



*'Motivate your mate'*

*Justice and Solidarity*

## Careers Newsletter

26 May 2021

**Disclaimer** – all information is printed in good faith

It is the responsibility of the student to confirm all details with the appropriate institution.

To contact Mr Madani please email [jmadani@stpiusx.nsw.edu.au](mailto:jmadani@stpiusx.nsw.edu.au)

### **JobJump - Parents and students please watch YouTube video and sign up**

Sign up to JobJump for information about tertiary study options, ATAR's and apprenticeship and TAFE information. Create a resume, sign up for news alerts.

To register go to <https://www.jobjump.com.au/>

Search school – St Pius X Chatswood

Register with an email address (use a private address, not spx)

Password – pius (lower case)

**Parent information:** <https://www.youtube.com/watch?v=fZoyckJwVg&feature=youtu.be>

**Register now for Experience ACU Day!** - Tailored to your study area of interest, the day will give you an insight into campus life as a uni student. Register now to attend the North Sydney campus on the 6th July, or the Blacktown Campus on the 30th June. Register here <https://www.acu.edu.au/about-acu/events/experience-acu>

**Study at ACU Info Sessions are running now!** - Interested in exploring early entry options to ACU? Or hearing from current students about what ACU life is like? With expert advice and first-hand experience, the Study at ACU Info Sessions will assist you in getting the information you need. Register here <https://www.acu.edu.au/about-acu/events/study-at-acu>

**MIT Sydney** -MIT Sydney is looking forward to seeing your Students at the HSC and Careers Expo 2021 on 3rd-6th June 2021. If you would like to know more about Bachelor of Networking in Cyber Security/Software Eng., Bachelor of Business in Digital Marketing/Management/Accounting please visit stand number 78! Please see our new MIT Sydney 2022 Course Guide <https://www.mit.edu.au/study-with-us/download-prospectus>

**UOW College** - Online Info session - Tuesday 25 May 5.30pm-6.30pm Looking for a pathway into UOW? UOW College - offer pathway courses that can guarantee entry into a range of bachelor programs, some with direct entry into the second year. Please join the online info session to find out more. Staff will be available on the night to answer your questions. <https://studentservice.uow.edu.au/Portal/Events/EventDetails?eventId=f402b00b-e590-eb11-8182-005056814cdc>

**Charles Sturt University** - Join Charles Sturt online on 1 June at 6.45pm for a Year 10 subject information night where Year 10 students will get a head start on their post-high school

adventure! The interactive online event will kickstart career ideas, give tips on subject selection and share the buzz on Charles Sturt. Register here <https://charlessturt.zoom.us/meeting/register/u5Elf-urrjMjHtlixSBVuZ7VDOLB9JQQ95L3>

Western Sydney University - The Aboriginal and Torres Strait Islander Info Evenings at Western are an opportunity to learn about the different pathways to study, the support services available, scholarships on offer and life on campus. For dates visit: [https://www.westernsydney.edu.au/future/student-life/events/aboriginal-and-torres-strait-islander-information-evenings.html?cid=em:EGMT-CAA-newsletter-atsi-info-page\\_May21](https://www.westernsydney.edu.au/future/student-life/events/aboriginal-and-torres-strait-islander-information-evenings.html?cid=em:EGMT-CAA-newsletter-atsi-info-page_May21)

**Western Sydney University** - Open Day on Sunday 15 August, 2021 is a chance to discover everything Western has to offer. Explore course presentations, meet academics and current students, visit HSC hub and find out all about Western's early offer pathway, HSC True Reward. For details and to register your interest visit here: [https://www.westernsydney.edu.au/openday.html?cid=em:EGMT-CAA-newsletter-openday21-page\\_May21](https://www.westernsydney.edu.au/openday.html?cid=em:EGMT-CAA-newsletter-openday21-page_May21)

