



## CAREERS NEWSLETTER

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

To contact Mr Madani please email [jmadani@stpiusx.nsw.edu.au](mailto:jmadani@stpiusx.nsw.edu.au) or call 9414 4733.

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

Sign up to JobJump for information about tertiary study options, ATAR's and apprenticeship and TAFE information.

Create a resume, sign up for news alerts.

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

Search school – St Pius X Chatswood

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

Password – pius (lower case)

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

## ACAP University College Strategies to Survive Your End-of-Year Exams – Online Session for Year 12 Students

**Organisation:** ACAP University College

**Location:** Online

**Date:** September 15, 2025

Calm and Conquer is your virtual toolkit for navigating the challenges of Year 12 exams with confidence and composure. Led by Alessandro Digiacoio – who brings his unique perspective as a former secondary teacher, current school counsellor and ACAP academic – these tailored sessions deliver evidence-based strategies that work in the real world.

- Understanding stress: Uncover how stress affects us physically and mentally.
- Practical tips to manage stress: Simple methods you can use right away to reduce anxiety and improve focus when studying gets intense.
- Effective study techniques: Learn how to maximise what you remember without burning out.
- Exam-day prep & reset: Strategies to manage nerves and perform at your best when it really counts.

[Find out more and register](#)

## University of Wollongong Year 12 Future Talk – What's Next? Successfully Setting Up to Start in 2026

**Organisation:** University of Wollongong

**Location:** Online

**Date:** September 15, 2025

Future Talk is a series of online information sessions designed specifically for a student's support crew. If you're a parent or carer who is navigating the HSC too, we've got your back.

What an Early Admission offer means, what's next? This session will guide you through the next steps, including how to navigate UAC, finalise your enrollment, and prepare for university. You'll also hear from UOW's Accessibility & Inclusion, Wellbeing, and Safe & Respectful Communities teams on how we create a supportive, inclusive environment to help you thrive from day one.

[Find out more and register](#)



## Southern Cross University Coffs Harbour Parent Information Evening

**Organisation:** Southern Cross University

**Location:** SCU Coffs Harbour Campus

**Date:** September 16, 2025

Here at Southern Cross University, we are organising an exclusive session designed specifically for parents and students in Years 11 & 12 and encourage you to join us for an upcoming Parents Information Evening at Southern Cross University's Coffs Harbour Campus.

The session will cover a wide range of topics, including:

- How to apply
- Taking advantage of our early entry application
- Why SCU
- Scholarship opportunities
- Understanding costs
- Support services
- Uni life and global opportunities

[Find out more and register](#)

## Sydney College of the Arts Portfolio Development Information Evening Online for Future Students

**Organisation:** University of Sydney

**Location:** Online

**Date:** September 16, 2025

Don't miss the opportunity to join us at the Sydney College of the Arts Portfolio Evening online, for tailored feedback and valuable insights to elevate your portfolio to support your application.

Your portfolio is a key part of your application to study a Bachelor of Visual Arts or Bachelor of Visual Arts and Bachelor of Advanced Studies at the University of Sydney.

As part of the Portfolio Evening, you'll be able to speak with our experienced staff to:

- gain personalised, one-on-one feedback and advice on your current portfolio and how to enhance your submission from our academic staff
- receive information about our degrees, specialised facilities, and student opportunities inside and outside the classroom.

[Find out more and register](#)

## Crimson Global Academy Gifted Education Models Webinar for Parents

**Organisation:** Crimson Global Academy

**Location:** Online

**Date:** September 16, 2025

Struggling to choose the right educational pathway for your gifted child? With options ranging from acceleration and enrichment programs to specialised schools and online learning, finding the right learning pathway for a gifted child in Australia can be challenging.

Join Gifted Minds Counsellor Dominic Westbrook and CGA Admissions Officer Alex Cork for a fireside chat discussing:

- Common Australian gifted education models, how they work in practice, and the learners they best serve.
- Benefits and drawbacks of different learning approaches and practical tips to determine the right fit for a gifted child.
- Key insights, questions, and considerations to help you effectively assess different schools and programs for your child's best fit.

[Find out more and register](#)

## Sydney College of the Arts Portfolio Development Information Evening for Future Students

**Organisation:** University of Sydney

**Location:** USYD Camperdown Campus



**Date:** September 16, 2025

Don't miss the opportunity to join us at the Sydney College of the Arts Portfolio Evening, in-person, for tailored feedback and valuable insights to elevate your portfolio to support your application.

Your portfolio is a key part of your application to study a Bachelor of Visual Arts or Bachelor of Visual Arts and Bachelor of Advanced Studies at the University of Sydney.

As part of the Portfolio Evening, you'll be able to speak with our experienced staff to:

- gain personalised, one-on-one feedback and advice on your current portfolio and how to enhance your submission from our academic staff
- receive information about our degrees, specialised facilities, and student opportunities inside and outside the classroom.

[Find out more and register](#)

## University of Sydney Scholarships Online Information Session

**Organisation:** University of Sydney

**Location:** Online

**Date:** September 17, 2025

At the University of Sydney, we offer over \$135 million worth of scholarships every year. We're dedicated to supporting you throughout your time at university and offer a variety of scholarships for domestic undergraduate students. To make the process easier and more accessible, we've created a centralised form where you can be considered for a scholarship through one simple application.

Additionally, some of our scholarships require no application at all! In this webinar you will learn about the scholarships we offer, find out about your eligibility, get tips on writing a strong scholarship application and have your questions answered by our team.

[Find out more and register](#)

## University of Sydney Civil Engineering Online Information Session

**Organisation:** University of Sydney

**Location:** Online

**Date:** September 17, 2025

See how our civil engineering degrees can equip you for the challenges and opportunities in the evolving world of infrastructure and development. You will explore a variety of specialised fields such as water, structures, geotechnical, humanitarian and transport engineering.

Gain insights into our Professional Engagement Program, modern engineering precinct and career paths available to our civil engineering students.

[Find out more and register](#)

## Southern Cross University Live Talks: Parents Information Session

**Organisation:** Southern Cross University

**Location:** Online

**Date:** September 18, 2025

Here at Southern Cross University, we are organising an exclusive session designed specifically for parents and students in Years 11 & 12 and encourage you to join us for an upcoming Parents Information Webinar.

The session will cover a wide range of topics, including:

- How to apply
- Taking advantage of our early entry application
- Why SCU
- Scholarship opportunities
- Understanding costs
- Support services
- Uni life and global opportunities

[Find out more and register](#)



## Charles Sturt University Deadly Pathways Festival for First Nations Students in Port Macquarie

**Organisation:** Charles Sturt University

**Location:** CSU Port Macquarie Campus

**Date:** September 18, 2025

Deadly Pathways Festivals are back in 2025! Join us for a high-energy day full of activity, inspiration and celebration of First Nations success.

- Meet First Nations role models in science, technology and health.
- Engage in insightful workshops led by Charles Sturt academics, and dive into hands-on activities that will ignite your curiosity and passion for learning.
- Find out about support for entry and success as a future student at Charles Sturt.
- Enjoy featured entertainment by comedian Andy Saunders and talented musicians.

[Find out more and register](#)

## University of Sydney Online Open Night

**Organisation:** University of Sydney

**Location:** Online

**Date:** September 18, 2025

Open Night is your opportunity to experience the University of Sydney from wherever you are. Join us online for an interactive evening designed specifically for prospective domestic undergraduate students from interstate and regional areas in Australia, New Zealand, and offshore.

Whether you're exploring your study options, want to understand entry pathways and scholarships, or are curious about life on campus, this event is for you. You'll hear from current students, and connect with our faculty, admissions, student support and scholarship staff, as well as a range of accommodation providers, in live breakout rooms.

