



## Careers Newsletter

**Disclaimer** – all information is printed in good faith  
It is the responsibility of the student to confirm all details with the appropriate institution.

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### **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=fZoyckJwvVg&feature=youtu.be>

### Career Conversations @ Home – Helping parents have positive career convos!

October 16, 2024

Come join Tyson Day, the Co-Founder and Lead Facilitator of Arrive & Thrive, as he shares the best way to have impactful career conversations in and around your home environment that produce clarity, career discovery, and momentum. Tyson will share concepts and practices that he has learned through his 10+ years of experience in career education and the 85,000 students who have attended Arrive & Thrive workshops since 2019.

In our webinar, you can expect to learn:

- How can you positively influence your young person in their career decisions.
- How can you effectively navigate the future of work and understand your young person's options.
- How to communicate effectively through the GROW model to support your young person in career exploration.

We can't wait for you to join us!

All participants will receive a Career Conversation Kit to kick off conversations with their young person as soon as possible!

[Find out more](#)

### Defence Careers Information Sessions

**Wollongong:** October 16, 2024

**Ballina:** October 23, 2024

**Maclean:** October 25, 2024

**Grafton:** October 30, 2024

**Penrith:** October 30, 2024

**Glen Innes:** November 1, 2024

Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force.

Speak with current serving personnel at our upcoming info session and ask your questions - is a career in the Australian Defence Force for you?

[Find out more](#)

### Defence Comms, IT & Intelligence Roles – Virtual Information Session

October 16, 2024

Get connected with a future-focused career, using technologically advanced sensor and communication systems to keep the Australian Defence Force (ADF) in touch, informed and operating effectively.

Join us for a virtual info session and speak with current serving personnel about Communications, IT and Intelligence careers in the ADF.

[Find out more](#)



## UNSW What Do Theoretical Physicists Do?

October 17, 2024

Physics is important because of its intellectual depth and beauty. Understanding physics leads to new technologies that can greatly enhance your life. But how does physics work and what is it like to be a physicist? Join Professor Susan Coppersmith, Head of the School of Physics at UNSW and Fellow of the Australian Academy of Science, for this talk about quantum mechanics. Ages 10 and over, all welcome!

[Find out more](#)

## Defence Gap Year Information Sessions

**Sydney:** October 17, 2024

**Newcastle:** October 23, 2024

Spend an exciting 12 months in the Navy, Army or Air Force, where you'll get paid for meaningful work while travelling Australia, gaining skills for life and making lifelong friends.

Join us for an info session to speak with current serving personnel about an Australian Defence Force Gap Year to learn about the challenges and rewards on offer.

[Find out more](#)

## Sydney Design School Open Day, October

October 19, 2024

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.

If this event is moved online, we will update you with a link to join us via Zoom. You can expect to receive this closer to the event date.

[Find out more](#)

## Defence Engineering Careers Information Session – Sydney

October 22, 2024

Consider an Engineering career in the Navy, Army or Air Force and work at the peak of your profession on formidable military assets such as warships, tanks, fighter aircraft and all the systems that control them.

Join us for an info session and speak with current serving military personnel to hear about their own experiences and advice and what opportunities are available to you.

[Find out more](#)

## UON TAFE to Uni Webinar

October 23, 2024

Interested in taking your studies to the next level?

Join us online to learn why TAFE and vocational qualifications are an excellent and popular pathway into the University of Newcastle.

Tune in to meet our admissions staff and student ambassadors. You will learn about:

- what it's like studying at our University
- TAFE and other vocational qualifications entry pathways
- how to apply
- scholarships
- jobs on campus
- support and services
- and more!

Hear from our student ambassadors as they share their experiences as TAFE to university pathway students. They're excited to meet you and answer all of your questions.

[Find out more](#)



### Nursing at Sydney

October 23, 2024

Nursing is one of Australia's fastest-growing employment sectors. Our Bachelor of Nursing (Advanced Studies) and double degrees in nursing will prepare you to apply for registration to practice as a nurse in Australia. Join us to learn more about the programs, work placements and what a typical day in the life of a nurse looks like.

[Find out more](#)

### UC Information Night – Orange

October 24, 2024

Come and explore & discover what the University of Canberra has to offer you!

Hear from our Student Recruitment team, find out about our different entry pathways, uncover the many support services on offer, discuss all things sport, and meet with our knowledgeable staff to find your perfect career fit.

[Find out more](#)

### Defence Indigenous Pathways Information Session – Cairns & Online

October 31, 2024

Would you like to learn more about careers for Indigenous personnel in the Australian Defence Force?

