



## Careers Newsletter: March 2021 Edition

**Welcome** to the second edition of Maffra SC Career News for 2021. The purpose of this newsletter is to provide information about events available to students to help them investigate their future options, and to update families about Career-related events at the College.



*Marie Clark*  
Careers Practitioner

School Careers Services are increasingly important as the labour markets and tertiary providers react to global uncertainty. Careers practitioners provide up-to-date information and advice to assist students and families in navigating the world of work and further study.

Students and/or parents / guardians can make an appointment to see Marie Clark to discuss future career options or pathways. She can also assist students with job applications, cover letters, networking skills and resume writing. MSC Careers are here to help all students across the school, of any year level, with any issues related to careers. For junior students, this might simply be a chat about the subjects you enjoy and how to get the most out of them! Marie Clark is located in the careers office, near the VCE staff room. Drop by or email to make an appointment.

### **Save The Date – MSC Careers Expo 2021**

Our annual Careers Expo and Information Evening is taking place on the evening of:

Wednesday 21<sup>st</sup> July, 2021

All families and students from years 8 – 11 inclusive are expected to attend. This evening is a very important part of the school year and provides crucial information regarding academic programs and subject selection for 2022, along with careers and pathways information for students.

As usual, there will be parent information sessions held for families of students currently in years 8, 9, and 10, before students have the opportunity to tour the expo and gather information from MSC staff, local employers, community groups, and university and TAFE staff regarding post-school options. Please join us at the Maffra Memorial Hall from 6pm (more info regarding specific year level information sessions will be sent home closer to the event).

### **Year 10 Work Experience Program – 2021**

Year 10 students have been busy contacting local employers to arrange their placements for their work experience week, which is taking place from the **29<sup>th</sup> March – 1<sup>st</sup> April (inclusive)**. Please note that Friday 2<sup>nd</sup> April is a public holiday and is not included in the arrangement. If students have any problems during their work experience week, they should contact the Year 10 Team Leader Brett Hudson or Marie Clark. We wish the Year 10 students the best of luck during their Work Experience!

## **Year 12 Career Plans – Working Towards Transition**

Year 12 students recently took part in a session in which they worked on a Careers Action Plan and started to finalise some of their choices towards further study and/or training. Students will take part in another transition session in Term 2, run by staff at Federation University. We encourage all Year 12 students to work closely with their families on their plans for 2022 and beyond. Transition to tertiary study or the workforce can be challenging, and planning is essential.

In the second half of term 3, each Year 12 student who is interested in further study will have an individual counselling session with Marie Clark, during which we will complete a VTAC application. VTAC is the Victorian Tertiary Admissions Centre and is responsible for handling applications in Victoria for undergraduate degree and full-time TAFE courses at Certificate IV level and above. Any student who wishes to study or defer a course in 2022 will need to complete a VTAC application in 2021. SEAS and scholarships applications will also be completed at this time with the support of Marie Clark.

## **VCAL Work Placement**

By this stage of the term all VCAL students should now be completing their Structured Workplace Learning (SWL) on Tuesday each week, and ensuring that they take their SWL booklets with them to their workplace to record their skills, activities and learning while on placement. These booklets can be purchased from the main office for \$3.

## **My Career Insights – Morrisby Year 9 Program**

Year 9 Students at MSC have now completed their online Morrisby career diagnostic assessment and are now each taking part in an individual Career Counselling session with a qualified Careers Practitioner provided by the Career Education Association Victoria (CEAV). The discussions include exploring student results in the context of training, higher education and employment pathways and options.

Written interview notes summarizing the session and any action points will be provided to the school careers service. The outcome of the process will be to improve the quality and understanding of pathways for Year 9 students. If you have any questions regarding the assessment or outcomes, please contact Marie Clark [marie.clark@education.vic.gov.au](mailto:marie.clark@education.vic.gov.au) or Sue Clancy, Year 9 Team Leader [sue.clancy@education.vic.gov.au](mailto:sue.clancy@education.vic.gov.au)

## **Defence Force Careers – Information Session**

On Tuesday the 16<sup>th</sup> March, we had a school visit from Petty Officer J'Arne Dance, a medic with the Royal Australian Navy, and Warrant Officer Class 2 David Browne, a technical officer in the Australian Army. These ADF officers gave an information session about careers in the ADF for students from Years 10-12. It was a great chance to get to see what the ADF has to offer any students who are interested in pursuing a defence force career. Please note that the ADF now offer a GAP year program, for those students who wish to try it out before signing up to a long-term commitment. Applications for the GAP year program are now open – please see the flyer at the end of this newsletter for information on how to apply.