[Find out more and register](#)

## University of New South Wales Aviation Open Day

**Organisation:** University of New South Wales

**Location:** UNSW Aviation Flying Operations Unit, Bankstown Airport

**Date:** September 20, 2025

Are you passionate about flying or curious about a career in aviation? Join UNSW for an unforgettable experience at their Aviation Open Day, held at the state-of-the-art Bankstown Airport flight training facility.

What to expect:

- Explore the fleet of Diamond DA-40 and Piper Seminole PA44 aircraft up close
- Experience cutting-edge flight simulators
- Chat with expert instructors and current students
- Tour the facilities and get a feel for life at UNSW Aviation
- Ask anything - UNSW is here to help you navigate your aviation journey

Whether you're dreaming of becoming a pilot or just want to learn more about aviation, this is your chance to get inspired and informed.

[Find out more and register](#)

## Architecture Club at Sydney Opera House – Disrupt and Create

**Organisation:** Sydney Opera House

**Location:** Sydney Opera House

**Date:** September 20, 2025

This workshop explores the history and inspiration of the Opera House and the Utzon Design principles. Participants will create using light, nature, and additive architecture and explore how the built environment must embrace new ways of thinking in a low carbon world.

Event duration is a guide only and may be subject to change.

Recommended for both adults and young people 12+ with accompanying adult.

This workshop is for artists, architects and design enthusiasts beginners to experts alike!



Children aged 15 years and under must be accompanied by an adult at all times.

[Find out more and register](#)

### Academy of Music and Performing Arts Dance Experience Day

**Organisation:** Academy of Music and Performing Arts

**Location:** AMPA Performing Arts Centre, Alexandria

**Date:** September 29, 2025

Academy of Music and Performing Arts (AMPA) invites dancers to join us on campus for a day of dance. Register and bring your friends along and get ready to move!

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

[Find out more and register](#)

### Western Sydney University Free Online HSC Study Sessions for Year 12 Students

**Organisation:** Western Sydney University

**Location:** Online

**Date:** September 29 to October 3, 2025

From Monday 29th September to Friday 3rd October 2025, Western Sydney University will be offering a range of online study sessions to assist Year 12 students in their preparations for the HSC.

These will be delivered by highly qualified senior teachers with 24 free sessions across 15 key HSC subject areas, with sessions that include content analysis, tips and strategies, and a detailed exploration of key syllabus and curriculum areas.

Students also have the opportunity to sit a practice exam and deconstruction, with feedback and advice from experts.

[Find out more and register](#)

### Academy of Music and Performing Arts Classical Performance & Composition Experience Day

**Organisation:** Academy of Music and Performing Arts

**Location:** AMPA Music Campus, Surry Hills

**Date:** September 29, 2025

Academy of Music and Performing Arts (AMPA) invites aspiring Classical musicians and Composers aged 16 and over to join us on campus for a day of music!

Attendees will have the chance to sit in on a performance class, participate in workshops/Q&As facilitated by AMPA's music faculty and experience what studying music is like at AMPA. Experience a day in the life of an AMPA music student to gain further insight into tertiary education and how it can benefit your future.

Parents also welcome to attend.

[Find out more and register](#)

### ANSTO Lego EV3 – Mission to Space – Beginners Workshop for Ages 9-14

**Organisation:** ANSTO

**Location:** ANSTO Discovery Centre, Lucas Heights

**Date:** September 29, 2025

Calling all future space explorers and tech geniuses! Are you ready for an epic, top-secret mission? Join us for a thrilling adventure where you become scientists and engineers, programming your very own EV3 robots to tackle space-themed challenges!

Dive into an action-packed day filled with hands-on STEM activities that spark creativity, teamwork, and out-of-the-box thinking. Work on our awesome Challenge Mat - a space playground where your ideas come to life as you find exciting solutions to real space problems.



This workshop is perfect for beginners, with our expert facilitator guiding you from basic to advanced programming at your own pace.

Gear up for a day of building, coding, and conquering space challenges! Become the commander of your own LEGO robot and see if you've got what it takes to explore the final frontier!

[Find out more and register](#)

## Interior Decoration Workshop

**Organisation:** Sydney Design School

**Location:** Sydney Design School, North Sydney

**Date:** September 30 to October 1, 2025

Be inspired. Be creative. If you love interiors magazines and beautifully styled spaces, this fun two day workshop is for you. It's perfect for any interiors enthusiast who wants to decorate their home with skill and confidence.

Perhaps you're considering a career in interiors? This beginners workshop will give you a taste of the Certificate IV in Interior Decoration course and you'll get a feel for our School and the passion of our Educators.

Get hands on as you learn how to put together a full interior decoration scheme for a living space in your own home. Plan the layout, select furniture and lighting, explore colour schemes and create a sample board of your ideas.

[Find out more and register](#)

## Future Creators' Day

**Organisation:** University of New South Wales

**Location:** UNSW Paddington Campus

**Date:** September 30 to April 14, 2025

Future Creators' Day is a hands-on experience for Year 10 and 11 students passionate about creativity, design, and visual storytelling. Hosted by UNSW Arts, Design & Architecture, this event is the perfect opportunity to explore future study and career paths in the creative industries.

Join us on campus for a day of immersive workshops led by expert academics and industry professionals. Get a taste of our newly offered Game Art specialisation, along with workshops in Animation, Painting, Textiles & Fashion Design, Object Design, and Graphic Design. Whether you're interested in digital art, interactive storytelling, or traditional design disciplines, this event is designed to help you develop your skills and discover your creative potential.

Connect with like-minded students, experience university life, and gain insights into studying at UNSW. Future Creators' Day is your chance to turn your creative passion into a future career.

[Find out more and register](#)

## ACAP University College Strategies to Survive Your End-of-Year Exams – Online Session for Year 12 Students

**Organisation:** ACAP University College

**Location:** Online

**Date:** September 30, 2025

Calm and Conquer is your virtual toolkit for navigating the challenges of Year 12 exams with confidence and composure. Led by Alessandro Digiacomio – who brings his unique perspective as a former secondary teacher, current school counsellor and ACAP academic – these tailored sessions deliver evidence-based strategies that work in the real world.

- Understanding stress: Uncover how stress affects us physically and mentally.
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[Find out more and register](#)





## LEGO EV3 – Bluetooth and Data Logging Masterclass Workshop for Students Aged 12-16 interested in Robotics

**Organisation:** ANSTO

**Location:** ANSTO Discovery Centre, Lucas Heights

**Date:** September 30, 2025

Master workshop featuring “LEGO EV3 for Education” robotics kits.

Do you already have experience with LEGO EV3 or Spike and ready for the next level? Learn advanced functions such as Bluetooth and data logging and enjoy racing your robot in the Bluetooth Relay, calculate its top speed, and be the last one standing in Bluetooth Battle Arena. A fun and technical day to suit the keen coder and mathematician.

Additional information:

- Please arrive 5 minutes before the start of the workshop at the ANSTO Discovery Centre to sign-in. The workshop starts at 9:30 am sharp.
- Workshop includes a recess and lunch break outside (weather permitting). Please bring a bag with sunscreen, snacks/food, a hat and drink bottle.
- All workshops are delivered by accredited educators with experience in science, engineering, programming and robotics.
- Contact the ANSTO Discovery Centre on (02) 9717 3090 or [education@ansto.gov.au](mailto:education@ansto.gov.au) if you have any questions.
- Creative Kids Vouchers accepted. Please email [education@ansto.gov.au](mailto:education@ansto.gov.au) to redeem.

[Find out more and register](#)

## Stop Motion Animation Half-Day Workshop for Beginners Aged 8-13

**Organisation:** ANSTO

**Location:** ANSTO Discovery Centre, Lucas Heights

**Date:** October 1, 2025

This is a beginner’s class for those with little to no experience in creating Stop Motion Animations. Children will design their own backgrounds and film and edit movies starring their own toys and imaginations!

Learn movie-making techniques (claymation and stop-frame animations) used in TV favourites such as Wallace and Gromit, Morph, Pingu, and Shaun the Sheep.

