

Weekly Careers News for Victoria

August 4, 2025

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Events

This Week's Events

Applying for courses in 2025

Organisation: Victorian Tertiary Admissions Centre

Location: Online

Date: August 5, 2025

Finishing year 12 this year? You'll apply for courses at Victorian universities, TAFE institutes, and independent tertiary colleges via VTAC, the Victorian Tertiary Admissions Centre. Join our webinar to find out more about what you need to do.

Join the VTAC team for a live webinar which will cover all aspects of the VTAC application process - from finding course information and making sure you're eligible, all the way through to actually receiving an offer.

You'll have the opportunity to ask questions throughout, so join us to find out everything you need to know about getting to uni, TAFE, or college next year!

[Find out more and register](#)

Meet Melbourne Bellarine Peninsula

Organisation: University of Melbourne

Location: Holiday Inn & Suites, Geelong

Date: August 6, 2025

Our Future Students team are visiting the Bellarine Peninsula to meet with prospective undergraduate students like you to discuss your study options and the exciting campus life that awaits you at Melbourne.

- Discover your study path and career options through the Melbourne curriculum
- Hear from current students who made the move to Melbourne
- Learn about your special entry and scholarship eligibility through Access Melbourne
- Find out about accommodation options and the vibrant community opportunities
- Ask us any questions you may have.

[Find out more and register](#)

Access Monash – Pharmacy and Pharmaceutical Sciences Panel

Organisation: Monash University

Location: Online

Date: August 6, 2025

Hear from current Pharmacy and Pharmaceutical Sciences students about their experiences studying Pharmacy and Pharmaceutical Sciences, including their favourite subjects, how the course progresses, what drew them to studying a Pharmacy and Pharmaceutical Sciences degree, and what other opportunities they've had since starting their degree at Monash. Live Q&A included.

[Access Monash](#) enhances opportunities for secondary students from low Socio-Economic Status (SES) backgrounds and regional or remote locations, helping them improve their educational outcomes and transform their lives.

[Find out more and register](#)

Pathways into Medicine and Dentistry Live Webinar

Organisation: National Institute of Education

Location: Online

Date: August 6, 2025

This forum is an excellent opportunity for teachers, students and their parents to find out about the UCAT, pathways into medicine, and have all questions answered by an expert teacher who has been working in the field since 1999.

The session is packed with invaluable information during which we will be covering the following topics, and more:

- What is UCAT? UCAT scores? UCAT Sub-tests?
- Year 10, 11 and 12 - things to consider now
- The undergraduate selection criteria
- Application process into universities for medicine and dentistry
- When and who can sit the UCAT?
- GAMSAT
- Can you prepare for the UCAT?
- Undergraduate interview process
- What, how and why about Gap Year?
- Alternative degrees and career choices
- Work experience advice
- Q&A

[Find out more and register](#)

Monash Information Evening – Geelong

Organisation: Monash University

Location: Rydges Geelong

Date: August 7, 2025

We know that choosing a university is a big decision, especially if you don't live in Melbourne. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

You'll hear about:

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

[Find out more and register](#)

Kangan Docklands Open Night

Organisation: Kangan Institute

Location: Kangan Docklands Campus

Date: August 7, 2025

At our Open Night you will have the chance to speak one on one with teaching areas, discover the free support services available to assist you with your studies and tour our amazing facilities.

Some study areas will be running information sessions and guided tours to give you a closer look at the courses and our outstanding training facilities. You're welcome to attend multiple sessions based on your interests.

[Find out more and register](#)

Visual Arts Online Session

Organisation: Melbourne Polytechnic

Location: Online

Date: August 7, 2025

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s):

- Certificate III in Visual Arts
- Certificate IV in Visual Arts
- Advanced Diploma of Creative Product Development
- Diploma of Visual Arts - Illustration

[Find out more and register](#)

Chisholm Campus Tours – August

Organisation: Chisholm Institute

Location: Chisholm Berwick, Dandenong & Frankston Campus

Date: August 7, 2025

Join us for a campus tour and see Chisholm up close. You'll be able to walk through our facilities, guided by a Chisholm representative who can answer your questions about campus life, career pathways and our range of courses.

Register for a campus tour so you can:

- See our facilities
- Learn about our range of courses and the career pathways available
- Find out if a course at Chisholm is right for you

[Find out more and register](#)

Girls Day Out in STEM – My Metaverse Mission: Possible

Organisation: Girls Day Out in STEM

Location: Online

Date: August 9 to August 17, 2025

You've been recruited to the Metaverse Mission Possible Taskforce (MMPT) - your task? Embark on the most imaginative STEM operation this side of cyberspace. Your challenge: decode the universe and shape a better world while having an absolute blast.

Girls Day Out in STEM (GDOS) presents a cool metaverse of possibilities for girls aged 10-14. You'll get to explore new careers, challenge your thinking and unlock your imagination - all while having fun, winning prizes and discovering your agency!

Join our team of real-world STEM agencies such as Advanced Navigation, Powerlink, Telstra and more. Each one is hiding information, mentors and missions to help you realise your future potential.

It's free, online and designed just for you. Whether solo or with friends, join us and show the world what's possible when girls lead the future in STEM!

[Find out more and register](#)

ComputeFest 2025: Discover Tech Studies at UniMelb

Organisation: University of Melbourne

Location: UniMelb Parkville Campus

Date: August 9, 2025

ComputeFest is an opportunity for anyone in Year 10 - 12 who's interested in studying a STEM-related degree to get their first taste of tech at UniMelb!

If you don't know us yet: CISSA is the largest tech club at UniMelb, hosting events throughout the year for all students specialising in technology and building a community for all tech-lover students! We'll be taking you through:

- Industry Experience in Technology Panel: Join us for an insightful discussion featuring professionals from leading tech companies as they share their experiences and career journeys.
- Student Experiences in Tech Panel: Discover what it's like to study science and technology at university, with students from disciplines like computer science, data science, and more sharing their journeys.
- Programming Workshops: Cover the basics of Python with our tutors, who will guide you through hands-on coding, step by step, with no prior experience required!

And much more!

We encourage you to come along if you're in high school, or tell anyone you know who might be interested!

[Find out more and register](#)

PSC Open Day 2025

Organisation: Photography Studies College

Location: PSC Thistlethwaite Street Campus

Date: August 9, 2025

Open Day is the first step towards building a creative career doing the work you love. It's a rare opportunity to explore our campus, meet your future lecturers and discover all the industry opportunities available to PSC students.

As Australia's #1 Photography College, our courses are designed to accelerate your development as a creative professional, with hands-on learning from Australia's best photographers and visual artists. You'll get to experience this and more at PSC's Open Day.

[Find out more and register](#)

Medical Interviews Preparation Workshop Online

Organisation: National Institute of Education

Location: Online

Date: August 9 to August 10, 2025

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. It will allow each and every attendee to learn the required skills and practical understanding for the university from which they received an interview offer.