**Western Sydney University** - Western's highly successful Campus Tours kick off on 17 June. Students, their parents and families and general public can view state-of-the-art facilities and hear from current students and staff about courses and degrees Western offers. Visit here for dates and campus locations: [https://www.westernsydney.edu.au/future/student-life/events/campus-tours.html?cid=em:EGMT-CAA-newsletter-CT-page\\_May21](https://www.westernsydney.edu.au/future/student-life/events/campus-tours.html?cid=em:EGMT-CAA-newsletter-CT-page_May21)

**Torrens University** - Torrens University – Virtual Careers Expo, 27 May 2021 An innovative and interactive collaboration between Australia's major tertiary education providers, designed to showcase the wide range of options available to students as they prepare for life after school. Hear from more than 50 institutions. Find out more and register: <https://www.torrens.edu.au/whats-on/virtual-careers-expo>

**Academy of Interactive Entertainment** - Kick-start your Journey in Games & Film, Beginner's Courses at Academy of Interactive Entertainment Be ahead of the game. Study game programming, 3D art and animation under industry experts at AIE while you're still at school! Endless pathways await you in the game and film industry. Mid-year courses starting 24 July. Enrol now! <https://aie.edu.au/short>

### **UNSW | Rural Clinical School Medicine Information Evening**

Monday 24 May 2021, 6:00 pm - 7:00 pm

Online

Are you interested in a career in medicine, immersing yourself in the diverse and hands-on learning opportunities at our Rural Clinical School campuses?

Prepare for the future of health and join a community focused on improving life for all.

Studying the Bachelor of Medical Studies/Doctor of Medicine at UNSW will provide you with the theoretical understanding and practical experiences you need to launch your career as a medical professional.

With five rural campuses across NSW, the Rural Clinical School Medicine Information Evening will provide insight into the dynamic blend of clinical experiences and research-

focused learning that you will be immersed in as a UNSW Medicine student. You'll also find out detailed information on the application and admissions process for 2022, including how to apply for the Rural Entry Scheme, as well as the range of student life opportunities available across our vibrant rural campuses.

Join us online where you will hear from our expert panel of academic staff and current students, and get all of your UNSW Medicine questions answered.

Find out more: <https://www.events.unsw.edu.au/event/unsw-sydney-rural-clinical-school-medicine-information-evening>

### **Torrens University Australia | Virtual Careers Expo**

Thursday 27 May 2021, 11:30 am - 7:00 pm

Online

In its second year, the Virtual Careers Expo is an innovative and interactive collaboration between Australia's major tertiary education providers, designed to showcase the wide range of options available to students as they prepare for life after school. Hear from more than 50 institutions. Highlights include:

- Wander through our virtual expo hall and Webcast Hub to watch seminars and feature presentations from more than 50 institutions.
- Download course guides and take a virtual campus tour.
- Chat with staff and current students to find out more about each institution.

Find out more: <https://www.torrens.edu.au/whats-on/virtual-careers-expo>

### **Charles Sturt | Year 10 Subject Information Night**

Tuesday 1 June 2021, 7:00 pm

Online

Charles Sturt hosts an online event to focus on what Year 10 students and parents need to know right now. We'll discuss subject selection, pathways, and the journey through Year 11 and 12 to university.

Find out more: <https://charlessturt.zoom.us/meeting/register/u5Elf-urriMjHtlixSBVuZ7VDOLB9JQQ95L3>

### **University of Sydney | Your Future in Business**

Wednesday 2 June 2021, 4:00 pm - 5:00 pm

Online

Join us to hear about how the Bachelor of Commerce at the University of Sydney will prepare you for your future in business. Hear directly from our students to learn more about the range of support available from our dedicated Careers and Employability Office (CEO), and how Business School students can boost their employability skills, gain practical industry experience and a variety of a real-world opportunities at Australia's top ranking university for Graduate Employability.

