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## Careers Corner Term 3, 14 August 2020

Like our School Careers Facebook page for the latest information https://www.facebook.com/killarahighschool The school is also subscribed to: JobJump: https://www.jobjump.com.au/ The password to register is: kh \*Students and parents can sign up to Jobjump. School Careers Website: http://www.killarahighcareers.com/

## Articles of Interest:

https://www.smh.com.au/hsc-study-guide-2020 https://www.smh.com.au/business/workplace/five-things-year-12-students-must-know-20200617-p553ev.html https://www.smh.com.au/national/nsw/can-you-game-the-atar-20200727-p55fu3.html

## Year 10 Work Experience Update :

Please refer to the email sent on 23/7/20 to all Year 10 Killara families regarding the modified Work Experience Program for 2020. Work Experience for all students will be during Week 8 Term 4 30/11/20-4/12/20. Service Learning will not run this year due to COVID restrictions. Students must be proactive in finding a work experience placement for this period as forms are due to the Careers Staffroom by the end of Term 3. We recognise that placements will be competitive due to the evolving COVID situation, however, we encourage all students to do their best in seeking a placement as soon as possible. Please ensure the employer identifies the COVID safe practices in place on page 2 of the Student Placement Record. If you have previously organised your work experience it must be amended to the new dates (as per above) and a new Student Placement Record 2020 must be completed.. Should you have any gueries please contact the careers advisers via careers@khs.nsw.edu.auFor all the relevant information and paperwork please refer to the Careers section on the school website, see link below: https://killara-h.schools.nsw.gov.au/careers/

### Years 10-12 student information:

### Killara High School Portal For Medicine/Dentistry Entry:

For students interested in studying medicine/dentistry you can login into Killara High School's Portal (student and parent access):

Link: http://icanmed.com.au/killara Password: KILLARAMEDDENT

## Year 12 student information:

Year 12 students should have received their Universities Admissions Centre (UAC) guides by now. If you have not, visit the Careers staffroom ASAP. For more detailed UAC information refer to email sent to students/parents earlier this term.

Please be aware that the information listed is subject to change. For further information on any of the above or for general inquiries please contact the careers faculty. Email careers@khs.nsw.edu.au

Please refer to the links below for all key dates and recent changes to some course admission criteria: https://www.uac.edu.au/key-dates https://www.uac.edu.au/future-applicants/admission-criteria/requirements-for-certain-courses

# **Open Days & Info Sessions**

### Basair | Career Info Seminar, Sydney

13 August 2020, 7:00 pm - 8:30 pm

Basair Aviation College, Bankstown Aerodrome

Learn about a career as a Commercial Pilot at one of our free information seminars.

Find out more: http://www.basair.com.au/Events/Register/136

### **Canberra Women of Science and Art Webinar**

15 August 2020, 11:00 am - 12:00 pm

Meet a diverse group of amazing Canberran women working in or inspired by science, tech, engineering, art and maths (STEAM).

These interesting people are anything but 'boring scientists' or 'wacky artists'.

They have written books; invented a robot; created new technology to tell ancient, Aboriginal and Torres Strait Islander stories; taught children how to investigate and draw nature; pushed for action on climate change and other environmental and world problems.

Find out more: https://events.humanitix.com/canberra-women-of-science-and-art-saturday

### CSU | Charles Sturt Advantage Application Workshop Online

18 August 2020, 6:45 pm - 8:00 pm

Join us for an online session and discover how you can make your application stand out! We'll cover:

- the Charles Sturt Advantage early offer program
- the application process
- courses included in the program
- loads of tips to prepare a strong application

There will also be a chance to have a one-on-one appointment with one of our staff members. We can chat about what you're going to write in your application, review something you've already written, or chat about other pathways to get to Charles Sturt.

Find out more: https://charlessturt.zoom.us/meeting/register/tJ0vceiopj4iGtSIO-7UdFZs5BLUgRMwb1PJ

#### Online

Online

### UOS | Become an Occupational Therapist Webinar

19 August 2020, 4:30 pm - 5:00 pm

Occupational therapists are experts in the everyday. We help people overcome barriers that prevent them from doing the activities (occupations) that they want to do or need to do in their everyday lives.

Join us for this webinar and explore where a career in occupational therapy could take you.