Check out videos of the WeDo, Stop Motion and MicroBits workshops here: <https://goo.gl/tkPihH>.

Additional information:

- Please arrive 5 minutes before the start of the workshop at the ANSTO Discovery Centre to sign-in.
- Workshop includes a recess outside (weather permitting). Please bring a bag with sunscreen, snacks/food, a hat, and drink bottle.
- All workshops are delivered by accredited educators with experience in science, engineering, programming and robotics.
- Contact the ANSTO Discovery Centre on (02) 9717 3090 or [education@ansto.gov.au](mailto:education@ansto.gov.au) if you have any questions.
- Creative Kids Vouchers accepted. Please email [education@ansto.gov.au](mailto:education@ansto.gov.au) to redeem.

[Find out more and register](#)

## University of Wollongong EmpowerHER STEM Summit Junior for Year 7-9 Students

**Organisation:** University of Wollongong

**Location:** UOW Wollongong Campus

**Date:** October 1 to October 2, 2025

The University of Wollongong is thrilled to announce the return of the EmpowerHER STEM Summit Junior in 2025. This hands-on, two-day event, taking place during the Spring school holidays, is designed for fierce female students in Years 7, 8 & 9.

Brace yourself for an exciting experience as we raise the STEM-bar for girls and ignite their passion for Science, Technology, Engineering, and Maths (STEM)!



Students will journey through UOW's vibrant Wollongong Campus and mind blowing Bluescope site to witness STEM in action. Accompanied by faculty, current students, and industry professionals, this event promises an enriching, yet collaborative experience.

[Find out more and register](#)

### Academy of Music and Performing Arts Music Theatre Experience Day

**Organisation:** Academy of Music and Performing Arts

**Location:** AMPA Music Campus, Surry Hills

**Date:** October 1, 2025

Academy of Music and Performing Arts (AMPA) invites aspiring Music Theatre majors aged 16 and over to join us on campus for a day of music!

Attendees will have the chance to sit in on a performance class, participate in workshops/Q&As facilitated by AMPA's music faculty and experience what studying music is like at AMPA. Experience a day in the life of an AMPA music student to gain further insight into tertiary education and how it can benefit your future.

Parents also welcome to attend.

[Find out more and register](#)

### Macquarie University Teen Business Builders Camp for Year 9-11 Students

**Organisation:** Macquarie University

**Location:** Macquarie University, Wallumattagal Campus

**Date:** October 1 to October 3, 2025

Have an idea that could be the next big thing? Whether it's a product, app, service, or social impact initiative, the MQBS Business Builders Camp will give you the tools, mentorship, and confidence to turn it into something real. This 3-day, non-residential holiday camp is a mini accelerator program tailored for high school students who already have a business idea and want to test, validate, and build it with expert support. Co-designed and delivered by the Macquarie Business School and MQ Incubator, it's a unique opportunity to experience real-world entrepreneurship in a fast-paced, highly practical environment.

Over three days, you'll work closely with startup coaches and real founders to:

- Discover how to validate your idea through customer interviews and feedback loops
- Learn Lean Startup principles and build a Minimum Viable Product (MVP)
- Get hands-on with prototyping, business model design, and pitch development
- Gain insight into real-world startup journeys and what it takes to succeed
- Pitch your idea in front of judges, parents, and invited guests at a closing showcase event

Who it's for:

- Students in Years 9–11
- You must have an idea you're already working on, even if it's rough!
- You're curious, motivated, and ready to learn, build and grow

[Find out more and register](#)

### Discover Teaching & Psychology at ACU Strathfield Campus

**Organisation:** Australian Catholic University

**Location:** ACU Strathfield Campus, 25A Barker Rd, Strathfield NSW 2135

**Date:** October 1, 2025

Are you passionate about shaping young minds or helping others thrive? Take part in hands-on workshops where you'll gain practical insights into what it's really like to work as a teacher or psychologist.

Tour our facilities and hear firsthand from current students about their rewarding journeys and experiences in these impactful fields.

Whether you're interested in becoming a teacher or pursuing a career in psychology, this event will give you a closer look at how ACU can help you make a difference in the lives of others.

This free event is designed for high school students in Years 10 to 12, however anyone, including parents and caregivers, are welcome to attend and participate in select sessions.

Places are limited – be sure to register to guarantee your spot.





Morning tea is provided.

Parents/carers

Parents and carers are welcome to attend too - we even have a specific session just for you!

Parents/carers attending with their teenager must [complete a separate registration](#).

[Find out more and register](#)

### Future Students Explore ICMS City Campus in Pop-in Sessions

**Organisation:** International College of Management Sydney

**Location:** Level 4, 451 Pitt Street, Haymarket, NSW 2000, Australia

**Date:** October 1 to October 3, 2025

Embark on a journey of discovery at the ICMS City Campus. Book in a time with our Student Advisors to explore our undergraduate and postgraduate courses in management, fashion, business, sport, information technology, and more – all conveniently situated in the vibrant heart of the Sydney central business district.

**Everything You Need to Know:**

- Explore the City Campus during the day, when you can get real insights from current students
- Chat one-on-one with the ICMS team about flexible study options, courses and pathways
- Get a real feel for what studying at the City Campus is like
- Bring a parent or friend along for support
- Find out about scholarships and alternate entry pathways like Early Entry, Leadership and the Elite Athlete and Performer entry programs
- Learn about our Work Integrated Learning (industry training) program
- Speak personally to our admissions team

[Find out more and register](#)

### Discover Teaching & Psychology at Australian Catholic University in Strathfield for Year 10-12 Students

**Organisation:** Australian Catholic University

**Location:** ACU Strathfield Campus

**Date:** October 1, 2025

Are you passionate about shaping young minds or helping others thrive? Take part in hands-on workshops where you'll gain practical insights into what it's really like to work as a teacher or psychologist.

Tour our facilities and hear firsthand from current students about their rewarding journeys and experiences in these impactful fields.

Whether you're interested in becoming a teacher or pursuing a career in psychology, this event will give you a closer look at how ACU can help you make a difference in the lives of others.

[Find out more and register](#)

### Academy of Music and Performing Arts Contemporary Music Performance & Music Production Experience Day

**Organisation:** Academy of Music and Performing Arts

**Location:** AMPA Music Campus, Surry Hills

**Date:** October 2, 2025

Academy of Music and Performing Arts (AMPA) invites aspiring contemporary musicians and music creators aged 16 and over to join us on campus for a day of music!

Attendees will have the chance to sit in on a performance class, participate in workshops/Q&As facilitated by AMPA's music faculty and experience what studying music is like at AMPA. Experience a day in the life of an AMPA music student to gain further insight into tertiary education and how it can benefit your future.

Parents also welcome to attend.

[Find out more and register](#)



## Torrens University Parents and Students Info Sessions, Sydney

**Organisation:** Torrens University Australia

**Location:** Torrens University, Surry Hills Campus

**Date:** October 2, 2025

Mums and dads, do you have a teen who is thinking about going to uni next year? Come along to our on-campus information sessions for parents and students and have your questions answered about studying at Torrens University.

[Find out more and register](#)

## JMC Academy 3D Animation Workshop in Autodesk Maya for Years 10-12

**Organisation:** JMC Academy

**Location:** JMC Academy, Sydney Campus

**Date:** October 3, 2025

Get a crash course in 3D animation with this hands-on workshop in Autodesk Maya. Students will learn how to pose, light, and render a pre-rigged model to create a final animation-ready shot.

Highlights:

- Posing for Animation: Discover how to create dynamic, readable poses.
- Lighting Principles: Learn to light your scene using professional techniques.
- Understanding Maya: Get familiar with the Maya interface and basic workflow.
- Creative Direction: Explore how mood and style can be communicated through lighting and pose.

Ideal for students in Years 10-12 interested in 3D art, animation, or game design. No prior Maya experience required, this is a beginner-friendly introduction.