[Find out more and register](#)

ACU Open Day 2025, Melbourne

Organisation: Australian Catholic University

Location: ACU Melbourne Campus

Date: August 10, 2025

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more and register](#)

La Trobe Open Day 2025, Shepparton

Organisation: La Trobe University

Location: La Trobe Shepparton Campus

Date: August 10, 2025

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more and register](#)

RMIT Open Day 2025, Brunswick

Organisation: RMIT University

Location: RMIT Brunswick Campus

Date: August 10, 2025

RMIT Open Day is your chance to experience what it's like to be an RMIT student. Get to know your surroundings, explore the campus, meet your future teachers, ask questions and make friends. It's your opportunity to learn all the tips and tricks from current students and alumni.

[Find out more and register](#)

RMIT Open Day 2025, City

Organisation: RMIT University

Location: RMIT City Campus

Date: August 10, 2025

RMIT Open Day is your chance to experience what it's like to be an RMIT student. Get to know your surroundings, explore the campus, meet your future teachers, ask questions and make friends. It's your opportunity to learn all the tips and tricks from current students and alumni.

[Find out more and register](#)

GOTAFE Open Day 2025, Shepparton

Organisation: GOTAFE

Location: GOTAFE Fryers Street Campus

Date: August 10, 2025

Whether you're aiming for a career change, professional growth, or pursuing your passions, remember, with GOTAFE you've got this. Take the next step towards your ideal future by attending a GOTAFE Open Day.

- Explore subject areas
- Understand study pathways
- Join an information session
- Talk to career advisors
- Take part in demonstrations
- Enjoy some food and coffee

[Find out more and register](#)

Federation Open Day 2025, Gippsland

Organisation: Federation University

Location: Federation Gippsland Campus

Date: August 10, 2025

Experience Open Day at Federation University. From campus tours to live music and hands-on experiences, there's something for everyone.

Why come to Open Day?

- Tour the campus with current students

- Meet our academics, students and industry partners
- Enjoy food stalls, live music, games and giveaways
- Attend info sessions with expert course advice

[Find out more and register](#)

Next Week's Events

The Gordon Information Nights

Organisation: Gordon Institute of TAFE

Location: The Gordon, Geelong City, East Geelong & Werribee Campuses

Date: August 12 to August 14, 2025

Open the door to opportunity with us. Explore our campuses, meet our teachers and ask questions.

Find out more about studying at The Gordon.

[Find out more and register](#)

AMSI Industry Day for Teachers – Warrnambool

Organisation: Australian Mathematical Sciences Institute

Location: Deakin Warrnambool Campus

Date: August 12, 2025

Join us at our upcoming AMSI Industry Days to explore the critical role of mathematics in future careers.

Proudly funded by The Invergowrie Foundation, these free professional development events offer a unique opportunity for attendees to engage with tertiary educators and industry professionals to explore the increasing demand for mathematics in the workforce, the increasing range and scope of careers that rely on these skills, and the educational pathways that lead to these professions.

If you're a high school Maths, STEM, or Careers teacher (including out-of-field teachers), don't miss this opportunity to build confidence in guiding students toward rewarding, maths-based future careers.

[Find out more and register](#)

La Trobe Open Day 2025, Mildura

Organisation: La Trobe University

Location: La Trobe Mildura Campus

Date: August 13, 2025

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more and register](#)

Meet Melbourne Ballarat

Organisation: University of Melbourne

Location: 117-119 Sturt Street, Ballarat

Date: August 13, 2025

Our Future Students team are visiting Ballarat to meet with prospective undergraduate students like you to discuss your study options and the exciting campus life that awaits you at Melbourne.

- Discover your study path and career options through the Melbourne curriculum
- Hear from current students who made the move to Melbourne
- Learn about your special entry and scholarship eligibility through Access Melbourne
- Find out about accommodation options and the vibrant community opportunities
- Ask us any questions you may have.

[Find out more and register](#)

Access Monash – Science Student Panel

Organisation: Monash University

Location: Online

Date: August 13, 2025

Hear from current Science students about their experiences studying Science, including their favourite subjects, how the course progresses, what drew them to studying a Science degree, and what other opportunities they've had since starting their degree at Monash. Live Q&A included.

[Access Monash](#) enhances opportunities for secondary students from low Socio-Economic Status (SES) backgrounds and regional or remote locations, helping them improve their educational outcomes and transform their lives.

[Find out more and register](#)

SuniTAFE Open Day 2025 Mildura

Organisation: Sunraysia Institute of TAFE

Location: SuniTAFE Mildura Campus

Date: August 13, 2025

Join us for our 2025 Open Day and see for yourself how SuniTAFE can help you launch into your future.

Whether you're finishing secondary school soon and planning what comes next, have your heart set on a new career, or are just looking to learn what's out there, our Open Day is for you.

Hear from our expert teachers and watch practical demonstrations that will give you a glimpse into what your career could look like.

[Find out more and register](#)

Understanding equity schemes and scholarships

Organisation: Victorian Tertiary Admissions Centre

Location: Online

Date: August 14, 2025

Have you been affected by educational disadvantage or want to find out more about financial support for your tertiary studies? Our webinar will guide you through the key opportunities available to support your journey.

We will speak about our equity program, the Special Entry Access Scheme (SEAS), who is eligible and how to apply.

We will also speak about merit based and access based scholarships, explaining the differences and also how to research scholarships and apply.

Whether you're a student, a parent, or an educator, this webinar is designed to provide clarity and support you as you prepare your application for equity schemes and scholarships.

[Find out more and register](#)

Holmesglen Open Day, August 2025

Organisation: Holmesglen Institute of TAFE

Location: Holmesglen Campuses

Date: August 14, 2025

Open Day is a great opportunity for you to meet with teachers, explore our campuses and study facilities, and get a feel for Holmesglen life. Our sessions include presentations, tours and Q&As – perfect for helping you map out your future study and career plans. Plus, our friendly team is also available to help you apply on the day.

[Find out more and register](#)

Monash Clayton Campus Tour

Organisation: Monash University

Location: Monash Clayton Campus

Date: August 15, 2025

Join us for a 90-minute campus tour and discover all that Monash has to offer! Led by our friendly student ambassadors, you'll explore the outdoor spaces of our world-class campus, learn about student life, and have the chance to ask questions about studying at Monash.

[Find out more and register](#)

Whitehouse Open House 2025, Melbourne

Organisation: Whitehouse Institute of Design

Location: Whitehouse Melbourne Campus

Date: August 16, 2025

Join Whitehouse this August to hear more about our design courses, join a free creative workshop or join an info session on where a career in design can take you.