Find out more: [https://uni-sydney.zoom.us/webinar/register/WN\\_iAc2xSkKQ\\_eEZp-ft1\\_aWw](https://uni-sydney.zoom.us/webinar/register/WN_iAc2xSkKQ_eEZp-ft1_aWw)

### **Sydney College of the Arts | Portfolio Day**

Tuesday 8 June 2021, 4:00 pm - 7:30 pm

The University of Sydney, Camperdown Campus

Sydney College of the Arts at the University of Sydney will hold a Portfolio Evening on Tuesday 8 June, to assist you with preparing your portfolio and application to study our three-year Bachelor of Visual Arts and our four-year Bachelor of Visual Arts and Bachelor of Advanced Studies.

You can also bring art work (complete or incomplete), and receive an optional 15-minute one-on-one consultation with an academic to receive personalised feedback on your portfolio and visual arts practice.

We encourage you to join us in-person where you'll discover our new facilities on a guided tour of the Sydney College of the Arts. Lead by one of our students, you'll see the spaces come alive with activations in many of the spaces including glass blowing, mono-printing, darkroom showcases, ceramics, painting, jewellery workshops, and more.

Register for an in-person or online session at either 4pm, 5pm or 6pm. Each session will run for approximately 1 hour. If you'd like to have a personalised portfolio consultation, please indicate this in your registration and allow an additional 20mins.

Find out more: <https://www.eventbrite.com.au/e/sydney-college-of-the-arts-portfolio-day-tickets-154176180105>

### **University of Newcastle | 2021 Parent Webinar**

Tuesday 8 June 2021, 6:00 pm - 7:00 pm

Online

Sam Doherty, the senior manager of Admissions, will be running a live University of Newcastle Parent Webinar, covering key topics such as how to apply to university and the various entry schemes that are available for your child.

Find out more: <https://www.newcastle.edu.au/events/future-students/2021-parent-webinar>

### **University of Sydney | Pathways to Medicine and Health Degrees**

Wednesday 9 June 2021, 4:00 pm - 4:30 pm

Online

Healthcare is one of the fastest-growing industries around the world and people are drawn to the opportunity to make a difference in other's lives as well as the flexibility to enjoy diverse careers domestically and internationally.

The University of Sydney offers the widest range of medicine and health programs in Australia. This webinar will advise on the options available to students who don't get into their first choice.

Find out more: [https://uni-sydney.zoom.us/webinar/register/WN\\_iDBeNfODS6SpqSEos6PLcg](https://uni-sydney.zoom.us/webinar/register/WN_iDBeNfODS6SpqSEos6PLcg)

### **Basair | Pilot Career Seminar**

Monday 14 June 2021, 7:00 pm - 8:30 pm

Bankstown Airport

In this free & interactive Pilot Career Seminar, you'll learn everything you need to know about a career as a Commercial Pilot.

Find out more: <http://www.basair.com.au/Events/Register/171>

### **University of Sydney | Economics at Sydney**

Wednesday 16 June 2021, 4:00 pm - 5:00 pm

Online

Are you considering studying a Bachelor of Economics?

Join us for an overview of the Economics degrees and majors at The University of Sydney, including essential information on admission requirements, pathways and scholarships. You'll also have the chance to hear from current economics students and alumni, who will share their experience in the degree, their career insights, and help you make the right choice about your future in economics.

Find out more: [https://uni-sydney.zoom.us/webinar/register/WN\\_mYMexhSGQnabhvfkQCYQMA](https://uni-sydney.zoom.us/webinar/register/WN_mYMexhSGQnabhvfkQCYQMA)

### **University of Sydney | Become a Dalyell Scholar Webinar**

Wednesday 23 June 2021, 4:00 pm - 4:30 pm

Online

Our Dalyell Scholars stream gives high-achieving students access to a range of enrichment opportunities that will challenge you alongside your talented peers.

Join us online to learn about the exciting opportunities available to our Dalyell Scholars, including engaging in experiences that will enhance your academic abilities, develop leadership capabilities and expand your global network.

Find out more: [https://uni-sydney.zoom.us/webinar/register/WN\\_zuopFBjgS8CiQPB0A9mQ5A](https://uni-sydney.zoom.us/webinar/register/WN_zuopFBjgS8CiQPB0A9mQ5A)

### **Schindler Apprentice Information Night 2021**

Monday 12 July 2021, 6:00 pm - 7:00 pm

Online

When you join Schindler, you become part of a global family that is one of the world's leading providers of elevators, escalators, and moving walks.