## **2021 VCE & Careers Expo – Melbourne**

Learn about VCE subjects, tertiary courses, careers, employment, opportunities and gap year options.

**When:** Sat 1st and Sun 2nd May (10am – 4pm)

**Where:** Caulfield Racecourse, Caulfield

**Admission:** \$10 online per person or \$12 at the door. Family groups options available

**For more details** visit [www.vceandcareers.com.au](http://www.vceandcareers.com.au)

## Victoria University – Undergraduate Webinar Series

Victoria University will be running a series of webinars throughout March and April. In these 30-minute webinars students will hear from the various course coordinators and gain a deeper understanding on the study and career options in a variety of fields. Students will also have the opportunity to ask live questions and learn how VU can assist in building industry opportunities and connections. See below for dates and times for particular courses:

| Course   | Date                | Time            |
|--|---------------------|-----------------|
| Early Childhood Education  | Tuesday, 16 March   | 5.30pm – 6.00pm |
| Law, Criminology and Legal Services  | Wednesday, 17 March | 5.30pm – 6.00pm |
| Creative Arts, Screen Media, and Animation                                   | Thursday, 18 March  | 5.30pm – 6.00pm |
| Building Design, Building Surveying, Construction Management and Engineering | Tuesday, 23 March   | 5.30pm – 6.00pm |
| Science: Biomedical and Health Sciences                                      | Wednesday, 24 March | 5.30pm – 6.00pm |
| Primary and Secondary Education  | Thursday, 25 March  | 5.30pm – 6.00pm |
| Community Development, Social Work, Youth Work and Criminal Justice          | Tuesday, 30 March   | 5.30pm – 6.00pm |
| Information Technology and Cyber Security                                    | Wednesday, 31 March | 5.30pm – 6.00pm |
| Sport, Exercise Sciences and Outdoor Leadership                              | Wednesday, 7 April  | 5.30pm – 6.00pm |
| Business   | Thursday, 8 April   | 5.30pm – 6.00pm |
| Tourism, Hospitality and Event Management                                    | Tuesday, 13 April   | 5.30pm – 6.00pm |
| Nutrition  | Wednesday, 14 April | 5.30pm – 6.00pm |

Register at <https://study.vu.edu.au/ug-webinar-series> to participate in one, or more, of these webinars.

## Entry to Medicine & Dentistry in 2022

The University Clinical Aptitude Test (UCAT) is an admissions test used by the UCAT ANZ Consortium of universities in Australia and New Zealand for their medical, dental, and clinical science\_degree programs. Universities requiring the UCAT are listed at this link - <https://www.ucat.edu.au/ucat-anz/universities/> Students intending to apply for courses requiring the UCAT at any of these universities are reminded that they will need to **book a test**.

Bookings are now open and close **17 May 2021**. The testing dates will be from 1 July 2021 to 11 August 2021. Students who are preparing for entry into any of these courses are encouraged to familiarise themselves with the **format of the test at** <https://www.ucat.edu.au/ucat-anz/test-format/> and the **practice tests and preparation material** provided at <https://www.ucat.edu.au>

## News from Monash University

### Campus Tours

Students considering studying at Monash University, are invited to join a scheduled **campus tour** during the upcoming school holidays. This is a great way to see and experience each of the campuses. The tours commence at 10.00am and will run for approximately 1.5 hours.

|                                  |   |
|----------------------------------|---|
| <a href="#">Clayton Campus</a>   | Wednesday 7 April<br>Friday 9 April<br>Monday 12 April<br>Friday 16 April |
| <a href="#">Peninsula Campus</a> | Thursday 15 April   |

Registrations are essential. To register for one or more campus tour, visit <https://www.monash.edu/campus-tours>

### Monash Information Evenings

Monash will be hosting a number of **Information Evenings** over the next few months, aimed at providing students and families information regarding undergraduate study at the university. All information evenings will run from 6.30 – 8pm.

At these events attendees will hear about:

- the ten diverse study and discipline areas
- undergraduate course types, such as the comprehensive and specialist courses, double degrees, and pathway programs
- international opportunities including study abroad and overseas tours
- how to apply – everything one needs to know about VTAC, key dates and deadlines
- scholarships and fees
- SEAS and the Monash Guarantee
- accommodation options, both on and off campus

Some of these sessions are listed below but visit <https://www.monash.edu/information-evenings> for a comprehensive list.