**Year 12 students will leave this workshop with a piece of work that can be added to their portfolio for submission into JMC's Animation courses.**

[Find out more and register](#)

## JMC Academy Illustration-focused Animation Workshop for Years 10-12

**Organisation:** JMC Academy

**Location:** JMC Academy, Sydney Campus

**Date:** October 3, 2025

Dive into the world of character design with this illustration-focused animation workshop. Students will learn how to create a professional character turnaround that can be used in animation production.

Highlights:

- Character Concepting: Explore ideas and influences to create an original character.
- Turnaround Structure: Learn how to draw your character from multiple angles (front, side, back).
- Proportion & Anatomy: Build skills in structure, scale, and consistency.
- Expression Sheets: Add personality and emotion to your character with expressive poses.
- Industry Insight: Understand how turnarounds are used in animation pipelines.

This workshop is perfect for students in Years 10-12 with a passion for drawing and storytelling through design.

[Find out more and register](#)

## JMC Academy Game Design Workshop using Unreal Engine for Years 10-12

**Organisation:** JMC Academy

**Location:** JMC Academy, Sydney Campus

**Date:** October 3, 2025

Step into the world of virtual environments with this interactive game design workshop. Students will use Unreal Engine to design immersive spaces and explore the building blocks of great level design.

Highlights:

- Unreal Engine Basics: Get introduced to the interface, tools, and navigation.
- Environment Design: Learn how to create visually compelling and functional spaces.
- Game Mechanics: Understand how layout and design influence player experience.
- Creative Expression: Build a space that tells a story through design.



This session is perfect for creative thinkers in Years 10-12 who are curious about game design and interactive media. No coding experience is needed, just a love of games and imagination.

**Year 12 students will leave this workshop with a piece of work that can be added to their portfolio for submission into JMC's Animation courses.**

[Find out more and register](#)

### **Australian Institute of Music Holiday Workshop for Year 9-12 Students – Mastering Performance, Sydney**

**Organisation:** Australian Institute of Music

**Location:** AIM Sydney Campus

**Date:** October 3, 2025

AIM's new school holiday workshop is designed for high school students interested in Music Performance. Created for students in Years 9-12, the workshops provide incredible opportunities to experience playing and performing music, mentored by AIM's own accomplished musicians and educators.

Over the course of the workshop, students will work with two professional musicians, Adrianna Cicchitelli & Gian Timothy Gho, to expand their performance skills in a collaborative and inspiring environment. They will workshop communication in an ensemble, chart reading, rhythm, pitch, dynamic, improvisation, stylistic interpretation and performance. Under their guidance, they will use these new rehearsal and performance techniques to create a small set of diverse songs in collaboration with other students in the class to present a performance for family and friends.

[Find out more and register](#)

### **Australian Institute of Music Holiday Workshop for Year 9-12 Students – The Songwriter's Toolkit, Sydney**

**Organisation:** Australian Institute of Music

**Location:** AIM Sydney Campus

**Date:** October 3, 2025

Created for students in Years 9-12, AIM's new high school music workshops provide incredible opportunities to explore songwriting, mentored by AIM's own accomplished musicians and educators.

This songwriting workshop is essential for any high school students curious about writing songs and performing and is a golden opportunity to work with incredibly accomplished songwriters. Join us these school holidays and discover the songwriter and performer you were born to become.

[Find out more and register](#)

### **Discover Business at Australian Catholic University in North Sydney for Year 10-12 Students**

**Organisation:** Australian Catholic University

**Location:** ACU North Sydney Campus

**Date:** October 3, 2025

In today's fast-paced world, where technology and AI are reshaping industries, are you ready to take on the challenges of the modern business world? Discover how ACU can help you become a business leader, entrepreneur or social innovator in the modern global economy.

At this event, you'll take part in a hands-on workshop with current students and staff to learn how ACU can kickstart your career in business.

You'll explore the unique opportunities we offer, from working with cutting-edge technology and machine learning to making valuable industry connections, engaging with the community, and even studying abroad.

[Find out more and register](#)

### **Screen Production Project for Year 11 and 12 Students Interested in Acting, Film, and TV**

**Organisation:** JMC Academy

**Location:** JMC Academy, Sydney Campus

**Date:** October 4, 2025



Step into the spotlight and discover what it takes to perform on screen in a professional film and television setting. This immersive workshop introduces the art of screen acting and offers students the chance to bring a scripted scene to life on a live TV set.

Highlights:

- On-Screen Performance Techniques: Learn how to act for the camera, including movement, eye lines, and presence.
- Scripted Sitcom Shoot: Collaborate with student filmmakers to rehearse and shoot a short sitcom scene.
- Working on Set: Experience the energy and structure of a live TV set environment.
- Character Development: Explore how to build believable characters for screen.
- Practical Collaboration: Work in teams with film students and fellow performers.

This workshop is ideal for students in Years 11 and 12 interested in acting, film, and screen production.

[Find out more and register](#)

### School Holiday 'Out There' Sailing Program for Young People Aged 12-17

**Organisation:** Royal Prince Alfred Yacht Club

**Location:** Royal Prince Alfred Yacht Club

**Date:** October 7 to October 10, 2025

The 'Out There' School Holiday Sailing Program is for participants who are 12-17 years old looking to try a new activity, have some fun and engage with others whilst sailing.

This four-day program will include a variety of sailing activities that are focused on having fun and learning basic sailing skills. Sessions will be conducted on a mix of Club vessels, including the RPAYC's fleet of Elliott 7 Keelboats, Pacer Dinghies, Windsurf and SUP Boards, Hobie-Cat dinghies and Powerboats.

[Find out more and register](#)

### Campion College Study Camp for Year 11 & 12 Students

**Organisation:** Campion College

**Location:** Campion College Toongabbie

**Date:** October 8 to October 10, 2025

Looking for the perfect place to focus on your studies during the school holidays? Campion College's Study Camp is a brand-new initiative launching in 2025, designed to help Year 11 & 12 students make the most of their time away from school. With 6–8 hours of study each full day, a peaceful and focused environment, and the chance to connect with like-minded peers, this camp provides the ideal setting to stay on track with your academic goals.

But it's not all work! Between study sessions, enjoy fun activities to help you recharge, nutritious meals and snacks, and comfortable on-campus accommodation with 8–9 hours of sleep each night. There will also be opportunities for reflective discussions, offering encouragement and perspective during this important time. On the final night, students will join Campion College students, faculty and staff for Formal Hall – a special evening featuring a two-course meal and guest talk in the college's Grand Hall.

To ensure a focused and supportive experience, Study Camp will be limited to 30 students.

[Find out more and register](#)

### HSC Study Session for Year 12 Students with Dymocks Tutoring

**Organisation:** International College of Management Sydney

**Location:** ICMS Manly Campus

**Date:** October 8 to October 9, 2025

Are you a current Year 12 student stressed about your upcoming HSC exams? Don't be! ICMS, in collaboration with Dymocks Tutoring, is thrilled to invite you to our free revision days on 8 and 9 October 2025.

Throughout the day, you'll have the incredible opportunity to attend up to three sessions run by expert tutors from Dymocks. These sessions are designed to cover a range of subjects, including English, Mathematics, and Business Studies.

Whether you're looking for a comprehensive review of all modules, seeking valuable tips and tricks, or in need of practical guidance on how to excel in the HSC exam, this event is tailored to meet your needs.

[Find out more and register](#)



## SAE University College Create for a Day – Creative Workshops for Students in Year 10 and Up

**Organisation:** SAE University College

**Location:** SAE Sydney, Adelaide & Perth Campuses

**Date:** October 11, 2025

SAE invites future creators to Create for a Day, a one-day, hands-on workshop designed to expand your skills and get you working on inspiring creative projects in the fields of Animation, Audio, Film, Games, Music and Design. Discover what it means to be a creative professional in state-of-the-art facilities with industry experts by your side. On the day, attendees will learn valuable practical and collaborative skills as they work towards building a creative piece of work, which they will take home with them at the end of the day.