Find out more: <u>https://uni-sydney.zoom.us/webinar/register/WN\_0EDD-IDIQNmDAux0gNYqjQ</u>

### UOS | Why study Exercise Physiology or Exercise Science? Webinar

20 August 2020, 4:00 pm - 4:30 pm

A degree in Exercise Physiology or Exercise Science might sound fun, but where can it take you? How is being an Exercise Physiologist different from being a Physiotherapist? In this masterclass Associate Professor Kate Edwards will clear up some common confusions about studying sport/exercise degrees, and tell you why educating exercise professionals is so important for Australia's future.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN\_fK4ZZkxGTYWOcczF-SXhvg

### University of Notre Dame | Virtual Open Day – Sydney

12 September 2020, 10:00 am - 4:00 pm

In a world transforming rapidly around you, the university you choose is more important than ever.

Join our Virtual Open Day to learn more about your study options, speak with Academics and current students about university life, and find out why Notre Dame is the No.1 university in Australia for Skills Development.

Find out more: https://www.notredame.edu.au/events-items/open-day-sydney-2020/open-day-sydney-2020

### AIE | Information Evening, Sydney

16 September 2020, 6:00 pm - 8:00 pm Academy of Interactive Entertainment (AIE) and Online

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

The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. Student work will be on display and our teachers will be available to speak with you one on one about our courses and how AIE can get you into a creative career.

Find out more: <u>https://aie.edu.au/aie\_event/information-evening/</u>

Online

Online

### AFTT | Virtual Open Day

19 September 2020, 10:00 am - 12:00 pm

Join us for our Online Open Day and learn how to build your creative future in Film, Theatre or Television.

Front of AFTT Campus

Experience Australia's most exciting creative arts academy, where taking risks is expected, pushing boundaries is encouraged, and collaboration is key.

If you're searching for information about a career in Film, Acting or Theatre Production then join us on September 19th and learn how to build your creative future.

You'll be able to hear from our Course Directors, find out more about the student admissions process, take a video tour of the facilities and have your questions answered live.

Find out more: <u>https://www.aftt.edu.au/events/open-days/online-open-day</u>

#### ACU | Moving Away From Home Webinar

23 September 2020, 5:00 pm

University life is about more than just study – it's about new friends, exciting experiences and memorable moments. Living in student accommodation is one of the best ways to get the most out of your university experience. Explore your accommodation options and hear tips from students who moved away from home to come and study at ACU.

Find out more: <u>https://www.acu.edu.au/about-acu/events/2020/september/moving-away-from-home-webinar</u>

#### HSC & Beyond Careers Expo

28 September 2020, 4:00 pm - 30 September 2020, 8:00 pm

Connect with secondary education providers, major universities, TAFE, UAC, VTAC, QTAC, NESA, TIS and more!

- Get one-on-one advice
- Watch expert-led explainers
- Access subject-specific help
- Learn from past students
- Be in-the-know with unlimited downloads

Find out more: <u>https://inspired.edu.au/thecareerexpo/</u>

Online

Online

Online

# Workshops & Courses

### Western Sydney U Day

20 November 2020, 9:00 am - 3:00 pm

Western Sydney University, Campbelltown Campus

Western Sydney U Day provides the opportunity for Year 10 and 11 high school students to experience a day on a Western Sydney University campus.

The event will allow high school students to speak with current University students and academic staff, experience the range of courses available at Western Sydney University through interactive workshops and presentations, learn about scholarships, The Academy, pathway programs and further opportunities to pursue their aspirations.

Find out more: https://www.westernsydney.edu.au/future/student-life/events/western-sydney-u-day.html

### School of The New York Times Summer Academy Online

Summer Academy Online gives intellectually curious high school students the opportunity to pursue their passions and study with experts in the fields of journalism, media, politics, technology, arts, culture, sports, business, fashion and more.

The online program brings this unique academic experience directly to you, wherever you are in the world. Each two-week course draws on the expertise and unrivalled access of The New York Times and encourages students to think critically and creatively while exploring their passions and building skills for life.

Highlights will include live video instruction from world-class faculty, a line-up of exciting guest speakers and virtual site visits.

Find out more about the program and enrol here: <u>https://nytedu.com/pre-college/summer-academy/online/</u>

### Learn Digital Marketing with Google

Google is offering a free course on the fundamentals of digital marketing. This course is ideal for anyone wanting to start their own business online, or to learn new skills for work.

The course is run completely online in a series of informative and interactive videos. On completion of the course you will also receive a recognised certification.