[Find out more and register](#)

ADFA Open Day 2025

Organisation: Australian Defence Force Academy

Location: ADFA Canberra Campus & Online

Date: August 16, 2025

Join us online or in person for ADFA Open Day to learn about life on campus and how you can receive a fully funded UNSW degree.

Don't worry if you can't make it in person, you can still attend ADFA Virtual Open Day online.

Register now to reserve your spot at the online event, or join us in person with no registration required.

On the day, you will have the chance to:

- Explore world-class UNSW degrees, with information sessions about Business, Arts, Science, Engineering, Computing and Cyber Security.
- Learn about military training, studying and life on campus from current ADFA Trainee Officers.
- Watch a range of exciting military displays from Navy, Army and Air Force.
- Take a tour of the campus, and much more.

[Find out more and register](#)

ACAP Open Day 2025, Melbourne

Organisation: ACAP University College

Location: ACAP Melbourne Campus

Date: August 16, 2025

Open Day is your chance to experience the ACAP difference, and find your path in the applied professions. Whether you're interested in Counselling, Psychology, Social Work, Criminology, Law, or Business, ACAP is your pathway to making a difference.

Be part of a workshop, meet our industry-renowned facilitators, and hear all about life as an ACAP student. Join us for a day of exploration and inspiration!

[Find out more and register](#)

SAE Open Day 2025, Melbourne

Organisation: SAE University College

Location: SAE Melbourne Campus

Date: August 16, 2025

We're opening the doors to the campus for our biggest event of the year – Open Day!

Come and tour our facilities, speak to faculty members, meet current students, and find out everything you need to know about studying at SAE.

If you're considering studying creative media, come along to SAE's Open Day to speak to our experienced team and learn how you can pursue your passion in this dynamic and expanding industry.

[Find out more and register](#)

VU Open Day 2025, Footscray Park

Organisation: Victoria University

Location: VU Footscray Park Campus

Date: August 17, 2025

No one sees you like VU – and there's no better way to see all your possible study/career paths than coming to our VU Open Day.

It's a day where you get to explore our campus, learn about our range of TAFE and Higher Education courses, and dive into interactive events. You'll also find a place to belong – and discover what's next.

[Find out more and register](#)

Deakin Open Day 2025, Geelong

Organisation: Deakin University

Location: Deakin Geelong Waurin Ponds & Waterfront Campuses

Date: August 17, 2025

Deakin Open Day is your opportunity to experience everything Deakin has to offer at our Geelong campuses. Not sure what you want to study or where you want to study? Our free shuttle bus will transport you between campuses so you can maximise your day.

- Chat with lecturers about how a Deakin degree prepares you for a successful career.
- Attend information sessions to find your ideal course.
- Participate in demonstrations of our top-ranked facilities.
- Tour the campuses with current students and get all the insider information.
- Enjoy entertainment and activities while learning about student social clubs.

[Find out more and register](#)

Federation Open Day 2025, Berwick

Organisation: Federation University

Location: Federation Berwick Campus

Date: August 17, 2025

Experience Open Day at Federation University. From campus tours to live music and hands-on experiences, there's something for everyone.

Why come to Open Day?

- Tour the campus with current students
- Meet our academics, students and industry partners
- Enjoy food stalls, live music, games and giveaways
- Attend info sessions with expert course advice

[Find out more and register](#)

Monash Open Day 2025, Parkville

Organisation: Monash University

Location: Monash Parkville Campus

Date: August 17, 2025

If you're considering studying at uni, coming to our Open Day is one of the best decisions you can make. You'll be able to discover key course information, explore our campuses, meet current students and staff, and get a taste of Monash life, firsthand.

Whether you want to get a feel for what you'll be studying, make sure you're on the right track, or simply picture yourself in one of our learning spaces, here's why you should join us at Open Day:

- Chat with current students
- Hear from inspiring academics
- Get all your questions answered in the one place
- Get involved
- Enjoy the vibe

[Find out more and register](#)

UniMelb Open Day 2025

Organisation: University of Melbourne

Location: UniMelb Parkville Campus

Date: August 17, 2025

We look forward to welcoming you and your family to our campuses on Sunday 17 August 2025, to learn about your passions and to support you in finding the right study path.

What's on at Open Day:

- Chat to our academics, Future Student teams and current students to learn more about your study options and the exciting careers they could lead to
- Get a feel for campus life by exploring the spaces you'll be learning in, including our labs, libraries, galleries and other specialist facilities
- Learn how our curriculum works, including how you can combine your passions and strengths to set yourself apart for whichever career you choose
- Explore our range of student accommodation facilities and the social activities and study support on offer.

[Find out more and register](#)

Future Events

ATAR, Bonus Points, & Uni Entry Explained

Organisation: Claire Pech Careers

Location: Online

Date: August 20, 2025

Looking for ways to unlock bonus points and improve uni entry chances? Join our webinar designed for Yr 12 students and parents, navigating university admissions.

We will cover: The ATAR explained, bonus points (adjustment factors) and who qualifies, what is EAS and how to apply, dates, preferencing and decision making.

This talk is being run by [Claire Pech Careers](#) and [Amanda Krulis](#).

[Find out more and register](#)

National Fashion College Open Day 2025, Melbourne

Organisation: National Fashion College

Location: NFC Melbourne Campus

Date: August 20, 2025

Unlock a world of limitless possibilities at National Fashion College, where your fashion journey begins at our iconic Melbourne Campus!

Step into a realm of unmatched creativity and immerse yourself in the forefront of fashion innovation. Our pioneering courses, dynamic internship opportunities, and exclusive access to the buzz of Australian, New York, and London Fashion Weeks will propel you into the heart of the global fashion scene. Get ready to be inspired, challenged, and transformed - we can't wait to welcome you!

There will be two sessions available on the day: one from **10.00 am to 12.00 pm**, and another from **3.00 pm to 5.00 pm**.

If these times don't suit you, you can always [book in for a private appointment or tour instead](#).

[Find out more and register](#)

Bendigo TAFE Open Night, City Campus

Organisation: Bendigo TAFE

Location: Bendigo TAFE City Campus

Date: August 21, 2025

At our Open Night you will have the chance to speak one on one with teaching areas, discover the free support services available to assist you with your studies and tour our amazing facilities.

Some study areas will be running information sessions and guided tours to give you a closer look at the courses and our outstanding training facilities. You're welcome to attend multiple sessions based on your interests.

[Find out more and register](#)

Bendigo TAFE Open Night, Charleston Road Campus

Organisation: Bendigo TAFE

Location: Bendigo TAFE Charleston Road Campus

Date: August 21, 2025

At our Open Night you will have the chance to speak one on one with teaching areas, discover the free support services available to assist you with your studies and tour our amazing facilities.

Some study areas will be running information sessions and guided tours to give you a closer look at the courses and our outstanding training facilities. You're welcome to attend multiple sessions based on your interests.