## University Open Days in 2021

Visiting a university campus prior to making a decision about where to study is absolutely vital. It is really important to get a feel for the campus, the area in which it is located and to understand exactly what you are applying for! We encourage all students thinking about tertiary study in 2022 to visit universities – open days are the best way to do this.

In 2020, due to COVID-19, University Open Days were forced to run in an online format. News about the 2021 Open Days have not yet been released or dates finalised for 2021. Keep an eye out in this newsletter for upcoming information regarding Open Days.

## Occupational Therapy Courses on offer in Victoria in 2021

Occupational therapists assess and treat people who, due to illness, injury or circumstance, are limited in their ability to undertake everyday activities. They assist people to regain lost functions, develop their abilities and social skills, as well as maintain and promote independence in their everyday lives to enhance health and wellbeing - [Good Universities Guide - Occupational Therapist](#).

| UNIVERSITY   | VCE REQUIREMENTS  | ATAR 2021                            |
|--|---|--------------------------------------|
| <a href="#">ACU</a><br>M - Melbourne                     | Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in one of Biology, Chemistry or Physics.   | <b>78.80 (M)</b>                     |
| <a href="#">Charles Sturt</a><br>AW – Albury-Wodonga     | No VCE prerequisites but completion of Year 12 is required, and an ATAR is used in selection  | <b>70.60 (AW)</b>                    |
| <a href="#">Deakin</a><br>G – Geelong W'Front            | Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.  | <b>71.85 (G)</b>                     |
| <a href="#">Federation Uni</a><br>Gi – Gippsland         | Units 1 and 2: satisfactory completion in two units (any study combination) of any Mathematics or Units 3 and 4: one of Biology, Chemistry, Health and Human Development, any Mathematics, Physical Education or Physics; Units 3 and 4: a study score of at least 25 in any English. | <b>n/a (Gi)</b>                      |
| <a href="#">La Trobe</a><br>B – Bendigo<br>M – Melbourne | Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.  | <b>76.05 (B)</b><br><b>76.75 (M)</b> |
| <a href="#">Monash</a><br>P - Peninsula                  | Units 3 and 4: a study score of at least 27 in English (EAL) or at least 25 in English other than EAL.  | <b>85.10 (P)</b>                     |

## Physiotherapy Courses on offer in Victoria in 2021

Physiotherapists assess, treat and prevent disorders in human movement caused by injury and disease - [Good Universities Guide - Physiotherapist](#).

| UNIVERSITY   | VCE REQUIREMENTS   | ATAR 2021                            |
|--|--|--------------------------------------|
| <a href="#">ACU</a><br>B – Ballarat                      | Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in one of Biology, Chemistry or Physics.                                      | <b>92.05 (B)</b>                     |
| <a href="#">Charles Sturt</a><br>AW – Albury-Wodonga     | No VCE prerequisites but maths and science subjects an advantage, and the ATAR is used as part of selection  | <b>92.80 (AW)</b>                    |
| <a href="#">Federation</a><br>G - Gippsland              | Units 3 and 4: a study score of at least 25 in any English; Units 1 to 4: satisfactory completion in one of Biology, Chemistry, Health And Human Development, Physical Education or Physics.                                     | <b>n/a (G)</b>                       |
| <a href="#">La Trobe</a><br>B – Bendigo<br>M – Melbourne | Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in two of Biology, Chemistry, any Mathematics, Physical Education or Physics. | <b>94.95 (B)</b><br><b>96.20 (M)</b> |
| <a href="#">Monash</a>                                   | Units 3 and 4: a study score of at least 35 in English (EAL) or at least 30 in English other than EAL; Units 3 and 4: a study score of at least 25 in two of Biology, Chemistry, Maths:  | <b>96.20 (P)</b>                     |

|  |   |                   |
|--|---|-------------------|
| P - Peninsula  | Mathematical Methods, Maths: Specialist Mathematics or Physics.   |                   |
| <a href="#">Uni Melbourne</a><br>P – Peninsula<br>*Through Biomedicine | Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in Chemistry; Units 3 and 4: a study score of at least 25 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics. *  | <b>98.00 (P)</b>  |
| **Through Science  | Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; and a study score of at least 25 in one of Maths: Mathematical Methods (any) or Maths: Specialist Mathematics; and a study score of at least 25 in one of Biology, Chemistry or Physics. --OR-- Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; and a study score of at least 25 in both of Maths: Mathematical Methods (any) and Maths: Specialist Mathematics. ** | <b>98.00 (P)</b>  |
| <a href="#">VU</a><br>FP – Footscray Park                              | Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in one of Biology, Chemistry, Maths: Mathematical Methods, Maths: Specialist Mathematics or Physics.   | <b>93.05 (FP)</b> |