Find out more about the course here: https://learndigital.withgoogle.com/digitalgarage-au/course/digital-marketing

# Scholarships

## UON FEBE Scholarship for Excellence in Year 12

Value: \$30,000 AUD

Open/Closing Dates: April 1, 2020 - January 8, 2021

This scholarship was established in 2015 to encourage and support exceptional students to commence their studies with the Faculty of Engineering and Built Environment.

To be eligible to apply for this scholarship you must meet the following criteria:

- Be commencing in an undergraduate program within the Faculty of Engineering and Built Environment, University of Newcastle.
- Have a minimum ATAR of 98.5, with adjustment factors NOT included.
- Have completed a Year 12 Higher School Certificate in the year prior to commencement of the undergraduate program.
- Be enrolled full-time.
- Be enrolled at Callaghan Campus.
- Be an Australian citizen, Australian Permanent Resident or New Zealand Citizen.

Applications are not submitted for this scholarship. Scholarships are automatically awarded in Semester 1 and Semester 2 following admissions intake.

### Find out more

### WSU Vice-Chancellor's Leadership Scholarship

Value: \$10,000 AUD per year

Open/Closing Dates: July 20, 2020 - November 17, 2020

The Vice-Chancellor's Leadership Scholarship (VCLS) aims to reward the success and accomplishments of high-achieving secondary school students who demonstrate excellence not only in their academic studies, but also in other aspects of their lives. Additionally, these scholarship holders are offered access to The Academy which helps to optimise their academic and leadership potential.

Applicants must:

- be Australian citizens or permanent residents of Australia
- reside in or have undertaken their Higher School Certificate in Western Sydney
- have received an offer to study, have applied for a course as their first preference through the <u>Universities</u> <u>Admissions Centre</u> (UAC) or have applied through the Western Portal by 17 November 2020.
- demonstrate a high level of academic achievement through a minimum ATAR of 90 or equivalent
- provide evidence of leadership and community involvement (e.g. School Captain, community service, sport, the arts, public speaking, Maths/Science Olympiads, Duke of Edinburgh award, etc.)

Due to the competitive nature of scholarships, any Regional Bonus, Subject Bonus and other bonus points are not taken into consideration for this scholarship.

### Find out more

## ACU Ramsay Scholarship

Value: \$90,000

Open/Closing Dates: July 1, 2020 - December 31, 2020

Established in 2020, this scholarship supports commencing students enrolling full-time in the Bachelor of Arts (Western Civilisation) at the North Sydney campus.

This scholarship is open to applicants who will be commencing their course and who meet all the following criteria:

- Citizenship: Australian citizen, permanent resident or holder of a permanent humanitarian visa
- Course: Bachelor of Arts (Western Civilisation)
- Campus: North Sydney
- Study load: full-time
- Year Level: commencing first year
- Academic ability as ordinarily demonstrated by projected minimum section rank of 92 based on ATAR and adjustment factors
- Highest qualification:
  - $\circ$  completed year 12 last year; or
  - due to complete year 12 this year.
  - must not have previously commenced study at a Bachelor level or higher

### Find out more

### ACU Thomas More Law School Academic Excellence Scholarship

Value: \$20,000

Open/Closing Dates: August 28, 2020 – February 28, 2021

Initiated in 2012, the Thomas More Law School Academic Excellence Scholarship reflects ACU's commitment to academic excellence in the undergraduate law program.

This scholarship is open to applicants who meet all the following criteria by the application close date:

- Citizenship: domestic
- Faculty: Law and Business
- Course: any ACU undergraduate Law degree
- Campus: North Sydney, Strathfield or Melbourne
- Year level: First year
- Applied through VTAC or UAC for an undergraduate Law course

• Students are only eligible to receive the Scholarship once during their studies at ACU

### Find out more

### ACU George Alexander Foundation Scholarships (NSW)

Value: \$22,500

Open/Closing Dates: August 28, 2020 – February 28, 2021

Established in 2007 by the George Alexander Foundation (GAF), founded by the late industrialist and philanthropist George Alexander AM, for the purpose of assisting outstanding students especially those demonstrating exceptional leadership potential and community participation, to achieve their undergraduate educational goals successfully.

Eligibility:

- Citizenship: Domestic students
- Faculty: Any
- Course: Any ACU undergraduate degree
- Campus: North Sydney or Strathfield
- Year level: First year
- Minimum ATAR: attained a minimum ATAR ranking of 75 or equivalent (non-recent school leavers are welcome to apply but must display evidence of academic merit/equivalent industry experience)

Find out more

## Competitions

### Storyfest National Novella Writing Competition

The Storyfest National Novella Writing Competition is open to all Australian high school students. It is a wonderful opportunity for serious student writers, encouraging them in their literary growth – and there are also some fantastic prizes on offer.