With a wide range of exciting jobs on offer, and tailored programs, make the most of your potential, become a leader, and inspire your community.

Join us for an information session and speak with current serving members about opportunities in the Navy, Army and Air Force.

[Find out more](#)

### University of Sydney Grand Challenge 2024: Towards Net Zero

November 6, 2024

In The Grand Challenge, students in Years 9 & 10 will spend a fast and fun day learning about a real-life global problem before ideating, developing and pitching their own solutions to their peers and STEM experts for a chance to win prizes. This event is powered by Future Anything and the Faculty of Science, University of Sydney.

[Find out more](#)

### WSU Unlocking Careers in Science, Engineering and Technology

November 8, 2024

This on campus event for Aboriginal and Torres Strait Islander High School students in years 9-12, raises knowledge and aspiration for Careers in Science, Technology and Engineering.

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

[Find out more](#)

### UON Law Insights Evening 2024

November 13, 2024

The University of Newcastle's School of Law and Justice invites Year 11 & Year 12 students of 2024, teachers and parents to attend our Law Insights evening. The evening is an invaluable experience, allowing students to hear first-hand about the Law degree on offer at the University of Newcastle.

Students will be able to hear from, and speak with, academic staff and current students from the School of Law and Justice. Students will also learn about our Legal Centre. This is an excellent opportunity for students to ask any questions they might have about the Bachelor of Laws (Honours) program.

[Find out more](#)

### AMPA Dance Experience Day

November 13, 2024

Academy of Music and Performing Arts (AMPA) invites dancers to join us on campus for a day of dance.

Register and bring your friends along and get ready to move!



Dancers will have a chance to participate in contemporary & improvisation classes facilitated by AMPA's inspiring faculty and experience what studying dance full-time is like at AMPA. A Q&A with the program's Head of Dance will allow aspiring dancers, choreographers, and dance teachers, to gain further insight into tertiary education and how it can benefit their future careers.

AMPA is currently accepting registrations for Intake 2025 and beyond, so don't forget to [register](#) for the dance auditions happening Monday, November 18th.

[Find out more](#)

### AIE Open Day, Sydney

November 16, 2024

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

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](#)

### Discover Nursing @ UTS

November 20, 2024

Discover how you can become a Registered Nurse at Australia's #1 uni for academic reputation in nursing and midwifery.

Hear about diverse nursing careers from industry speakers, meet our academic teachers & ask current students about the UTS Bachelor of Nursing.

Tour our world-class clinical facilities and explore your future campus!

[Find out more](#)

### Newcastle 2024 Campus Experience Days

November 25 to December 6, 2024

Our Campus Experience Days aim to support student's understanding of career options, increase aspirations to attend university and provide an opportunity to experience university life and study areas. Throughout the day your students will have the chance to hear from current university students and academics, participate in hands-on activities from a variety of study areas, and take a tour around campus.

Please note that given the popularity of these campus experience days priority will be given to students in Years 9-10 dependent on demand.

Places for each day are limited, therefore we will work off a first in, first served basis for bookings. We will do our best to accommodate all bookings, however in the event the days are oversubscribed we will develop a waitlist based on the order of response.

- Week 1, Monday 25 November to Friday 29 November – Central Coast campuses, 9am – 2pm
- Week 2, Monday 2 December to Friday 6 December – Newcastle campuses, 9am – 2pm

Reach out to your region representative to register your interest.

[Find out more](#)

### University of Sydney Mega Maths Day 2024

November 26 to December 2, 2024

Mathematics is the hidden hero in every STEM discipline whether it be geosciences, biology or psychology.



Wherever your students see themselves heading in their future studies and careers, we want to show them how important and useful it is to have a foundation in mathematics.

Your Year 9 & 10 classes will join us for a day of STEM fun, including meeting a real mathematician, and your school's choice of three hands-on workshops themed in different disciplines, but all focused on the importance of mathematics. Year 10 in particular is a key time when your students are choosing their future direction, so give them the opportunity to find out just how important a solid background in maths is for a huge array of disciplines and careers.

[Find out more](#)

### Discover AI Magic with IT at ACU North Sydney

November 26, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Participate in interactive AI activities, chat with current students and learn what it's like studying a degree in IT at ACU.

[Find out more](#)

### Discover Exercise and Sports Science at ACU Blacktown

November 27, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Experience the range of cutting-edge equipment for training and rehabilitation that you will have access to as part of a sport and exercise science degree with ACU.