## Fashion, Textiles, & Visual Merchandising Courses in Victoria in 2021

Numerous Victorian universities and TAFE institutions offer courses in *fashion*, *fashion & textiles*, and *visual merchandising*. Entry into many of these courses requires a **folio presentation**. Some of these courses are listed below, but for a comprehensive list of courses at all institutions including Private Providers, and their specific entry requirements, please visit [VTAC](#).

| INSTITUTION          | COURSE   | MAJOR STUDIES IN 2021   |
|----------------------|--|---|
| Box Hill Institute   | <a href="#">Bachelor of Fashion</a>  | CAD, Design Principles and Elements, Design Process, Digital Marketing, Fashion Futures, Fashion Illustration, Garment Construction, Managing Production Flow, Marketing, Patternmaking.  |
|                      | <a href="#">Bachelor of Fashion Merchandising</a>                          | Business planning, Consumer behaviour, Fashion Merchandising, Product development, Retail buying, Social media marketing, Supply chain management, Textiles and garment construction, Visual merchandising, Web design and application, Workplace internship.   |
|                      | <a href="#">Diploma of Visual Merchandising</a>                            | CAD, Concept development, achieve targets, colour, design displays, design history, develop style guides, drawing, photo shoots, signage, space and product planning, styling of visual components, workplace health & safety.  |
| Holmesglen Institute | <a href="#">Bachelor of Fashion Design</a>                                 | Design innovation, Manufacturing and pre-production, Pattern engineering, Professional Practice.  |
|                      | <a href="#">Certificate IV in Applied Fashion Design and Merchandising</a> | Colour Theory, Computer Aided Design Tools, Design Studio Concepts, Garment Construction, Networking with Industry, Pattern Development, Product Sourcing.  |
| Kangan Institute     | <a href="#">Applied Fashion Design and Merchandising</a>                   | Computer-aided design (CAD), Fabric and fibre technology, Fabric technology, Fashion, Fashion (design concepts), Fashion (design), Fashion (illustration), Fashion (pattern grading), Garment construction techniques, Marketing research, Marketing strategy, Networking, Pattern-making, Pattern-making (computer), Quality assurance, Quality control. |
| RMIT                 | <a href="#">Bachelor of Fashion Design</a>                                 | Fashion communication, Fashion design, Fashion design industry techniques, Fashion design practice, Fashion materials, Fashion presentation, Fashion  |

|                             |  |   |
|-----------------------------|--|---|
| <b>University</b>           |  | production, Fashion studies, Fashion sustainability.  |
|                             | <a href="#"><u>Associate Degree in Fashion Design and Technology</u></a>           | Computer-aided design (CAD), Computer-aided pattern making, Fashion design, Garment construction, Patternmaking, Production planning, Specifications, Supply chain management.  |
|                             | <a href="#"><u>Diploma of Fashion Styling</u></a>                                  | Business practices for fashion stylists, Catalogue styling, Editorial styling, Event management and styling, Fashion trend analysis, Personal styling, Project Management, Styling for still and moving images.   |
|                             | <a href="#"><u>Bachelor of Fashion &amp; Textiles (Sustainable Innovation)</u></a> | Digital technology, Fashion technology, Fashion wearables, Materials innovation, Smart textiles, Sustainability, Sustainable fashion and textiles, User centred design.   |
|                             | <a href="#"><u>Associate Degree in Fashion and Textiles Merchandising</u></a>      | Computer-aided design (CAD), Digital strategies for fashion, Distribution and logistics, Fashion business, Fashion marketing, Fashion materials, Global impacts, Global marketing, Industry research, Merchandise planning, Merchandise retail management, Product development (TCF), Product ranging.  |
|                             | <a href="#"><u>Bachelor of Textiles (Design)</u></a>                               | Digital textile design, Knitted textiles, Materials, Printed textiles, Sustainable design practices, Textile design, Textile industry engagement, Woven textiles.   |
|                             | <a href="#"><u>Adv. Diploma in Textile Design, Development and Production</u></a>  | Computer-aided design (CAD), Design and production (Textiles), Drawing, Experimental textiles, Fibres and fabrics, Machine knitting, Marketing, Screen printing, Sustainable practices in textiles, Textile design and application of colour theory, Textile design influences, Textile design specifications, Weaving.   |
|                             | <a href="#"><u>Bachelor of Fashion Enterprise</u></a>                              | Fashion buying, Fashion eCommerce, Fashion logistics, Fashion marketing, Fashion merchandising, Fashion product management, Fashion retailing.  |
|                             | <a href="#"><u>Diploma of Visual Merchandising</u></a>                             | 2D drawing, design and concept development, 3D design and construction, Colour impact, Computer-aided drawing (CADD), Interpreting sales data to extract insights, Photostyling, Planning and Styling for events and activations, Sensory inputs, Technical drawing and Illustration, Visual merchandise display and presentation, Visual merchandising theory and history. |
| <b>Swinburne University</b> | <a href="#"><u>Diploma of Visual Merchandising</u></a>                             | 2D and 3D design, Design and design theory, Digital art and design, History of design, Photo styling, Product presentation, Retail and visual merchandising, Retail illustration and design, Store design.  |