With 6 locations across Australia and a team of over 1,200 people, there is so much to experience as an Apprentice at Schindler. Through a world-class program, over four years you will take on regular structured in-house training, gain a formal electrical trade qualification and learn from a network of the industry's leading experts... Schindler will elevate your career!

Join our online information evening which will cover:

- What does an apprenticeship at Schindler offer?
- Meet the apprentices
- What makes a good apprentice?
- Life after your apprenticeship
- The application process
- Q&A discussion panel

Apprenticeship roles will be opening soon, so this is a perfect opportunity to learn everything you need to know about the Schindler Apprenticeship program.

Find out more: <https://www.eventbrite.com.au/e/schindler-apprentice-information-night-2021-tickets-151005969921>

### **AIE | Open Day**

Sunday 15 August 2021, 10:00 am - 3:00 pm

Academy of Interactive Entertainment, Ultimo & Online

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day.

AIE Campuses will be open for you to check out the facilities, meet our teachers and see our student work. We will also be holding a livestream of our Open Day for prospective students interested in studying online.

We will be covering 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: [https://aie.edu.au/aie\\_event/open-day/](https://aie.edu.au/aie_event/open-day/)

### **Avondale | Open Day 2021**

Wednesday 18 August 2021, 10:00 am - 3:00 pm

Avondale University College, Cooronabong

Attend Open Day for our Lake Macquarie campus to learn more about study options, speak with current students and academics, find out all you need to know about uni life, and discover what makes the Avondale experience so special.

Find out more: <https://mkto.avondale.edu.au/opendayregistration.html>

### **National Art School | Open Day 2021**

Saturday 4 September 2021, 10:00 am - 4:00 pm

National Art School, Darlinghurst

The National Art School is Australia's leading fine art school, with an unrivalled studio-based teaching model that has delivered a rich tradition of artistic practice and generations of world-renowned alumni for the past 100 years. Leading into the 21st Century, NAS provides a progressive and holistic art education, and invites the public to join us on Open Day to share our creative community.

You can explore our studios and working spaces, visit NAS Gallery, meet our faculty and students, get advice about your study options and the application process, attend mini-lectures and get involved in loads of fun interactive art workshops!

Find out more: <https://nas.edu.au/open-day/>

### **ACU | Talk with Teachers**



Tuesday 5 October 2021, 6:00 pm - 7:00 pm

Online

If teaching is your dream, you will get the chance to make a huge difference to the lives of young people. You'll shape minds, inspire ambition and impact the future.

Join us online to hear from ACU teaching alumni who are working in education. Take part in a Q&A session with our graduates and learn about their experiences going from the lecture halls to leading their own classrooms and how they make a difference to young people's lives.

Find out more: <https://www.acu.edu.au/about-acu/events/2021/october/talk-with-teachers>

### **ACU | Talk with Occupational Therapists, Speech Pathologists and Physiotherapists**

Wednesday 6 October 2021, 6:00 pm - 7:00 pm

Online

Allied health practitioners help us live life to the fullest. You can diagnose, treat, and rehabilitate patients, and help improve their quality of life.

Join us online to hear from ACU alumni about their experiences improving people's quality of life. Take part in a Q&A session with our graduates and learn about the rewarding and challenging careers of occupational therapists, speech pathologists and physiotherapists.

Find out more: <https://www.acu.edu.au/about-acu/events/2021/october/talk-with-occupational-therapists-speech-pathologists-and-physiotherapists>

### **ACU | Talk with Exercise Scientists**

Thursday 7 October 2021, 6:00 pm - 7:00 pm

Online

A career in sport and exercise science will allow you to help people achieve peak performance and optimal health and wellbeing.

Join us online to hear from ACU alumni about their experiences working as exercise scientists and clinical exercise physiologists. Learn from our graduates who have worked in community or private practice as accredited exercise physiologists.

