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What's On in the Next Few Weeks

[The GiST | Talking STEM – classroom language to enhance STEM identities](#)

October 16, 2023

Changing *what* we say about STEM and *how* we say it can have a profound effect on students' perceptions of the field and their place in it. Mel Isaacs explores how to tweak STEM lessons to maximise opportunities for engagement and development of positive STEM identities of girls.

[Find out more](#)

[University of Sydney | 2023 Online Science Extension Workshop](#)

October 18, 2023

You and your HSC Science Extension students are invited to join us for an engaging and informative day to prepare them for their own exciting dive into authentic scientific research. This workshop will guide them through the essential steps to kickstart their scientific research project.

During this online workshop, students and teachers will have the opportunity to:

- Gain valuable insights into the format of the HSC Science Extension course from NESAs
- Explore best scientific practices and understand the foundational principles of scientific research
- Learn how to brainstorm for topics and select their own research ideas
- Hear firsthand experiences and tips from Science Extension alumni who successfully managed their HSC year
- Network with University researchers and Science Extension mentors from across the Faculties of Science, Engineering and Medicine & Health



By the time your students leave, they should have the confidence and knowledge they need to embark on their own exciting journey into authentic scientific research.

[Find out more](#)

[University of Sydney | Studying science at the University of Sydney](#)

October 18, 2023

Are you an aspiring scientist keen to explore your tertiary study options? Join this information session delivered by Professor Mike Wheatland to learn about what the University of Sydney can offer you. Find out about the wide range of science major options, flexible and specialist degree pathways, career opportunities and the vibrant student experience at Sydney, and more.

[Find out more](#)

[University of Sydney | The M in STEM Careers](#)

October 19, 2023

Everybody knows that science, technology and engineering will continue to shape the world we live in. They will be needed to solve the problems current and future generations will face. But how does mathematics fit in? Why do you have to learn calculus? What does geometry have to do with anything? And is there really a reason for understanding statistics now that computers do everything for us?

If you are in Years 10-12, or looking after someone in Years 10-12, come along to discover just how important the maths you learn in the classroom is to everything from physics to medicine.

This 2 hour event will begin with you hearing from current pioneers in STEM as they detail how mathematics has shaped their careers. After which, there will be a networking Q&A so you can receive tailored advice and build connections with your future peers and potential colleagues.

Not sure which level of maths is needed for your chosen degree? Or do you have a major you want to take, but no idea what sort of career it could lead to? This is your chance to have all your questions answered!

[Find out more](#)

[WEP | Student Exchange Info Session](#)

October 19, 2023

Imagine making friends from all over the world, learning about yourself and the world around you and seeing sights you could only dream of! Find out more about your student exchange opportunities at WEP's online info session.

[Find out more](#)



[University of Sydney | 2023 On-Campus Science Extension Workshop](#)

October 20, 2023

You and your HSC Science Extension students are invited to join us for an engaging and informative day to prepare them for their own exciting dive into authentic scientific research. This workshop will guide them through the essential steps to kickstart their scientific research project.

During this on-campus workshop, students and teachers will have the opportunity to:

- Gain valuable insights into the format of the HSC Science Extension course from NESA
- Explore best scientific practices and understand the foundational principles of scientific research
- Learn how to brainstorm for topics and select their own research ideas
- Hear firsthand experiences and tips from Science Extension alumni who successfully managed their HSC year
- Network with University researchers and Science Extension mentors from across the Faculties of Science, Engineering and Medicine & Health

By the time your students leave, they should have the confidence and knowledge they need to embark on their own exciting journey into authentic scientific research.

[Find out more](#)

[SCCE | Exchange Webinar](#)

October 24, 2023

Preparing for your exchange program is an important part of the process and is vital to continued program success. At these online meetings, an experienced high school exchange advisor will share an overview of high school exchange programs with Southern Cross Cultural Exchange.

You'll learn more about living with a host family and how studying overseas can help you develop confidence and independence... and gain a lifetime of memories.

[Find out more](#)

[University of Sydney | Designing your future with a Bachelor of Arts](#)

October 25, 2023

Discover the Bachelor of Arts and the combined four-year Bachelor of Arts and Bachelor of Advanced Studies degrees that will provide you with an outstanding liberal arts education. Find out how studying arts and social sciences at Sydney will prepare you to meet the challenges of the modern workforce, where expertise, inventiveness, logic and critical thinking come to the fore.

[Find out more](#)



[University of Sydney | Studying Design at Sydney](#)

October 25, 2023

Learn about how our new Bachelor of Design (Interaction Design) will provide you with the innovative technical and social design skills to become a leading edge designer in today's fast-paced job market. Find out how your passion for creativity and problem solving can be harnessed for a career in digital and visual design.

[Find out more](#)

[WEP | Returned Student Q&A](#)

October 25, 2023

Returned Student Q&As are a great opportunity to ask some returned WEP students your questions about exchange! They will be around to tell you stories of their exchange and what it was like. Have your questions ready to make the most of this opportunity!

[Find out more](#)

[Aviation Job Skills Workshop – Auburn](#)

October 26, 2023

Join us at our workshop to explore the huge variety of Airports and Aviation job career pathways available to the women of Western Sydney.

