

Weekly Careers News

For Victoria

Monday 25 March, 2024

Table of Contents

WHAT'S ON.....	3
Upcoming Events.....	3
Victoria Police Careers Information Session - Online Webinar	
Quantum Victoria Tall Poppy Experience	
Monash Information Evenings	
Victoria Police Life at the Academy – Online Webinar	
CPSN OASIS Young Leaders Program 2024	
Notre Dame Bachelor of Biomedical Science and Doctor of Medicine – Assured Pathway Webinar	
Deakin April Campus Tours	
Monash Year 10 Discovery Day	
NIE Simulated UCAT Day Workshop, Online	
Important Future Events.....	5
AIM School Holiday Workshops	
AIE Industry Experience Day	
Discover ACU Ballarat	
Holmesglen Institute Open Day, April 2024	
VCE and Careers Expo 2024	
Collarts Open Day 2024	
Victorian Careers Show 2024	
BiG Day In, Melbourne	
FREE MONEY.....	8
Scholarships.....	8
NIDA Open First Nations Subsidy	
Youth Off the Streets National Scholarship Program	
Competitions.....	8
Australian Space Design Competition	

STUDY	9
Subject Selection	9
7 tips to help with subject selection	
University	11
Early entry – Quick facts	
WORK	12
Job Spotlight	12
How to become an Engineer	
Jobs & Careers	14
11 jobs beyond the familiar	
GROW	16
Money	16
Inspiring scholarship stories	
Health & Wellbeing	17
3 tips to find life balance as a student	

What's On

Upcoming Events

Victoria Police | Careers Information Session - Online Webinar

March 25, 2024

Victoria Police is hosting an online information session for members of the community who are interested in a career with Victoria Police.

Hear from us about the recruitment process and training at the Police Academy. It's also your opportunity to ask questions you have about police careers and pathways.

[Find out more](#)

Quantum Victoria | Tall Poppy Experience

March 26, 2024

Students engage with Tall Poppy Award recipients as they share their research in their specific STEM field.

Students rotate through several workshops and participate in a Q&A Session with the Tall Poppies during the day.

These workshops illustrate the importance, relevance and opportunities that science pathways provide for students who are interested in pursuing careers in science.

[Find out more](#)

Monash | Information Evenings

Peninsula: March 26, 2024

Warrnambool: March 27, 2024

We know that choosing a university is a big decision, especially if you don't live in Melbourne. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

You'll hear about:

- our 10 diverse study and discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities including study abroad and overseas tours
- how to apply – everything need to know about VTAC, key dates and deadlines
- scholarships and fees
- Special Entry Access Scheme (SEAS) and the Monash Guarantee
- accommodation options, both on and off campus.

[Find out more](#)

Victoria Police | Life at the Academy – Online Webinar

March 27, 2024

Victoria Police is hosting an online information session for members of the community who are interested in a career with Victoria Police but are unsure on what to expect at the Academy. Hear from us about training at the Academy for Police Officers, Protective Services Officers, and Police Custody Officers – this includes in-depth details about what to expect each week, as well as an insight into exams and training. We will dive deep into the facilities (including on-site accommodation!), salary and support. There will also be an opportunity for you to ask members questions about their time at the Academy.

[Find out more](#)

CPSN OASIS Young Leaders Program 2024

April 2 to April 12, 2024

Cerebral Palsy Support Network (CPSN) is running a Young Leaders program as part of its 'OASIS' youth program. It is a free online program for young people with cerebral palsy (CP) aged between 14 and 21 (inclusive). It was originally made by the Youth Disability Advocacy Service (YDAS).

These workshops develop your advocacy, communication, teamwork, project and leadership skills. The workshop series will take place online via Zoom video calls.

Applications are open until 10am Thursday March 29 2024.

[Find out more](#)

Notre Dame | Bachelor of Biomedical Science and Doctor of Medicine – Assured Pathway Webinar

April 3, 2024

Do you aspire to be a doctor? Join our School of Medicine to learn everything you need to know about our Assured Pathway to Medicine. The session is designed for year 11 and year 12 students from all around the world.

[Find out more](#)

Deakin | April Campus Tours

April 3 to April 11, 2024

There's only one way to choose a uni – you've got to experience it for yourself. Our tours are the perfect way to begin your university journey and get a feel for campus life. Register for a tour and experience Deakin's vibrant campuses and world-class facilities in a study area that interests you, as well as our on-campus student accommodation. Plus, have your questions answered by our staff and students at our course information expo.

