

BMGS CAREERS NEWSLETTER

Tuesday, 25 April 2023

Jump to:

[What's On in the Next Few Weeks](#)

[Important Future Events](#)

[Scholarships](#)

[Getting Ready for Work](#)

[Work Experience](#)

[Competitions](#)

[Resources](#)

[Workplace Spotlight](#)

[Job Spotlight](#)

What's On in the Next Few Weeks

[University of Newcastle | Parents and Carers Info Sessions – Newcastle and Central Coast](#)

May 1 to May 2, 2023

If you have a child who is currently completing Year 12 we invite you to join us at our Parents and Carers Info Sessions in May at our NUspace and Ourimbah campuses.

Parents and Carers will have the opportunity to hear from knowledgeable university staff and current students, covering a range of different topics to assist you in supporting your child through their transition from high school to university including:

- Everything you need to know about entry schemes and pathways to university, including our new Early Entry Program
- How to best support your child through the HSC as well as tips for managing wellbeing and stress
- Have the chance to speak to current University of Newcastle Student Ambassadors about their first-hand experience transitioning from school to university, student life, support services and much more

You'll also have the chance to speak one-on-one with our friendly teams to ensure you walk away feeling confident and informed.

[Find out more](#)

[UTS | Introduction to Computing Science](#)

May 1, 2023

Find out about the course that offers a sound education in all aspects of computing science and information technology. It is intended for students who aspire to become researchers or who want a career in a more scientific oriented computing area.

[Find out more](#)

[WSU | Discover Western – Teacher Session: HSC True Rewards, Pathways & More](#)

May 2, 2023

This webinar for Careers Advisers and Teachers will go into detail about our HSC True Reward Early Entry program, alternate pathways, scholarships and more.

[Find out more](#)

[UTS | Bachelor of Computing Science Industry Degree Academy \(IDeA\)](#)

May 2, 2023

The IDeA cadetship is designed to develop the right mix of technical skills and industry experience.

[Find out more](#)

[ADF | Women in Defence Virtual Information Session](#)

May 2, 2023

The Australian Defence Force provides a supportive, inclusive and respectful workplace where you can grow both personally and professionally.

Tune in for a virtual info session to speak with current serving women in Defence to learn more.

[Find out more](#)

[University of Sydney | Year 10 Information Evenings 2023](#)

May 2 to May 10, 2023

Join us on campus for a fun and informative evening where we will answer important questions such as: What is the ATAR? How does scaling work? What should you consider when selecting your subjects for Year 11 and 12? What are prerequisites and assumed knowledge? What is university really like? You will hear from a range of speakers including University staff and students.

The event is suitable for current Year 10 students and their parents/caregivers.

[Find out more](#)

[ADF | Defence Careers Information Session, Sydney](#)

May 2, 2023

Are you interested to learn about the wide range of roles available in the Navy, Army and Air Force?

Join us at an upcoming info session and speak with current serving members about their own experiences. You'll have the chance to ask any questions you have about Australian Defence Force careers and opportunities.

[Find out more](#)

[ADF | Engineering Careers Virtual Information Session](#)

May 2, 2023

Work with the most advanced technology the Australian Defence Force has to offer with a career in Engineering.

Join us for a virtual info session to learn more.

[Find out more](#)

[ADF | Army Reserve Information Session, Tamworth](#)

May 2, 2023

Want to serve without the full-time commitment of joining the Australia Defence Force? Look to the Army Reserve.

You'll receive tax-free pay in part time roles that you can do one night a week, one weekend a month or a few weeks a year.

To find out more about the Army Reserve, join us for a local info session where you can speak with current serving members about their own experiences.

[Find out more](#)

[ADF | Army Reserve Information Session, Newcastle](#)

May 2, 2023

Want to serve without the full-time commitment of joining the Australia Defence Force? Look to the Army Reserve.

You'll receive tax-free pay in part time roles that you can do one night a week, one weekend a month or a few weeks a year.

To find out more about the Army Reserve, join us for a local info session where you can speak with current serving members about their own experiences.

[Find out more](#)

[ADF | Army Reserve Information Session, Coffs Harbour](#)

May 2, 2023

Want to serve without the full-time commitment of joining the Australia Defence Force? Look to the Army Reserve.

You'll receive tax-free pay in part time roles that you can do one night a week, one weekend a month or a few weeks a year.

To find out more about the Army Reserve, join us for a local info session where you can speak with current serving members about their own experiences.

[Find out more](#)

[ADF | Army Reserve Information Session, Erina](#)

May 2, 2023

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To find out more about the Army Reserve, join us for a local info session where you can speak with current serving members about their own experiences.

[Find out more](#)

[ADF | Army Reserve Information Session, Port Macquarie](#)

May 2, 2023

Want to serve without the full-time commitment of joining the Australia Defence Force? Look to the Army Reserve.

You'll receive tax-free pay in part time roles that you can do one night a week, one weekend a month or a few weeks a year.

To find out more about the Army Reserve, join us for a local info session where you can speak with current serving members about their own experiences.

[Find out more](#)

[HSC Shakespeare Seminars with USYD](#)

May 3 to May 5, 2023

Join us at Pier 2/3 for a series of live HSC Shakespeare Seminars in partnership with the University of Sydney.

Part performance, part interactive seminar, these sessions are designed to directly link to HSC modules and give students the edge in upcoming exams.