[Find out more](#)

### Discover Law and Criminology at ACU North Sydney

November 28, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Aspiring lawyers will have the chance to develop their analytical and courtroom skills in our law and criminology workshops. These hands-on activities will provide you with an insight into the Australian legal system and its functions.

[Find out more](#)

### AIE Online Campus Day

Academy of Interactive Entertainment

November 30, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

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.

[Find out more](#)

### Experience Day at ACPE

December 19, 2024

Want to pursue a career in sport? Discover why ACPE is ranked #1 for Health, Sport, Physical Education, and Dance. Join us on campus. See where you will study, meet our students and lecturers, and participate in info sessions and practical workshops to take the next step with confidence.

We'll have a number of sessions running throughout the day so you can decide on how you would like to enjoy your Experience Day!



### Why attend Experience Day?

- Explore the campus
- Q&A with our academics and students
- Chat with current students about their experience
- “Tutorial bites” on what to expect, take part in sample classes
- Practical workshops and interactive sessions
- Find out where a qualification from ACPE can take your career
- Discuss course options with our Enrolment Advisors and get a personalised study plan
- Get assistance with applying or enrolment

[Find out more](#)

### Larsen Jewellery Design Scholarship Program

**Value:** \$3,000 AUD

**Open date:** February 1, 2024

**Closing date:** November 30, 2024

Larsen Jewellery recognises the need to support and educate young adults wishing to begin a career in jewellery, design or visual arts; or who wish to further their studies in a jewellery, design or visual arts related course.

[Find out more](#)

### Playford Trust Lincoln College Residential Scholarship

**Value:** \$8,000 AUD

**Open date:** September 1, 2024

**Closing date:** January 17, 2025

The Playford Trust, in partnership with Lincoln College, offers a scholarship for a student enrolling at Lincoln College, a university residential college for students studying in Adelaide.

The scholarship will provide financial support to a high-achieving and motivated South Australian student to make the most of their studies, achieve their potential and contribute to South Australia’s knowledge, skills and research base.

[Find out more](#)

### Under the Radar Short Film Competition

**Value:** \$1,000 AUD

**Open date:** September 1, 2024

**Closing date:** January 31, 2025

Proudly presented and produced by the City of Port Phillip, the St Kilda Film Festival supports the Australian film industry by showcasing the best short films. A special category of St Kilda Film Festival is the Youth Short Film Category – Under the Radar. This category provides an opportunity for young filmmakers (under the age of 21) to show their work in an internationally recognised film festival.

[Find out more](#)

### Somerset National Poetry Prize

**Value:** \$300 AUD

**Open date:** July 22, 2024

**Closing date:** December 6, 2024

As a part of the 2025 Somerset Storyfest, school-aged students are invited to participate in the Somerset National Poetry Prize.

The purpose of the Somerset National Poetry Prize is to encourage a love of writing poetry amongst secondary school students, to affirm it as a worthwhile literary pursuit, and to stimulate excellence in writing. It also aims to inspire and enrich youth literature.

[Find out more](#)



## [University offers and your options explained](#)

For those of you planning on heading off to university, school is nearly over and the next chapter of your lives is about to begin. Hopefully your exams will go really well, your results will be even better than expected, and you'll get an offer for your dream course. But what if that's not the case? We're here to guide you through the university offer process and what to do if things don't go quite to plan.

### **When can I expect to receive an offer?**

The first thing you probably want to know is when you'll receive the news about your university offers. In most cases, you'll need to wait until results are released before you'll know whether or not your application is successful (unless you've applied for [early entry](#)).

Here's when most school leavers can expect to receive their first offers to university:

Location	Offer Date
AUS – NSW & ACT	23 December 2024
AUS – VIC	23 December 2024
AUS – QLD	23 December 2024
AUS – SA & NT	10 January 2025
AUS – WA	21 December 2024
AUS – TAS	Mid-December
NZ	Mid-January*
UK	Before 14 May 2025**
Ireland	Late August 2025
US	Late March – Early April 2025
Canada	January – May 2025

\*Universities will often send out provisional offers as early as November, but they only become unconditional once NCEA results are released in mid-January to ensure you meet University Entrance requirements.

\*\*Universities make offers on a rolling basis at their discretion – this is the final deadline for universities to send offers to students who submitted their application before 29 January 2025.