[Find out more](#)

Monash | Year 10 Discovery Day

April 5, 2024

Have you been thinking about your future – what you should study, how to get the best study outcomes, and what’s it like to be a Monash student? Year 10 Discovery Day is for you!

Participate in our interactive faculty workshops and attend our information sessions that are designed to ignite your curiosity, fuel your aspirations, and guide you through the next steps that lead to a bright and promising future at Monash.

We even have custom-tailored sessions for your parents or guardians. We understand the importance they play in your education journey and we want them to be as prepared as they can be to help you reach your academic goals!

[Find out more](#)

NIE | Simulated UCAT Day Workshop, Online

April 6, 2024

If you are in Years 10, 11, 12, or you may be older and considering sitting the UCAT in the future, then this program is for you. The Simulated UCAT Workshop program is ideal and often a necessary step towards effective and efficient preparation for the UCAT. The workshop is primarily designed to cover fundamental techniques in navigating all five sections of the UCAT test and also for participants to gain a better understanding of their own level of preparedness for the test.

[Find out more](#)

Important Future Events

AIM | School Holiday Workshops

April 8 to April 12, 2024

AIM’s new school holiday workshop is designed for high school students interested in Music Theatre and Performance & Songwriting. Created for students in Years 9-12, the workshops provide incredible opportunities to experience playing, performing, and writing music, mentored by AIM’s own accomplished musicians and educators.

[Register for the Music Theatre Workshop](#)

[Register for the Performance & Songwriting Workshop](#)

AIE | Industry Experience Day

April 11 to April 17, 2024

AIE’s Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

[Find out more](#)

Discover ACU Ballarat

April 12, 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.

Sessions include:

- Nursing and Paramedicine
- Occupational Therapy and Physiotherapy
- Education and Arts

[Find out more](#)

Holmesglen Institute | Open Day, April 2024

April 18, 2024

Open Day is a great opportunity for you to meet with teachers, explore our campuses and study facilities, and get a feel for Holmesglen life. Our sessions include presentations, tours and Q&As – perfect for helping you map out your future study and career plans. Plus, our friendly team is also available to help you apply on the day.

[Find out more](#)

VCE and Careers Expo 2024

May 2 to May 4, 2024

Australia's biggest education and careers event is now in its 32nd year in a new, bigger venue!

Our exhibitors include:

- universities, TAFE colleges and training providers
- providers of VCE resources, information and services
- organisations with apprenticeship information and opportunities
- organisations with employment opportunities
- organisations with cadetship opportunities
- career advisers and student support services
- providers of tutoring services, lecture and study skills programs
- providers of international exchange and GAP year programs
- providers of youth services and programs

Attend seminars on topics including:

- VCE subjects
- Subject selection advice for Year 10 students
- Tertiary courses
- Careers

- Employment opportunities
- Study advice
- Gap year options

[Find out more](#)

Collarts | Open Day 2024

May 11, 2024

At our Collarts On-Campus Open Day, we invite you to come and experience all things Collarts life: from our passion for creativity, close community, state-of-the-art facilities, expert faculty, and more.

- Up-skill in a creative workshop
- Learn more about the industry in a live panel
- Meet Collarts students and staff
- Visit one of our open campuses on the day
- Get an inside look into all our courses

[Find out more](#)

Victorian Careers Show 2024

May 16 to May 18, 2024

The Victorian Careers Show, in its 4th year in 2024, follows on from the success of our flagship event, the VCE and Careers Expo.

Our exhibitors include:

- universities, TAFE colleges and training providers
- providers of VCE resources, information and services
- organisations with apprenticeship information and opportunities
- organisations with employment opportunities
- organisations with cadetship opportunities
- career advisers and student support services
- providers of tutoring services, lecture and study skills programs
- providers of international exchange and GAP year programs
- providers of youth services and programs

Attend seminars on topics including:

- VCE subjects
- Subject selection advice for Year 10 students
- Tertiary courses
- Careers
- Employment opportunities
- Study advice
- Gap year options

[Find out more](#)

BiG Day In, Melbourne

May 30, 2024

Join us at The Capitol – RMIT University on Thursday 30 May for BiG Day In Melbourne. Bring your Year 9-12 students to learn where a STEM career can take you. Hear from organisations such as Wisetech Global, Adobe, Australian Signals Directorate & more to come.

