Demonstrate your excitement about the opportunity and how it aligns with your career goals. Employers want to see that you are genuinely interested in the position.

For example:

"I am particularly drawn to ABC Company because of your innovative approach to digital marketing. I am eager to contribute my skills and learn from your experienced team."

5. Professional tone

Maintain a respectful and professional tone throughout your cover letter. Avoid slang, abbreviations, or overly casual language.

6. Keep it concise

Your cover letter should be no longer than one page. Be concise and to the point, ensuring that every sentence adds value.



7. Closing

End your cover letter with a polite closing. Thank the hiring manager for their time and express your eagerness for the opportunity. Make sure to include a professional signature with your full name and contact information.

For example:

“Thank you for considering my application. I look forward to the opportunity to discuss how I can contribute to ABC Company. Sincerely, [Your Name]”

Tips for success

- **Proofread:** Always proofread your cover letter before sending to catch any typos or errors.
- **Be timely:** Submit your cover letter before the application deadline.
- **Follow up:** If you don't hear back within a reasonable timeframe, it's okay to follow up politely.

Ready to start?

Mastering the art of writing a good cover letter is a skill that will serve you well throughout your academic and professional journey.

By following these guidelines, you'll not only make a positive impression but also enhance your communication skills, which are crucial in today's competitive job market.

Want more tips on career readiness and professional skills? We have lots more insightful blogs and resources to help you succeed right [here](#).

Jobs & Careers

[8 jobs for people who love movies](#)

Are you someone who loves watching movies, and might like to make that passion your career? There's a whole world of careers out there that could turn your love for film into a rewarding job. Here's a quick read of 8 exciting jobs for movie enthusiasts like you.

Movie critic

Do you love watching movies and sharing your thoughts about them? You're not just confined to posting your hot takes on [Letterboxd](#) – as a movie critic, you could get paid to review the latest releases. You'd watch films, analyse them, and write reviews that help others decide what to watch. Plus, you might even get invited to exclusive screenings and film festivals.

Makeup artist

If you're good at makeup and love movies, then the life of a movie makeup artist could be for you. In this role you could find yourself creating anything from zombies to Bridgerton royalty, and interacting with the biggest stars in the industry while you bring their characters to life. Makeup artists work closely with directors, actors, and costume designers to create the perfect look for each character, whether it's a natural look, special effects makeup, or period-specific styles.



Screenwriter

Ever dreamed of writing your own movie? As a screenwriter, you could create the stories that captivate audiences around the world. Screenwriters write scripts for movies, TV shows, and even video games.

To become a successful screenwriter, you'll need strong writing skills, and if you're already a movie lover, we know you've got the vivid imagination that's key for a screenwriting role.

Sound designer

When you watch movies, do you ever find yourself focusing more on the way the music builds emotion, or zoning in on certain dialogue? If so, you're probably a sound designer in the making.

Sound designers create the audio landscape of a film, from dialogue and sound effects to music and ambient noise. If you have a passion for sound and a technical mind, this could be the job for you. Sound designers work with directors and editors to ensure the audio enhances the overall viewing experience.

Studying audio production and gaining experience with sound editing software are great ways to start your career as a sound designer if you think you'd like to pursue this pathway into the movie industry.

Actor

We know this one might sound obvious, but if you're someone who loves watching movies, chances are you've already picked up on what makes a good actor. If you enjoy drama classes or simply want a chance to bring characters to life, then a career as an actor could be for you. As an actor, you'll be the face of a film, embodying different roles and delivering performances that captivate audiences. Actors work closely with directors and other cast members to create believable and engaging characters.

Movie editor

More of a behind-the-scenes kind of person? Movie editors play a crucial role in the post-production process, by taking raw footage and piecing it together to create a cohesive and engaging story. The polished, finished product of your favourite movie is something you have the movie editor to thank for.

As a film editor, you'll work with directors and producers to ensure the final product matches their vision, and you'll be responsible for making sure the movie makes sense in all its parts.