[Find out more and register](#)

The Hotel School Industry Insights Melbourne 2025

Organisation: The Hotel School Australia

Location: Hyatt Centric Melbourne

Date: August 23, 2025

Step into the world of hospitality at Hyatt Centric Melbourne! This exclusive event for Year 12 students gives you a behind-the-scenes look at one of the top venues in the industry and a taste of the exciting careers that could be yours. Key takeaways include:

- Hear from Industry Experts
- Interactive Workshop inc. Completion Certificate
- A tour of the iconic hospitality venue
- Get all your questions answered by THSA team
- Network with Industry leaders & current THSA students
- Complimentary Morning Tea & Lunch provided for students

[Find out more and register](#)

JMC Melbourne August 2025 Open Day

Organisation: JMC Academy

Location: JMC Melbourne Campus

Date: August 23, 2025

This is your chance to see our multi-million dollar world-class facilities - future students, parents and friends welcome.

Things to do at Open Day:

- Explore your creative future and learn about our courses
- Meet our current students and industry expert lecturers
- Check out live student performances
- Tour our world-class facilities and tech
- Speak to us about the admissions process
- Get hands-on with our interactive activations

[Find out more and register](#)

Torrens Open Day 2025, Melbourne

Organisation: Torrens University Australia

Location: Torrens Flinders Street Campus

Date: August 23, 2025

Come and meet our academics and Future Student Advisors, who will be able to answer all your questions about early entry, scholarships, entry pathways and our world-class facilities. Explore our campus and see firsthand how exciting studying in Melbourne can be.

[Find out more and register](#)

Deakin Open Day 2025, Melbourne

Organisation: Deakin University

Location: Deakin Melbourne Burwood Campus

Date: August 24, 2025

Open Day 2025 is your opportunity to experience everything Deakin has to offer at our campus in Burwood.

- Chat with lecturers about how a Deakin degree prepares you for a successful career.
- Attend information sessions to find your ideal course.
- Participate in demonstrations of our top-ranked facilities.
- Tour the campuses with current students and get all the insider information.
- Enjoy entertainment and activities while learning about student social clubs.

[Find out more and register](#)

VU Open Day 2025, City Tower

Organisation: Victoria University

Location: VU City Tower Campus

Date: August 24, 2025

No one sees you like VU – and there's no better way to see all your possible study/career paths than coming to our VU Open Day.

It's a day where you get to explore our campus, learn about our range of TAFE and Higher Education courses, and dive into interactive events. You'll also find a place to belong – and discover what's next.

[Find out more and register](#)

ACU Open Day 2025, Ballarat

Organisation: Australian Catholic University

Location: ACU Ballarat Campus

Date: August 24, 2025

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more and register](#)

La Trobe Open Day 2025, Bendigo

Organisation: La Trobe University

Location: La Trobe Bendigo Campus

Date: August 24, 2025

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more and register](#)

Federation Open Day 2025, Ballarat

Organisation: Federation University

Location: Federation Mt Helen, SMB & Camp Street Campus

Date: August 24, 2025

Experience Open Day at Federation University. From campus tours to live music and hands-on experiences, there's something for everyone.

Why come to Open Day?

- Tour the campus with current students
- Meet our academics, students and industry partners
- Enjoy food stalls, live music, games and giveaways
- Attend info sessions with expert course advice

[Find out more and register](#)

GOTAFE Open Day 2025, Wangaratta

Organisation: GOTAFE

Location: GOTAFE Docker Street Campus

Date: August 24, 2025

Whether you're aiming for a career change, professional growth, or pursuing your passions, remember, with GOTAFE you've got this. Take the next step towards your ideal future by attending a GOTAFE Open Day.

- Explore subject areas
- Understand study pathways
- Join an information session
- Talk to career advisors
- Take part in demonstrations
- Enjoy some food and coffee

[Find out more and register](#)

Kangan Essendon Open Night

Organisation: Kangan Institute

Location: Kangan Essendon Campus

Date: August 27, 2025

At our Open Night you will have the chance to speak one on one with teaching areas, discover the free support services available to assist you with your studies and tour our amazing facilities.

Some study areas will be running information sessions and guided tours to give you a closer look at the courses and our outstanding training facilities. You're welcome to attend multiple sessions based on your interests.

[Find out more and register](#)

ADHD & ATAR, Bonus Points, & Uni Entry Explained

Organisation: Claire Pech Careers

Location: Online

Date: August 28, 2025

Looking for ways to unlock bonus points and improve uni entry chances? Join our webinar designed for Yr 12 students with ADHD and parents, navigating university admissions.

We will cover: The ATAR explained, bonus points (adjustment factors) and who qualifies, what is EAS and how to apply with ADHD as the main contributor, dates, preferencing and decision making throughout this.

This talk is being run by [Claire Pech Careers](#) and [Amanda Krulis](#).

[Find out more and register](#)

Kangan Cremorne Open Night

Organisation: Kangan Institute

Location: Kangan Cremorne Campus

Date: August 28, 2025

At our Open Night you will have the chance to speak one on one with teaching areas, discover the free support services available to assist you with your studies and tour our amazing facilities.

Some study areas will be running information sessions and guided tours to give you a closer look at the courses and our outstanding training facilities. You're welcome to attend multiple sessions based on your interests.

[Find out more and register](#)

Collarts Open Day 2025

Organisation: Australian College of the Arts

Location: All Collarts Campuses

Date: August 30, 2025

At Collarts, our Open Day is all about making this process simple and hands-on. Information sessions, workshops and the chance to chat with students, teachers and leaders are an important part of learning more about what sets us apart from the rest.

We invite you to come and experience life at Collarts: from our passion for creativity, close community, state-of-the-art facilities, expert faculty, and more.

[Find out more and register](#)

AIE Online Campus Day

Organisation: Academy of Interactive Entertainment

Location: Online

Date: August 30, 2025

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 and register](#)

Torrens Technology Virtual Open Day

Organisation: Torrens University Australia

Location: Online

Date: September 2, 2025

Join online as our Technology academics talk you through the courses on offer and how you can get the most out of studying with us. Learn about scholarships, study pathways, our industry partnerships with global brands and what sets us apart from other universities.

[Find out more and register](#)

Torrens Health and Education Virtual Open Day

Organisation: Torrens University Australia

Location: Online

Date: September 2, 2025

Join online as our Health and Education academics talk you through the courses on offer and how you can get the most out of studying with us. Learn about scholarships, study pathways, our industry partnerships with global brands and what sets us apart from other universities.

[Find out more and register](#)

Torrens Business and Hospitality Virtual Open Day

Organisation: Torrens University Australia

Location: Online

Date: September 2, 2025

Join online as our Business and Hospitality academics talk you through the courses on offer and how you can get the most out of studying with us. Learn about scholarships, study pathways, our industry partnerships with global brands and what sets us apart from other universities.