All state winners will be awarded:

- Cash prizes
- Flights and accommodation to the Gold Coast
- Tickets to attend Somerset Storyfest (17-19 March 2021)
- Exclusive access to meet with Australia's elite authors and publishers
- Personalised advice and full editorial report courtesy of Penguin Random House (Australia)

#### The competition is open until Friday 4 December.

Find out more and enter here: https://www.storyfest.com.au/novella-writing-competition

## The ABC Heywire Competition

Open to people aged 16-22, living in regional or rural Australia. Heywire encourages young people to tell stories about their life outside the major cities in text, photo, video or audio format.

Each year, every ABC regional station selects a winning Heywire Competition entry to represent their part of Australia. The young winners work with ABC staff to produce their story to be featured on ABC Radio and abc.net.au.

Competition winners also score an all-expenses-paid trip to the Heywire Summit, designed to ensure their voices are heard in Canberra and around the nation.

### The competition is open until Wednesday 16 September.

Find out more and enter here: https://www.abc.net.au/heywire/competition/

### STEM Design Challenge

On Thursday 20 & Friday 21 August, classes from Stage 3 and 4 can join our virtual classroom to design, create and build solutions to problems in their community using technology, engineering, science and maths.

This could be designing an application for a local business, prototyping a robot for agriculture or designing infrastructure for better transport.

While the challenge is open to all students, the event has been designed to actively target regional girls participation in STEM.

Teachers can sign up their students for the challenge by Wednesday 12 August.

Find out more here: https://www.techgirlsmovement.org/programs/design-challenge-registration/

### SkyStock.net Relaunch Aerial Photography Competition

To celebrate the relaunch of their new platform, SkyStock.net are having their largest aerial photography competition yet.

The total prize pool is worth \$4,000. The competition runs from August until December with a different theme and prize every month.

To enter, just upload your best aerial photography to SkyStock.net's website.

Find out more and enter here: https://skystock.net/skystock-net-relaunch-competition/

# **Careers & Jobs**

### Business ideas to consider while you're at high school

Following on from our <u>How to start a business in the middle of a pandemic</u> blog, perhaps you're motivated to have a go at the business idea that's been in the back of your mind for a while. Fantastic, get yourself organised and give it your best shot – remember to update your skills and experience sections on your resume too

Starting a business while you're still at high school might seem like a bit of a stretch, but <u>17% of Australians were</u> <u>self-employed</u> in 2019 and they all started somewhere. If your venture is successful, you never know where it could all end, but one thing is for sure – you'll definitely learn a lot along the way.

So, if you'd like to earn a bit of extra cash, start saving for uni (or something else), or dream about becoming a business guru and you want to get started right now but can't decide what to do; we've come up with a few ideas that could work for you (or at least spark your creativity).

### Keep your business idea simple and safe

Before you race off and get started, spend a while considering your business plan, maybe get some advice and input from other people. Do your research into the potential demand for your goods or services and check out competitors as well.

Pare back if necessary, keep your idea as basic as possible. You can always build on your business and expand later on.

Try to reduce your risks, don't waste your time or money, and at the moment it would be wise to read a little bit about <u>COVID compliance</u>. Think about ways to keep your products or services as contact free as possible.

### Small business ideas and inspiration to consider, even during a pandemic

The pandemic is restrictive in many ways but adjusting your mindset to see new opportunities could be really beneficial.

Look at goods and services that are more in demand than ever and you could come up with a genius new way to appeal to lots of people and start making money quickly.

- Get creative, make handmade items then sell them online, through local social media groups, or sign up to sites like <u>Etsy</u>. As well as traditional goods, consider items that might sell well right now like masks, washable phone or laptop covers, greetings cards, games and puzzles.
- Sign up with freelancing marketplaces such as <u>Fiverr</u>, <u>Airtasker</u>, <u>Upwork</u>, <u>com</u>, <u>Guru.com</u>, <u>Oneflare</u>, <u>Design</u> <u>Crowd</u> if you have a particular set of skills you'd like to use.
- Provide a pick-up service for places (or items) that don't already have delivery organised the Post office, health food stores, or pet shop for example.
- Do some <u>online tutoring</u> if you're doing great in a particular subject or have a skill that's in demand.
- Offer to do car washing and detailing at people's homes.
- Start a lawn mowing or weeding service, establish and maintain vegetable gardens, or provide garden upkeep and maintenance for when owners go away.