### **What if I change my mind about the course I applied for?**

Once you submit your application, it's not set in stone. Universities will often allow you to change your preferences, allowing you to re-order the existing courses on your list or even add and remove courses. If you've applied through a centralised or tertiary admissions centre, there is usually a set date you need to change your preferences by to ensure you still receive an offer in the upcoming round. Here are relevant change of preference closing dates for school leavers:

Admissions Centre	CoP Deadline (Main Offer Round)
<a href="#">UAC</a>	18 December 2024
<a href="#">VTAC</a>	14 December 2024
<a href="#">QTAC</a>	18 December 2024
<a href="#">SATAC</a>	2 January 2025
<a href="#">TISC</a>	17 December 2024
<a href="#">COA</a>	1 March 2025
<a href="#">OUAC</a>	15 January 2025

If you've applied directly to a university, you will need to get in touch with them to discuss your options when it comes to changing your preferences. As long as you contact them early, they will usually be able to help.

### **Find out more about change of preference**

Still confused about change of preference? Lots of universities hold special events leading up to the first round of offers to guide you through the process and answer any questions you might have.

You can see upcoming change of preference events on our website [here](#) – simply click the “change of



preference” filter on the right-hand column.

### What are unconditional and conditional offers?

If you receive an unconditional offer, congratulations! This means your place in your chosen course is secured, and you (usually) don't need to do anything else to accept.

If you receive a conditional offer, this is still great news! This means your place in your chosen course is yours pending any *conditions* that come with the offer. The most common condition is waiting for your final results to be released and seeing if they meet the course requirements. Other common conditions include:

- Needing to submit other documents to complete your application
- Completing a bridging course before your first Semester
- Securing financial aid or support to ensure you can pay your course fees

### What if I don't receive an offer in the main round?

We know it can seem like the end of the world, but you still have time and options on your hands, so don't stress.

Admissions centres and universities will release offers over multiple rounds, so even if you miss out the first time, you might receive an offer in a subsequent round. If you're still happy with your course choices, just sit tight and be patient.

If you want to maximise your chances of receiving an offer, you can always change your preferences to put a course with lower entry requirements at the top of your list.

If you've applied through UCAS and didn't receive an offer, you can still apply for courses with available places through [Clearing](#). CAO also has a similar system called [Available Places](#).

### What if I don't receive any offers?

If all the offer rounds have passed and you still don't have an offer, it doesn't mean you have to give up. There are lots of alternative pathways you can take to get into your dream course. Here are just a few:

- Complete a tertiary preparation course
- Take an alternative entry test, such as the [STAT](#)
- Study a lower qualification, like a Diploma, and use this for entry
- Wait a few years and re-apply as an adult with work and life experience

### Our top tips for university offers

Here are some of our top tips to keep in mind as offer season approaches.

- You usually have some time before you must respond to an offer, so don't panic and think things through before making a decision.
- You can sometimes accept an offer as a backup, then withdraw from it later if you receive another offer that suits you better.
- If you do accept multiple offers, make sure you withdraw from all but one **before** any key dates.
- Admissions centres and universities are more than happy to answer any questions you might have, so don't be afraid to get in touch.
- Remember to keep your contact info up-to-date to ensure you don't miss any important information.

### You've got this

The wait between applying and offers can be daunting, but in the meantime, you still have time to study hard and do your best on your exams. Remember, no matter what happens, there are options open to you and people who are more than happy to help.

Good luck and best wishes from all the Study Work Grow team.

### [10 effective exam prep tips for high school students](#)

The end of the school year can feel like a rollercoaster, with exams, assessments, and future planning all





happening at once. But don't worry – with some smart preparation, you can tackle it all and maybe even reduce some stress along the way. We've put together ten exam prep tips to help you create a study plan, stay organised, and hopefully boost your grades.

### **Design your study blueprint**

Think of your study schedule as a roadmap to success. Break down your subjects into manageable chunks and plan your study sessions in advance. This approach helps you stay organised and ensures you cover all the necessary topics. *Pro tip:* Use a [digital planner](#) or app to keep track of your schedule on the go.

### **Set clear goals**

Define specific study goals for each subject and study session. Having a clear purpose keeps you focused and motivated. Plus, there's nothing quite like the satisfaction of ticking off completed tasks. Try using the [SMART goal-setting technique](#) to make your objectives more effective.

### **Engage with active learning**

Passive reading isn't enough to truly grasp complex concepts. Instead, try summarising key points in your own words, teaching the content to a study buddy, or creating digital flashcards for quick reviews. Websites like [Quizlet](#) or [Anki](#) can help you create and share flashcards with classmates.