Each workshop is designed to share career pathways, training options and skill requirements, job application tips for women to apply for aviation jobs. It's a great insight into the amazing career opportunities that exists at Airports, including careers that do not require any formal qualifications to enter.

[Find out more](#)

[Clusters PD – The Clusters with younger students](#)

October 26, 2023

Join Lucy from Study Work Grow for a Professional Learning session which looks at how you can use the Career Clusters to support younger students.

For junior secondary students, you can use the quiz and aligned resources, but when working with children younger than about 12 years old it's not ideal to ask them to complete a quiz. You can instead use the Clusters to explore what careers could look like, and broaden their horizons, while also avoiding creating bias around career paths.

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

[Find out more](#)



[The GiST | Make maths matter for girls](#)

October 26, 2023

How do you engage and sustain girls' interest in secondary Maths and associated subjects? This practical webinar will focus on the experiences of two teachers with some practical strategies that focus on motivating, engaging and sustaining interest. Come for ideas about:

- Teaching practices that work with girls
- Creating a growth mindset in this area
- Extra-curricular activities that contribute to engagement.

[Find out more](#)

[AIT | MasterTalks - Meet the Graphic Artist for Elvis](#)

October 26, 2023

Join us for an AIT MasterTalk with Bowen Ellames, award-winning Concept Artist and Graphic Designer for Marvel and the biopic, Elvis!

Learn about the career journey of concept artist and graphic design artist, Bowen Ellames, and get a glimpse into some of the main projects throughout his career.

[Find out more](#)

[Sydney Design School | Open Day](#)

October 28, 2023

Be open to creativity! We're opening our studios for a day of exploration. Meet our passionate Educators, view our exhibition space and get hands on building an interiors mood board or 3D model.

[Find out more](#)

[The GiST | Making a difference - Working in the clean energy sector](#)

October 30, 2023

A third of Australia's electricity already is generated by renewables. Over the next 30 years, new wind and solar farms, batteries, rooftop solar installations, and hydro projects will need to be built.

This webinar will explore the working lives, school and career pathways of two young women who have opted to work in the clean energy sector. It is designed to give secondary students insights into careers in this sector and the opportunity to ask questions.

[Find out more](#)



Important Future Events

[Aviation Careers Forum – Parramatta](#)

November 9, 2023

Join us for a fun, interactive day to meet and engage with leading female Aviation role models. Listen to key female speakers and interact in our Airport & Aviation career seminars and panel discussions. Enjoy the fully catered breaks throughout the day to chat and engage with women in industry in a relaxed environment. Not sure there is a career for you? There are a huge variety of amazing careers available in the aviation industry, and many of these careers provide on the job training with no prior qualifications necessary. Come and be inspired!

[Find out more](#)

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

November 9, 2023

Join Lucy from Study Work Grow to learn how to use the Career Clusters in your mathematics classroom. This Professional Learning session will give you the skills you need to feel confident talking about a range of jobs in maths, statistics, and related 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 Mathematics teachers and the career educators who support them.

[Find out more](#)

[University of Sydney | Camden Open Day 2023](#)

November 10, 2023

Register your Year 10-11 classes for an interactive visit to the University of Sydney's Camden Campus to explore study and career pathways in real and applied agricultural sciences. The day will include a visit out to the active cattle and mixed enterprise facilities of John Bruce Pye Farm where all students will experience cutting-edge precision agriculture, animal handling practices and visit some resident cows on the farm. The other half of the day will include three interactive workshops chosen by the school from a variety of topics. The workshop descriptions will be finalised and sent to registered schools in Term 4, and include sessions on:

- Soil health
- Fish farming
- Veterinary practice
- Poultry nutrition
- Plant productivity
- Animal welfare
- And more!

[Find out more](#)



[AMPA | Experience Days](#)

November 13 to November 16, 2023

The Academy of Music and Performing Arts (AMPA) invites aspiring students (16 and over) to join us for a day in our music or dance programs. Attendees will have the chance to sit in on performance classes, workshops, Q&A sessions and meet faculty and students.

Whether you're passionate about dance, contemporary music, classical music, music theatre, music production, songwriting or composition, RSVP now to discover how you can take the lead with AMPA.

[Find out more](#)

[University of Sydney | Grand Challenges – Igniting the Future of Renewable Fuel](#)

November 16, 2023

Year 9-10 students will spend a day learning about a real-life global problem, i.e. the Grand Challenge, and brainstorm, develop and pitch their own solutions to their peers and STEM experts for a chance to win cash prizes.

“As an entrepreneur, pitch an innovative idea that uses, or amplifies the use of, renewable energy.” In a world facing pressing environmental challenges, the need for renewable fuel solutions has never been more critical. Could green hydrogen fuel be the answer to decarbonise global industries and local energy users alike? Our guest speaker, Professor Kondo-Francois Aguey-Zinsou, is one of the world's leading hydrogen fuel and storage experts and is passionate about using hydrogen as a global energy solution. Students will need to be supervised by a teacher. Available for school bookings only. This is a collaboration between [Future Anything](#) and the [Faculty of Science, University of Sydney](#).

[Find out more](#)

[AIE | Open Day](#)

November 18, 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 18 November 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](#)



[Enter the World of Le Cordon Bleu – Careers Residential, Sydney](#)

November 21 to November 22, 2023

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like. Meet lecturers & Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary arts with our chefs.