[Find out more and register](#)

## National Fashion College Styling Workshop for Ages 16+

**Organisation:** National Fashion College

**Location:** NFC Sydney Campus

**Date:** October 11, 2025

You're officially invited to the National Fashion College's Styling Workshop, hosted at their incredible Sydney Campus. Taught by one of Tiffany & Co's National Stylists, Emma Read, you're not going to want to miss this! Attendees will also work on two street-style photo shoots with a renowned fashion photographer, as well as learn about:

- Styling celebrities and talent
- E-commerce styling
- Social media and content styling

By the end of the day you'll leave with a portfolio of digital images and receive a certificate of completion. This experience is recommended for guests aged 16 and older.

[Find out more and register](#)

## Charles Sturt University Deadly Pathways Festival for First Nations Students in Wagga Wagga

**Organisation:** Charles Sturt University

**Location:** CSU Wagga Wagga Campus

**Date:** October 16, 2025

Deadly Pathways Festivals are back in 2025! Join us for a high-energy day full of activity, inspiration and celebration of First Nations success.

- Meet First Nations role models in science, technology and health.
- Engage in insightful workshops led by Charles Sturt academics, and dive into hands-on activities that will ignite your curiosity and passion for learning.
- Find out about support for entry and success as a future student at Charles Sturt.
- Enjoy featured entertainment by comedian Andy Saunders and talented musicians.

[Find out more and register](#)

## Experience Engineering! for Female and Non-binary Students in Years 7-10

**Organisation:** Engineers Australia

**Location:** WSU Kingswood Campus

**Date:** October 24, 2025

Experience Engineering! is designed to capture the imagination of female and non-binary students in Years 7-10. They will discover how they can use their Maths, Science and Technical knowledge combined with their creativity and communication skills to solve set tasks and problems. This is what Engineering is all about!

The activities are devised by our Engineering Universities and delivered by current Engineering students - with the assistance of Engineers.

[Find out more and register](#)



## University of New South Wales Water Research Laboratory Open Day 2025

**Organisation:** University of New South Wales

**Location:** UNSW Water Research Laboratory

**Date:** October 25, 2025

Ever wanted to know why rips form in the surf? Or what happens to all the sand on the beach in a storm? What amount of water does it take for a car to float? How are dams, harbours and breakwalls designed? And how, exactly, do these things get tested anyway?

Based on Sydney's Northern Beaches at Manly Vale, the [UNSW Water Research Laboratory](#) (WRL) is one of the biggest scientific and engineering facilities in Australia, tucked away below Manly Dam.

Come tour our massive labs, meet the experts, and see engineering and science at work.

[Find out more and register](#)

## Southern Cross University Year 11 & 12 Masterclass Experience Day – Northern Rivers

**Organisation:** Southern Cross University

**Location:** SCU Lismore Campus

**Date:** November 13, 2025

Join us for Masterclass Day where you will take a deep dive into different study areas of your choice. Meet our students and academics, experience our campus facilities and learn more about university life on this interactive and fun day!

What can I expect?

- Live like a University student for the day and elect two interactive workshops in your preferred areas of study
- Experience our state-of-the-art campus facilities
- Meet inspiring people, from academics to current students

[Find out more and register](#)

## Charles Sturt University Making It In Media Workshop for Year 9-12 Students in Bathurst

**Organisation:** Charles Sturt University

**Location:** CSU Bathurst Campus

**Date:** November 14, 2025

Are you passionate about content creation, news, journalism, media, advertising or public relations? If you're a student in Years 9, 10, 11 or 12, join us for our free Making it in Media workshop!

Ever wondered what it's really like to host a podcast, write newsworthy articles or work in TV? In this exciting full-day workshop, you'll dive deep into the dynamic worlds of design and content creation, news and media, and strategic communication.

This interactive, hands-on experience invites you to collaborate with other students and explore the diverse majors you'll discover at Charles Sturt.

[Find out more and register](#)

## National Art School In Person Portfolio Review Session

**Organisation:** National Art School

**Location:** National Art School, Darlinghurst

**Date:** November 18, 2025

Receive one-on-one feedback on your portfolio from a member of the NAS Academic Team.

Putting together a strong portfolio is one of the most important parts of your application to the National Art School. In this session, NAS lecturers will offer helpful advice to guide you through your portfolio preparation, plus provide personal feedback on your portfolio.

[Find out more and register](#)





## Camden Careers and Jobs Expo 2025

**Organisation:** Camden Council

**Location:** Camden Civic Centre

**Date:** November 20, 2025

Hosted by Camden Council, this exciting event brings together job seekers, exhibitors, students, and industry leaders for a day packed with opportunities. Whether you're launching your career, switching industries, or looking to advance your skills, this is the event you don't want to miss!

- For Job Seekers: Discover a wide range of job opportunities, connect with employers, and explore career paths that could change your future.
- For Exhibitors: This is your chance to showcase your business, engage with potential candidates, and promote your training programs to an eager audience.
- For Students/Schools: Explore endless career pathways, network with employers, and find out about study and training options to kickstart your journey post school.

[Find out more and register](#)

## Engineering Summer School – Experiences for Year 11 & 12 Students

**Organisation:** Engineers Australia

**Location:** Sydney

**Date:** December 7 to December 12, 2025

Engineering Summer School has been running for 33 years and supported by the Office of NSW Chief Scientist & Engineer. It is a collaboration between Engineers Australia, our Engineering Universities and Industry partners. ESS2025 is for students sitting their HSC or equivalent in 2026. The aim of the week is to provide an insight into the vast number of areas where Engineers work, the numerous degrees available, and the amazing career opportunities both in Australia and globally.

ESS2025 is a fully residential program, allowing you to start building your networks as you find your "tribe". You will:

- Stay on campus at USYD
- Visit 5 key universities and 5 key organisations
- Meet loads of Engineers from wide and wild ranging areas

[Find out more and register](#)

## University of Wollongong George Alexander Foundation Scholarship for Students Relocating to Study

**Organisation:** University of Wollongong

**Location:** Australia

**Value:** \$24,000 AUD

**Open Date:** July 16, 2025

**Close Date:** December 9, 2025

[Find out more](#)

## Griffith University Vice Chancellor's Academic Achievement Scholarship for Outstanding Students

**Organisation:** Griffith University

**Location:** Australia

**Value:** From \$15,000 AUD

**Open Date:** July 1, 2025

**Close Date:** December 22, 2025

[Find out more](#)



## Australian Catholic University George Alexander Foundation Scholarships for Students Relocating to Study

**Organisation:** Australian Catholic University

**Location:** Australia

**Value:** \$25,500 AUD

**Open Date:** August 1, 2025

**Close Date:** March 1, 2026

[Find out more](#)

## RMIT University George Alexander Foundation Scholarships for Students Relocating to Study

**Organisation:** RMIT University

**Location:** Australia

**Value:** Up to \$30,000 AUD

**Open Date:** August 4, 2025

**Close Date:** January 12, 2026

[Find out more](#)

## Sports Excellence Scholarship Fund for Emerging Athletes Aged 10-18

**Organisation:** Sports Excellence Scholarship Fund

**Location:** Australia

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

**Open Date:** January 1, 2025

**Close Date:** December 31, 2025

[Find out more](#)

## Swinburne University George Alexander Foundation Scholarships for Students Relocating to Study

**Organisation:** Swinburne University

**Location:** Australia

**Value:** Up to \$24,000 AUD

**Open Date:** August 4, 2025

**Close Date:** February 27, 2026

[Find out more](#)

## University of Tasmania George Alexander Foundation Scholarships for Students Relocating to Study

**Organisation:** University of Tasmania

**Location:** Australia

**Value:** \$24,000 AUD

**Open Date:** August 29, 2025

**Close Date:** December 1, 2025

[Find out more](#)

## Deakin University George Alexander Foundation Scholarships for Students Relocating to Study

**Organisation:** Deakin University

**Location:** Australia

**Value:** Up to \$25,500 AUD

**Open Date:** September 8, 2025

**Close Date:** January 7, 2026

[Find out more](#)



## Nature in Focus Photography Competition for Australian Residents of All Ages

**Organisation:** Conservation Volunteers Australia

**Location:** Australia

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

**Open Date:** July 4, 2025

**Close Date:** September 26, 2025

[Find out more](#)

### 5 signs you're ready to move out for uni

The decision to move out of home for uni is a big one, and there's no universal right time to make the leap. While some people pack their bags the moment they finish Year 12, others benefit from staying at home for their first year or even their entire degree (and both approaches are perfectly valid).