### **Tackle your weak spots**

Identify the subjects or topics you find challenging and allocate more study time to them. While it's important not to neglect your strengths, giving extra attention to problem areas can significantly improve your overall performance. Don't hesitate to reach out to your teachers or tutors for additional support.

### **Master the art of the break**

Regular breaks are crucial for maintaining focus and preventing burnout. Try the [Pomodoro Technique](#): study for 25 minutes, then take a 5-minute break. After four cycles, take a longer 15-30 minute break. This method can help you stay productive without feeling overwhelmed.

### **Fuel your brain and body**

A balanced diet, regular exercise, and adequate sleep are your secret weapons during exam season. Opt for [brain-boosting foods](#) like blueberries, nuts, and dark chocolate. Stay hydrated and aim for at least 8 hours of sleep each night. Remember, physical activity can actually improve your cognitive function, so don't skip your workouts!

### **Practice makes perfect**

Reviewing past exam papers is like a rehearsal for the big day. It helps you familiarise yourself with question formats, manage your time better, and identify any knowledge gaps. Many schools provide access to past papers, or you can find practice exams online for most subjects.

### **Harness the power of online resources**

The internet is a treasure trove of study materials. From educational YouTube channels to interactive learning platforms, there's something for every learning style. Just be mindful of potential distractions – consider using [website blockers](#) during study sessions to stay focused.

### **Form a study squad**

Studying with classmates can be both productive and fun. You can discuss complex topics, quiz each other, and share different perspectives on the material. If you can't meet in person, virtual study groups using platforms like [Zoom](#) can be just as effective.

### **Keep calm and study on**

Maintaining a positive mindset is crucial during exam season. Practice stress-management techniques like deep breathing, meditation, or even simple stretching exercises. Remember, it's normal to feel some pressure, but don't let it overwhelm you. Apps like [Headspace](#) or [Calm](#) can guide you through quick relaxation exercises.

### **Looking for more study advice?**

Remember, success in exams isn't just about the hours you put in – it's about how effectively you use that



time. By implementing these exam prep tips and finding what works best for you, you can improve your performance and maybe even make the study process more enjoyable.

If you're still after more exam or study tips, check out our other helpful resources on our website [here](#). Good luck with your exams!

### [How to become a Human Resources Manager](#)

Human Resources (HR) Managers play a crucial role in organisations by overseeing employee relations, recruitment, training, and ensuring compliance with labour laws. They are the skilled professionals who help maintain a positive work environment and support both employees and management.

If you're passionate about working with people, are a great communicator and organiser, and want to help businesses and employees thrive, a career as a human resources manager could be perfect for you.

#### **What skills do I need as a human resources manager?**

- Excellent communication and interpersonal skills
- Strong leadership and team management abilities
- Critical thinking and problem-solving skills
- Attention to detail and organisational skills
- Ability to maintain confidentiality and handle sensitive information
- Proficiency with HR software and data analysis tools
- Knowledge of labour laws and regulations
- Adaptability and cultural sensitivity

#### **What does the job involve?**

- Developing and implementing HR strategies and policies
- Overseeing recruitment, hiring, and onboarding processes
- Managing employee benefits, compensation, and leave programs
- Conducting performance evaluations and managing employee relations
- Ensuring compliance with relevant laws and company policies
- Providing training and professional development opportunities
- Mediating workplace conflicts and addressing employee concerns
- Maintaining employee records and HR information systems

#### **What industries do human resources managers typically work in?**

- Public Administration & Safety
- Professional, Scientific & Technical Services
- Healthcare & Social Assistance

#### **What Career Cluster do human resources managers belong to?**

HR managers are need strong organisational skills and are adept at planning and managing, so they make excellent [Coordinators](#).

#### **What kind of lifestyle can I expect?**

As a human resources manager, your work will typically be done in office settings, though some travel may be required for recruitment events or multi-site organisations. The job often involves regular business hours, but you may need to work extra hours during busy periods or to address urgent employee issues.

You can expect to earn an above-average salary throughout your career. The role also offers opportunities for advancement to senior HR positions or even executive roles, like Chief Human Resources Officer.

Most HR managers work full-time, with many working more than 40 hours per week. The job can be emotionally demanding when dealing with sensitive employee issues. Work-life balance is generally good, but can vary depending on the organisation and industry.



## How to become a human resources manager

The path to becoming a human resources manager typically involves a combination of education, experience, and ongoing professional development. Here are the general steps:

- Earn a bachelor's degree in Human Resources, Business Administration, Psychology, or a related field.
- Gain experience in entry-level HR positions or related roles, working your way up through various HR specialties.
- Develop strong leadership and management skills through experience and training.
- Stay updated on labour laws, HR trends, and best practices through continuous learning and professional development.