[Find out more](#)

Scholarships

[Crafting a personal statement for scholarship and university applications](#)

If you've been looking for scholarships or preparing university applications, you might have been asked for something called a personal statement. But what exactly is it, and how can you make yours stand out? In this blog, we're going to break it down step by step, giving you tips on crafting a personal statement that showcases your unique qualities and aspirations.

Understanding the personal statement

Think of a personal statement as your chance to introduce yourself beyond numbers and grades – almost like your personal highlight reel, where you get to shine a light on who you are, what you're passionate about, and why you're a perfect fit for that scholarship or university program.

Top tips for crafting a great personal statement

Let's dive into the nitty-gritty of crafting a standout personal statement. These five tips will guide you through the process and hopefully leave you feel more confident about your applications.

Be authentic

Your personal statement should be, well, personal! Don't try to be someone you're not or just write what you think people want to hear. Be true to yourself. Share your experiences, interests, and dreams in your own voice – this is your chance to let your personality shine through.

Tell your story

Your personal statement should be a mini-story about you. Start with a compelling opening that grabs the reader's attention and take them on a journey through your experiences, challenges, and achievements. Show them how these moments have shaped you and led you to where you are now.



Highlight your achievements and goals

This is your time to brag a bit (but in a humble way, of course!). Talk about your accomplishments, both inside and outside the classroom. Whether it's winning a debate competition, leading a community service project, or overcoming a difficult situation, let your achievements speak for themselves. Don't forget to share your future goals and how this scholarship or program could help you achieve them.

Be specific and concise

Avoid being too vague or generic. Provide concrete examples and anecdotes to illustrate your points. Paint a vivid picture of who you are and why you're a great fit. On the other hand, remember to keep it concise. Admissions officers can have a lot of statements to read and sometimes there are strict word limits, so you need to make every word count.

Edit, edit, edit

Once you've poured your heart onto the page, it's time to polish it up. Check for spelling and grammar errors (and don't just rely on Word to point them out for you). Read it aloud to make sure it flows smoothly. Have someone you trust, like a teacher or parent, read it and give feedback. A well-edited statement shows that you care about the details and are serious about your application.

Final thoughts and next steps

Crafting a standout personal statement might seem like a daunting task, but with these tips, you're well on your way. Take every opportunity, whether successful or not, as a chance to learn and grow. Even if you apply but aren't accepted, you might receive some feedback that can make your next application even better.

If you're eager to explore more about your future study options, head over to our [website](#). Or if you're ready to apply, you can search our scholarships database [here](#).

Apprenticeships and Traineeships

[Life as an apprentice: balancing work, learning, and personal time](#)

Starting your journey as an apprentice is an exciting step towards building your career. It's a time when you're eager to learn, gain valuable skills, and set the foundation for your professional life. But it's also a time when you might find yourself juggling a lot – your work, your studies, and your personal life. Managing all of this can be challenging, but with the right approach, you can strike a balance that helps you thrive during your apprenticeship.



Set clear goals

Before diving into an apprenticeship, take some time to [set clear goals](#) for yourself. Ask yourself what you want to achieve during this period, both in terms of your job and your personal life. Having a roadmap will guide your actions and keep you on track.

Time management

Time management is your best friend during your apprenticeship. Creating a schedule can help you allocate time to your work, your studies, and personal activities. Break your day into blocks and assign specific tasks to each (remember to include breaks to recharge!).

Prioritise

When balancing work, learning, and personal time, prioritisation is key. Identify your most critical tasks and tackle them first. It's easy to get overwhelmed, so ensure you're focusing on what truly matters.

Optimise learning

Efficient learning is crucial. Whether you're in the classroom or on the job, pay full attention and absorb as much as you can. Quality often trumps quantity when it comes to learning.

Communicate

Don't be afraid to communicate with your superiors and mentors. Let them know about your commitments, and they may offer support or guidance. Effective communication can lead to a more manageable workload.

Self-care

Personal time is just as important as work and study time. Remember to [take care of yourself](#). Engage in activities that help you relax and unwind, whether it's reading, sports, or spending time with loved ones.

Flexibility

[Flexibility](#) is your ally. Life doesn't always go according to plan. Be ready to adapt your schedule and expectations when needed. This adaptability will help reduce stress.

Reach out

If you ever feel overwhelmed, don't hesitate to reach out to teachers, mentors, or colleagues. They've been through similar situations and can offer valuable advice and support.

Networking

Build a [network](#) of like-minded individuals who understand the challenges of balancing work and learning. Sharing experiences and tips can be incredibly helpful.



Final thoughts

Balancing work, study, and life as an apprentice can be tricky, but it's really important too. Remember that the lessons you learn in time management and work-life balance will serve you well in the future. Stay committed, stay flexible, and never forget the importance of self-care.

Read more about apprenticeships on our website [here](#).

Getting Ready for Work

Starting a business in high school

If you have a great idea and some entrepreneurial spirit, the idea of starting your own business can seem really appealing. And you don't need to wait until you've finished high school to get started – there's really no limit on when you can start, as long as you have a plan.