Presented onsite at Pier 2/3 in The Neilson Nutshell, each seminar will feature Bell Shakespeare's Resident Artist In Education, Huw McKinnon, and a leading academic from the University of Sydney presenting illuminating and engaging content on each play. The Players from Bell Shakespeare will perform key scenes and soliloquies to demonstrate ideas presented and key content from each play. Combining live performance academic analysis and illuminating dramatic insights into the plays, sessions will be presented in a dynamic format showing the interplay between text and drama.

[Find out more](#)

[Charles Sturt | 2023 Career Advisers Professional Development Workshop](#)

May 3 to May 24, 2023

You're warmly invited to attend one of Charles Sturt University's 2023 Career Advisers Professional Development Workshops, held across our six campuses. We're pleased to be able to connect with our local education leaders.

This interactive session is designed specifically for career advisers & teachers to support students (and themselves) to gain practical skills in maintaining motivation and engagement.

Topics include:

- What the latest research tells us about motivation & engagement
- Strategies to overcome procrastination
- Factors that students can (and cannot) control
- How to support students to:
 - Maintain interest in their academic study
 - Find their passion & purpose

[Find out more](#)

[University of Sydney | Civil Infrastructure, Data and Society](#)

May 3, 2023

Civil Engineers are responsible for many of the systems that support society including vital infrastructure like transport, water and power, social infrastructure like schools and buildings, as well as landmarks like stadiums, skyscrapers and bridges. Tomorrow's Civil Engineers will be responsible for deciding what infrastructure is built and when, and for this they need to have expert understanding of societal trends, climate and technology. Join us to find out how studying Civil Engineering at the University of Sydney will prepare you to use your technical skills, drawing on a wide knowledge base, to solve complex engineering problems.

[Find out more](#)

[University of Sydney | Uncovering the Past: Archaeology in Practice](#)

May 3, 2023

Have you ever wondered what a day in the life of an archaeologists is like? Join this session to find out more about archaeology and why the past is relevant to the future and learn about how you can work in this field.

Coming live from the University of Sydney's current archaeological excavations of the Hellenistic-Roman era theatre of Nea Paphos in Cyprus, the presentation by Dr Craig Barker, Head of Public Engagement at the Chau Chak Wing Museum will outline the various tasks undertaken by specialists on an archaeological dig, the process of digging and how we might use artefacts such as bones, stones and ceramics to recreate the lives of people in the past.

[Find out more](#)

[UTS | Introduction to Biomedical Engineering](#)

May 3, 2023

Learn how biomedical engineering is driving revolutionary technological advances, transforming healthcare delivery, and extending the quality and longevity of lives.

[Find out more](#)

[Macquarie | Year 12 Webinar Series](#)

May 3 to July 19, 2023

Join us for our Year 12 webinar series to learn everything you need to know about university – from applying and exploring our courses and entry programs, to reducing Year 12 study stress and leaving home.

Our friendly Future Students Team will be on hand to answer all your questions across four not-to-be-missed webinars.

[Find out more](#)

[GVI | Virtual Career Fair](#)

May 3, 2023

Attention all job seekers with a passion for travel! Have you been dreaming of finding a career with purpose? Do you want to see the world AND make a difference?

Whether you're looking for a seasonal summer job, or want to build a long-term impact-driven career – this is it!

At GVI's Virtual Career Fair you'll get the chance to:

- Access global vacancies for every skill level.
- Find career options in more than 13 global locations.
- Jump to the front of the application queue.
- Speak directly to our hiring team – ask us anything!

[Find out more](#)

[UNSW | LAT Information Evening 2023](#)

May 3, 2023

Are you thinking of studying law at UNSW? Join us online to hear about the Law Admission Test (LAT)!

Get all of your questions answered at our online 2023 LAT Information Evening. The Law Admission Test (LAT) is an entry requirement for all undergraduate law double degrees at UNSW. We'll cover how the LAT has worked for entry in the past, provide detailed program and faculty information, as well as key LAT dates for the year ahead.

We'll also be joined by some current students to answer general questions about the LAT and studying law at UNSW.

Our LAT Information Evening is for Year 11 and 12 students and their parents, careers advisers and students currently studying at another university who are hoping to transfer to UNSW Bachelor of Laws in 2024.

[Find out more](#)

[University of Newcastle | HSC Support Webinar – Preparing for University and Beyond](#)

May 3, 2023

The Preparing for University and Beyond online session is the perfect opportunity to equip yourself with the necessary knowledge and skills to make informed decisions about your future. The webinar will also feature a University of Newcastle Student Ambassador who will share details about the University's new Early Entry Program.

[Find out more](#)

[WSU | Discover Western – Parents: Your Role and How You Can Help Guide Them to University](#)

May 3, 2023

Parents and carers of senior high school students play a vital role in supporting your child when it comes to University. This webinar has relevant information to help you guide your child in making those big decisions about their future.

[Find out more](#)

[eSafety | Getting started with social media: TikTok, YouTube, Instagram](#)

May 3, 2023

This 30-minute webinar is designed for parents and carers of young people in primary and secondary school. It includes practical tech tips, conversation starters and digital parenting advice.

It will cover:

- creating a positive digital identity
- privacy and sharing online
- managing what you see online
- good practices in group chats
- help-seeking.

[Find out more](#)

[University of Newcastle | 2023 Career Adviser NEW Degree Update Webinar](#)

May 4, 2023

NEW Degree Updates from specialist academics on the following degrees:

- New Bachelor of Tourism, Hospitality and Events

Plus other University updates and a live Q&A session.

[Find out more](#)

[Clusters PD – The Clusters for science teachers](#)

May 4, 2023

Join Lucy from Study Work Grow to learn how to use the Career Clusters in your science and STEM classroom.