Many HR managers also pursue additional education or specialisations throughout their careers to enhance their expertise and advance to higher positions.

## What can I do right now to work towards this career?

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

- Focus on subjects like Business Studies, Psychology, and IT at school.
- Develop your leadership skills by participating in school clubs or community organisations.
- Look for internships or part-time jobs that involve working with people or in office environments.
- Practice your communication and problem-solving skills through debating or public speaking activities.

## Where can I find more information?

You can read more detailed information about careers in HR management here:

- [Australian HR Institute](#)
- [Human Resources Institute of New Zealand](#)
- [Chartered Institute of Personnel and Development](#) (UK)
- [Human Resources Professionals Association](#) (Canada)
- [National Human Resources Association](#) (US)

## Similar careers to human resources manager

- [Public Relations Professional](#)
- [Administrative Assistant](#)
- [Business Development Manager](#)
- [Lawyer](#)
- [Social Media Manager](#)
- [Virtual Assistant](#)
- [Accountant](#)
- [Logistics Manager](#)

Find out more about alternative careers on our [Job Spotlights](#) page.

## [7 innovative careers for Makers](#)

[Makers](#) are the doers, the builders, and the problem solvers of our world. They're the people who keep everything running smoothly, from constructing buildings to preparing our food. If you love working with your hands, enjoy seeing tangible results from your efforts, and have a knack for practical problem-solving, a career as a Maker might be perfect for you. Let's explore 7 innovative careers where Makers can truly shine and make a difference.

### Custom furniture designer

Imagine turning a client's vision into a beautiful, functional piece of furniture they'll treasure for years. As a custom furniture designer, you'll blend artistic flair with woodworking skills to create one-of-a-kind pieces. You might work independently in your own workshop or collaborate with interior designers on larger projects. This career allows you to express your creativity while mastering traditional craftsmanship techniques.

### Robotics technician



In this cutting-edge field, you'll build, maintain, and repair the robots that are revolutionising industries from manufacturing to healthcare. As a robotics technician, you'll need a solid understanding of mechanics, electronics, and programming. You might find yourself working on anything from industrial assembly line robots to sophisticated medical devices. It's a career that combines hands-on skills with high-tech innovation.

### **Artisanal food producer**

For Makers with a passion for culinary arts, becoming an artisanal food producer can be a delicious career choice. Whether you're crafting small-batch chocolates, brewing craft beer, or making artisanal cheeses, this career allows you to create products that delight people's taste buds. You'll need to master both the science of food production and the art of flavour creation.

### **3D printing specialist**

As 3D printing technology continues to advance, specialists in this field are in high demand. You might work in industries ranging from aerospace to medicine, using advanced printers to create everything from prototype parts to customised medical implants. This career requires a mix of technical knowledge about 3D printing processes and materials, along with problem-solving skills to overcome design challenges.

### **Automotive restoration expert**

If you have a passion for classic cars and a eye for detail, automotive restoration could be your calling. In this role, you'll breathe new life into vintage vehicles, combining skills in mechanics, bodywork, and even upholstery. You might work for a specialist restoration shop or even start your own business, preserving automotive history one car at a time.

### **Prosthetics fabricator**

As a prosthetics fabricator, you'll use your skills to create custom-fitted artificial limbs that can dramatically improve people's lives. This career combines elements of engineering, anatomy, and even artistic sculpting. You'll work closely with patients and medical professionals to ensure each prosthetic is comfortable, functional, and as natural-looking as possible.

### **Sustainable construction specialist**

With growing concern for the environment, sustainable construction is an exciting field for Makers. In this role, you might work on anything from installing solar panels to implementing green building techniques. You'll need to stay up-to-date with the latest eco-friendly materials and technologies, applying your practical skills to create buildings that are both functional and environmentally responsible.

### **Which one sounds best to you?**

These innovative careers represent just a fraction of the exciting opportunities available to Makers. Whether you're drawn to traditional craftsmanship, cutting-edge technology, or somewhere in between, there's likely a Maker career that aligns with your interests and skills.

The world is constantly evolving, with new technologies and techniques emerging all the time. To prepare for a career as a Maker, focus on developing a strong foundation of practical skills, stay curious about new developments in your field of interest, and never stop learning. Remember, your ability to create, build, and problem-solve will always be in demand.