[Find out more and register](#)

Torrens Design and Creative Technology Virtual Open Day

Organisation: Torrens University Australia

Location: Online

Date: September 3, 2025

Join online as our Design and Creative Technology academics talk you through the courses on offer and how you can get the most out of studying with us. Learn about scholarships, study pathways, our industry partnerships with global brands and what sets us apart from other universities.

[Find out more and register](#)

GOTAFE Open Day 2025, Seymour

Organisation: GOTAFE

Location: GOTAFE Wallis Street Campus

Date: September 3, 2025

Whether you're aiming for a career change, professional growth, or pursuing your passions, remember, with GOTAFE you've got this. Take the next step towards your ideal future by attending a GOTAFE Open Day.

- Explore subject areas

- Understand study pathways
- Join an information session
- Talk to career advisors
- Take part in demonstrations
- Enjoy some food and coffee

[Find out more and register](#)

Kangan Broadmeadows Open Night

Organisation: Kangan Institute

Location: Kangan Broadmeadows Campus

Date: September 4, 2025

At our Open Night you will have the chance to speak one on one with teaching areas, discover the free support services available to assist you with your studies and tour our amazing facilities.

Some study areas will be running information sessions and guided tours to give you a closer look at the courses and our outstanding training facilities. You're welcome to attend multiple sessions based on your interests.

[Find out more and register](#)

SuniTAFE Open Day 2025 Swan Hill

Organisation: Sunraysia Institute of TAFE

Location: SuniTAFE Swan Hill Campus

Date: September 17, 2025

Join us for our 2025 Open Day and see for yourself how SuniTAFE can help you launch into your future.

Whether you're finishing secondary school soon and planning what comes next, have your heart set on a new career, or are just looking to learn what's out there, our Open Day is for you.

Hear from our expert teachers and watch practical demonstrations that will give you a glimpse into what your career could look like.

[Find out more and register](#)

Wodonga TAFE Logic Campus Open Day

Organisation: Wodonga TAFE

Location: Wodonga TAFE Logic Campus

Date: September 20, 2025

Have you ever wondered what goes on behind the scenes at our Logic campus? Now's your chance to see the action up close and explore future career pathways.

Bring your friends and family for a fun, hands-on experience in a vibrant and welcoming atmosphere.

Learn about our training in:

- Heavy Vehicle Licensing
- Forklift Operation
- Civil Construction & Plant Operation
- Supply Chain & Warehousing
- Light Vehicle Automotive & Motorsport

[Find out more and register](#)

Outward Bound Expedition VIC

Organisation: Outward Bound

Location: Buchan, VIC

Date: September 22 to October 1, 2025

Join a crew of adventurers from across Australia for 10 days of challenge, connection and serious outdoor action. Expedition is designed for 15–24 year olds chasing something real—big hikes, big moments, and big personal growth.

You'll push your limits on epic activities like the Giant Ladder, high ropes, abseiling, hikes and an unforgettable overnight solo. Along the way, you'll build resilience, confidence, and a deeper connection to yourself, others, and the environment. Walk away with skills and stories that'll stick with you, wherever life takes you next.

To apply, create a quick 1–2 minute video answering: "Why do you want to join the Expedition program?"

[AOBDF Scholarships](#) are available to individual participants wanting to attend School Holiday Adventures, Duke of Ed or for Schools seeking funding assistance for individual students.

[Find out more and register](#)

RMIT Student for a Day 2025

Organisation: RMIT University

Location: RMIT City Campus

Date: September 23, 2025

Want a taste of life after high school? Register your interest in being a Student for a Day at RMIT this September school holidays.

Aimed at high school students in Years 10, 11 and 12, this event will let you experience student life at RMIT and discover more about our courses.

[Find out more and register](#)

Enter the World of Le Cordon Bleu Careers Residential, Melbourne

Organisation: Le Cordon Bleu

Location: Le Cordon Bleu Melbourne Campus

Date: September 24 to September 26, 2025

We're opening our doors to high school students in Years 11 & 12, to experience a day in the life at one of the world's leading culinary and hospitality institutions. The residential will provide a taste of what a future career in hospitality looks like.

Meet lecturers and Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary classes with our chefs.

Open to high school students in Years 11 & 12 interested in culinary arts, hotel or business management.

[Find out more and register](#)

Outward Bound Junior Adventure ACT

Organisation: Outward Bound

Location: Tharwa, ACT

Date: September 29 to October 3, 2025

Get outdoors on a 5-day school holiday adventure with likeminded young adults, 12-15 years, from across the country.

Be introduced to authentic adventure the Outward Bound way. Embrace the peak activities including overnight journeying and camping, abseiling, climbing, and high ropes. Discover there is more in you than you thought possible, and bring home knowledge and skills that will support you in your future pursuits, no matter where you go.

[AOBDF Scholarships](#) are available to individual participants wanting to attend School Holiday Adventures, Duke of Ed or for Schools seeking funding assistance for individual students.

[Find out more and register](#)

Outward Bound Expedition WA

Organisation: Outward Bound

Location: Walpole, WA

Date: September 30 to October 9, 2025

Join a crew of adventurers from across Australia for 10 days of challenge, connection and serious outdoor action. Expedition is designed for 15–24 year olds chasing something real—big hikes, big moments, and big personal growth.

You'll take on high ropes, epic coastal paddling, multi-day hikes, and an unforgettable solo night under the stars. It's all about finding your limits, backing yourself, and building the kind of skills that stick with you wherever life takes you.

To apply, create a quick 1–2 minute video answering: "Why do you want to join the Expedition program?"

[AOBDF Scholarships](#) are available to individual participants wanting to attend School Holiday Adventures, Duke of Ed or for Schools seeking funding assistance for individual students.

[Find out more and register](#)

It Takes a Spark STEM Conference, Melbourne

Organisation: Intuyu Consulting Pty Ltd

Location: The Knox School, Wantirna

Date: October 23, 2025

Most conferences currently being offered on STEM, STEAM and Entrepreneurship tend to be targeted towards teachers and involve a series of speakers and the occasional mini-workshops. This conference is designed to be different. This conference is designed by students and teachers for students and teachers.

The intent of the It Takes a Spark STEM Conference is to bring together Students (Year 4 to 10) and Teachers to connect with inspiring industry role models, share their current school based activities and projects using an authentic sharing and experiential model, create networks of teachers and student teams, and solve social justice design challenges.

The participation of the students is as important as teachers as our intent is to ignite, empower and nurture both to be leaders of STEM and Entrepreneurship within their schools. This is a conference designed and led by students and teachers for students and teachers.

Teachers will have both formal and informal opportunities to speak to other teachers who have enacted programs and activities in their schools and get their questions answered.

The Digi-Design workshops and Problem Solver design challenges are all hands-on so students and teachers will experience first-hand what it is like to be part of great STEM and entrepreneurial learning. This will spark new ideas about curriculum and pedagogy.