Production designer

Do you find yourself drawn to the visual components of a movie? If you have a flair for design and a love for watching movies, becoming a production designer might be the perfect fit. Production designers are responsible for the overall look of a film, including sets, costumes, and props, and tend to work closely with directors and other department heads to create a particular visual style.



Camera operator

Without cameras, there would be no movie, so it goes without saying that the role of camera operator is one of the most important in the movie-making business. As a camera operator, you'll be responsible for operating the camera during film shoots to capture the action as envisioned by the director. If you're fascinated by the art of capturing dynamic visuals, a job as a camera operator for the movies could be the career of your dreams.

Want to keep reading?

If you'd like to read about some other niche jobs, check out our blog [7 unconventional jobs for animal lovers](#).

Searching for career inspiration but want something a bit more broad? Don't worry – there's lots more to explore on our website [here](#).

Grow

Gap Years

[5 ideas for a gap year on a budget](#)

Want to travel overseas for your gap year, but a bit tight on money? Don't let that stop you – there are plenty of ways you can finesse your way to a budget friendly gap year and make a ton of awesome memories at the same time.

We've got 5 ideas to get you started on a gap year that won't break the bank.

1. Become a Trusted Housesitter

Calling all pet and travel lovers, [Trusted Housesitters Worldwide](#) is a platform that connects homeowners with pet sitters who can look after their pets and homes while they're away. There is a membership fee for the platform, but it's only payable once annually and ensures only trustworthy sitters and pet parents can use the site. Plus, the fee factors in verification and support services from the site.

In exchange for your pet-sitting services, you get free accommodation, and Trusted Housesitters have destinations all over the world. If you want a gap year abroad, there's no better way to do it than living like a local, experiencing new places, and enjoying the company of furry friends.

2. Gap year scholarships

If you're looking for financial aid but still want to go overseas, you might be eligible for a gap year scholarship. There are organisations that offer programs for students with a gap year focus, with categories both needs-based and merit-based.



Each organisation will have their own specifications, but we've collected some offering scholarships and grants for your gap year needs to get you started:

- [Baret Scholars](#) (U.S) offers need- and merit-based financial aid for their 7 regions of the world exploration program.
- [Carpe Diem Education](#) offer an Access scholarship and an Inclusion scholarship for their Carpe Diem gap year program.
- [CET](#) offers \$400,000 USD in scholarship awards each year for their study abroad programs in multiple countries.
- [International Field Studies Inc.](#) offers a [Forfar Marine Science Gap Year Program](#) Scholarship for students whose annual household incomes do not exceed \$100,000 USD.
- [Seguinland Institute](#) has full and partial scholarships (up to \$12,900 USD) available for BIPOC students for The Good Life Gap Semester.
- [Art History Abroad](#) offers the Trenchard Cox Scholarship, which awards the recipient with one 2-week Summer Course in Italy. Next applications will be in 2025 (information forthcoming).
- [The Food Gap](#) offers 3 scholarships each year for their art and food retreat programs in Italy.
- [The Fund for Education Abroad \(FEA\)](#) provides scholarships and ongoing support to students with financial need who are underrepresented among the U.S. study-abroad population.

3. WWOOF

[WWOOF](#) stands for Worldwide Opportunities on Organic Farms. As a WWOOFer, you'll work on organic farms in exchange for free food and accommodation all while learning organic farming practices, living with host families, and experiencing rural life in different countries. WWOOF has hosts in over 130 countries, so you can choose from a wide variety of destinations. It's a fantastic way to travel on a budget, learn new skills, and contribute to sustainable farming communities. If you're interested in WWOOFing, check out our guide on [WWOOFing your way around the world](#).

4. Work exchange

Work exchange is a similar concept to WWOOFing, but you're not confined to just working on farms. You get free accommodation and meals in exchange for work. Popular organisations like [Worldpackers](#) and [Workaway](#) connect volunteers with hosts around the globe, making it easy to find a project that fits your interests and budget. There are various types of work environments and tasks you can do for a work exchange.