But if you're considering making the move, how do you know whether you're actually ready? Moving out before you've developed some key life skills can turn what should be an exciting time into a stressful struggle. Here are five signs that suggest you're prepared for the practical and emotional realities of living independently.

#### You can handle your money

Financial readiness goes far beyond having money in your bank account. It means understanding what things actually cost and having a solid plan for how you'll cover your expenses.

Before you move out, you should have clear answers to these questions:

- How will you pay for accommodation (family support, part-time job, scholarships, government payments)?
- Do you have a job lined up, or have you confirmed there are opportunities where you're moving?
- Have you researched [Centrelink](#) payments you might be eligible for, like [Youth Allowance](#) or [Rent Assistance](#)?

Just as importantly, you should have some experience managing money. Maybe you've been buying your own clothes, paying your mobile phone bill, or doing the weekly grocery shop with your parents. You need to know that a loaf of bread costs around \$3, not \$10, and that living on two-minute noodles isn't sustainable.

Don't wait until you're stressed about settling into a new place to figure out government support options. Research these beforehand so you know what's available and can apply well in advance.

#### You can keep yourself safe

This is about knowing when to say no - whether that's to dangerous situations, peer pressure, or anything else that compromises your wellbeing.

You should be comfortable declining invitations that feel unsafe or uncomfortable, and can resist pressure to drink more than you want to, skip places that make you uneasy, or avoid activities that conflict with your values.

Academic safety matters too. You need to be able to maintain boundaries around your study time and not let social pressures derail your goals. When friends want to hang out but you need to work on assignments, you should be able to say no without feeling guilty.

Basic practical safety awareness is also important, like not walking alone late at night and knowing how to access campus security if you need help.

#### You can handle your health

You don't need to be a fitness guru or nutrition expert, but you should have basic self-care skills in place.

Can you get yourself a reasonable amount of sleep most nights? Do you eat at least some fruit and vegetables, even if it's just munching an apple on your way to class? Can you make sure your body gets some movement, whether that's walking across campus, doing stretches, or occasionally hitting the gym?

You need to know how to access healthcare too. You should be comfortable going to a pharmacy to ask questions or get basic medications, [understand how Medicare works](#), and know how to find a local GP. Most universities have health services on campus, so find out what's available before you need it.

Mental health awareness is also crucial. You need to recognise when you're feeling overwhelmed, stressed, or low, and know where to seek support - and remember you never need to struggle alone. This might mean:

- Calling a helpline like [Lifeline](#) or [Beyond Blue](#)



- Booking an appointment with a counsellor (many unis offer free sessions)
- Reaching out to friends and family when you need help
- Using apps or online resources for mental health support

### **You can get yourself to where you need to go**

Independence requires mobility. You need confidence in your ability to navigate your new environment and get to university, work, shops, and appointments without relying on others.

If you drive, you should have access to a reliable car and feel comfortable driving in unfamiliar areas. This includes practical skills like finding parking, reading street signs, and using GPS navigation.

If you rely on public transport, you need to be competent with planning routes, understanding timetables, and navigating transit systems. And you should know how to work out backup options when services are delayed or cancelled – because they will be.

The key is feeling confident that you can get yourself where you need to go, especially in emergencies.

### **You actually want to**

This might seem obvious, but it's worth examining your motivations honestly. Are you moving out because you genuinely want the experience, or because you feel like it's what you're supposed to do?

There's enormous pressure to move out immediately after finishing school, but this timeline doesn't work for everyone. Trust your gut: if you'd prefer to stay at home for a while longer, listen to that instinct.

The shift from school to university is big all by itself. There's nothing wrong with managing one major change at a time, especially if your university is close to home. You can still have a rich university experience while living with your family, and you still have the option to move out later when you feel more ready.

Some people thrive on multiple big changes at once while others do better taking things gradually. But both approaches can lead to success.

### **Taking your time is okay**

If you're reading through this list and realising you're not quite there yet in some areas, that's completely normal. You might decide to spend your first semester or year at home while you develop more confidence. You could take on more financial responsibility at home, practice using public transport in your local area, or gradually take charge of more aspects of your health and wellbeing.

Moving out for uni is a big step, but it's not irreversible. Many students move back home at various points during their studies for financial, health, or personal reasons. The most important thing is making decisions that support your overall wellbeing and academic success.

University is challenging enough without adding unnecessary stress, so take the time to build these skills and you'll be much more likely to thrive when you do eventually make the move.

If you think you're ready or want to explore your options, you can also check out our [directory of Australian uni accommodation providers here](#).

### **Public speaking made easy: 9 tips for overcoming stage fright**

Does the thought of speaking in front of a crowd make your palms sweat and your heart race? You're not alone - heaps of people, including seasoned professionals, experience stage fright. But here's the good news: public speaking is a skill you can learn and improve.

Whether you're preparing for a class presentation, a debate, or just want to feel more confident, these tips will help you conquer your fears and improve your public speaking skills.

### **Understand your fear**

First, it's important to understand that feeling nervous is normal. Even experienced speakers get butterflies before a big presentation. The key is to harness that nervous energy and use it to your advantage.

### **Prepare, prepare, prepare**

One of the best ways to combat stage fright is to be well-prepared. So know your material inside and out: the more familiar you are with your topic, the more confident you'll feel.



Practice your speech by speaking in front of a mirror, recording yourself, or presenting to friends and family. And if possible, visit the place where you'll be speaking beforehand to get comfortable with the space.

### **Use relaxation techniques**

Calming your nerves before and during your speech can make a big difference. Techniques like [deep breathing](#) or [progressive muscle relaxation](#) can work wonders for both the physical and mental sides of anxiety.

Or why not give visualisation a try: imagine yourself giving a successful speech and picture the audience engaged and interested. It might sound strange, but [it really works](#).

### **Focus on your message**

Remember, your audience is there to hear what you have to say, not to judge you. Stay focused on your message by using notes strategically (just try to avoid reading directly on a script).

Keep in mind why you're speaking and what you want your audience to learn or do, and consider how your message can help or benefit them.

### **Connect with your audience**

Building a connection with your listeners can help you feel more at ease. After all, they're just people too (and might even hate public speaking just as much as you). Try making eye contact and read people's body language - if people look confused, take a moment to clarify your point.

Make the audience feel part of the experience by using inclusive language (saying "we" instead of "I") and asking rhetorical questions. If you feel comfortable doing so, sharing your own experiences can help engage people too.

### **Start strong**

A powerful opening can boost your confidence and grab your audience's attention. This is another reason preparation is so important - being confident in your first few sentences can set the tone for the entire speech. You could also begin with a hook to grab people's attention: use a surprising statistic, a provocative question, an intriguing anecdote, or memorable quote.

### **Use body language to your advantage**

Your non-verbal communication is just as important as your words. Avoid crossing your arms or putting your hands in your pockets, which can make you appear closed off. Plus, good posture projects confidence and helps you breathe more easily.

And we know it's a bit cliché, but a genuine smile can help you feel more relaxed and create a positive connection with your audience.

### **Embrace mistakes**

Remember, nobody's perfect, and mistakes happen to everyone. If you make a mistake, take a deep breath and try to relax - you can often just continue without drawing attention to it. For more significant errors, briefly correct yourself and then continue with your speech.