This Professional Learning session will give you the skills you need to feel confident talking about a range of jobs in STEM fields. We'll also cover some tips for having positive career conversations, and identify where you might already be having career conversations without realising it.

This session is designed for STEM teachers and the career educators who support them.

[Find out more](#)

[UTS | Introduction to Bachelor of Information Technology](#)

May 4, 2023

Tune in to find out how to combine theoretical knowledge and practical skills in both computing and business analysis to bridge the gap between business needs and innovation.

[Find out more](#)

[UOW | Wollongong Parents & Students Info Evening](#)

May 4, 2023

Find out about our courses, Early Admission, ATAR and selection rank, important dates, scholarships, accommodation, upcoming events, student life and more at one of our Year 12 information evenings. You will also have the opportunity to get your questions answered by course experts and our current students who are studying right now!

[Find out more](#)

[Exhibition at SAE](#)

May 4 to May 5, 2023

SAE Exhibition is your one stop event to experience life as an SAE student. Whether you want to rub shoulders with current students or check out what they have produced in their short time at SAE.

Exhibition is a great opportunity to immerse yourself in the campus community and enjoy the celebrations that come with the end of trimester.

While you're on campus be sure to check out our world-class facilities and chat to our course advisors to make sure you start ahead of the pack when you commence with us next year.

[Find out more](#)

[ADF | Navy Careers Information Session, Sydney](#)

May 4, 2023

Explore the idea of a Navy career that offers mateship, time at sea and exciting new opportunities.

The Navy has a diverse range of roles across many employment categories there's sure to be a role for you!

Speak with current serving military personnel about career opportunities and discover your potential.

[Find out more](#)

[UNE | Open Day 2023](#)

May 5, 2023

UNE Open Day gives you the chance to explore UNE and get a taste of studying at university.

Tour our regional campus, meet your future lecturers, chat with current students, and learn how we can help Future Fit Your Life.

[Find out more](#)

[UTS | Introduction to Bachelor of Games Development](#)

May 8, 2023

Find out how to become a part of the largest global entertainment industry, make games for social good, or apply your specialist skills to any IT field.

[Find out more](#)

[ADF | Defence Careers Information Session, Murwillumbah](#)

May 8, 2023

Are you interested to learn about the wide range of roles available in the Navy, Army and Air Force?

Join us at an upcoming info session and speak with current serving members about their own experiences. You'll have the chance to ask any questions you have about Australian Defence Force careers and opportunities.

[Find out more](#)

[ADF | Trade Careers Information Session, Newcastle](#)

May 8, 2023

Apply your existing trade skills or receive world-class training in order to work with formidable military assets and enjoy the many benefits of a career in the Australian Defence Force.

To find out more about available trade roles, come along to an info session and speak with current serving personnel.

[Find out more](#)

[University of Newcastle | TAFE to Uni Webinar](#)

May 9, 2023

Are you looking at studying a university degree after completing TAFE or another vocational qualification?

We invite you to join us for our TAFE to Uni webinar via zoom.

Tune in to hear from our admissions staff and student ambassadors that will cover the following topics:

- Info about our University
- How to apply
- TAFE entry pathway
- Scholarships
- Support and services

Our student ambassadors will share their experiences coming to Uni via the TAFE pathway, and there will also be plenty of time for you to ask any questions. We hope that you can join us!

[Find out more](#)

[UOW | Bega Valley Parents & Students Info Evening](#)

May 9, 2023

Find out about our courses, Early Admission, ATAR and selection rank, important dates, scholarships, accommodation, upcoming events, student life and more at one of our Year 12 information evenings. You will also have the opportunity to get your questions answered by course experts and our current students who are studying right now!

[Find out more](#)

[UTS | Introduction to Data Science Engineering](#)

May 9, 2023

Find out how Data Science Engineers create and manage secure big data systems and infrastructure to service the ever-growing demands of our computer-driven data-centric society.

[Find out more](#)

[ADF | A Virtual Night in the Army Reserve](#)

May 9, 2023

Consider serving locally in the army Reserve. You will be part of something exciting, challenging and rewarding all while learning new skills and giving back to the community-and tax-free pay!

To find out more about the rewarding challenges and experiences on offer, join us for a virtual info session. Speak with current serving members about their own experiences and advice, and learn about the wide range of part-time jobs available.

[Find out more](#)

Important Future Events

[AIE | Open Day](#)

May 13, 2023

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day on Sat 13 May 2023. 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](#)

[Charles Sturt | Central West Community Services and Health Explore Day](#)

May 16, 2023

Are you in year 10, 11 or 12 and want a career that makes a real difference in the lives of others? Central West Community Services and Health Explore Day is your chance to explore the range of community services and health courses and careers on offer from institutions all over NSW.

Join leading industry and education providers on 16 May 2023 at Charles Sturt University Orange campus for the ultimate community services and health expo day. Experts from all institutions will be there, from the central west and beyond – so you'll get to check out each and every course on offer before you make your next move.

You'll get to attend guest speaker sessions, hands-on workshops, tour the world-class learning facilities at Charles Sturt – and discover everything you need to know about studying in the health and community services field.

If you're in high school and looking at a career in community services and health – this event is for you!

Parents, carers, teachers and career advisers – everyone's welcome!

[Find out more](#)

[Northwest Regional Careers Expo 2023](#)

May 17, 2023

Our Careers Expo was started in 1992 by Rotary Club of Tamworth First Light. Attendees benefited from a wide range of exhibitors from a large variety of industries providing valuable advice and information to help further their career and business development. The event continues to provide valuable access to local and interstate exhibitors for the community and schools from Tamworth and the surrounding region.