Find out more: <https://www.acu.edu.au/about-acu/events/2021/october/talk-with-exercise-scientists>

### **University of Sydney | Tahgara Winter Program**

Monday 28 June 2021, 10:30 am - Wednesday 2 June 2021, 3:30 pm

New South Wales, Australia

The Tahgara Winter Program 2021 is an online academic preparation program for Year 12 Aboriginal and Torres Strait Islander students.

This five-day program is everything you need right before your big finish at high school.

You'll receive online tutoring from university students, learn about degrees and careers and get support to apply for university admissions pathways and scholarships.

What will you do?

- Participate in exam preparation workshops;
- Sign up to one-to-one academic tutoring support;
- Join faculty specific information sessions;

- Attend campus tours and access world class facilities;
- Receive personalised support to draft your Gadigal application;
- Connect with other Year 12 students like yourself;
- Meet our community of staff and students who will be on hand to share information about degrees, the Gadigal Program, scholarships, student support services and more.

The program will be offered online for the first 3 days followed by an opportunity to attend in-person activities held on campus at The University of Sydney on the final 2 days.

Applications close Sunday 30 May.

Find out more: <https://astar.tv/tahgara-winter-program-2021/>

### **COSPAR-K: A Space STEM Event**

Wednesday 11 August 2021, 9:30 am - Sunday 15 August 2021, 3:30 pm

International Convention Centre Sydney & Online

COSPAR-K is a Free Space STEM Event that is running in partnership with the NSW Department of Education's STEM Industry School Partnerships (SISP) Program.

STEM education is critically important for Australia. The demand for strong workforce skills in STEM areas has reached a fever pitch, while at the same time there has been a fall in students studying these subjects at high school and university. The time for better engagement is now. COSPAR-K provides this opportunity.

This free Space STEM Event will feature two zones: the Awesome Activities Arena and Spectacular Speakers Schedule. We have something for everyone, whether you can attend in-person or would like to connect in virtually via COSPAR-K TV.

Find out more: <https://www.cospar2021.org/stem#cospark>

### **NIE | Medical Interviews Preparation Workshop**

Saturday 21 August 2021, 10:00 am - Sunday 22 August 2021, 3:00 pm

Online

The unique NIE workshop program aims for students to gain an in-depth understanding and required knowledge of the medical interview processes for specific universities, including Multi-station Mini Interview (MMI), Structured, and Semi-structured panel interviews. The workshop is structured and based on the models that are taught during our proven one-on-one personalised medical interview sessions. The workshop will allow each and every attendee to learn the required skills and practical understanding for the university which they received an interview offer from.

Find out more: <https://www.nie.edu.au/medical/umat-interviews/medical-interviews-workshop>

### **TECHSPO Sydney 2021**

Wednesday 25 August 2021, 9:00 am - Thursday 26 August 2021, 4:00 pm

ANZ Stadium

TECHSPO Sydney is a two-day technology expo returning August 25th to 26th, 2021 to the iconic ANZ Stadium in Sydney, Australia. TECHSPO Sydney 2021 is your chance to:

- Experience a safe and intimate gathering with business professionals in a clean and hygienic environment.



- Check out exhibitors showcasing the next generation of advances in technology & innovation.
- Be inspired, amazed and educated on how these evolving technologies will impact your business for greater growth.
- Interact with technology enthusiasts, build your network and collaborate with your peers.

Find out more: <https://techsposydney.com/>

### **Mary River Press Services Short Story Prize**

Do you want to polish up your short story writing skills and get a free expert appraisal of your work? Entries are currently open for the Mary River Press Services Short Story Prize, worth a total of AU \$140.

The prize is open to all short story authors writing in English. They seek original short stories between 2,000 and 5,000 words. All winners will be published on the Mary River Press Services site.

**Competition closes 30 October 2021.**

Find out more and enter: <https://maryriverpress.com/competitions/>

### **Head On Student Photo Awards 2021**

Enter your best work into the Head On Photo Awards 2021.

The Head On Student Award is open to all K-12 Australian school students.