### **Celebrate your success**

And for our final tip - after each public speaking engagement, take time to reflect and celebrate. Make a list of things you did successfully, no matter how small, and treat yourself to something you enjoy as a reward. Tell friends or family about your accomplishments to reinforce your positive feelings.

You might also like to keep a journal of your speaking experiences you can look back on to see how you've improved over time.

### **Your journey starts now**

Becoming a confident public speaker doesn't happen overnight - it's a skill that develops over time with practice and persistence. By using these tips and continuing to put yourself out there, you'll find that your fear of public speaking will decrease, and your confidence will grow.



Want to learn more about building important life skills? [Check out our other blogs on skill development here.](#)

## **7 reasons to get a holiday job**

As the holidays approach, you're probably keenly counting down to some time out and looking forward to winding down. Finding a holiday job might be the last thing on your mind. But if you give the benefits of a holiday job some thought, you might just change your mind. We've put together a list of 7 reasons why you might like get a holiday job.

### **Boost your confidence**

Going through the application and interview process can be nerve-wracking, but the more you do it, the easier it will become. You'll have a great head-start over your peers who have never been through the experience before, and feel more confident applying for future jobs.

### **Build your resume**

Once you've done some holiday work, you can then add it to your resume or CV. This is sure to impress potential future employers, universities, or you could even use it for scholarship applications.

### **Learn new skills**

One of the biggest benefits of work, no matter what kind of job you have, is that you'll get the chance to build heaps of new skills that are useful for any career, including communication, teamwork, time management, problem solving, and more.

### **Find out what you enjoy (and what you don't)**

You might jump into a job feeling super keen, only to find out you don't really like it all that much - or conversely, you might be hesitant about starting, but end up loving your work. This is your chance to see what you enjoy and see if it aligns with your future career goals.

### **Start networking**

The old saying "it's not what you know, but who you know" still rings true. Leaping into the world of work will help you start making valuable contacts, whether it's someone who can act as a mentor, or someone to put down as a reliable reference for your next job application.

### **Earn money**

Of course, one of the biggest advantages of having a job is being paid. And the best part is you can do whatever you want with it, whether you splurge on that luxury item you've been eyeing, or start putting money away for a car or gap year.

### **Start adulting**

Earning money isn't all fun, unfortunately - you'll also need to think about important things like taxes, budgeting, and superannuation. But the earlier you start, the better equipped you'll be for the future.

### **Every job is valuable**

You might think that flipping burgers or serving ice creams won't benefit you much at all, but you'll learn and gain more than you realise. The bonuses above are just a few of the reasons to get a holiday job. Plus, you could make new friends and have some fun along the way.

At the end of the day, life is all about balance. There's no need to find a job that has you slaving away from dawn to dusk, seven days a week. Something casual and flexible will still give you all the benefits while also leaving you with time to enjoy your holidays.

[You can find heaps more resources about the world of work on our website here.](#)





## 9 tips to help your teen through exam time

As a parent, it's hard to watch your high schoolers go through stressful times, especially if you want to help but you're not sure how. One of those times can be the end of the school year, especially if your teen is facing important exams.

You can't do the exams for them, but you can support your young person during this stressful time. Here are 9 tips that could help your teen through exam time:

### **Reduce their household chores**

Let your teen know that they have a temporary pass on their usual chores. Whether it's zero chores during the exam time or a reduced load in the lead up, see what works for you family and offer up the option.

### **Encourage effective study habits**

Helping your teen to create a balanced, realistic study timetable and establish their study routine could be a great way to show your support and set them up for success. Remember to include breaks and use time management tools. They could also benefit from a quiet, organised study space if they don't already have one.

### **Healthy diet and sleep**

We know that you've probably been doing this for years, but by preparing healthy balanced meals and stocking up on nutritious snacks for them to grab, you'll be making a positive difference. If you can find way to encourage your teen to get enough sleep as well, you'll be on to a winner. A well-rested mind is better equipped to handle stress and retain information.

### **Exercise and relaxation**

By encouraging regular physical activity and using relaxation techniques, from meditation or deep breathing to walks and spending time with friends, you could help reduce your teen's stress levels, improve their mood, and give their cognitive function a boost. These are all essential when it comes to learning, remembering, and performing well in exams.

### **Set realistic expectations**

Reminding your teens that doing their best is more important than achieving perfection, and that you'll be proud of them no matter what, could be exactly what they need to hear during exams. You only want the best for your child, but removing any additional pressure or expectations could be a big help to them.

### **Be positive**

It may seem like such a simple idea, but at a time when your teen's self-doubt may be high and their motivation is hard to maintain, your positive attitude and reinforcement could be just what they need to keep them going. Praise your teen's efforts and accomplishments, no matter how small, and come up with rewards that they'll love to help motivate them to reach their goals.

### **Limit distractions**

Helping your teen minimise distractions – especially the addictive ones like social media, phones, and gaming – during study time could help them to maintain focus. You don't have to eradicate them completely, but take them out of action during study times and use them as rewards instead.

### **Stay calm**

If you're able to keep your cool, even when you're dealing with a stressed out and potentially moody teen, you could be in a better place to de-escalate situations and help to get them back on track. You and your teen could even try using stress-reduction techniques like yoga, [progressive muscle relaxation](#), or journaling to create a calmer household.



### **Offer reassurance**

Exam time brings pressure combined with worry about how their exam performance could affect their future. So it's understandable that your teen may experience mood swings and moments of frustration. Be patient, offer emotional support, and reassure them that no matter what happens, there are many alternative pathways to get them where they want to be, and you can help them to explore.

Every teenager is unique, and what works for one may not work for another, so tailor your support to your teen's individual needs and preferences. Your guidance and support could help them navigate the stressful exam period successfully and come out feeling better on the other side.

[You can find more tips and blogs for parents and families on our website here.](#)

### **The four types of study and when to use them**

Want to get more out of your study time? The secret isn't necessarily studying harder or longer – it's about understanding the different types of study and using the right one at the right time. Just like a chef uses different cooking techniques for different ingredients, successful students use different study approaches for different learning goals.

#### **What do we mean by "types of study"?**

Not all study is the same, and different types of study serve different purposes, from building new knowledge to strengthening what you've already learned.

A "type" of study refers to a distinct approach or method of learning that serves a specific purpose and achieves particular learning outcomes. It's essentially the *way* you engage with information and learning material, rather than *what* you're studying. When you understand what each type does and when to use it, you can make strategic choices that maximise your progress and keep your study sessions engaging and purposeful.

A well-rounded study plan should include all types - you don't have to use them all in every single session, but rotating between them keeps your learning active, balanced, and purposeful.

#### **Revision: Strengthening what you've already learned**

Revision is probably what most people think of when they hear the word "study". It involves going back over material you've already covered to make sure you understand and remember it. This might be re-reading notes, summarising key information, creating flashcards, or working through past examples.

#### **What does it actually do?**

Revision is used to help move information from your short-term memory into long-term storage, making it much easier to recall when you need it. Without regular revision, you'll find that information from early in the term has largely disappeared by the time exams roll around, which means you're essentially learning everything again rather than building on solid foundations.

#### **When is it useful?**

- After you've learned new concepts in class or through reading
- In the lead-up to tests or exams
- When you notice you're forgetting material you learned earlier
- As regular maintenance throughout the term to keep information fresh

#### **What does it look like in practise?**

You might spend a study session going through your history notes from the past month, testing yourself on key dates and concepts. Or you could work through chemistry equations you learned earlier in the term to make sure you can still solve them confidently. The key is actively engaging with the material rather than just passively re-reading.

Effective revision isn't just about repetition – it's about testing your understanding and identifying any gaps that need attention. If you discover you can't remember or apply something you thought you knew, that's valuable information that tells you where to focus your efforts.



### **Knowledge building: Going deeper into topics**

Knowledge building takes you beyond just remembering facts and helps you develop a deeper, more nuanced understanding of your subjects. This type of study involves exploring connections between ideas, asking questions that go beyond the basics, researching related concepts, and engaging in discussions that challenge your thinking.