Here are a few of the most common options:

- **Hostels** (*common tasks include reception, housekeeping, bartending, night shift, surf coach, yoga teacher*)
- **NGOs** (*common tasks include childcare, language practice, animal care, digital marketing*)
- **Local families** (*common tasks include childcare, animal care, language practice, gardening, housekeeping*)
- **Local businesses** (*common tasks include photography, social media, digital marketing, hospitality, web development*)
- **Farms and eco-retreats** (*common tasks include gardening, farming, animal care, permaculture*)

5. Backpacking

This one's a classic for a reason. Backpacking is one of the most inexpensive ways to travel, by – you guessed it – bringing nothing but a backpack. By staying in hostels, cooking your own meals, and using budget-friendly transportation options, you can stretch your travel funds significantly.

Southeast Asia, Europe, and Central America are known for being budget-friendly backpacking destinations with a wealth of experiences to offer. Loads of backpackers also find temporary work along the way, such as fruit picking or hostel work, to earn extra cash and extend their travels.

Want More?

If you're keen for a way to actually make money while you enjoy your gap year, check out our article on [7 ideas for a working gap year \(overseas\)](#). For more travel tips and budget-friendly gap year ideas, visit our blog [here](#).

Health & Wellbeing

[Why you should start journaling](#)

Sometimes it can be tough to sort out what's going on in our heads. You might be feeling overwhelmed in some aspects of your life, or struggling to keep your thoughts organised, but with no outlet these problems are just going to keep building up and tangling together. But what if there was a way to separate your thoughts, experiences and emotions clearly on a page, just for you?

That's where journaling comes in. It's gained traction recently, and is used by top athletes like [Kobe Bryant](#) and [Serena Williams](#), actors like [Dwayne Johnson](#) and [Emma Watson](#), musicians like [Taylor Swift](#) and [Shawn Mendes](#), and even people like [Arnold Schwarzenegger](#) and [Jocko Willink](#). This is just the tip of the iceberg when it comes to successful people who journal, but it's been proven time and time again that journaling can [positively impact our health](#).

If you want to take charge of your own life and reap the benefits of emotional wellness, we've got some reasons why you should embrace the power of journaling.



Reduce stress and anxiety

Journaling can be a powerful tool to improve your mental health – by writing down your thoughts and feeling, you can better process emotions and gain clarity. Here are some mental health benefits of journaling:

- **Reduces stress and anxiety** by giving you a safe place to vent
- **Helps you understand and manage your feelings** better
- **Boosts mood** by focusing on the positive parts of your day

[Studies have shown](#) that regularly expressing yourself through writing can reduce symptoms of depression and anxiety. So, grab a notebook and start jotting down your thoughts.

Improve your grades

Journaling isn't just good for your mental health – it can also help improve your grades. Here's how:

- **Increases focus** by organising your thoughts
- **Helps with goal-setting** and tracking your progress
- **Enhances memory and comprehension** by summarising what you've learned

Try writing a summary of what you studied each day or setting weekly academic goals. Reflecting on your learning process can help reinforce what you've studied and make your study sessions more effective.

Think positive

Keeping a positive outlook can be tough, especially when school gets hard. Journaling can help you stay positive. Here are some ways to use your journal for positivity:

- **Keep a gratitude journal** – write down things you're thankful for each day
- **Document your achievements** and celebrate your successes
- **Write positive affirmations** to boost your self-confidence

By focusing on the positive aspects of your life, you'll be more resilient and better equipped to handle challenges.

Get better at writing

Regular journaling can also help you get better at writing, which is useful for your schoolwork. Here's how:

- **Enhances vocabulary** and language skills by writing regularly.
- **Improves writing fluency** by practicing expressing your thoughts.
- **Helps you develop your own writing style** through consistent practice.

Whether you're working on essays or creative writing assignments, the practice you get from journaling will make your writing clearer and more effective.



See how you've grown

Journaling lets you look back and see how much you've grown over time. Here's why this is valuable:

- **Provides a record of your thoughts and experiences** that you can reflect on
- **Helps you recognise patterns** in your behaviour and thoughts
- **Encourages self-reflection** and personal development

By regularly looking back at your journal entries, you can gain insights into your growth and make more informed decisions about your future.