[Find out more](#)

[Newcastle & Lake Macquarie Career Expo 2023](#)

May 18, 2023

The Newcastle & Lake Macquarie Career Expo is proudly presented by Career Links, on behalf of the CAA. This leading Career Expo is attracting a record number of local and interstate exhibitors, including major universities, leading training colleges and employers. Career Links is committed to the youth of the Hunter region, coordinating this event to support them in transitioning from school to their future careers.

[Find out more](#)

[Hunter Valley Career Expo 2023](#)

May 19, 2023

The Hunter Valley Career Expo only happens once a year! It will be held on Friday 19th May 2023 at Maitland Basketball Stadium, Bent Street, Maitland from 9.00am – 1.30pm.

You will be able to talk to people who are working in many different types of jobs. There will be representatives from employer and professional associations, TAFE, Universities, other training providers and employment agencies.

[Find out more](#)

[WSU | Unlocking Careers in Sport and Health](#)

May 19, 2023

This on campus event for Aboriginal and Torres Strait Islander High School students raises knowledge and aspiration for Careers in Sport and Health.

Students will participate in a range of practical workshops, a Q&A Yarn Up with Indigenous industry professionals to gain insights into their work, their education journey and pathways leading them to their career.

All attendees will receive a free WSU Sport and Health Pack.

[Find out more](#)

[Sydney Design School | Open Day](#)

May 20, 2023

Join us for our biggest day of the year! Our Director Amanda Grace will take you through our flexible course options. Meet our passionate Educators and get creative with colour and fabrics by making a mood board!

[Find out more](#)

[2023 Greater Western Sydney Careers Market](#)

May 24 to May 25, 2023

The 2023 Greater Western Sydney Careers Market is taking place on Wednesday the 24th and Thursday the 25th of May at the Penrith Valley Regional Sports Centre.

This event offers exhibitors the opportunity to speak to thousands of Greater Western Sydney high school students and careers advisers as these students explore career paths and further education options available to them.

[Find out more](#)

[Clusters PD – Using Clusters to find a Vocational Pathway](#)

May 25, 2023

Join Lucy from Study Work Grow to find out how you can use the Career Clusters to support students who are thinking about vocational pathways.

Using the Career Clusters as part of the conversation can open up ideas and help students think beyond the most obvious choices. They can also be useful when talking to students about how their careers might progress down the track.

This will be an interactive session of one hour, with time for questions at the end.

[Find out more](#)

[BiG Day In Newcastle](#)

June 1, 2023

Join us at UON on 1 June for the 2023 BiG Day In Newcastle. Bring your Year 9-12 students to learn where a STEM/technology career can take them & hear from organisations such as nib, Mudbath, Westpac, Wisetech Global, Australian Space Agency, Australian Signals Directorate & more to come.

[Find out more](#)

Scholarships

[5 Tips for High School Students to Find Scholarships that Match their Needs](#)

As a high school student, you may be looking for ways to reduce the costs of university. Scholarships can be a great way to help fund your education. However, with so many options available, finding the right scholarship can be a daunting task. To help you in your search, here are five tips to help you find a scholarship that matches your needs.

Start Early

The earlier you begin your search, the better. Many scholarship applications close several months before the start of the academic year. This means that you should start looking for scholarships as early as the beginning of Year 12. By starting early, you'll have plenty of time to research and apply for scholarships that fit your needs.

Look for Local Scholarships

There are many scholarships available for students in your local community. Check with your careers advisor, local organisations, and community foundations to see what scholarships are available in your area. Local scholarships often have fewer applicants than national scholarships, which can increase your chances of being awarded the scholarship.

Use Scholarship Search Engines

There are several scholarship search engines available online that can help you find scholarships that match your needs. These search engines allow you to search for scholarships based on your interests, academic achievements, and other criteria. Some options include the [Indigenous Scholarships Portal](#), and our very own [Scholarships Database](#).

Check Directly with Universities

Many universities offer a huge variety of scholarships to incoming students. Check with the unis you're interested in attending to see what scholarships are available. Some scholarships may require an application, while others may be awarded automatically based on your achievements.

Apply for Multiple Scholarships

Don't put all your eggs in one basket. Apply for as many scholarships as possible to increase your chances of being awarded a scholarship. Keep track of application deadlines and requirements, and make sure to submit your applications on time.

By following these tips, you can increase your chances of finding a scholarship that matches your needs. Remember, scholarships can be a great way to help fund your education, so start your search early and apply for as many scholarships as possible. Good luck!

Getting Ready for Work

[Why Networking is Important for High School Students](#)

As a high school student, you might think [networking](#) is something reserved for adults in the workforce. However, building connections and relationships with others is important for people of all ages, including high school students. Whether you're looking for a job, seeking advice on university applications, or exploring different career paths, networking can open up countless opportunities. Here are three examples of why networking is important for high school students.

Discovering career paths

Networking can help you explore different career paths and get a better sense of what you might want to do in the future. By talking to professionals in fields that interest you, you can learn about their experiences, ask questions, and gain insight into the day-to-day aspects of different jobs. Additionally, networking can help you learn about job and internship opportunities that you might not have known about otherwise.

Finding mentors

Mentors are invaluable resources for students. They can offer guidance, advice, and support as you navigate your academic and professional journeys. Networking can help you find mentors who can provide you with personalised advice and help you develop the skills and knowledge you need to achieve your goals.

Building a professional network

Networking can help you build a professional network that you can rely on throughout your career. The people you meet and connect with in high school can become valuable contacts down the road, whether you're looking for job opportunities, seeking advice, or simply looking to expand your circle of professional acquaintances.