## Games Design Courses in Victoria in 2021

Games Design courses are offered at a number of institutions in Victoria. *Often, they are specialised courses, other times games design is offered as a major in Computer Science and/or information Technology degrees.* Some courses have a specific maths requirement, so students are encouraged to browse the links provided. **A number of these courses are included below, but for a comprehensive list, visit [VTAC](#).**

| INSTITUTION           | COURSE   | MAJOR STUDIES IN 2021  |
|-----------------------|--|--|
| Federation University | <a href="#">Bachelor of Information Technology (Games Development)</a> | 3D Modelling & Animation, Agile Coding, Big Data & Analytics, Cloud & Enterprise Computing, Communications & Technology, Computer Games Design, Data Modelling, Game Development Fundamentals, Game Programming, IT Problem Solving, IT Professional Engagement, IT Project Management Techniques, Mobile Development Fundamentals, Networking & Security, Professionalism & Entrepreneurship, Systems Modelling, Understanding the Digital Revolution, User Experience, Web Design. |
| RMIT University       | <a href="#">Diploma of Digital Media Technologies</a>                  | Animation (2D), Animation (3D), Audio and video production, Augmented Reality (AR) design, Cinema language, Design for mobile devices, Digital imaging, Digital media, Games design, Graphic design, Interactive media, Interface design, Mixed Reality design, Motion graphic design, Scripting and development, Social media, Virtual Reality (VR) design, Web design.   |
|                       | <a href="#">Bachelor of Design (Games)</a>                             | 3D animation, 3D design, Arts (contemporary), Computer graphics, Computer programming, Digital animation (games), Digital art and design, Digital imaging, Entrepreneurship, Games design, Games development, Games programming, Games technology, Graphic design.   |
| Swinburne University  | <a href="#">Diploma of Digital and Interactive Games</a>               | 2D animation, 2D concept art, 3D animation and modelling, Digital imaging, Game theory and design, Games development, Project management.  |
|                       | <a href="#">Bachelor of Games and Interactivity</a>                    | 3D modelling and animation, Audio and video production, Game design, Games development, Games technology, Narrative design, User experience design.  |



|  |  |   |
|--|--|---|
|  | <a href="#">Bachelor of Games and Interactivity/Bachelor of Animation</a>        | 2D and 3D production techniques for animation, 3D modelling for objects and environments, Acting for animation, Action analysis and locomotion, Behaviour and motivation in games, Character and environment design, Character animation, Development and pre-production, Digital game prototyping, Genre and the moving image, History of animation, Pervasive game design, Physics of games and animation, Principles of game design, Production and post-production, Production management for animation, Screen writing, Sound design and acquisition, User-centred design and evaluation, Writing and directing for animation, Writing for interactive narratives. |
|  | <a href="#">Bachelor of Games and Interactivity/Bachelor of Computer Science</a> | Cybersecurity, Data science, Games and interactivity, Games development, Internet of Things, Network design, Software design, Software development.   |

## Park Ranger Courses on offer in Victoria in 2021

***Park rangers control, supervise and manage national parks, scenic areas, historic sites, nature reserves and other recreational areas***

Park rangers may perform the following tasks:

- assist with guided tours and promote an understanding and appreciation of the natural and cultural features of the park
- supervise public visits and inform visitors about park facilities, advising of park rules and regulations, and enforcing these when necessary
- patrol waterways, roads and tracks to observe and report on the park environment, including the condition of animals and plants
- ensure endangered animals and plants are protected, and assist with related research projects
- ensure parks, park facilities and equipment are clean and properly maintained
- assist with wildlife management projects, including surveys and monitoring of wildlife
- participate in search and rescue operations
- supervise and coordinate fire management, weed eradication and pest-control programmes
- investigate and report to supervisors on matters relating to park management
- support local communities in protecting their cultural heritage and in developing sustainable land management practices
- conduct research into the protection and recording of Indigenous and historical sites
- supervise and train park staff and volunteers, and oversee crews of general maintenance workers and contractors
- undertake administrative and clerical duties
- prepare, review and implement reports, submissions, management plans, development proposals and environmental impact assessments

There are several professional associations park rangers can be part of, and in Victoria it is [Parks Victoria](#). There are a number of courses in Victoria that prepare students for a career as a park ranger. Some of these include –

| INSTITUTION           | COURSES IN 2021   |
|-----------------------|---|
| Box Hill Institute    | <a href="#">Diploma of Conservation and Land Management</a>                                       |
| Deakin University     | <a href="#">Bachelor of Environmental Science - Environmental Management &amp; Sustainability</a> |
|                       | <a href="#">Bachelor of Wildlife and Conservation Biology</a>                                     |
| Federation University | <a href="#">Diploma of Conservation and Land Management</a>                                       |
|                       | <a href="#">Bachelor of Environmental and Conservation Science</a>                                |
| Holmesglen Institute  | <a href="#">Diploma of Conservation and Land Management</a>                                       |
| La Trobe University   | <a href="#">Bachelor of Outdoor Education</a>   |
| Melbourne Polytechnic | <a href="#">Diploma of Conservation and Land Management</a>                                       |
| RMIT University       | <a href="#">Diploma of Conservation and Land Management</a>                                       |
| Swinburne University  | <a href="#">Diploma of Conservation and Land Management</a>                                       |

For a comprehensive list of all similar courses, visit [VTAC](#)



### **Applications for the 2022 ADF Gap Year are now open**

An ADF Gap Year is a unique opportunity for students to experience life in the Navy, Army or Air Force, without needing to make a long-term commitment. The skills obtained through the ADF Gap Year program will provide them valuable work and life experience and are completely transferable.

It will enable students to develop the confidence for their next endeavours.

Students who take part in the ADF Gap Year program:

- Gain valuable skills and work experience
- Enjoy a great salary package plus free healthcare
- Live a varied, active and healthy lifestyle
- Make friends with like-minded people
- Have the opportunity to see more of Australia

Applications are open! Learn more and/or apply at at [ADF Gap Year](#)

***Students might like to participate in Defence Force Information Sessions, or watch YouTube clips, so visit***

**[Defence Force Events and Information](#)**

## **Physiotherapist, Chiropractor, Osteopath and Myotherapist**

***What is the difference?*** In November 2020 an article by Charlotte Ganderton and Matthew King was published on the [ABC website](#) addressing this very topic, and the fact that all four types of therapy come highly recommended to assist people in managing their aches and pains. To sum up the article –

In Australia, ***physiotherapists, osteopaths*** and ***chiropractors*** have extensive university training and are registered with the Australian Health Practitioner Regulation Agency ([AHPRA](#)). Myotherapists complete an advanced diploma or bachelor's degree in myotherapy or "musculoskeletal therapy" but are not registered with AHPRA.

The article goes on to state that a [physiotherapist](#) *assesses your problem, provides a diagnosis and helps you understand what's wrong while considering your general health, activities, and lifestyle. They treat your complaint with a variety of "active" therapies, such as exercise programs and hydrotherapy.*

A [chiropractor](#) *works on the diagnosis, treatment and prevention of mechanical disorders of the muscles, ligaments, tendons, bones and joints, and the effect on the nervous system. They have an emphasis on passive manual treatments, including joint and soft-tissue manipulation, and spinal adjustments. They may [also prescribe exercises to help you rehabilitate from your condition](#) as well as provide dietary advice.*

An [osteopath](#) *focuses on the muscular and nervous systems, assessing the structure of the body to determine its impact on function. Treatment involves a combination of active and passive therapies, including joint manipulation and mobilisation, massage, as well as postural advice and exercise programs.*

Finally, a [myotherapist](#) *works to assist your aches and pains by focusing on the muscles and joints. They offer a range of mostly "hands-on" treatments including dry needling, massage, and joint mobilisation, but can also prescribe exercises.*