Please be aware that the information listed is subject to change. For further information on any of the above or for general inquiries please contact the careers faculty. Email <u>careers@khs.nsw.edu.au</u>

- Cleaning up council bins on a monthly basis it might not be glamourous but it's a job that needs doing and a chore that most of us would like to hand over.
- Produce your own podcasts or YouTube videos and get people to subscribe.
- Become a blogger, you could even end up writing for other people.
- If you're great in the kitchen consider baking or other catering options like cake decorating, making picnic hampers, kids party food, dinner parties, or any other foodie treats. (You will have to check health and safety compliance rules and regulations with your local council, then register with them too).
- Dog walking or pet care for other people could be a great option. With a strong stomach and steady supply of gloves you could even set yourself up to be a professional poop scooper in people's gardens.
- Got technical skills and a fantastic idea? You could become an app creator, graphic designer, game developer or website designer.
- Provide technical support for people who need to set up social media pages, google adverts or help with online services.
- Musicians and performers you could play at venues, functions and events, make a name for yourself and maybe even get discovered.
- If you're great at art you could provide custom portraits of people or pets, create bespoke artwork, posters, illustrations, murals and more.
- Love being active and staying fit, then you could offer personal training and motivate others to be healthier too. (Running classes or one-on-one sessions online could work).

### Don't overcommit yourself

Before you start, you'll need to figure out how much time you can commit without interfering with other aspects of your life that are important too – especially school-work and sleep.

Remember to always make sure you can meet your business obligations so you don't let customers down. A good reputation is really important in helping you keep and grow your customer base.

### In-demand roles for 3 August 2020

This week, there was strong growth for roles in Real Estate and Property.

These jobs can include roles such as real estate agents, auctioneers, property managers, and more. Most of these jobs require qualifications to get into. If you are interested in a career in real estate, you can check out the <u>Job</u> <u>Spotlight we wrote</u>.

Here are the top in-demand roles by location:

- NSW <u>Trades Assistant</u> (458 jobs)
- VIC <u>Aged Care</u> (1,925 jobs)
- QLD <u>Pharmacy Assistant</u> (122 jobs)
- ACT <u>Graphic Designer</u> (202 jobs)
- WA <u>Service Advisor</u> (409 jobs)

SA – <u>Gardeners</u> (72 jobs)

TAS – <u>General Manager</u> (76 jobs)

NT – <u>Recruitment Consultant</u> (45 jobs)

Source: Seek Australia

# Further Learning

### Macquarie Aboriginal & Torres Strait Islander Entry Pathway

Macquarie University offers an alternative pathway for Aboriginal and Torres Strait Islander students to study an undergraduate degree.

If you don't think you'll get the ATAR you need to get into your dream course, this pathway offers a way to get you there.

To apply, you just need to supply a written statement and do an interview.

Applications to start in Semester 1 2021 are open now.

Find out more and apply here:

https://www.mq.edu.au/study/high-school-students/getting-into-university/entry-schemes-and-pathways/indigenous-st udents

### Charles Sturt Advantage Early Offer – Applications Close Soon

Applications are closing soon for CSU's Charles Sturt Advantage Early Offer Program.

This alternative pathway is a way to get into uni before you receive your ATAR. Instead, they will assess your soft skills through a short written application.

Apply by Monday 31 August to receive a conditional early offer.

Find out more and apply: <u>https://study.csu.edu.au/study-options/pathways/charles-sturt-advantage</u>

### Applications Open to CSU's Joint Medical Program

If you want to study medicine through Charles Sturt University's new Joint Medical Program in 2021, applications are open now.

You can apply for the course now through UAC. If your application is successful, you will be invited to sit an interview in November. You also must have sat the UCAT earlier in the year.

There is also a lower ATAR requirement for students applying through the rural entry admission scheme.

Hurry, applications close Wednesday 30 September.

Find out more: https://study.csu.edu.au/courses/medicine/doctor-medicine

### Top 5 reasons to attend Macquarie's 2020 Open Day Streamed

Written by Nidhi Chowkira (Bachelor of Laws with Bachelor of Arts) and Jessie Peake (Bachelor of Laws with Bachelor of Psychology).