### **Learn more about careers**

Find heaps more blogs and resources on the world of work on our website [here](#).

### **[Here's the best food to keep your brain powered all day](#)**

Staying focused all day, whether it's at school, work, or during an exam, is all about giving your brain a steady supply of energy. Your brain runs on glucose, a simple sugar that's essential for clear thinking, concentration, and tackling difficult tasks – so if you want to perform at your best (and get better grades) then you need to make sure you're eating the right food to keep it powered on.

In his book [Thinking, Fast and Slow](#), Daniel Kahneman talks about how glucose plays a crucial role in cognitive



processing, with research showing that mental effort depletes glucose levels. In their study, they found that students who were given glucose could continue performing simple mathematical equations long after a control group without the glucose could.

### **What is glucose?**

Glucose is a type of sugar that your body uses as its main source of energy. It's found in many foods, not just the sweet treats we often think of like lollies or candy. When you eat carbohydrates—whether they're in bread, pasta, fruits, or vegetables — your body breaks them down into glucose, which then enters your bloodstream. From there, glucose is delivered to your cells, including brain cells, to be used for energy. While glucose is technically a sugar, it's important to understand that the best sources of glucose come from complex carbohydrates, like whole grains, fruits, and vegetables, rather than processed sweets. These complex carbs provide a slow and steady release of glucose, helping you maintain consistent energy levels, as opposed to the rapid spike and crash that comes from consuming sugary snacks.

So, when we talk about “glucose for energy,” we're not just talking about sugar from lollies and junk food – we're talking about the healthy carbs your body can use effectively to keep your brain running at its best. The trick isn't just eating sugary snacks, but managing your diet to provide a constant source of glucose. Let's look at two scenarios: lasting a long day full of activities and preparing for an important exam.

### **Scenario 1: A full day of school plus work/training/study/social life**

A long school day followed by work, training, or study in the afternoon requires careful planning so you don't run out of energy before you get to the end of the day. Here's how you can keep your glucose levels steady and avoid the dreaded energy crash.

#### **Morning fuel**

A combination of complex carbs, healthy fats, and protein will help you start the day strong. Try a wholegrain cereal with milk and some sliced banana, or wholegrain toast with peanut butter. Try to avoid sugary cereals – they can cause a glucose spike followed by a crash, making you feel sluggish by mid-morning.

#### **Mid-morning boost**

Around mid-morning, have a small snack to maintain your energy. A banana with a handful of nuts or an apple with cheese slices works well. This combination balances natural sugars with some protein and fat to keep energy levels steady.

#### **Lunchtime recharge**

To power through the afternoon, your lunch should include complex carbohydrates, lean protein, and veggies. A good option might be a wholegrain sandwich with chicken, salad, and cheese, or a pasta salad with lots of veggies. This provides a slower release of glucose, keeping you fuelled until your next snack.

#### **Afternoon pick-me-up**

By mid-afternoon, you might notice your energy dip. This is a good time for a snack that includes a mix of carbs and protein. Crackers with cheese or a granola bar can give you that needed boost while keeping blood sugar stable.

#### **Evening meal**

If you have training or work in the afternoon and want to avoid feeling wiped out, dinner should still include complex carbs and protein but focus on lighter options to aid recovery. Think a wrap with grilled chicken and salad, or spaghetti with a simple tomato sauce and some lean meat.

#### **Timing tips**

Space out your meals and snacks by 2-4 hours to keep your glucose levels stable throughout the day. Dehydration can also make you feel tired, so make sure you're staying hydrated too. Water is best, but diluted fruit juice can help as well.

### **Scenario 2: Exam days**

Exam days need extra planning, especially as you often can't bring snacks into the exam room unless you have a medical reason. The goal is to keep your energy balanced so you can focus without feeling distracted or tired.



### **Pre-exam breakfast**

Eating a good breakfast is key to starting the exam day right. Wholegrain toast with peanut butter and sliced banana, or a breakfast smoothie with yoghurt, oats, and berries are great choices. They provide complex carbs, healthy fats, and protein, all of which help release energy slowly over the morning.

### **Just before the exam**

If there's time before your exam, about 30 minutes before you start, have a small, easily digestible snack like a piece of fruit or a granola bar. It gives a small glucose boost without causing a sugar rush.

### **Hydration during the exam**

You probably already hear this a lot, but it's important to stay hydrated. Water is the best option, as dehydration can impact your focus. Make sure you've drunk enough before the exam starts, and if allowed, keep a water bottle with you.