We'll delve into why starting a business now can be one of the most rewarding decisions you make, plus offer some practical tips to help you kickstart your journey.

Why start your own business?

Starting a business in high school isn't just about making some extra cash; it's a fantastic opportunity to learn, grow, and set yourself up for future success. Here's why you should consider it:

- **Learn valuable skills:** You'll learn about budgeting, time management, problem-solving, and communication. These skills are invaluable and will benefit you no matter where your future takes you.
- **Shape your own future:** You get to choose what you want to do, how you want to do it, and when you want to do it. It's a taste of independence and self-determination.
- **Gain real-world experience:** Imagine having a business on your resume before you even graduate high school – this will definitely set you apart from the crowd when it comes to uni applications and future job interviews.
- **Potential for financial rewards:** While not every business becomes a money-making machine (and that's OK!), the potential for financial rewards is there.

Some ideas to get you started

If you're not sure where to start, here are a few ideas to get you thinking. Here's a tip to keep in mind while you brainstorm: the key to a successful business is to identify a problem that someone will pay for you to solve.



- **Tutoring:** Offer your expertise in a particular subject to help fellow students with their studies.
- **Handmade crafts:** If you're crafty, create and sell handmade jewellery, candles, or artwork.
- **Lawn care:** Mow lawns, trim hedges, and tend to gardens in your neighbourhood.
- **Pet sitting or dog walking:** Love animals? Offer pet sitting or dog walking services for your friends and neighbours.

Tips for startup success

Now that you've got a business idea in mind, let's look at some key strategies to set you on the right track.

Discover your passion

Choose a business idea that excites you. Starting a business is hard work, but it can be much more enjoyable if it's something you're passionate about.

Plan and research

Research your market, create a [business plan](#), and [set clear goals](#). This will guide your efforts and help you stay on track.

Keep your finances in check

Learn to [manage your finances](#) wisely. Keep track of expenses and revenue, and save a portion of your profits.

Build an online presence

In today's digital world, having an online presence is crucial. Create a simple website (you can use tools like [Squarespace](#) or [Weebly](#)), or use social media to promote your business.

Seek guidance

Don't be afraid to ask for advice and assistance from teachers, family, or mentors. Their wisdom can be invaluable.

Take the first step

Starting a business in high school might seem difficult, but the earlier you start, the more time you'll have to grow and learn. Plus, you never know where it could lead you – [Melanie Perkins](#), the founder of Canva, started out at age 14 selling scarves in local markets, and now owns one of the most successful startups in the world.

If you're looking to explore your future work options further, check out more blogs and tips on our [website](#).



Work Experience

Have you thought about work experience yet?

Whether you're at school, TAFE, university, or even thinking of a career change, there's never a bad time to have a crack at work experience. It could help you decide what careers really interest you, as well as which ones to rule out – which in turn could help you choose which subjects and courses to study. You'll learn new skills and get insight that could help you with your studies and down the track. It's never too early or too late to try out different roles and gain more experience. So no matter what stage of your career you're at, organising a work placement is a smart move.

Some of the main benefits

- Pinning down your personal career goals by sampling different industries and jobs (without the commitment of a permanent contract)
- Gaining first-hand experience of an industry
- Getting a competitive advantage over other applicants when applying for jobs
- Improving your knowledge and skills
- Building up a network of contacts, which could be great for references, recommendations, and potential job opportunities

You'll get to

- Explore the world of work
- Experience how people work together
- Find out if an industry or job is as you imagined, and decide if it's the right fit for you

Give perspective to your class work

- Understand how important good English, maths, and tech skills are at work
- Find out how things you've learnt about at school or uni are put into practise

Learn and grow

- Get the opportunity to test drive and improve your communication, teamwork, planning, organising, timekeeping, and problem-solving skills
- Teach you to cope in new environments and settings
- Find out how to work co-operatively with people you don't know
- Build your confidence and independence

Add it to your resume

- Work experience could make you more appealing to potential employers
- Counts as experience on job applications
- Demonstrates you're motivated and keen to learn



- You'll have examples to use during interviews
- Could put you ahead of other applicants

Where to find work experience

If you're tempted to start some work experience, speak to your school, TAFE, or university. Work experience is often included as part of your studies, so they may have a program already in place that could get you into some work experience.

Alternatively, you could contact organisations you'd like to work with directly and see if you can score your dream opportunity. Large companies and organisations, your local council, and small businesses in your area are all good places to start your search.

If you're still studying, most of the work experience you'll undertake will probably be unpaid. Don't see that as a negative; you'll still be receiving training, mentoring, and exploring your interests and suitability for careers and industries.

Volunteering with community or local organisations can count as work experience too, and if you are enthusiastic, reliable, and willing to learn, it could lead to more work experience opportunities and potentially job offers.

You can search on our [Work Experience](#) database for placements, information, and more handy tips. Or check out our complete [Guide to Work Experience](#) (free for Study Work Grow members).

Competitions

[Healthy Poem Competition](#)

The Literature Centre has partnered with Healthway to give young writers the chance to win some amazing vouchers to purchase a stack of books from our online bookshop!

To enter we're asking young people to write a poem on the theme of healthy eating. Any type of poem is accepted but must be no more than 20 lines. Judges will be looking for the most creative entries linked to the theme of healthy eating. The competition is open to Australian primary and secondary students.