Macquarie's Open Day is fast approaching, and things are looking a bit different this year. We've organised a completely online, live-streamed Open Day on Saturday 15 August, 2020

Here are our top 5 reasons on why you should attend Macquarie's Open Day Streamed:

- 1. Get the real deal from current students
- 2. Participate in cool activities
- 3. Hear from our expert academics
- 4. Get a feel for the campus from the couch
- 5. Make an informed choice about your future

#### Read the full article here.

#### 6 Reasons to Study VET

This year has seen some big changes, and one of them might have been your plan for education in the future.

If you're wondering whether or not to go to university, consider VET as a great alternative. RMIT has written a great blog with the top 6 reasons you should think about studying VET. They include:

- 1. Getting hands-on experience
- 2. Be job-ready sooner
- 3. Flexible learning
- 4. Get skills quicker
- 5. Smaller classes and one-on-one learning
- 6. A pathway to higher education

You can read the full blog here: https://www.rmit.edu.au/news/all-news/2020/jul/six-reasons-to-study-ve

#### Mentoring Programs

Joining mentoring programs can be hugely beneficial in many stages of life:

- High school
- University
- Starting a new job

• Changing careers

Are just a few examples of times when mentors could provide a supportive learning relationship that could help you move forward with more ease and confidence.

### What are mentors?

Mentors are people with experience and wisdom in a particular area or field (not always older), who are happy to spend time sharing their knowledge with others who could benefit from it.

They could provide guidance, motivation, emotional support, and role modelling. They could help you with exploring careers, setting goals, developing contacts (networking), and identifying other useful, relevant resources that could be helpful.

### How to find a mentor

Start off by speaking to someone at your school and see what programs or initiatives they already have on offer, perhaps they'd be happy to implement something new if there isn't a program already up and running.

If you know someone who has expertise or skills in an area you're interested in, then you could approach them directly and ask if they'd be willing to mentor you.

Alternatively, there are mentoring programs that you can sign up for.

Here are a few to research:

- · <u>Raise</u> offer 4 programs
- Big Brothers, Big Sisters of Australia
- The Smith Family
- · EdConnect
- MTC Youth Frontiers mentoring Program
- · Veteran Mentors Junior Leader Program
- · ABCN Mentoring Program

### Find other opportunities

If you don't see what you're looking for on this list then do a search, ask around in your community and see what's available, you could be surprised by the options out there.

#### Watch Bond Open Day Live on Demand

The Open Day Live at Bond broadcast might have wrapped up for 2020, but you can still be part of all the action.

Learn more about the university ranked #1 in Australia by employers (QILT Employer Satisfaction Survey).

Check out the wide range of tours, faculty and study area demos, interviews with students and academics and more on your own device, all at your own pace.

Find out more: https://bond.edu.au/open-day-2020

### Bond University – 2021 Year 12 Entry

Year 12 students have shown incredible resilience in adapting to the challenges presented by the coronavirus pandemic.

To ensure students are not disadvantaged by the hardship caused by COVID-19, Bond University will support students by assessing applications based on their first semester Year 12 results.

Applications can be made now via Bond's direct online application and if the entry requirements are met, an offer will be received that guarantees entry to Bond conditional on the completion of Year 12 and meeting any subject prerequisite requirements for a program.

Note: Bond's Medical Program is excluded from these revised entry requirements.

Learn more at https://bond.edu.au/2021-year-12-entry

### **Indigenous Mentoring Programs**

Indigenous Mentoring Programs are designed to help you get the most out of your education – at high school, TAFE or uni. Or to open up opportunities through networking and experiences.

Mentors could help you achieve all that and more by working on building your confidence, inspiring and motivating you, supporting you and believing in your abilities.

You can read a bit more about what mentors are, and ways to go about finding one here.

### Mentoring Programs that could suit you

- <u>Barayamal</u>
- Experiential Mentoring through the Smith Family
- Aurora Education Foundation High School Program. They also run an Outreach Program.
- Pathways to Dreaming Program at WSU
- Strive BIG Mentoring Program at UNSW
- <u>AIEF Mentoring Program: you'll need to apply for a scholarship (successfully) to be eligible for this program</u> that'll pair you with an AIEF Mentor at the beginning of Year 10.

## Resources

### Australia Council for the Arts – First Nations Contemporary Music Program

The Australia Council for the Arts has recently opened applications for Indigenous musicians and bands looking to receive support.

The purpose of this grant is for First Nations Contemporary Music projects for individual artists and groups for creative and skills development projects of up to \$15,000. These projects can include creation of new work, professional development, marketing and promotion, touring and performance opportunities including digital platforms.