[Find out more and register](#)

A day in the life of a medical imaging student

Organisation: Deakin University

Location: Deakin Geelong Waurin Ponds Campus

Date: October 28, 2025

'A day in the life of a medical imaging student' is an opportunity for Year 11 students who live in the South West and Grampians/Wimmera regions and have an interest in medical imaging to experience what it is like to study at Deakin.

The day will include hands-on practical activities as well as the chance to learn more about pathways, entry requirements and career options.

Academics and current students will be available to answer all your questions.

Expressions of interest due 19 September.

[Find out more and register](#)

Scholarships

QUT Excellence Scholarship (Academic)

Organisation: Queensland University of Technology

Location: Queensland

Value: Up to \$30,000 AUD

Open Date: August 5, 2025

Close Date: December 8, 2025

[Find out more](#)

UNSW Scientia Scholarships

Organisation: University of New South Wales

Location: New South Wales

Value: \$10,000 AUD

Open Date: July 2, 2025

Close Date: December 18, 2025

[Find out more](#)

Competitions

2025 Head On Student Awards

Organisation: Head On Foundation

Location: Australia

Value: Up to \$500 AUD

Close Date: August 27, 2025

[Find out more](#)

Adelaide Fringe Poster Competition 2026

Organisation: Adelaide Fringe

Location: All

Value: \$10,000 AUD

Open Date: July 28, 2025

Close Date: August 17, 2025

[Find out more](#)

Weekly Posts

Jobs & Careers

Psychology vs counselling: What's the difference?

If you've ever been curious about how the mind works or felt drawn to helping people navigate their challenges, you might have thought about a career in psychology or counselling. But while there's some overlap in these fields, they're actually quite different. Think of it like this: all psychologists can do counselling, but not all counsellors are psychologists. Confused? Don't worry, we're about to break it all down.

What do psychologists actually do?

[Psychologists](#) study how people think, feel, and behave - but they approach it from a scientific angle. They're interested in the 'why' behind human behaviour, and use research, data, and evidence-based methods to understand mental processes.

A typical day for a psychologist might include conducting therapy sessions, but it could also involve designing research studies, analysing data, writing reports, or even testifying in court. Some psychologists spend their days in labs studying how memory works, while others might be helping companies understand consumer behaviour.

Examples of psychology careers

- [Clinical psychologist](#): diagnose and treat emotional, behavioural, and psychological problems through therapy and support.
- [Research psychologist](#): study how people think, feel, and behave, often working in universities or research centres to expand our understanding of the mind.
- [Forensic psychologist](#): apply psychology to the legal system, helping in criminal investigations, court cases, and rehabilitation.
- [Educational psychologist](#): support students, teachers, and families by identifying developmental, behavioural, and learning challenges, then creating strategies to help young people succeed at school.
- [Organisational psychologist](#): study workplaces and help businesses improve employee wellbeing, teamwork, and productivity.

So what about counsellors?

Counsellors are the people you turn to when life gets overwhelming. Their main focus is providing emotional support and practical strategies to help their clients work through personal challenges - they're there to listen, guide, and help find solutions.

A counsellor's day could be filled with one-on-one or group sessions helping people process emotions, develop coping strategies, and work towards personal goals. Or, they might specialise in specific areas like relationships, addiction, or grief. In any case, their primary role is always about providing direct support.

Examples of counselling careers

- **Mental health counsellor**: offer emotional support and therapy to help clients manage stress, anxiety, and other personal challenges.
- [Genetic counsellor](#): help individuals and families understand genetic conditions, testing options, and the risks of inherited health issues.
- **Marriage and family counsellor**: work with couples and families to improve communication, resolve conflicts, and strengthen relationships.
- **Addiction counsellor**: support people struggling with alcohol, drugs, or other addictions, helping them find healthy coping strategies.
- **School counsellor**: create a safe space for students, offering help with academic pressures, friendships, and personal wellbeing at school.
- [Career counsellor](#): help people explore job options, plan career paths, and manage changes or challenges in their work life.

The education journey

Because they're unique careers, the study pathways aren't the same. Both involve university study, but becoming a psychologist usually takes longer because there's more research and specialist training involved, while the counselling route is generally shorter and more focused on practical skills.

Psychology pathway

- Bachelor's degree in psychology (3-4 years)
- Honours year or research experience
- Master's degree in a psychology specialisation (1-2 years)
- Often a PhD for clinical or research roles (3-4 years)
- Supervised practice and registration requirements

Counselling pathway

- Bachelor's degree (often in psychology, social work, or related field, 3-4 years)
- Diploma or Master's degree in counselling (optional, 1-2 years)
- Supervised practice hours
- Professional registration or certification

Skills you'll need

Both counsellors and psychologists need great people skills, including active listening, empathy, and communication. But psychologists also rely heavily on research, data analysis, and assessment skills, while counsellors focus more on guiding conversations and offering day-to-day support.

Psychology skills

- Strong analytical and research abilities
- Critical thinking and problem-solving
- Statistical analysis and data interpretation
- Scientific writing and communication
- Patience for long-term research projects

Counselling skills

- Exceptional listening and empathy
- Communication and interpersonal skills
- Emotional resilience and self-awareness
- Practical problem-solving
- Ability to maintain professional boundaries

The licensing landscape

Both psychologists and counsellors usually need professional registration to practice, but the requirements can differ.

Psychologists typically need to complete supervised practice with a registered psychologist and pass competency assessments. Counsellors usually need to complete a certain number of supervised practice hours and maintain ongoing professional development.

The key difference is that psychologists can diagnose mental health conditions and are often recognised by other medical professionals and health insurance schemes, while counsellors focus on support and therapy without always requiring a formal diagnosis.

Day-to-day differences

Depending in which path you follow, you might find some common tasks between the two roles, but they could also be quite different.

Counsellors usually spend most of their day talking with clients, offering support and strategies for everyday challenges. Psychologists might also see clients, but they often split their time between assessments, writing reports, researching, and analysing data too.

Psychologist tasks

- Conduct psychological assessments and write detailed reports
- Provide evidence-based therapy using specific techniques

- Collaborate with psychiatrists and other medical professionals
- Keep up with the latest research in their field
- Supervise other mental health professionals

Counsellor tasks

- Run back-to-back therapy sessions with clients
- Facilitate support groups
- Develop personalised treatment plans
- Liaise with other support services
- Focus on practical coping strategies and emotional support

Which path suits you?

If you love research, enjoy diving deep into data, and want to understand the science behind human behaviour, psychology might be your calling. You'll need patience for a longer study period, but you'll have diverse career options to choose from, from research to clinical practice.

If you're passionate about directly helping people through difficult times and prefer hands-on support work, counselling could be perfect. The training is more focused and practical, getting you into the workforce sooner.