[Find out more](#)

Free Money

Scholarships

NIDA Open First Nations Subsidy

Opens: January 1, 2024

Closes: December 20, 2024

The NIDA Open First Nations Subsidy offers subsidised tuition to help young First Nations people who are experiencing financial or other disadvantage to achieve their full creative potential.

[Find out more](#)

Youth Off the Streets National Scholarship Program

Opens: March 1, 2024

Closes: May 17, 2024

The National Scholarship Program celebrates the talents of young people who show extraordinary promise and would benefit from additional support to reach their full potential.

[Find out more](#)

Competitions

Australian Space Design Competition

Opens: March 25, 2024

Closes: June 30, 2024

The Australian Space Design Competition (ASDC) is designed for secondary school students with a passion for space, or are considering a future in STEM fields.

Teams of up to 12 grade 8 – 12 students respond to an engineering Request For Tender (RFT) and design a futuristic space settlement, planning structural engineering, operations and infrastructure, personnel factors, automation, and business development.

[Find out more](#)

2024 Greater Atlantic Region's Marine Endangered Species Art Contest

Closes: April 22, 2024

Celebrate Endangered Species Day (May 17) by having your classroom or individual students participate in our Marine Endangered Species Art Contest. Endangered and threatened species need our help. Students' artwork will showcase their knowledge and commitment to protecting these animals. While we are located in New England and the mid-Atlantic United States, we invite participants from anywhere in the world to submit entries!

[Find out more](#)

Study

Subject Selection

[7 tips to help with subject selection](#)

Year 10 is an exciting time, but with it comes some big decisions. If you're staying on to complete your high school certificate, you'll have the freedom to choose which subjects to study in Years 11 and 12. And while the idea of finally only doing your favourite subjects is great, the pressure can also feel huge. First, take a breath – it's OK if you don't know what career you want yet. You still have plenty of time to decide and plan for your post-school options and pathways. But if you're looking for a bit of extra advice, we've put together some tips to help you with your Year 10 subject selection. Let's dive in.

Before we start

Remember, you're not alone in this. Your teachers and careers advisors can guide you through the process and give you great advice. You might also like to speak to your parents, siblings, or friends and hear their thoughts. Just don't forget that the decision is ultimately yours.

Our top tips to help with subject selection

Ready to take the plunge? Here are some of our top tips to help you get the most out of your subject selection and senior years at high school.

Build solid foundations

What do we mean by this? Well, no matter what you do after high school, there are some [fundamental skills](#) you're going to need, like communication, adaptability, resilience, critical thinking, and problem-solving (just to name a few).

Choosing a variety of subjects will broaden your exposure to different points of view and ways of thinking – and this can ensure you'll have better developed skills across the board when you graduate.

English is important

If you'd like to be a teacher, writer, or journalist, you probably already know you'll need to build strong language and communication skills. But in reality, the skills and knowledge you learn through English are vital no matter what you want to do in the future.

Your ability to communicate can impact on every part of your life. Every single job requires some sort of communication, whether it's face-to-face, over the phone, or written in an application, email, or letter. So the better your grasp of the English language, the easier your path to success could be.

So is maths

There's a thought that goes through every student's head at some point when they're in maths class: *when on Earth am I ever going to need to use this once I leave school?*

Sure, science and finance jobs are clearly going to require maths, but the reality is, strong numeracy will benefit you in almost any career. Cashiers need to be able to calculate change amounts in their head on the fly; artists need to know exact amount of pigments to mix to get just the right colour; athletes need to keep meticulous track of their performance stats and metrics.

Maths also helps you develop logical reasoning, analytical, and interpretive skills. Whether you realise it or not, we use maths in lots of different ways in our everyday lives, from cooking to saving for holidays.

Create opportunities

If you love science and you only choose science-related courses in Year 11 and 12, you might be narrowing down your options for courses you can take at university. Which isn't necessarily a bad thing...unless you have a change of heart about your career prospects. Choosing a broad range of subjects gives you more options to pursue at the end of school.

Scared you'll miss out on taking a prerequisite subject? It's not the end of the world. Most universities offer [bridging courses](#) to help cover that essential knowledge if you didn't cover it in high school.