Finalists will be exhibited in Head On Photo Festival 2021 and a printed catalogue, as well as win some great prizes.

**Entries are open until 31 May.**

Find out more and enter here: <https://www.headon.com.au/student-awards>

### **Wild Snaps Photo Competition**

There is always wildlife around us, even at home and in our local environments. With the many healing properties nature has to offer, Taronga Zoo are challenging students to capture the natural beauty of their local area.

Simply take a photo with a mobile phone, camera or other photo device of wildlife that is local to you. Whether it's a tiny insect on a leaf, to a kangaroo spotted on a walk, grab a camera and get your best snap!

The competition is open to students from Kindergarten to Year 12. **Entries close Friday 4 June.**

Find out more and enter here: <https://taronga.org.au/education/digital-programs-online-resources/wild-snaps>

### **UAC Challenge 2021**

Enter UAC's TikTok/Instagram challenge and you could win up to \$750! To enter, create a 15-second video or song, image or meme inspired by one of the following words:

- Year 12
- uni
- UAC

- study
- potential.

To submit your content to the challenge:

- follow us on Instagram or TikTok
- use #UAChallenge21
- tag us in your post @uacinfo (Instagram) or @uacapply (TikTok).

Each week a panel of judges will choose a finalist to receive \$250. On the last day of the competition – **Friday 25 June** – one of the five finalists will be selected as the #UAChallenge21 titleholder and will receive a grand prize of \$500.

Engagement will be considered when selecting a winner, so make sure you like, share and comment on your favourite post!

Find out more: <https://www.uac.edu.au/about/privacy-legal/uac-challenge-2021>

### **Aboriginal and Torres Strait Islander Traineeships at CSIRO**

Want to earn while you learn with Australia's largest national science agency? CSIRO offer traineeship positions for Aboriginal and Torres Strait Island people in locations around Australia.

You will get to study a course of interest which will take between 1-2 years. CSIRO will cover your course fees and you will spend some time studying and some time at work and earning a wage.

Register your interest in participating in a traineeship with CSIRO here:

<https://jobs.csiro.au/job/Variou-Registration-of-Interest-Aboriginal-and-Torres-Strait-Islander-Traineeships/520725900/>

### **Audition to Study at the Sydney Conservatorium of Music**

If you're wanting to study the [Bachelor of Music](#), [Bachelor of Arts \(Music Major\)](#), or [Diploma of Music](#) at the Sydney Conservatorium of Music in 2022, applications for first round auditions are now open.

You can audition either in-person or by video. Round one auditions will be taking place from 5-9 July. Applications to audition in round one close 27 June.

Find out more about studying music and the Sydney Conservatorium of Music here:

<https://www.sydney.edu.au/music/study-music/undergraduate-courses-and-admission.html>

### **Free Short Course to Create an Effective LinkedIn Profile**

Not sure how to create an effective LinkedIn profile? This week, Braintree launched a brand new online training course on 'Tips & Tricks to creating an Effective LinkedIn profile' designed specifically for students starting out on their journey with LinkedIn.

With over 313 million members LinkedIn is the world's largest professional network. With more than 2 new members per second, how are you maximising your network?

In this course, you will learn:

- How crucial LinkedIn is to your professional development
- The Power of Networks

- Your External Brand
- How to get Noticed
- Excel your Excellence
- Target Audience
- How to Attract Connections
- Joining the conversation
- Groups
- Endorsements and Recommendations

Use this link to access the course free of charge, courtesy of us:

<https://braintree.thinkific.com/courses/take/tips-tricks-to-create-an-effective-linkedin-profile/lessons/24375834-opening-and-introduction>

### **Short Course in the Fundamentals of Communication with Grandshake**

In this short, 40-minute microprogram you will learn verbal and non-verbal communication skills including how to be a better listener, mastering your first impression, the art of persuasion and how to control the flow of the conversation. Learning the skills to communicate more effectively will help you in all areas of life.