#### **What does it actually do?**

Knowledge building strengthens your critical thinking skills and help you apply what you've learned in new and varied contexts. It's the difference between knowing that something is true and understanding why it's true, how it connects to other ideas, and what its implications might be.

#### **When is it useful?**

- When you've mastered the basics of a topic and want to understand it more deeply
- While working on assignments that require analysis or original thinking
- When preparing for exams that test application rather than just recall
- During lighter study periods when you have time to explore interesting tangents

#### **What does it look like in practise?**

You might read additional sources about a historical event you're studying to understand different perspectives, or explore how a mathematical concept applies in real-world situations. You could discuss complex literature themes with classmates or research current examples that relate to scientific principles you're learning.

This type of study often feels more interesting and engaging than basic revision because you're actively constructing understanding rather than just trying to remember information. It's also the type of learning that tends to stick with you long after exams are over.

### **Practise: Turning knowledge into skills**

Practise is where you take the information and understanding you've developed and learn to actually use it effectively. This involves answering questions, writing essays, solving problems, conducting experiments, or engaging in any hands-on activities that require you to apply what you've learned.

#### **What does it actually do?**

Practise helps you identify gaps in your understanding, improve your performance under pressure, and build confidence through repeated application. It's often during practise that you discover you don't understand something as well as you thought you did, which is incredibly valuable feedback that helps you focus your learning efforts.

#### **When is it useful?**

- When you need to develop specific skills for assessments or exams
- After learning new concepts to test your understanding
- In the weeks leading up to major assessments
- When you want to build confidence in your ability to perform under pressure

#### **What does it look like in practise?**

You might work through past exam papers to prepare for upcoming tests, write practice essays to improve your writing skills, complete additional maths problems to strengthen your problem-solving abilities, or conduct experiments to understand scientific principles through hands-on experience.

The key with practise is getting feedback on your performance so you can identify areas for improvement. This might come from marking schemes, teacher feedback, peer review, or simply recognising patterns in the types of mistakes you're making.

### **Preparation: Getting ready to learn new material**

Preparation involves activities that help you get ready to learn new concepts before they're formally introduced. This might include reading ahead in your textbooks, researching background information on upcoming topics,



creating outlines of what you're about to study, or reviewing prerequisite knowledge that new learning will build on.

### **What does it actually do?**

Preparation creates mental frameworks that make it easier to understand and integrate new information when you encounter it. When you're prepared, new concepts don't feel completely foreign – instead, they slot into the context you've already created, making them easier to grasp and remember.

### **When is it useful?**

- Before starting new topics or units in your subjects
- When you know you'll be covering challenging material that builds on previous learning
- During holiday periods to get ahead for the upcoming term
- When you have gaps in foundational knowledge that might make new learning difficult

### **What does it look like in practise?**

You might read the next chapter in your textbook before it's covered in class, research historical background before studying a particular period, review basic mathematical concepts before tackling more advanced problems, or look up key vocabulary for a new science unit.

Preparation doesn't need to be intensive or time-consuming – even light reading or brief research can make a significant difference to how easily you grasp new concepts when they're formally introduced.

### **How the four types work together**

The most effective study routines incorporate all four types of study in a strategic way that supports your overall learning goals. You might use preparation before starting new topics, knowledge building during the initial learning phase, practise to develop skills and identify gaps, and revision to maintain and strengthen your understanding over time.

**During a typical week**, you might spend some time preparing for upcoming lessons, deepening your understanding of current topics through knowledge building activities, practising skills through problem-solving or essay writing, and revising material from earlier in the term to keep it fresh.

**During assessment periods**, you'll probably focus more heavily on practise and revision, whilst during quieter periods you might emphasise preparation and knowledge building to set yourself up for future success.

**Different subjects** might lend themselves more naturally to certain types of study. Science subjects often require lots of practise to develop problem-solving skills, whilst humanities subjects might emphasise knowledge building through research and analysis. However, all subjects benefit from a balanced approach that includes all four types.

### **Making it work for your routine**

You don't need to perfectly balance all four types every week – the goal is to include each of them regularly in your overall study routine. Pay attention to which types you naturally gravitate towards and which ones you might be neglecting.

Many students over-rely on revision (re-reading notes) because it feels like studying and doesn't require much mental effort, but they miss out on the deeper learning that comes from knowledge building and the skill development that comes from practise. Others love the interesting exploration of knowledge building but avoid the harder work of practise that's essential for exam success.

**Start by identifying your current patterns.** Which types of study do you use most often? Which ones do you avoid or rarely engage in? Are there particular subjects where you rely too heavily on one approach?

**Then experiment with incorporating the types you use less frequently.** If you mostly stick to revision, try adding some practise sessions. If you love researching and exploring ideas but struggle with exams, prioritise more regular practise and revision.

Remember that different types of study require different mental energy levels and suit different moods.

Preparation might be perfect for when you're tired, knowledge building for when you're curious and energetic, practise for when you need to focus intensively, and revision for when you want a more relaxed but productive study session.



The goal is creating a varied, engaging study routine that keeps your learning active, balanced, and purposeful – rather than falling into repetitive patterns that limit your academic growth.

### **Want more study tips?**

[We have heaps of other handy study tips and resources to check out on our website here.](#)

## **How to become a Food Technologist**

Food technologists are responsible for the research and development of new food and drink products. They also work to improve the quality and safety of existing products, processes, packaging, and storage related to food and drink.

If you have plenty of patience and persistence, are knowledgeable about food, and love science, this career could be ideal for you.

### **What skills do I need as a food technologist?**

- Innovative and creative
- Thorough and precise
- Quick decision-maker
- Strong problem-solver
- Great communicator
- Good attention to detail
- Able to work under pressure
- Inquisitive and analytical

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

- Check products for colour, texture, taste, and nutrition
- Advise on storing, packaging, and preserving products
- Analyse data to compare with other products
- Develop new products and quality standards
- Oversee manufacturing processes and procedures
- Maintain safe and hygienic conditions
- Ensure compliance with relevant laws and regulations
- Provide advice to clients and consumers

### **What industries do food technologists typically work in?**

- Manufacturing
- Professional, Scientific, and Technical Services
- Public Administration and Safety

### **What Career Cluster do food technologists belong to?**

Food technologists are primarily [Informers](#), using their extensive knowledge of food science and research skills to complete complex tasks and advise others.

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

There is a little room for flexibility, with some part-time opportunities available. Most of your work will be done during regular hours - it's unlikely that you'll need to work on holidays and weekends.

Many food technologists earn an above average wage throughout their careers.

Food technologists mainly work indoors in laboratories, manufacturing facilities, and offices. There are limited opportunities for remote work as most tasks require access to specialised equipment and facilities.



### How to become a food technologist

Most food technologist positions require a bachelor's degree in food science, chemistry, biology, or a related field. Some employers may accept candidates with vocational qualifications or other science degrees if they also have relevant experience or additional training.

Gaining other relevant qualifications, such as First Aid and safe food handling, can also improve your employment prospects.

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

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

- Get lots of hands-on experience with food - cook meals at home, take cooking classes, or study food technology subjects at school.
- See if you can find work experience in food manufacturing or a laboratory. Part-time work in food retail or hospitality can also be valuable.
- Join science clubs or participate in science competitions to start building important skills.

### Where can I find more information?

- [Institute of Food Technologists](#) (Global)
- [Australian Institute of Food Science and Technology](#)
- [New Zealand Institute of Food Science and Technology](#)
- [Institute of Food Science and Technology](#) (UK)
- [Canadian Institute of Food Science and Technology](#)

### Similar careers to food technologist

- Nutritionist
- [Process Engineer](#)
- Chemist
- Biologist
- [Lab Technician](#)
- [Industrial Designer](#)
- [Chef](#)
- [Agronomist](#)

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