Find out what you're capable of

Sometimes students pick subjects because they think they're "easy" – whether that's because they have the least number of exams and assignments, require less thinking, or it might boost their ATAR. But there are some compelling reasons not to do this:

- For a start, there's **no guarantee** that you'll actually get a better ATAR. Subjects are generally [scaled](#) based on their difficulty or competitiveness, so, for example, an A in visual arts might not necessarily be "better" than a B in chemistry.
- You'll be limiting yourself, both in the courses you'll be eligible to apply for after high school and in what you think you're capable of achieving.
- You won't develop those useful skills we mentioned earlier if you always take the easiest route, like problem-solving, critical thinking, and resilience.
- If you're not challenging yourself, you'll be bored and your motivation levels will be low – so ultimately, you might even end up achieving less.

Do what you love

We know we just spent the last few points talking about how important skill building and challenge are, but it's also just as important that you enjoy school. So pursue your hobbies – who's to say you won't go

on to have a career in those areas? And even if you don't, we all need a good balance of work and fun in our lives.

Take subject selection seriously, but don't discount art, music, or sport because you think you should be doing something that others might consider "more valuable".

Keep an open mind

For most of us it's hard to predict what we'll be doing in 12 months, let alone 5 or 10 years from now. So if you try new things, apply yourself, and keep an open mind, you could be rewarded with more choice and greater opportunities down the track.

Most importantly, don't forget that there will always be different pathways to get where you want to be. By broadening your horizons now, you never know what you might discover along the way. You might find a passion for a subject you'd never even considered before.

Need more help with subject selection?

Keep an eye out for our updated Subject Selection Guide, coming very soon. It's packed with tips and information to help you go over all your options and link your subject selections to your interests and future pathways.

In the meantime, you might like to browse other resources on study on our website [here](#).

University

Early entry – Quick facts

If you're in Year 12 this year, you've probably already started thinking about university. But you don't need to wait until the end of the year – you can secure your place at university before you sit your end of year exams. Read on to learn some interesting facts about early entry.

What is early entry?

Early entry gives you the chance to receive an offer to university before you've finished your exams. This can give you peace of mind and help you be more relaxed during what can be a stressful time.

One important thing to note is that most early offers are conditional – this means you need to meet one or more 'conditions' before your offer becomes final. Common conditions include things like completing Year 12, achieving a minimum ATAR, or completing prerequisite subjects.

How do I apply for early entry?

Most universities manage their own early entry programs, so you'll be applying directly instead of through a Tertiary Admission Centre (though some of them have early entry programs too).

Unfortunately, this means they all have different application processes and dates.

But don't worry. Each year, we compile a guide with key information on every early entry program available in Australia, making it easy to find the information you need. We're still working on this year's edition, but keep an eye out for it soon.

Quick facts about early entry

Curious to learn more? We've put together some interesting facts about early entry over the last year, and what you might be able to expect this year.

Download as a PDF [here](#).

Want to find out more?

Have more questions? We've provided the answers to some of the most commonly asked questions about early entry – you can read them [here](#).

Or you can read heaps of other blogs on early entry, university pathways, and more about study on our website [here](#).

Work

Job Spotlight

[How to become an Engineer](#)

Engineers are professionals who invent, design, analyse, build, and test machines, systems, structures, data systems, and materials to fulfil a variety of objectives. You could be finding solutions to problems, developing new products, or building and fixing things.

If you are great at seeing the bigger picture, curious, and love the challenges of solving problems, then this could be the field for you.

What skills do I need as an engineer?

- Strong maths skills
- Good communicator
- Inquisitive & practical
- Analytical & methodical
- Creative thinker
- Can prioritise & manage time
- Adaptable & flexible
- Great team worker

What tasks can I expect to do?

- Meet with clients
- Prepare proposals
- Work on designs
- Prepare estimates & budgets
- Experiment & write reports
- Present detailed instructions
- Oversee & direct workers on site

- Meet deadlines & deliver solutions

What industries do engineers typically work in?

- Professional, Scientific & Technical Services
- Electricity, Gas, Water & Waste Services
- Manufacturing

What kind of lifestyle can I expect?

Most engineers work full-time. Your job might require you to travel or work overtime or outside of normal business hours. There are also opportunities for remote work.

There are lots of different areas you could specialise in, including civil, mechanical, chemical, medical, electrical, biological, geospatial, telecommunications, maritime, industrial, and more.

Most engineers earn an above average wage. They're typically found in the [Innovator Cluster](#).