The bottom line

Remember, there's no wrong choice here. Both psychology and counselling are rewarding careers that make a real difference in people's lives. The key is understanding which approach resonates with your interests, strengths, and career goals.

As more people understand and talk openly about mental health, the need for support services continues to rise. So both fields have strong predicted job prospects, with high demand and expected growth for passionate, skilled professionals.

[You can explore more career options and pathways on our website here.](#)

University

[How to apply to university: The complete guide](#)

Applying to university can feel overwhelming when you're navigating forms, deadlines, and endless course options. However, with the right approach and timeline, you can transform this daunting process into a structured journey towards your academic future. Whether you're aiming for a specific career or exploring your academic interests, this guide can help you navigate each step with confidence.

Should you apply to university?

Before diving into applications, take a moment to consider whether you really want to go to university and if it aligns with your goals and learning style. University offers an adult approach to education, combining academic depth with professional networking opportunities.

University might be right for you if you:

- Want to study a topic in depth
- Are thinking of a career requiring a degree (such as teaching, nursing, or engineering)
- Are academically inclined but uncertain about your career direction

Many successful graduates enter university without a clear career path and discover their interests through exploration. If you need some inspiration, take a look at the [most popular university courses](#) to see if anything sparks your interest.

If you're unsure, consider applying anyway. Not applying guarantees you won't have university as an option later, while accepting an offer remains entirely your choice. This approach keeps your doors open while you make your final decision.

Decided that university isn't right for you? You might like to check out alternatives like [apprenticeships](#), jumping straight into work, or seeing what other options are out there.

Choose what you want to study

Ideally your course selection should align with either your career aspirations or academic interests (what you're good at and what you're interested in). This decision forms the foundation of your entire university experience, so it deserves some time and attention.

You have a future career in mind

If you've identified your preferred career path, great! Research the qualification requirements thoroughly.

Some careers offer multiple degree pathways - for instance, robotics professionals might study mechatronics, mechanical, or electrical engineering. Understanding these options could help you choose the best course to get you there.

You're not sure what you want to do yet

Perhaps you haven't settled on a specific career yet - that's OK too.

Focus on subjects that genuinely interest you rather than something you hope will lead to a high paying job (so if you don't like maths and spreadsheets, don't pick accounting just because you think you'll earn lots).

Consider broad degrees that offer specialisation options down the track during your studies.

Business degrees, for example, often provide a general foundation before allowing you to focus on areas like marketing, finance, or management.

Avoid highly specialised degrees unless you're genuinely interested in their specific career outcomes.

Dentistry leads almost exclusively to dental practice, whilst a science degree opens doors to research, teaching, healthcare, and industry roles.

Once you've chosen what you want to study, write it down, and be clear about it before you start looking for somewhere to study it. Websites like [Course Seeker](#), [DiscoverUni](#), and [Top Universities](#) are great places to help you research and compare courses.

Find where you want to study it

Where you go to study isn't as important as what you study and opportunities available. Most employers focus on your skills and knowledge rather than which university awarded your degree, as generally speaking most accredited tertiary providers have similar academic standards.

Consider these practical factors when you're weighing up your options:

- Does the university offer your preferred course? If not, eliminate it from consideration immediately.
- Think about accommodation options – can you live at home initially, or do you prefer the independence of campus life? Factor accommodation costs into your budget planning.
- Investigate [networking and career opportunities](#) each institution provides. University networks often prove invaluable for internships, job opportunities, and business connections throughout your career.
- Look for universities with strong industry partnerships and active alumni networks in your field of interest.

If you've done your research and still have lots of options, [attending open days](#) and connecting with current students are the best ways to get a feel for the place, ask questions, and gather insider perspectives. Ask current students if they are happy with their course, can access the support they need, and what advice would they give you.

Preparing your application

Once you've identified what you want to study and where, it's time to research the application requirements and deadlines thoroughly.

Missing deadlines could derail your entire timeline, so mark all important dates in your calendar and share them with family members who can help you stay on track.

Gather required documentation early in the process. You'll likely need student identification numbers (like the [USI](#) in Australia) and your academic transcripts as a minimum. Some courses require additional assessments like psychometric testing, entrance exams, or portfolio submissions, which may have earlier or different deadlines than the main application.

Lastly, before you start your application, double check you meet any entry requirements. While academic results are important, many institutions now offer multiple [alternative pathways](#), including portfolio assessment, bridging courses, or foundation programmes. Understanding all your options and being prepared could increase your chances of receiving an offer.

Applications and preferences

The application process varies depending on which university you've picked and the country you're in. So check directly with the university to make sure you meet all the entry requirements *before* you start your application.

When listing course preferences, maximise your options by filling every available slot. You can always decline offers, but limited preferences restrict your choices from the start. Even if you're 110% certain that there is only one course you want to pick, find a few similar courses and list them just in case.

List your top choice first, followed by your second preference, then include other courses you'd consider, finishing with several lower-requirement options as backup plans. This strategy ensures you have options regardless of your final grades or assessment outcomes. Remember, you're not committing to anything at this stage – you're simply keeping doors open.

Watch this [short video](#) for tips on choosing your preferences.

The waiting period

After submitting applications, you'll need to be patient and wait for your offer. Try and resist the urge to constantly revisit your choices. Instead, focus your energy and use this time productively by getting your assessments done on time and studying for exams.

If you have some spare time, research your preferred courses more deeply, explore career prospects, or start working on your uni-ready skills. Don't stress if you decide to change your preferences during the waiting period - most systems allow changes before final deadlines.

Accepting offers and enrolling

Once your exams are done and results are published, it's time for the [offers to arrive](#). You'll typically receive one offer per application round for the highest preference you qualify for. If your first choice requires higher grades than you achieved, you might receive an offer for your second or third preference instead.

Carefully consider each offer against your original goals and current circumstances. If you're unsatisfied with the initial offer, many systems provide multiple offer rounds where additional places become available.

Once you decide to accept an offer, follow the enrolment process promptly. This typically involves confirming your acceptance, paying any required fees, and registering for orientation activities.

Alternative pathways to consider

University straight out of school isn't your only option. Many students defer their studies and take a [gap year](#) to work, travel, or develop specific skills instead. This break can provide valuable life experience and clarity about academic goals.

If you'd prefer to try a vocational course, apprenticeship, or traineeship, they can still lead to university study later as a mature student. These pathways often provide work experience and financial independence while keeping options open for the future.

Whatever path you choose, take time to reflect on your decision without rushing. Your educational journey is unique to you, and there's no universal timeline for success.

Find out more

Ready to explore your university options? [You can discover more about study pathways and university preparation on our website here](#), or grab a copy of the updated [Apply to Uni Guide](#).

Study Tips

[Master your reading with the SQ3R technique](#)

Reading through endless textbook chapters can feel like trying to drink from a fire hose - overwhelming and ineffective. If you've ever found yourself reaching the end of a chapter with no memory of what you've just read, you're not alone. The SQ3R study technique gives you a roadmap for your reading, transforming passive page-turning into active, purposeful learning that actually sticks.