Three winners will receive a \$100 voucher each to spend at The Literature Centre's online bookshop.

The competition closes on October 24, 2023

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

[Anthology Magazine Short Story Competition 2024](#)

Writers of short fiction are invited to enter the Anthology Magazine Short Story Competition. Established to recognise and encourage creative writing and provide a platform for publication, it is open to original and previously unpublished short stories in the English language by a writer of any nationality, living anywhere in the world.



There is no restriction on theme or style. Stories submitted must not exceed the maximum of 1,500 words. Writers can submit as many entries as they wish.

Winners will receive a €1,000 cash prize and the chance to see their work published in a future issue of Anthology. The winner will also receive a one year subscription to Anthology Magazine.

Entries are open until 31 July 2024.

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

Resources

[Helping your teen to adjust to phone bans in high schools](#)

In recent years, there has been a growing trend in schools across the globe to implement phone bans. It's a topic sparking debate among researchers, educators, parents, and students alike. But why are these bans taking place, and what do they mean for you and your high school teenager? Let's explore the reasons behind phone bans, why it can be beneficial, and how you can help your teen adjust to any potential changes.

Why ban phones?

Banning phones and research into the impacts of phones or technology at schools aren't new. And the research so far hasn't been entirely conclusive for either argument.

Earlier this year, UNESCO (the UN's education, science and culture agency) wrote a [report](#) about the excessive use of smartphones in schools worldwide. They named "classroom disruption, improve learning and help protect children from cyberbullying" as the main reasons for their recommendation for bans.

For many educators in schools facing dwindling attendance rates and low student engagement, banning phones probably seems like a logical step. After all, teens are notorious for being glued to their screens, and this could interfere with their desire and ability to focus on learning.

You may have experienced the same thing at home, trying to get your kids off their technology to do homework, chores, or even be part of family activities and conversations. So while schools across the globe trial phone bans and wait for the results and qualifying data to come back, it might impact on your teen if they're used to having their phone on hand all day in school.

Positives of phone bans

We've put together a few of the potential benefits of banning phones in schools, which could also be great conversation starters with your teen.



It may not be forever

In an ideal world phone bans wouldn't need to happen. But if nothing changes in schools after bans are implemented, or some new research comes out in their favour, then the bans might not last for long anyway.

Better focus

Fewer distractions mean students can pay better attention in class, leading to improved comprehension and retention of information. In turn, this could mean better results and less stress.

Healthier social skills

Limiting screen time during school hours could help teens increase the time they spend communicating face-to-face. This will help them to develop better social and communication skills as they spend more time with their peers and teachers.

Reduced stress

Teens often feel immense pressure to keep up with social media and messages. A phone ban could help to alleviate these stressors during school hours and leave them with more brain space to focus on school work and relationship building.

Improved mental and physical health

Less time spent on phones could be better for your teens, both [mentally and physically](#).

"Excess screen time effects can include depression, obesity, poor quality of life, unhealthy diet and decreased physical and cognitive abilities."

– [Associate Professor Asad Khan from the UQ School of Health & Rehabilitation](#)

Lessens [cyberbullying](#)

It's true (and unfortunate) that bullying can happen in school – but in the past it was often limited to school hours, where there was more chance of interventions. Today, with phones and technology, students can be bullied online anywhere, anytime.

Banning phones might help create a safer environment for students and reduce instances of cyberbullying, as well as the sharing of inappropriate content.

Talking about phone bans with your teen

Your teen might think it's unfair and unreasonable, or feel upset, frustrated, or angry if they're unable to use their phone in schools hours. It's important to be understanding, but remind them that their feelings won't change the facts. Next, you can offer to work together to help them overcome their issues, or find solutions.



Open communication

Start by having an open and non-judgmental conversation with your teen about the reasons behind the phone ban. Encourage them to share their thoughts and concerns and try to put yourself in their shoes.

Highlight benefits

Talk about some of potential advantages, and help your teen see that the ban is not meant to punish them, but to create a better learning environment that's fairer for everyone.

Lead by example

Discuss ways that the entire family could embrace similar guidelines, demonstrating the importance of balanced screen time and coming up with times when phone use is reduced at home too.

Be supportive

You don't need to argue with your kids on this – they're the school's rules, and the school should make sure that they're enforced. You just need to listen to them vent and perhaps encourage your teen to participate in school activities or clubs that could help them build relationships with their peers outside the digital realm. That way they'll have less time to miss what their phone was offering them.

Problem solving

If your teen faces legitimate challenges due to the ban (e.g., they need their phone for transportation, work, or emergencies), help them think of practical solutions that works with their school's policies. You could even arrange to talk to the school leadership to find solutions together – it's a learning curve for everyone.

Finding help

If you as a parent are struggling to cope with the change and need to communicate urgently with your teens during school hours, setting up a meeting with the school staff is the best place to start. Let them know your concerns and discuss a way around any problems. Ultimately, your support and understanding could make a difference in how your teen adapts to new school policies.

[A step-by-step guide to setting and achieving goals](#)

To make the most out of your high school years, mapping out what you want to achieve is important. That's where SMART goals come into play. In this blog, we'll discuss how setting and achieving SMART goals can not only enhance your high school experience, but also serve you well in all aspects of life.