Networking is a valuable skill that high school students should start developing now. Whether you're exploring career paths, seeking mentors, or building a professional network, the connections you make can help you achieve your goals and open up countless opportunities. So don't be afraid to reach out to professionals in fields that interest you, attend networking events, and start building your network today.

Find more resources to help you find your dream career [here](#).

Mental Health in the Workplace

When we hear of Workplace Health and Safety (WHS), we tend to think of things like hard hats and steel cap boots. Of course, keeping people safe from injury and physical harm is incredibly important at work – but what about our mental health?

Recently, WHS Regulations have been updated to include the management of [psychosocial hazards](#). Essentially, these are things in the workplace that might harm someone's mental health or wellbeing.

This can include things like:

- Bullying and harassment;
- Extreme job demands;
- Violence and aggression;
- Low job control;
- Poor support;
- Traumatic events;
- And many more.

Who is responsible for Workplace Health & Safety?

It's the responsibility of the business owner to ensure that a workplace is safe and welcoming for everyone involved (both physically and mentally). This includes workers, contractors, and even visitors (including customers).

However, [workers still have some responsibilities](#) as well, such as being respectful to fellow employees and customers, and wearing personal protective equipment properly.

Why were these changes made?

These changes aim to increase the importance of looking after mental health in the workplace, as it can be just as important as physical health. Instead of being optional company policy, it is now a legal requirement for businesses and workplaces to eliminate or minimise the risk of both physical and mental harm to workers.

These changes will hopefully do two things:

- Make it less likely for workers to experience stress leading to mental harm in the workplace; and
- Provide better options for recourse or compensation if something does go wrong.

Where can I go for help?

Remember, if you feel like something isn't quite right at work, you can always speak up. If you're uncomfortable talking to your boss or manager, consider talking to a parent, teacher, or other trusted adult. Or if you need advice, you can contact either the [Fair Work Ombudsman](#) or [Safe Work](#) in your state or territory.

And if you need mental health support, you can always call Lifeline on 13 11 14, or Kids Helpline on 1800 55 1800.

You can read more about the importance of workplace health and safety in our blog [here](#).

Work Experience

[Work Experience Ideas for High School Students Who Love Animals](#)

As a high school student who loves animals, it can be challenging to find work experience opportunities that align with your passion. However, there are plenty of options available to gain valuable experience while working with animals. Here are three work experience ideas for animal lovers:

Volunteer at a local animal shelter

Volunteering at an animal shelter is an excellent way to gain experience working with animals. Animal shelters are always in need of volunteers to help with tasks such as cleaning cages, feeding the animals, and providing exercise and attention to them. By volunteering at an animal shelter, you will not only gain hands-on experience working with animals, but you will also be contributing to a great cause.

Find work experience at a veterinary clinic

If you are interested in pursuing a career in veterinary medicine, getting work experience at a veterinary clinic is a great way to gain valuable insights. You will have the opportunity to observe animal care, surgery, and other procedures. You will also learn how to handle and care for different types of animals and gain insight into the day-to-day operations of a veterinary clinic.

Work at a pet store

Working at a pet store is another great way to gain experience working with animals. You will have the opportunity to interact with customers and provide advice on pet care, as well as help with tasks such as feeding and cleaning the animals. Working at a pet store can also be a great way to learn about different types of animals and their care requirements.

Find out more

Search for opportunities and find out more about the benefits of work experience [here](#).

Competitions

[2023 Edstart Achievement Awards Program](#)

Nominations are now open for the 2023 Edstart Achievement Awards Program!

Now in its third year, the program acknowledges students across a range of categories with an award and a \$1,500 grant to fund a project, initiative or training related to their area of interest:

- Technology and innovation
- Entrepreneurship
- Sustainability and environment
- Sport and physical wellbeing
- Performing and visual arts
- Social impact

Each winner will receive an award to recognise their achievement, as well as a \$1,500 grant to fund a project, initiative or training related to their category.

Nominations are open to primary and secondary schools across Australia. **Nominations close Friday 9 June 2023.**

Students can find out more and nominate [here](#).

Resources

[The Importance of Self-Care for High School Students](#)

As a high school student, you may feel overwhelmed by the demands of academic work, extracurricular activities, and social obligations. With so much going on, it's easy to neglect your own needs and wellbeing. However, self-care is essential for maintaining good physical, emotional, and mental health. Let's discuss the importance of self-care and see three examples of self-care practices you can incorporate into your daily routine.

Why Self-Care is Important

Self-care involves taking intentional actions to nurture your physical, emotional, and mental health. It can take many forms, such as exercising, getting enough sleep, eating well, practising mindfulness, and seeking support from others. Self-care is crucial for high school students for several reasons:

- Reducing stress and anxiety: High school can be a stressful time, with academic pressure, social challenges, and uncertainty about the future. Practising self-care can help reduce stress and anxiety levels, allowing you to feel more relaxed and focused.
- Boosting academic performance: When you take care of yourself, you'll be better equipped to handle the demands of schoolwork. Regular exercise, healthy eating, and adequate sleep can all improve cognitive function and memory retention, leading to better academic performance.
- Improving overall wellbeing: Self-care can help you feel happier, more confident, and more fulfilled. When you prioritise your own needs and take care of yourself, you'll be better equipped to handle life's challenges and pursue your goals.