How to become an engineer

You must typically earn a bachelor's degree in engineering or a related field, complete relevant work experience, and pass other additional testing and licensing requirements. Additionally, many engineers pursue a master's degree or other advanced training to specialise in a particular area.

Ongoing professional development and continuing education are also important for staying up-to-date with the latest advancements in the industry.

If you're in high school now and are thinking of this career in the future, here are some steps you could take:

- Consider taking workshops or short courses for coding or other important skills, or volunteer or try to get work experience within the industry.
- Research different disciplines, narrow down your area of interest, and take subjects at school that will get you into your preferred degree.
- Engage your problem-solving skills and find a solution for a problem around your home, school, or community.

Find out more here:

- [Engineers Australia](#)
- [Te Ao Rangahau | Engineering New Zealand](#)
- [Engineering Council UK](#)
- [Engineers Ireland](#)
- [National Society of Professional Engineers](#) (US)
- [Engineers Canada | Ingénieurs Canada](#)
- [The Institution of Engineers Singapore](#)

Similar careers and industries

If you're interested in technology or mechanical systems, there are lots of other job areas you might like to consider as well, such as:

- Robotics

- Transport
- Construction
- Architecture
- Aerospace
- Mining
- Manufacturing
- Automotive

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

Jobs & Careers

11 jobs beyond the familiar

It's always interesting to learn about careers you've never thought about, and if you don't know they exist or what they're even called, you might miss out on the perfect job. Here are 11 jobs that might be a bit beyond what you're familiar with – could they be worth exploring in more depth? Let's take a look.

Stevedore

Stevedores are the people responsible for the loading and unloading of cargo on ships at ports and rivers. They're essential to maintain port productivity and play an important role keeping the international supply chain going. It can be hard work, but these days you'll also get to work with heaps of cool machinery to help you get the job done.

Urban bat tracker

Bats aren't exactly the most popular animals (especially in the last few years), but their populations are a good indicator of environmental health. So when they've been displaced from their natural habitats and end up in cities, there's a lot of information these species can provide. Usually with a background in biology, urban bat trackers map bat flight paths and behaviour, and contribute to research that's vital for urban ecosystem conservation.

Wigologist

Not just masters of making wigs, wigologists are specialists in the care and maintenance of all kinds of wigs. They carry out repairs, cleaning, colouring, and even creating new designs and styles using different techniques and materials. You might find yourself working on TV and film sets, as a costume maker for a theatre company, or even providing services through a hair salon.

Picture hanging specialist

These professionals spend their days hanging pictures, paintings, and other art objects in museums, galleries, hotels, corporate offices, and other venues. The work of these trained art handlers is very important when it comes to professional artwork installation, and their services are often in-demand. They might even work with architects and interior designers to complete smaller custom projects.

Hand pollinator and harvester

Certain types of plants (saffron, vanilla, or orchids, for example) have a small window of time for pollination and harvesting – sometimes as little as just a few days each year. So farmers need to employ specialists to control the pollination process, resulting in consistent blooms and higher yields. Hand pollinators and harvesters have to be fast, delicate, and highly trained.

Pine cone gatherers

Working in sustainable forestry, pine cone gatherers – you guessed it – collect pine cones. Why? They send them to tree planters to germinate and plant for the next generation of timber. Experienced gatherers can fill up to two and a half five gallon buckets per hour. Like any kind of fruit or veggie picking, you'll need to be hardy and prepared to get your hands dirty.

Caulker

A caulker is a skilled worker who seals joints or openings to make them water or airtight using caulking materials and other sealants. They can work in the construction and shipping industries, sealing up windows, doors, and roofs. So the next time you travel on a boat and it doesn't fill with water, make sure to thank a caulker.

Forensic odontologist

Because teeth often stay remarkably in-tact after death, forensic odontologists are most commonly need to help identify victims of crime or their perpetrators by comparing dental records with human remains and bite marks. You'll most likely be working with law enforcement, laboratory technicians, medical examiners, and other dental professionals. This job definitely isn't for the faint of heart.

Haberdasher

Here we're referring to the [British version](#) of a haberdasher. These merchants used to sell all the little bits and pieces for custom-made outfits – think things like buttons, pins, thread, ribbons, and zips. While they still exist today, they're certainly not as common, and they're often known by other names (like outfitter, tailor, modiste, stylist, or seamstress).