Want more?

We have loads more to explore on our website, like this article on [10 ways to study that aren't boring](#).

You can also find more study and wellbeing tips [here](#).

[How to stay motivated during the school year](#)

Are you struggling to stay motivated during the school year? Maybe you started the year full of energy and enthusiasm, but are losing a bit of steam and worried how this might affect your end results.

Don't worry – staying motivated during the school year is a challenge heaps of students face, but it's definitely manageable. Let's explore why getting motivated can seem like such a challenge at times, and how we can tackle it head-on.

Intrinsic vs extrinsic motivation

Before we get into the nitty gritty of *how* to be better motivated, it's important to understand the science behind it (so we can use it to our advantage). There are two different types of motivation – the type that comes from within, and the type that comes from outside forces. Sometimes, you need a bit of both, but [studies show](#) that intrinsic motivation tends to be the more effective of the two.

Intrinsic motivation: doing it for yourself

Intrinsic motivation comes from within you – it's when you do something because you genuinely enjoy it or find it interesting. For example, if you love reading because it takes you to different worlds and makes you happy, that's intrinsic motivation. You're not doing it for a reward or to impress anyone else; you're doing it because it makes you feel good.

Think about a hobby you love, like playing a sport, drawing, or playing a musical instrument. You do it because it's fun and fulfilling, not because someone is making you or because you'll get a prize.

Extrinsic motivation: doing it for a reward

Extrinsic motivation, on the other hand, is when you do something to earn a reward or avoid a punishment – in other words, it's driven by external factors. For instance, if you study hard because you want to receive praise from your parents or teachers, that's extrinsic motivation. Or maybe you clean your room to avoid getting in trouble – yep, that's extrinsic motivation at play.



How can we get intrinsically motivated?

It's pretty obvious that people who are intrinsically motivated do better in the long run, but how can we make sure that's us? We all have different needs and desires, but there are some things we can do to make sure we're being motivated by internal rather than external factors and as a result, increase our levels of motivation to engage positive output.

1. Discover your interests

One of the best ways to get intrinsically motivated is to find out what truly interests you. Think about the subjects or activities that make you excited and curious. Whether it's science experiments, creative writing, or playing a musical instrument, focus on what you love, because when you enjoy what you're doing, motivation comes naturally.

2. Set personal goals

Set [goals](#) that are meaningful to you, not just ones that others expect you to achieve. Personal goals give you a sense of purpose and direction, which can help boost intrinsic motivation and allow you to succeed at what's important to you.

For instance, if you love art, aim to complete a series of paintings by the end of the semester – the bonus to this is that you could include it in a portfolio for art school, which means your intrinsic motivation has allowed you to achieve something you might not have started on if the only propeller was extrinsic motivation. Achieving these goals will give you a sense of satisfaction and pride, which will allow your motivation levels to continue to grow.

3. Connect learning to real life

Try to connect what you're learning in school to real-life situations or your personal interests. If you're studying biology, think about how it relates to your interest in animals or the environment, and then see if this motivates you to actually apply what you're learning. Making these connections can make your studies feel more relevant and interesting, plus it'll help you understand the value of learning.

4. Challenge yourself

Take on challenges that push you out of your comfort zone. When you overcome obstacles and succeed in difficult tasks, it can boost your confidence and make you feel accomplished, which inspires a higher sense of motivation from within. Choose challenges that are just beyond your current abilities, so they're tough but achievable with effort, and watch as small successes mount to bigger ones.

5. Reflect on your progress

Take time to reflect on what you've learned and how far you've come, so you can track your personal growth. Keeping a journal or a progress tracker can help you see your growth and improvement visually, and remind you of your successes when the going gets tough. Celebrating small wins along the way can keep you motivated and remind you why you started in the first place.

Staying motivated during the school year is all about finding what works best for you and maintaining a balanced approach. With the right strategies and mindset, you can achieve your goals and make the most of your school experience.



Learn more

Ready to take your motivation to the next level? Explore more tips and resources on our website [here](#) to help you stay focused and succeed throughout the school year.

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