### **Post-exam snack**

Once the exam is over, your body and brain will need to recharge. A smoothie made with fruit, yoghurt, and a small handful of oats can help replenish your energy without overloading your system with sugar.

### **The energy drink trap**

It might be tempting to rely on energy drinks or caffeine tablets to stay alert, but they come with drawbacks. Energy drinks often contain a lot of sugar, which can lead to a rapid spike and crash in glucose levels, leaving you feeling worse in the long run. The high caffeine content can also cause jitters, anxiety, and even impact sleep, which ultimately harms your ability to focus and retain information.

So instead of quick fixes, aim for balanced, steady energy from nutritious foods and proper hydration to keep your brain functioning at its best.

### **Are you eating the right foods for your brain?**

Managing your glucose levels throughout the day comes down to eating a balanced mix of complex carbs, proteins, and healthy fats at regular intervals. This helps you stay energised without the spikes and crashes that can make it hard to concentrate. On exam days, a well-thought-out breakfast and some simple snack food can give your brain the steady power it needs to think clearly, even under pressure.

Want more health and wellbeing tips tailored for students? You can read more on our website [here](#).

### **[Scholarships for entrepreneurship and innovation](#)**

Are you the type of person who's always dreaming up new ideas? Maybe you've got a business concept that you think could change the world, or you're passionate about solving problems in your community. If this sounds like you, then entrepreneurship and innovation scholarships might be right up your alley. Let's take a look at what they are and why you should apply.

### **What are entrepreneurship and innovation scholarships?**

These aren't your average scholarships. Sure, they offer financial support, but that's just the beginning. These scholarships are designed to recognise and nurture your creative spirit, offering you a chance to turn your innovative ideas into reality. They often come with extra perks like:

- **Mentorship programs:** Get guidance from experienced entrepreneurs who've been in your shoes.
- **Networking opportunities:** Connect with other young innovators and industry professionals.
- **Access to resources:** This could include things like workshops, software, or even office space.

### **Who can apply?**

The great news is that there's probably a scholarship out there for you, no matter what your specific interests are. Some focus on particular areas like tech or sustainable energy, while others are open to any kind of innovative idea.



When you're looking at these scholarships, consider:

- **Your passion:** What problem are you trying to solve?
- **Your experience:** Have you already started working on any projects or initiatives?
- **Your goals:** Where do you see your ideas taking you in the future?

### How to stand out in your application

When you're applying for these scholarships, it's not just about your grades (although those are important too). Here are some tips to make your application shine:

1. **Highlight your entrepreneurial spirit:** Talk about any projects you've started, even if they're small.
2. **Show your passion:** Explain why your idea matters to you and how it could make a difference.
3. **Be specific:** Rather than saying you want to "change the world," explain exactly how you plan to do it.
4. **Demonstrate your skills:** Whether it's coding, public speaking, or creative thinking, show off what makes you unique.

### Entrepreneurship and innovation scholarships to check out

Here are a few scholarships that might interest you:

- [Jane M. Klausman Women in Business Scholarship](#) (International): For women pursuing business management degrees.
- [QUT Budding Entrepreneur Scholarship](#) (Australia): Supports student entrepreneurs in both for-profit and non-profit spaces.
- [WBS Young Entrepreneurs Scholarship Programme](#) (UK): Offers full undergraduate tuition and entrepreneurship mentoring at Warwick Business School.
- [The Milton Fisher Scholarship](#) (US): A four-year renewable scholarship for innovative and creative high school students.
- [Stephen Riady Young Entrepreneur Scholarship](#) (Singapore): Awarded to exceptional individuals who aspire to be entrepreneurs.

Remember, these are just a few examples. There are many more out there, so don't be afraid to do your own research too – our [scholarships database](#) is a great place to start.

### Making the most of your scholarship

If you're lucky enough to win one of these scholarships, congratulations! Here's how to make the most of it:

1. **Engage with your mentors:** They have valuable experience to share.
2. **Network, network, network:** You never know where your next big opportunity might come from.
3. **Take advantage of all resources offered:** Whether it's workshops, software, or events, use everything available to you.
4. **Keep pushing your ideas forward:** Use this opportunity to refine and develop your entrepreneurial skills.

### Ready to take the leap?

Applying for scholarships can seem daunting, but every successful entrepreneur started somewhere. Your innovative idea could be the next big thing, and these scholarships are designed to help you get there. Want to learn more about scholarships or explore other study options? Check out our website [here](#) for more information and resources to help you on your journey.