SMART goals

Think of setting SMART goals like crafting a roadmap for your aspirations. These goals are Specific, Measurable, Achievable, Relevant, and Timely. They provide a clear direction and a concrete plan to follow, which is crucial for staying focused and motivated throughout your high school years.

Specific

Be clear about what you want to achieve. Instead of saying, "I want to do better in school," be specific and say, "I want to improve my maths grades from a B to an A." You'll be able to track your progress, and it provides a tangible way to see how far you've come, which can be incredibly motivating.

Measurable

You'll need to measure how you're doing to stay accountable and keep on track. If your goal is to read more books, set a number, like "I want to read 10 books this school year." This way, you'll easily be able to measure your progress, and feel motivated to keep going.

Achievable

While it's good to aim high, it's equally important to set goals that are within reach. Setting goals that are too challenging can lead to frustration and discouragement. For instance, if you struggled with maths last year, aiming for an A+ might be a bit too ambitious. Instead, opt for a goal like "I'd like to improve by one grade each semester." This allows for steady progress without overwhelming yourself.

Relevant

Goals should align with your aspirations and interests. Setting goals just for the sake of it won't provide the same level of motivation. For example, if you aspire to be a scientist, setting a goal to enhance your science grades is both meaningful and relevant. When you're genuinely invested in a goal, you're more likely to put in the effort needed to achieve it.

Timely

Establishing milestones or checkpoints along the way can help maintain your motivation. For instance, "I want to be able to run a mini marathon by July." These time-bound targets give you a sense of progress and a deadline to work towards. But remember, it's important that these milestones are still realistic and achievable, allowing you to celebrate your achievements along the way.

Setting SMART goals isn't a rigid process. It's perfectly fine to adjust your goals as you go along, adapting to new circumstances or gaining a better understanding of your capabilities. Stay motivated, work hard, and enjoy your high school years to the fullest.

You can find more blogs on goal setting and other study tips on our website [here](#).



[What could I do for work on my Gap Year?](#)

This guest article was written by Letz Live.

A Gap Year is a year in between school, study, or work where you have the opportunity to do something different. Sometimes people work, or they may use the whole year to travel and volunteer. Many people take a Gap Year if they need a break before starting further study, or if they are a bit unsure about what they want to do when leaving school.

There are so many benefits to taking a Gap Year. In a survey conducted by the [Gap Year Association](#) in 2020, they found that around 80% of people who took a Gap Year improved their self-confidence and maturity, and it helped them to interact with people from other cultures and backgrounds.

Grace from WA took her gap year in the UK and says this:

“Looking back, I find it impossible to choose a particular moment of my Gap Year that has been the best. I am so grateful for every second of this year. From the mind-blowing moments (jet skiing with 6 of my friends around Hvar in Croatia) to the not-so-great moments (freezing afternoons at work teaching in the rain). At the end of the day, all your experiences, good and bad, will blur together. You will then be left with the most amazing stories that even people 5 times your age may not have.”

Working while on your Gap Year is a great way to add some new skills to your portfolio, and earn some money so you can make the most of your time overseas. You’ll also make a heap of new friends and learn to live independently.

In this blog, we talk about some of the most common jobs for those thinking about taking a Gap Year abroad.

Work at an activity camp

In places like the UK, summer camps are huge! They offer a whole range of activities, from canoeing to high ropes courses, archery, paddle boarding, and more. School-aged students will come and stay, either as part of a school camp, or during their holidays as part of a summer camp programme.

These activity centres are looking for enthusiastic staff who are excited to work with kids outdoors. It’s a fun and rewarding job where no two days are the same.

You’ll live on-site with other staff, which is the best way to make new friends from all over the world. Like most jobs, you will generally have two days off a week and be able to take holidays so you can travel either within the country you work or abroad.

What you’ll get: roles include accommodation and food, usually with a small payment deducted from your weekly salary.

What you’ll need: depending on the location, you will need to check your eligibility for a working visa. Most countries employing staff to work with school-aged children will also need you to complete a police/background check (similar to getting a working with children check in Australia).



Work in a school

A classic Gap Year job is working as an assistant in a boarding school. These live-in positions are a great way to live in another country. You'll have support from staff and usually be placed with other Gap Assistants.

Essentially, you'll be like an older sibling to the school-aged children. Duties may include supporting and supervising students before and after school, helping with school trips or town visits, supporting teachers with classroom or sports tasks, and anything else that may be required.

Working in a school means you also get the school holidays off to explore and travel. If working in the UK, for example, this equates to about 10-12 weeks of holidays, at least 6 weeks over summer. You could be sailing in Croatia, on a sun lounger in Greece, or cooling down with a gelato in Italy.

What you'll get: food and accommodation, weekly salary, and any required training.

What you'll need: depending on the location you will need to check your eligibility for a working visa. Most countries employing staff to work with school-aged children will also need you to complete a police/background check (similar to getting a working with children check in Australia). You'll also need references from three adults (these can be teachers/employers).

Work in a hospitality venue

If you have experience working in a restaurant, cafe, bar, or similar, you'll be pleased to know there are many opportunities overseas. Many hospitality venues, large hotels, and clubs offer live-in positions, which can be an ideal way to get set up when you first arrive.