Is this for you? If you:

- Want to be able to form strong connections with people
- Wish you always knew the right thing to say
- Realise how important good communication is
- Want to make amazing first impressions
- Love learning

Then sign up for free today!

Find out more and access the course here:

<https://www.grandshake.co/product/fundamentals-of-communication>

### **Resources for Parents of Teens**

Parenting can be really rewarding, but it can also be tricky, and occasionally really hard. So it's understandable that sometimes parents want to seek out support or advice.

With access to the internet and social media, sometimes all that advice can seem a bit overwhelming and finding the right experts becomes a minefield.

### **How to find reliable resources for parents of teens**

There are lots of self-appointed experts out there. From other parents, to authors of guides or books who've done a bit of research of their own. Are they really anymore of an 'expert' than you though? Probably not.

Before you consider taking anyone else's advice or following them for help, there's a few things that could identify them as bona fide experts in the field of parenting teens.

You could check:

- **Their qualifications** – A tertiary qualification accredited by education, social work, or psychology association or organisation is one thing to look for if you're not sure.

- **Peer recognition** – Do other experts in the field recommend them or share their work?
- **Publications** – Have they published lots of material in different forms, not just blogs and podcasts. Look for papers, books and other scholarly works.
- **Hands on work** – Do they work in any of the fields we mentioned in the qualification section (or have they in the past)? You want to know that their advice is tried and tested.

### **Here's our list of top Resources for Parents of Teens**

To save you a bit of time and to get you off on the right foot, here's a list of some resources that we've compiled:

#### **Experts in their field**

[Maggie Dent](#) is a well-known author, educator, parenting and resilience specialist who has a particular interest in the early years and adolescence. You could start with the [Raising Adolescents](#) page on her website, or scroll through some of the podcasts on her [Parental As Anything](#) podcasts.

[Dr Justin Coulson](#) the founder of [Happy Families](#) offers plenty of advice about parenting for children of all ages.

[Michelle Mitchell](#) has been an educator, counsellor, and mentor to children and teens. She has a great [library](#) of blogs, videos and podcasts available on her website.

You can access the [blogs for parents](#) on **Dr Kristy Goodwin's** website, she's a leading digital wellbeing & productivity expert. On her website she also offers a number of masterclasses and has a portal that you can [access to online](#) – these options attract a fee.

[Dr Kenneth Wilgus](#) is a licensed psychologist and is the creator of the [Feeding the Mouth the Bites You](#) workshop and book. He also contributes to [Focus on the Family](#) with a number of teen focused podcasts and articles.

[Michael Carr-Gregg](#) is a well-known psychologist and author. You can find heaps of resources on his website and you can book consultations with him too.

#### **Blogs, groups, help lines and more**

There are dozens more [blogs](#) covering all kinds of topics on [Parenting Ideas](#), they're produced by a panel of contributors who you can read about [here](#).

[Reach Out](#) is an Australian based online mental health service focusing on young people and their parents. They produce self-help content, community forum, one-on-one support, and there are [hotlines](#) you can call if you need some extra or immediate support.

[Raising Children](#) is an Australian website. They provide parenting videos, articles and apps backed by Australian experts. They have a whole Teen page with sections addressing behaviour, communicating and relationships, development, entertainment and technology, family life, healthy lifestyles, mental and physical health, school, education and work; and more.

Check out [Seriously Social's Family and Relationships Channel](#), it's an initiative of the Academy of the Social Sciences in Australia. All of their content claims to be fact checked and reviewed by experts.

### **Other experts**

Don't forget about the experts around you.

GP's, your child's school teachers and counsellors are also great sources of information and support.

You could google "Teen Psychologists" and find someone locally who may offer consultations or provide advice. Many offer online sessions as well.

All of the resources and experts we've listed above are Australian based. But there are hundreds of other experts from around the world who address teen issues, that you could look to or follow as well.

If you know of any other useful resources, we'd love to hear about them. You can email us at [info@studyworkgrow.com.au](mailto:info@studyworkgrow.com.au) and we'll make sure we share it with other parents out there.

Mr Madani

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