Flavourist

Flavourists (or flavour chemists) blend essential oils, botanical extracts, and essences to create natural flavourings. They also use chemistry to engineer artificial flavours for a variety of foods, beverages, and other products. You'll probably need an advanced degree in chemistry or biochemistry, and it can be competitive work, but if you have sublime taste, it could be perfect for you.

Interested in exploring other jobs?

If these more unusual jobs aren't quite for you, head to our [Job Spotlights](#) page to read more about heaps of other different careers in detail.

Grow

Money

Inspiring scholarship stories

Scholarships can provide a valuable pathway to success for many people. We believe that success stories deserve to be celebrated, as they not only highlight the incredible achievements of students, but also showcase just how much a scholarship could change your life. Join us as we look at some inspiring scholarship stories of real people – it might convince you to go out and apply for one yourself.

Pursuing a passion for justice

Thanks to ANU's [Tuckwell Scholarship](#), Jonathan Tjandra was able to follow his dream of becoming a lawyer. After his family emigrated from Indonesia to Australia to escape conflict, he wanted to study law to ensure that he could protect others still suffering from discriminatory laws.

“My parents gave up everything they had in Indonesia and moved to Perth so that my sister and I could have a better life here in Australia.

“[Becoming a Tuckwell Scholar] was one of the defining moments in my life because, all of a sudden, I could afford to go to ANU to study. All these opportunities opened up and I could finally take a few more steps to progress the passion I have for law.”

Jonathan Tjandra, ANU Tuckwell Scholar

Jonathan studied a Bachelor of Politics, Philosophy and Economics (Hons I) and a Juris Doctor at ANU, and is now continuing his studies in Oxford University in the UK.

Read Jonathan's story [here](#).

Inspiring Indigenous doctors

Joan Cassimatis graduated as the top performing medical student of 2022 – and was helped to study by Bond's [First Nations Medical Scholarship](#) and Nyombil Indigenous Support Centre.

“The Nyombil Centre is such a supportive and nurturing environment, particularly in those first couple of years of my studies, having access to tutors and making friends through the centre was a big help.

“And of course that then led into me getting the scholarship – everyone at the centre was amazing throughout my time at Bond and I know they have a very strong network across all the degrees.

“That was a highlight for me from my time at Bond and of course it allowed me to study at Bond through the scholarship, which I would otherwise not have been able to do.”

Dr Joan Cassimatis, former Bond University medical student

Dr Cassimatis went on to complete an internship at the Royal Brisbane and Women's Hospital (RBWH), and has since gone on to have her research published in an [international medical journal](#).

Real Joan's story [here](#).

Rural students soar

Chelsea Stevenson lives in the Gwydir region of NSW, which like many rural areas in Australia, has limited internet coverage. Because of this, she needs to regularly drive 50km to the nearest library to submit her uni assessments. With the cost of fuel going up and up, it was becoming an expensive endeavour. Thankfully, a [grant](#) from the Country Education Foundation gave her the support she needed to keep going.

"With CEF helping me to cover some of the costs I feel as though there is one less weight upon my shoulders, and completing my degree actually feels possible."

Chelsea Stevenson, UNE student and CEF grant recipient

Chelsea is now in the final year of her agriculture degree and is looking forward to graduation.

Read Chelsea's story [here](#).

Learn more about scholarships

Thinking of applying for a scholarship? Find application tips and advice [here](#), or search through our database of hundreds of opportunities [here](#).

Health & Wellbeing

3 tips to find life balance as a student

Life is a balancing act, and students need to become master acrobats in order to navigate their menagerie of tasks and roles. Between school, study, work, chores, family, friends, and maintaining a social life, there's a lot to keep track of each week. If you're feeling like you don't have enough hours in the week to get things done, we have some tips for students to help them find life balance.

What happens when you're not in balance?

It's easy to fall out of balance – most working adults in only get [around 15 hours](#) of leisure (or non-work) time each day, including sleep. So once we take out the recommended 8 hours we should be snoozing each night, that only leaves 7 hours for everything else. If you want to see how you compare, [check out this article from the ABC](#).

Lots of people write-off life balance as a luxury or a made up fad. But having good balance in your life can not only make you happier and healthier, but also help you accomplish more in the long run. The impacts of lack of balance in your life could include:

- [Burnout](#)
- Loss of motivation
- Lack of 'thinking' time
- Mental health issues
- Physical health issues

Signs you could be out of balance

If you generally feel happy, healthy, and well-rested, then you're probably already doing a pretty great job at the whole balance thing. Of course, there are always times when you don't feel great, like when exams are coming up, you're working extra shifts to earn more cash, or if you're sick – that's normal.