A live-in job means you don't need to find nearby accommodation when you arrive – all you have to do is turn up, get unpacked, and get ready to start working.

What you'll get: a live-in hospitality job and (usually) discounted meals.

What you'll need: depending on the location, you'll need to check eligibility for a working visa.

How can I get going?

Letz Live is one of Australia's leading Gap Year programme providers. They send hundreds of Australian school leavers overseas on Gap Years and Working Holidays every year.

The first thing to do is decide where you want to go and see what positions are on offer. You can find out about locations, programmes and application closing dates on their [website](#).

You need to apply for your gap year about 12-18 months before you'd like to go. This way you have enough time for your interview, to accept your placement, apply for a visa, and arrange flights.

So if taking a Gap Year is something you've been thinking about, we recommend you start your planning as soon as you can.

Head to www.letzlive.org to find out more.

Interested in seeing what this year's Gap year participants have been up to? Visit the Letz Live Instagram [@letz_live](#).



Thanks to Letz Live for providing this guest article for us. You can read more blogs about Gap Years on Study Work Grow [here](#), or check out this year's edition of the [Gap Year Guide](#).

CSIRO Young Indigenous Women's STEM Academy

Applications are now open for the next intake of students to join the world-first Young Indigenous Women's STEM Academy (the Academy), which is co-managed by CSIRO, Australia's national science agency.

The Young Indigenous Women's STEM Academy will increase the number of Aboriginal and Torres Strait Islander females undertaking studies and careers in STEM. The Academy does this through targeted, long-term support to help overcome the barriers that discourage Indigenous women from pursuing STEM careers.

Young Indigenous women are invited to apply for this unique program, which is designed to provide each student with individualised support from their dedicated Academic Coordinator. It is long term support from Year 8 through to tertiary studies and into STEM careers.

It offers a catalogue of STEM camps, extension activities, networking with industry, and academic professionals, as well as a safe space for exploration of their own cultural journey. Find out more and apply [here](#).

Workplace Spotlight

What is it like to work in a theatre?

The theatre is a place for live performances, such as plays, musicals, and other forms of entertainment. The stage is where actors and performers bring stories to life in front of an audience, while others work behind the scenes to make the magic happen. The goal is to engage, entertain, and sometimes even inspire the people watching.

While every theatre is different, they do share some common things:

1. Creativity thrives – whether it's designing sets and costumes or interpreting scripts.
2. Attention to detail is crucial – particularly when it comes to coordinating things behind the scenes.
3. A strong emphasis on collaboration – everyone involved needs to work together seamlessly to ensure a production's success.

Provide entertainment and understanding through creativity

Theatres serve as cultural hubs that foster empathy, provoke thought, and provide a communal space for shared experiences, ultimately enriching society's understanding of diverse perspectives and nurturing a sense of unity.



Key tasks

- Rehearsing lines and blocking
- Creating and designing sets
- Crafting and fitting costumes
- Managing lighting and sound cues
- Coordinating stage movements and cues
- Ensuring props are in place and functional
- Overseeing backstage operations and changes
- Promoting and marketing productions
- Managing budgets and production schedules
- Engaging with the audience and patrons

You can find theatres in the arts and recreation services industry

Theatres are usually found in the arts and recreation services industry. You can expect a range of performances in theatres, including plays, musicals, dance recitals, stand up, concerts, and even experimental performances.

You can expect irregular hours and on-site work

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

Employees in a theatre often have irregular hours, including evenings and weekends, due to the nature of live performances. Shows are typically scheduled at times when audiences are available, which is often outside of regular 9-5 work hours.

On-site work is more common in theatres because productions require physical presence for rehearsals, set construction, technical setup, and live performances, which can't be replicated remotely.

Despite this, there are still some roles that can involve remote work. These may include tasks like scriptwriting, costume design, graphic design for promotional materials, or administrative work.

Metropolitan areas typically offer more job opportunities in theatres due to the higher concentration of theatres and performing arts organisations.

The Career Clusters you'll find in a theatre

People from all Clusters are needed for a theatre to run successfully, but Makers and Linkers are typically the most common Clusters. In many roles, you might find yourself performing tasks across multiple Clusters.



What do Makers do in a theatre?

In a theatre, Makers take on a pivotal role in ensuring the smooth operation of technical aspects during productions. They might manage complex lighting systems, operate sound equipment, or handle intricate stage machinery. Some Makers are responsible for the construction and maintenance of sets, ensuring they are not only visually captivating but also safe and functional.

- Lighting [Technicians](#)
- Stagehands
- Set Builders

The role of a Linker in a theatre

Linkers help to connect a theatre's productions and offerings with the audience. They might help patrons find and purchase tickets, provide them with information about the theatre's current offerings, and answer any questions they might have. Other Linkers promote the theatre's offerings to a wider audience through various channels, such as social media, newsletters, and community outreach programs.

- Customer Service Representatives
- Marketing/[Social Media Managers](#)
- Outreach Officers

Where you'll find Coordinators in a theatre

In a theatre, Coordinators are the linchpins that ensure smooth operations behind the scenes. They might plan and oversee events and productions, coordinate schedules, arrange rehearsals, and ensure that all logistical elements are in place. Some Coordinators monitor the performance of other teams, while others take care of data entry and record keeping.