This proven method has been helping students tackle complex texts for decades, turning overwhelming reading assignments into manageable, productive study sessions. In this blog, we'll explain how it works and how to use it.

What is the SQ3R technique?

[SQ3R stands for Survey, Question, Read, Recite, and Review](#) - five steps that you take when approaching any reading tasks. Think of it as a conversation with your textbook rather than a one-way lecture. Instead of simply absorbing information, you're actively engaging with the material, asking questions, and making connections.

When should you use SQ3R?

The SQ3R method shines when you're dealing with large reading assignments that require a deep level of understanding and long-term retention. It's also perfect for preparing for exams, writing research papers, or learning new course material.

It's particularly helpful when tackling new or challenging subjects where you need to quickly build a solid foundation of knowledge. If you're just doing some light reading or looking for specific information, then the [skim and scan method](#) might be more appropriate.

Breaking down the five steps

So what are each of the five steps in the SQ3R method? Let's take a look.

Survey: Getting the lay of the land

Like planning a trip, you want to know where you're heading and what landmarks to expect along the way. Begin by taking 5-10 minutes to survey the material instead of immediately diving into the details.

Look at headings, subheadings, charts, graphs, and any highlighted or bold text. Read the introduction and conclusion if they're available. For example, if you're studying a chapter on the nervous system in biology, you might notice sections on neurons, the brain, and reflexes, giving you an idea of what's to come.

Question: Turn headings into questions

Take each heading and subheading and form them into questions. This can help to prime your brain to look for specific answers as you read.

For example, if a heading says *Causes of World War I*, turn it into *What were the main causes of World War I?* This simple shift from passive to active reading can dramatically improve your comprehension and retention.

These questions also become goals for your reading session - instead of wandering through text hoping something important will jump out, you can start hunting for specific answers.

Read: Search purposefully for answers

Now start reading the material in earnest, keeping your questions handy. Take your time and focus on understanding rather than speed - you may need to [adjust your reading pace based on the complexity of the material](#). Once you find an answer to your questions, note it down.

If you're reading about photosynthesis, for example, and your question was *How does photosynthesis work?*, you'd pay particular attention to the step-by-step process, the role of chlorophyll, and the inputs and outputs of the reaction.

Recite: [Test your understanding](#)

After reading each section, close your book and try to answer your questions from memory. This is where the real learning happens - if you can explain the concept in your own words without looking at the text, then you've truly understood it.

For example, after reading about the water cycle, you should be able to explain evaporation, condensation, and precipitation without peeking at your notes. If you struggle to recall key points, that's valuable feedback telling you which areas need more attention.

Review: Reinforce and connect

Within the next 24 hours, make some time to review your questions and answers. This step is important for cementing the information in your long-term memory and helps you to see connections between different concepts.

And remember, [regular review sessions spaced over time](#) are usually far more effective than cramming before an exam.

During the review phase, you might start making broader connections too. You might notice how the water cycle connects to weather patterns, climate change, or ecosystem health.

Making SQ3R work for you

Remember that SQ3R is a technique, not a rigid rule. You might find that some sections require more questioning, while others need deeper reading. The aim is staying engaged with the material and actively seeking understanding rather than just scanning text that's meaningless once you've shut the book.

You might find it helpful to keep a notebook specifically for their SQ3R questions and answers, creating a personalised study guide that grows with each reading session. Or, if you prefer, find digital tools for your notes or use voice recordings for the recite step.

One of the biggest benefits of the SQ3R method is its flexibility - you can adapt it to different subjects and learning styles while maintaining the core principle of active, purposeful reading.

Find out more

Looking for more study strategies to complement your SQ3R technique? [You can find plenty of additional study tips and techniques on our website](#).

Job Spotlight

[How to become a Social Worker](#)

Social workers connect vulnerable individuals, families, and communities with appropriate support services in times of crisis. They can specialise in a wide range of areas, providing counselling and practical support, and advocating on behalf of clients who are experiencing discrimination. If you're passionate and empathetic and would like to help others, or if you're interested in breaking down barriers that contribute to inequality, then social work could be a rewarding career to consider.

What skills do I need as a social worker?

- Empathy and emotional maturity
- Great interpersonal skills
- Ability to work independently or in teams
- Adaptability and problem-solving
- Time management
- Leadership skills
- Patience and resilience
- Ability to be objective

What does the job involve?

- Assessing clients' needs and finding appropriate support services
- Writing letters of referral or reports for clients
- Helping community groups plan and carry out programs
- Monitoring the progress of clients
- Advocating for clients who face barriers
- Developing and refining support programs
- Keeping thorough case records and reports
- Lobbying to change social welfare policies and procedures

What industries do social workers typically work in?

- Health Care and Social Assistance
- Public Administration and Safety

What Career Cluster do social workers belong to?

Because their primary role involves liaising with clients and connecting them with important services, social workers usually belong to the [Linker Cluster](#).

What kind of lifestyle can I expect?

Most social workers are employed full-time, but there are some part-time opportunities available. You will be doing work in a variety of environments, including private clinics, community facilities, hospitals, and home visits. Some reporting and assessment work can be done remotely, but many clients prefer face-to-face interactions.

Most social workers can expect to earn an average salary throughout their careers.

The work can sometimes be stressful as you'll be dealing with vulnerable people in crisis situations, so you'll need a high level of resilience.

How to become a social worker

To become a qualified social worker, you'll typically need to complete an accredited undergraduate degree in social work. This usually takes 3 to 4 years of full-time study and involves a combination of classroom and practical work.

After graduation, you'll need to register with your country's professional social work body to practise. Many social workers also pursue postgraduate qualifications to specialise in a specific area, such as mental health, child protection, or community development.

You'll also need to undertake continuing professional development throughout your career to maintain your registration and stay current with best practices.

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 becoming a social worker is right for you, here are a few things you could do right now:

- Get out in your community and volunteer – it doesn't necessarily need to be in social services. This is a great way to build important future skills.
- Seek work experience with social service agencies, hospitals, or community centres.
- Talk to a social worker and ask what a day in their life is like. If you don't know anyone, watch videos or documentaries about a career in social services.

Where can I find out more?

- [Australian Association of Social Workers](#)
- [Kāhui Whakamana Tauwhiro | Social Workers Registration Board NZ](#)
- [Social Work England](#)
- [CORU](#) (Ireland)
- [National Association of Social Workers](#) (US)
- [Canadian Association of Social Workers](#)

Similar careers to social worker

- [Aged Care Worker](#)
- Youth Worker
- [Registered Nurse](#)
- Disability Support Worker
- Doctor
- Psychologist
- [Paramedic](#)
- [Counsellor](#)

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

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