### Applications are open now and close on Tuesday 6 October.

Find out more and apply here:

https://www.australiacouncil.gov.au/funding/funding-index/First-Nations-Contemporary-Music-Program-Musicians-and -Band-support/

#### Australian Olympic Change-Maker

The Australian Olympic Change-Maker program recognises and rewards students who are demonstrating the Olympic spirit through leadership and driving positive change in their communities.

Entries are open to all Australian high schools, and teachers are invited to nominate up to two students per school from years 10-12 who demonstrate the Olympic Spirit.

This can take on many forms – from major projects to small examples of daily positivity. This is a chance to have your students recognised for their fantastic work in leading teams, coaching juniors, supporting seniors, making a difference at a sports club, a national cause or effecting change on the world stage.

Every Award recipient will receive:

- Certificate of recognition
- Invitation to attend a virtual forum
- Consideration for selection to attend the National Olympic Change-Maker Summit

#### Nominations are open until Monday 31 August.

Find out more here: https://www.olympics.com.au/resources/articles/australian-olympic-change-maker/

#### The Sydney Morning Herald HSC Study Guide 2020

The Sydney Morning Herald has released their HSC Study Guide for 2020.

It is packed with information including key dates, what's changed in 2020, study tips, advice from former students, practice exam questions, and more.

Check it out here: https://www.smh.com.au/hsc-study-guide-2020

#### National Science Week 2020

This year, National Science Week will take place from Saturday 15 to Sunday 23 August.

All around Australia there will be a huge variety of live online events, virtual tours, competitions and fun activities to participate in and grow your STEM knowledge.

Take a look at what's on and find a whole bunch of resources here: https://www.scienceweek.net.au/

### Free Learning Styles Questionnaire

Understanding your learning style can help you improve your results and get more from your study time.

Everyone is unique, and we all have our own preferences when it comes to learning new material. Even if your teacher's methods don't align with your preferred learning style, you can still find ways to absorb the information. Start by taking the quiz, then look for ways you can adapt your study technique to suit your learning style. It'll save you time and energy, and help you get a better handle on the information.

#### Which learning style are you?

#### Active vs Reflective Learners

Active Learners need to try things out, while Reflective Learners like to think about things first. If you're an active learner try studying with a group and testing out concepts you've learnt in class. Reflective learners should spend time reviewing what they've learnt and thinking of possible other questions you could ask.

#### Sensing vs Intuitive Learners

Sensing Learners like to learn about facts, so connect what you've learnt with your real world experiences and look for practical applications of the material. Intuitive Learners prefer to innovate and don't want to repeat information, so make sure you double check your answers.

#### **Visual vs Verbal Learners**

Visual Learners prefer to see things for themselves, so when you're studying try creating flowcharts and graphs to remember the information. Verbal Learners can write out summaries of the material in their own words, or talk about the information with classmates.

#### **Sequential vs Global Learners**

Sequential Learners like to follow logical steps, so if you find you're not following the material go back and fill in the gaps in your knowledge. Global Learners could benefit from getting an overview of the topic before they start learning, so you could look for quick videos on the topic before you start your formal study session.

Take the <u>Learning Styles Questionnaire</u> to find out where you fit in. It's based on <u>decades of research</u> and <u>you can</u> <u>find it here</u>.

You can find more study tips here.

### Join the Bite Back Mental Fitness Challenge

Bite Back is a mental health and wellbeing challenge created by the Black Dog Institute for young people aged 12 – 18.

It consists of six weekly challenges to help you improve your mental fitness, increase your happiness, reduce stress, improve your friendships and your focus. There is a combination of quizzes, interactive activities, videos and more.

For each challenge you complete you receive a token, which can be used to go into the draw to win prizes.

Find out more and sign up here: <u>https://www.biteback.org.au/MentalFitnessChallenge</u>

### The Duke of Edinburgh's International Award

<u>The Duke of Edinburgh's International Award</u> has been adopted in over 130 countries around the world, with more than 8 million young people taking part. In Australia over 775,000 youths have participated since it was started back in 1959.

### What is the award about?

It's a structured but informal youth development program that's been designed to empower young Australians and help them to explore their full potential, find their purpose, passion and place in the world.

There are 3 levels:

- <u>Bronze</u> minimum 6 months
- Silver minimum 6 months if completed Bronze otherwise 12 months for direct entrants
- **<u>Gold</u>** minimum 12 months if completed Silver otherwise 18 months for direct entrants

Each level gets more challenging.