Three Examples of Self-Care Practices

Here are three examples of things you can do to ensure you're taking care of yourself:

- Exercise: Regular exercise is one of the most effective ways to improve physical and mental health. You don't have to be an athlete to reap the benefits of exercise – simple activities like walking, jogging, or yoga can help you feel more energised, reduce stress levels, and improve your mood.

- Mindfulness: Practising [mindfulness](#) involves being present in the moment and non-judgmentally observing your thoughts and feelings. This can be done through meditation, deep breathing, or simply taking a few minutes to tune out distractions and focus on the present. Mindfulness can help reduce stress, improve concentration, and increase overall wellbeing.
- Social support: Maintaining social connections is essential for emotional wellbeing. Make time for friends and family, join a club or organisation that aligns with your interests, or seek support from a trusted adult or mental health professional when you need it. Having a strong support network can help you feel more confident and resilient in the face of challenges.

Self-care is essential for high school students. By prioritising your own needs and taking care of yourself, you'll be better equipped to handle the challenges of academic work, social life, and personal growth. Remember to make time for regular exercise, mindfulness practices, and social connections. Your future self will thank you for it.

Find more wellbeing tips and advice on our website [here](#).

[University Spotlight – Bond University](#)

Find out more about what it's like to study at Bond University in our latest University Spotlight.

Campuses & Access

Bond University's main campus is located in Robina on the Gold Coast, around 15 minutes south of the CBD. The campus is easily accessible by both bus and ferry, and has plenty of parking spaces for students commuting by car.

There are also separate dedicated health and sports learning and research facilities located nearby at Robina Hospital. Bond also has a teaching space in the Brisbane CBD.

Most of the paths and buildings across the campus are accessible by wheelchair, with major buildings containing lifts for access to upper floors.

Online Learning

Bond currently only offer postgraduate courses in law and arts online. Students looking to study at an undergraduate level will need to attend classes on-campus.

Study Options

Bond offer undergraduate courses in most study areas, with the exception of education. They are well known for their small class sizes and unique three semester structure.

Bond offer some combined degree options, meaning you can graduate in less time than it would take to study two qualifications separately.

The academic year is split across three 13-week long semesters, running from mid-January to early-December, with a 2-week break between each semester. There are no other optional semesters or teaching periods. Classes are not scheduled during Easter, ANZAC Day, or over the Christmas and New Year period. You can view the full academic calendar for the year [here](#).

The structure of most courses at Bond is quite rigid, with subjects only offered in certain semesters and must be taken in a set order. You can find out more about specific courses and subjects [here](#).

Accommodation & Living

Bond University offer a variety of on-campus accommodation options, including both individual to shared options.

2023 prices vary between \$2,775 per semester (roughly \$215 per week) to \$4,350 per semester (roughly \$340 per week) per person, depending on size and location. All on-campus students must also purchase a dining plan, a minimum separate cost of \$2,000 per semester (around \$150 per week). Fees must be paid for the entire semester in advance.

The fees for all accommodation options include all utility bills – electricity, water, and internet (Wi-Fi). All options also include weekly cleaning and access to laundry facilities. On-campus students can also access extra study support services and all of Bond's sporting and medical facilities. Contracts are offered for a single semester. Students must reapply for accommodation at the end of their contract.

You can see all accommodation options and application processes [here](#).

Living off campus in the Gold Coast can get quite expensive (the [current median rental price](#) for an apartment in Robina is \$690 per week), and rental options are generally highly competitive. More affordable options further away can mean a very long travel time to and from campus.

Campus & Teaching Facilities

There are several facilities located at Bond, including cafés and eateries, sporting and exercise facilities, shops, and more. There are also lots of natural areas, including landscaped gardens and lakes. Students can join a variety of clubs and participate in on-campus activities.

There are three libraries on campus, as well as several dedicated teaching facilities, including laboratories, studios, clinics, and more.

You can find out more about Bond's on-campus facilities [here](#).

Student Support

Bond offer a wide variety of dedicated student support services, including academic and study support, disability and inclusion support, support for LGBTQIA+ students, specialised support for Indigenous students, and health and wellbeing services.

Information about support services is easy to find and access on their website [here](#).

Career Development & Industry Partnerships

Every student at Bond will participate in the [Beyond Bond](#) program as part of their studies, a personalised professional development program to prepare students for the transition from study to career. The program engages all undergraduate students in academic, professional, and extra-curricular activities, and culminates in a professional portfolio.

Students from any discipline can also join the [Transformer](#) program, giving you the opportunity to work in multidisciplinary teams and develop practical solutions to real-world problems.

Bond also has strong [industry ties](#) that provide students with unique and valuable work experience and internship opportunities.

Information Accessibility

Bond has recently updated their website, which is modern and easy to navigate, with functionality that works across all major browsers. It has a handy search function, and essential information about courses, scholarships, and support options are easy to find.

Tours & Information Sessions

You can book a personalised tour of Bond, either in-person or virtually, [here](#).

Bond run both online and on campus information events for future students regularly throughout the year. You can view the upcoming calendar of events [here](#).

Next Steps

If you're interested in study at Bond University and want to find out more information, the best way to do this is to contact them, either by phone on 1800 074 074, or by submitting an [enquiry online](#).

Bond also run two [open days](#) a year: a virtual open day, run on 29 April, and their upcoming on-campus open day, scheduled for 29 July.

[Raise Our Voice Australia – Online Training Program](#)

Raise Our Voice's introductory online training is an active learning experience curated to develop knowledge of leadership, domestic policy, foreign policy, and politics, while focusing on the need for diversity in decision making.

Participants join an online cohort of like-minded leaders from around the country and have the opportunity to meet impressive speakers, participate in workshops, and experience what it's like to be a public leader.