If you often feel tired, low, or that every day is a struggle, then it could be time to reassess your priorities and manage your time a bit better. If you don't feel like the problem is going away, or if you have any concerns about your mental health, then please see a professional.

Here's a few things to look out for:

- You wake up tired
- You find it hard to get to sleep
- You often get sick
- You're missing your friends/family/hobbies
- You no longer enjoy school or study
- You often feel anxious, stressed, or miserable
- Boredom is an issue for you

Life balance tips for students

There's no "one-size-fits-all" solution to finding balance in your life. The amount we need to work, rest, and play depends on how you operate – in other words, you need to find the right balance for *you*, not what you *think* you're supposed to be doing.

If you're not feeling in balance, here's what we recommend you do:

Work out where you are

Make a list of what *needs* to get done (think school, sleep, or chores) and what you would *like* to get done (think playing games, exercise, or volunteering). For example, you might include:

- Sleep
- School
- Chores
- Homework and other study
- Work or volunteering
- Extra-curricular commitments
- Hobbies

- Social time
- Life admin
- Time spent on your phone or other device

You don't have to go into that much detail, but the more you work out, the more wiggle room you might find. Then think about the number of hours you spend doing these things and jot them down.

Work out where you want to be

Once you've worked out how you're spending your time, the next step is to think about how you would like your week to look.

We all have 168 hours in a week. If you sleep the recommended 8 hours a day, go to school from 9am to 3pm 5 days a week, travel an hour for school (there and back), allow an hour for eating, and spend an hour for other life admin each day, that leaves you with **63 hours** a week to spare. This number is just an estimate – work out your number then use that for the rest of the calculations.

Now you need to work out what your priorities are. Go back to the list you made in step 1 and add up the things you both need and want to do each week. If you get to 63 (or your number of 'spare' hours) and there are still things on the list, then you'll need to think about what matters most – so work out which activities you don't need as much and work out a way to do less of them.

If you find you have loads of free time left – great! You don't have to fill every minute or schedule every hour. But if there's a club you've been itching to join, or a skill you've been wanting to learn, perhaps now is a good time to give it a go.

Build a plan to help you get there

Once you've reached this point, congrats! That's a huge hurdle out of the way. Now you have to make the changes in order to address the balance problems and lead the life you want.

Here are some tips that could help you to achieve your end goals:

- Use a planner, calendar, diary or app to write down your new timetable. This can help you stay in-check and create new habits instead of slipping back into your old routine.
- [Set goals](#) and then break them down into manageable milestones.
- Incorporate time limits into your schedule. If you want to play games or spend time social media, you don't need to cut them out completely – just set an alarm to remind you it's time to hop off. Got lots of study to do? Set a timer, and if you haven't finished in the allocated time, reassess your study patterns and habits, or consider asking for help.
- Speak to your family. If there's high expectations of you at home, working out exactly what needs to be done and figuring out a schedule could really help.
- Work out which activities on your list you can get rid of on a daily or weekly basis. If you volunteer but it's taking up too much time, ask if you can help out on a more casual basis. If you're doing lots of extra-curricular stuff, is it time to drop something for a bit?
- Be flexible – some days or weeks you might have less school work or other commitments, or some days you might just feel more exhausted, so it's always OK to change your schedule around.
- Take breaks when you need them. You should never feel guilty about resting and looking after your body.

- Unplug from social media and other screens from time to time (after a little while, you seriously won't miss it).
- Practice mindfulness, which includes being grateful, being present, helping out around home or with friends, or spend more time making better connections with people who make you feel good.
- Try to stay active. You don't need to take up marathon running, but even going for a quick walk each day can do a world of good for your health.
- Learn to say "no" (nicely).
- Ask for help if you need it.

Getting balance in your life is well worth it and is a great skill to use throughout life.

Find out more

We have heaps of other blogs for students on our website about health, wellbeing, life balance, and more [here](#).

The Study Work Grow Research Team

Unit 6/149 English St, Manunda, QLD 4870

Phone: 07 4039 3862

Email: info@studyworkgrow.com

Find us online: www.studyworkgrow.com

Copyright © 2024, Study Work Grow | All rights reserved