To receive your award you'll have to earn a skill, improve their physical wellbeing, volunteer in their community and experience a team adventure in a new environment. You'll get supervision and mentoring to help you out.

It is still possible to apply and work towards your award in spite of COVID.

#### Taking part in the award

- Be aged between 14 24 years old
- Download a guide
- Find an award centre
- Register
- With the help of Award Leader decide on your tasks
- Nominate an Assessor
- Set your SMART goals and start, you'll need to fill in your record book as you go too
- Log your hours, complete the task, get your Assessor to sign off & write a report
- Submit your your record book and Assessment report
- Wait to hear the outcome

Then add it to your resume along with all the skills you learnt along the way.

### Why should you consider doing the award?

There are plenty of benefits to consider, the D of E could:

- help you to achieve more at school
- look great on your resume
- help you become more competitive in future applications for courses and jobs
- improve your physical health
- help you achieve and maintain positive emotional and mental wellbeing
- get you involved in your community
- help you make more friends with similar interests
- develop your awareness of social, community and environmental issues

If you're still not sure, you can have a look at their website, or read some of the stories from other participants.

# **Job Spotlight**

### How to become a Pathology Collector

### What do Pathology Collectors do?

Pathology Collectors (also known Phlebotomists – who generally only collect blood samples) collect samples of fluids and tissues from patients that could help diagnose illnesses and other issues. They're also responsible for storing and preparing the samples for transport to pathology labs for processing and analysis.

If you're good at multitasking, have great people skills, are highly organised and great at following rules, becoming a Pathology Collector could be a career to explore.

#### About you:

- Sympathetic, calm and a great communicator
- Pays attention to details, follows instructions and procedures to the letter
- Steady hands with good practical skills

#### The job:

- Check personal details, explain procedures to and help reassure patients
- Obtain required samples using strict procedures to prevent contamination
- Keep the working environment clean, hygienic and prevent cross-contamination
- Store and label samples correctly, then deliver them to the lab within strict timeframes
- Keep accurate and updated patient, test, and equipment records

#### Lifestyle Impact: Low

• **Part Time opportunities:** High (59% workers are part time – Source: joboutlook.gov.au)

- Below average hours for full-time workers (average 40 per week)
- Pathology Collector salary (average) \$47,000 per year (Source: com)
- Future career growth: Strong (Source: joboutlook.gov.au)
- Limited opportunities to work from home and limited jobs in regional areas

#### Pathology Collectors are in demand in these locations:

Victoria, Queensland and New South Wales (source: seek.com.au)

#### How to become a Pathology Collector in Australia

The minimum qualifications you'll need to become a Pathology Collector in Australia are a Certificate III in Pathology Collection HLT37215 (from an approved educational institution) and a current first aid certificate.

Step 1 – Study Maths, English and Biology at high school.

Step 2 – Complete the required qualification e.g.:

Certificate III in Pathology Collection

Diploma of Laboratory Technician

Step 3 – If you don't already have one, you'll need a full driver's license.

Step 4 – Become first aid certified

https://stjohn.org.au/first-aid-training

https://www.australiawidefirstaid.com.au/

https://www.redcross.org.au/get-involved/learn/first-aid/courses/provide-first-aid

**Step 5** – Obtain relevant work experience or complete the required number of hours supervised work placement as part of your training.

Find out more here -

https://knowpathology.com.au/

https://www.aacb.asn.au/

https://www.rcpa.edu.au/

#### Similar Careers to Pathology Collector

Medical Technician

Pharmacy Technician

Laboratory Technician

Phlebotomist

| Medical Receptionist | Cosmetic Nurse |
|----------------------|----------------|
| Enrolled Nurse       | Aged Care      |

Find out more about alternative careers.

## Frequently Asked Questions (FAQ's)

## • What do Pathology Collectors do?

They collect blood and other specimens from patients for analysis, label the samples accurately, store them to preserve them and avoid contamination, then transport them to pathology labs for analysis. They may also work preparing and processing pathology samples for testing in a laboratory.

# • Do I need qualifications to become a Pathology Collector?

Yes, you'll need a minimum of a Certificate III in Pathology Collection, plus a valid driver's license and a current first aid certificate.

# • Where do Pathology Collectors work?

Pathology Collectors work in private and public hospitals or in collection centres which may be in privately owned diagnostic pathology laboratories, doctors' surgeries, insurance offices, or fertility clinics.