In addition, participants have access to three group mentoring sessions with a leader working in policy or politics.

The training is open to women and gender diverse people aged 17 to 32. Individuals from politically marginalised backgrounds (such as people who are First Nations, people from migrant or refugee backgrounds, people who are LGBTQIA+, who are disabled, who are from low socioeconomic backgrounds, or who are from rural and remote areas) are strongly encouraged to apply.

Over the last two years, we've worked with organisations including the US Consulate in Melbourne, diplomats, public servants, politicians and community change makers.

Applications for the 2023 program are open now and close 5 May.

Find out more and apply [here](#).

[University of Sydney School of Computer Science High School Fellowship Program](#)

This program is a unique opportunity for high school students to experience studying a first-year university subject, INFO1110: Introduction to Programming.

Run by the School of Computer Science in the Faculty of Engineering, this subject focuses on the foundational principles of coding and software development process, including skills of testing and debugging.

It's a prerequisite for more advanced programming languages, systems programming, computer security and high-performance computing.

Participants can also connect with the industry sponsors via the program.

Applications for the High School Fellowship Program are now open until **10th May 2023**.

Find out more and apply [here](#).

Workplace Spotlight

[What is it Like to Work in a Courthouse?](#)

Courthouses are places where legal matters are heard, disputed, and ultimately resolved. They deal with all sorts of crimes and misdemeanours, from speeding fines all the way up to murder, as well as civil matters such as fraud and child custody.

Here are some common things you can expect to find at courthouses:

1. They're highly organised – ensuring key details are correct and things happen on time is very important.
2. You'll work with people – most roles will see you working face-to-face with other people each day.
3. Communication is key – there is lots of information that needs to be relayed between many people, so clear communication is vital to providing the best outcomes.

Key Outcome

Uphold the law and principles of justice

The main focus of courthouses is to punish offenders and compensate victims. Courthouses deal with matters of all sizes and severities.

Key Tasks

- Hear, advise, and decide on legal matters
- Schedule hearings and sentencings
- Prepare important case files
- Keep accurate and detailed records
- Assist clients with queries
- Ensure workers and visitors are safe

Industry

You can find courthouses in the professional, scientific and technical services industry

Courthouses are generally found in the professional, scientific and technical services industry. Courts can vary in size from small local district courts, all the way up to federal courts that hear matters of national importance.

Work Environment

You can expect regular hours and on-site work

Regular work hours | Work on-site | Jobs more common in metro areas | Strong job growth

Most courthouses have regular opening hours, usually around 9 to 5. Most workers will find themselves at work during this time frame.

A lot of the work in courthouses needs to be done in-person, so opportunities to work from home are limited.

Larger courthouses are generally based in metropolitan and regional centres, but there are small courthouses in towns and cities all across the country.

The Career Clusters you'll find in a courthouse

People from all Clusters are needed for a courthouse to run effectively, but the most common Clusters you'll find are Informers and Coordinators. As in any role, you might find yourself performing tasks across multiple Clusters.

What do Makers do in a courthouse?

The Makers are the people responsible for keeping the courthouse clean and presentable, as well as performing general maintenance duties. They also need people to ensure that IT systems are always running smoothly. If the courthouse has a café or eatery attached, they will also need to employ people to make food and coffee for visitors and staff.

- Cleaners
- Maintenance Workers
- IT Technicians
- Cooks/Baristas

The role of a Linker in a courthouse

Linkers in courthouses are responsible for answering questions and complaints from the public, both in person and over the phone or internet. They can also direct people to other related legal services, or provide assistance to people who need special support. You might also find Journalists gathering information to report details of a case to the public.

- Receptionists
- Customer Service Officers
- Social Workers
- Journalists

Where you'll find Coordinators in a courthouse

Coordinators handle a lot of the administrative tasks in a courthouse, including filing paperwork, managing timetables and hearings for each day, and scheduling future matters. They might also prepare case files on behalf of judges and lawyers in preparation for a hearing, or sit in on cases to accurately transcribe or record what has been said.

- Law Clerks
- Legal Assistants/Paralegals
- Office Administrators
- Court Recorders

How do Informers work in a courthouse?

The Informers you'll find in a courthouse include the people there to provide legal counsel and advice to clients, represent their clients in court, hear legal arguments, and make rulings and judgements. They may also need people to interpret for clients who speak little English. Other Informers might be there to research past cases and help to preserve information.

- Solicitors/Barristers
- Judges/Magistrates
- Interpreters
- Legal Researchers

What types of Innovators work in a courthouse?

Innovators aren't found too often in courthouses, but there may be some Innovators who visit courthouses when developing new laws and policies. Other Innovators might work on the initial design and layout of the building and facilities and might make site visits, but have little to do with the ongoing running of the courthouse.

- Policy Developers
- Engineers/Architects

Where you'll find Guardians in a courthouse

Guardians in courthouses include Police Officers, who may be there to provide evidence and facts for a case. Other Guardians are needed bring detained people into the courthouse and maintain order, as well as keep the building and people inside safe and secure. Other workers might provide physical and emotional support to clients, victims, and families going through a tough case.

- Police Officers
- Bailiffs
- Security Officers
- Support Workers

How do we expect working in a courthouse to change in the future?

COVID showed that while difficult, it was possible for courthouses to operate remotely. However, this did present some problems and most courthouses have since gone back to normal operations in person. Advances in technology have made a lot of the data entry and processing roles easier over the years, and it is expected that as AI gets better and better, it may be able to assist with even more tasks, such as legal research and basic administrative tasks.