- Production Coordinators
- Stage Managers
- [Administrative Assistants](#)

What do Informers do in a theatre?

In some theatres, Informers take on the role of educators, leading workshops and training sessions for budding actors, directors, and even the general public. Other Informers provide guidance and mentorship to other performers during a production, sharing their extensive understanding of acting techniques, character development, and stagecraft. Some Informers also play a critical role in script analysis and interpretation.

- Acting Coaches
- Workshop Facilitators
- Dramaturges



The role of Innovators in a theatre

Innovators are the creative minds behind the engineering, design, and development of the physical elements that bring a production to life. They might help to design and engineer specialised equipment for the stage, while other Innovators use their artistic skills to bring characters and scenes to life.

- Set, [Costume](#), and Effects Designers
- Technical Engineers
- Actors and [Scriptwriters](#)

How do Guardians work in a theatre?

Guardians aren't super common in theatres, but still play a vital role in ensuring the health, safety, and wellbeing of everyone involved in a production. They might oversee and implement health and safety procedures, provide advice on posture and warm-up exercises, or help maintain the appearance of performers.

- [Health and Safety Officers](#)
- [Physical Therapists](#)
- [Makeup](#) and Hair Artists

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

As we look ahead to the future, several cultural shifts and technological innovations are set to reshape how we work and interact in theatres.

One of the most notable changes revolves around technology. With the rapid advancements in virtual and augmented reality, some places are experimenting with more immersive theatrical experiences. Imagine audiences being transported to fantastical worlds or interacting with virtual elements seamlessly integrated into live performances.

The integration of digital tools for rehearsals and production planning is likely to become more common too, especially since the pandemic. Virtual rehearsals and digital set design platforms can streamline processes and enhance collaboration among the creative team, regardless of physical location.

Inclusivity and accessibility are also set to be at the forefront of future theatre practices. We can expect to see more efforts to make productions accessible to a wider range of audiences, including people from marginalised backgrounds, people with disabilities, and people of different cultural backgrounds.

In order to thrive in an evolving theatre industry, workers will need to cultivate a diverse skill set that embraces innovation and adaptability.



Job Spotlight

How to become an Aged Care Worker

Aged Care workers allow elderly people to live in happiness, comfort, and with dignity, by helping them to carry out activities and personal tasks they'd be unable to do (or struggle with) by themselves.

If you have tons of compassion and patience, and you're looking for a career that will be active and rewarding, working as an Aged Care Worker could be ideal for you.

If you have these skills, you could make a great Aged Care Worker

- Positive, respectful and empathetic at all times
- Have the patience to communicate effectively with your clients, listen to them talk, and be able to read between the lines
- A great multitasker who can switch between jobs and prioritise effortlessly
- Can think on your feet, reacting appropriately and professionally in any situation
- You'll need a high level of stamina, both physically and emotionally, to support, empower, and advocate for your clients

What tasks can I expect to do?

- Carry out a variety of domestic duties and help your clients with mobility and personal hygiene
- Provide companionship and support (both physical and emotional)
- Arrange social activities for your clients, help them to take part, get them there and back safely
- Run errands and engage with family members, ensuring clients are safe and well in all aspects of their lives
- Update records and reports in an accurate and timely manner
- Involve other professionals if you're concerned about a client's health and wellbeing

Where do Aged Care Workers work?

Aged Care Workers can work out in the community, in day facilities, in private clinics, or even visiting clients' homes. They can also work in residential facilities, doctor's offices, and some hospital departments.

What kind of lifestyle can I expect as an Aged Care Worker?

While this isn't a job where you can work from home, there are lots of part-time and flexible working opportunities.

Most Aged Care Workers can expect to earn an average salary throughout their career.

Due to our ageing population, there is already a huge demand for Aged Care Workers, and it's predicted to keep on rising.



How to become an Aged Care Worker

Most employers prefer that you have a relevant qualification and the necessary checks to enter a career in Aged Care.

Step 1 – Successfully complete high school, focusing on basic English and Maths.

Step 2 – Get some work experience in the field to see if it's a career you'd really love to do. Experience will also look great on your resume when you're applying for jobs. You could also volunteer at aged care facilities or within your community.

Step 3 – Find a course that will provide you with the necessary qualifications and skills for a career in Aged Care. In some cases you may be able to undertake a traineeship, combining study with practical work experience.

Step 4 – You may have to complete practical training as an element of your qualification.

Step 5 – Undergoing a background or police check may be a requirement before you can start working. Other essential qualifications and licences may include things such as first aid or a driver's license.

Find out more here:

- [Aged & Community Care Providers Association](#) (Aus)
- [New Zealand Nurses Organisation](#)
- [National Association of Care and Support Workers](#) (UK)
- [PHI](#) (US)

Similar Careers to Aged Care Worker

- Disability Support Worker
- Nurse
- Pathology Collector
- Early Childhood Educator
- Personal Carer
- Housekeeper
- Dietitian
- Occupational Therapist

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



The Study Work Grow Research Team

Unit 6/149 English St, Manunda, QLD 4870

Phone: 07 4039 3862

Email: info@studyworkgrow.com.au

Find us online: www.studyworkgrow.com.au

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