Different principles of justice have also gained traction in recent years (such as [community justice](#) and Indigenous justice) and are changing the way we think about the law and how courts operate. Mediation is also becoming a more popular method of resolving disputes rather than litigation.

Job Spotlight

How to become a Truck Driver

Truck Drivers are responsible for driving and operating trucks of all different sizes. You might find yourself transporting all sorts of different things, including food, consumer goods, mail, chemicals, raw materials, animals, and even other vehicles.

If you enjoy being behind the wheel and want a job that can take you nearly anywhere across the country, you might like to consider becoming a Truck Driver.

About you:

- Punctual and reliable
- Great awareness
- Excellent problem solver
- Can work independently
- Stays calm under pressure
- Flexible and adaptable
- Able to work long hours
- Safety conscious

The job:

- Organising upcoming shifts and deliveries
- Loading and unloading goods
- Ensuring freight loads are fixed securely and meet weight requirements
- Driving both long and short distances
- Regularly checking vehicle parts and safety
- Meeting delivery deadlines
- Checking loading documents and condition of goods before departure and on arrival
- Liaising with other workers, such as logistics managers and yard workers

Lifestyle Impact: High

- Part Time opportunities: Low – only around 18% of Truck Drivers work part-time (source: labourmarketinsights.gov.au).
- Average hours for full-time workers: 49 hours a week, which is above average (source: labourmarketinsights.gov.au).
- Train Drivers' salary (median) \$71,000* per year (source: ato.gov.au). *Salaries vary depending on your skills and experience.
- Future career growth: Stable (source: labourmarketinsights.gov.au).
- You will most likely need to work early mornings and nights on occasion, and shift work is common.
- Long hours on the road can be dangerous, so safety is key.

Truck Drivers are most in demand in these locations:

Job availability for Truck Drivers is spread fairly evenly across Australia, with higher than average demand in regional and rural areas. Most Truck Drivers work in the Transport, Postal and Warehousing industry.

How to become a Truck Driver in Australia

While formal qualifications aren't necessary to work as a Truck Driver, you will need to have the appropriate licence level for your State or Territory to drive certain classes of vehicles.

Step 1 – Complete Year 10 with a focus on English and Maths.

Step 2 – Start learning to drive and obtain a class C license as soon as possible. In most states this process takes around 4 years, and you can start once you turn 16.

Step 3 – Continue with licence progression. To progress to the next class of vehicle, you generally need to have held your current licence class for at least a year, and there are 5 more classes of vehicles to consider (light rigid, medium rigid, heavy rigid, heavy combination, and multi-combination). This means it will take a minimum of 5 years after obtaining your class C licence to be fully qualified to drive any class of vehicle.

You may also be required to take written or practical tests (including an eyesight test) in order to upgrade your licence class.

Step 4 – Start working as a fully qualified Truck Driver.

Find out more here –

<https://www.nsw.gov.au/driving-boating-and-transport/driver-and-rider-licences/heavy-vehicle-licences/getting-a-heavy-vehicle-licence>

<https://www.qld.gov.au/transport/licensing/driver-licensing/upgrading>

<https://www.vicroads.vic.gov.au/licences/licence-and-permit-types/heavy-vehicle-licence/how-to-get-a-heavy-vehicle-licence>

<https://www.accesscanberra.act.gov.au/s/article/heavy-vehicle-driver-licensing-tab-overview>

<https://www.sa.gov.au/topics/driving-and-transport/heavy-vehicles/getting-a-heavy-vehicle-licence>

<https://www.transport.wa.gov.au/licensing/vehicle-classes.asp>

<https://nt.gov.au/driving/licence/getting-an-nt-licence/get-your-heavy-vehicle-licence>

https://www.transport.tas.gov.au/licensing/non-car_licence_or_ancillary/heavy_vehicle_licences

Similar Careers to Truck Driver

[Logistics Manager](#)

[Pilot](#)

[Train Driver](#)

[Drone Operator](#)

[Delivery Driver](#)

[Engineer](#)

[Bus Driver](#)

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

Frequently Asked Questions (FAQs)

What do Truck Drivers do?

Truck Drivers are responsible for the safe and efficient operation of a variety of trucks and vehicles.

Which industries employ Truck Drivers?

Truck Drivers are mostly employed in the Transport, Postal and Warehousing industry.

What options are there for career progression?

There are several different classes of vehicles you can drive (depending on your license class), so you might find yourself working your way up towards driving the biggest trucks. Once you have lots of experience, you might even like to consider moving into roles in Management or Logistics.

Do I need to go to university to become a Truck Driver?

No, you do not need to go to university to work as a Truck Driver in Australia. However, you will need to obtain appropriate licencing.

Where do Truck Drivers work?

As a Truck Driver, you'll be spending a majority of your time on the road. You might also attend team meetings and drop trucks off once your shift is over at your employer's depot. You could find yourself picking up and dropping off goods just an hour away, or making long-haul trips to remote destinations.

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

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

1. Start working on getting your license as soon as possible. It can take some time to upgrade through the different classes of licence, so the sooner you start the better.
2. Consider taking professional driving lessons, including defensive driving courses, to maximise your awareness and skills on the road. Read up about rules and regulations in your state or territory and make sure you know them well.
3. Talk to a Truck Driver to see what a day in their life is like. If you don't know anyone, see if you can watch videos or documentaries about a career in transport.

The Study Work Grow Research Team

PO Box 109, Redlynch, QLD 4870

Phone: 0432 860 108

Email: lucy@studyworkgrow.com.au

Find us online – www.studyworkgrow.com.au

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