

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 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

Careers with STEM & QUT – Tech Careers Webinar for Students, Teachers & Parents

Organisation: Careers with STEM

Location: Online

Date: November 5, 2025

Imagine building the next big thing in AI, helping fight climate change with smart data, or even designing the tech behind the next generation of electric cars or space travel. Technology is now woven into every industry – from music and gaming to medicine and sustainable energy – which means a career in tech doesn't just mean one path; it means limitless possibilities.

And here's the exciting part: many of the jobs you'll be doing in the future haven't even been invented yet. So how do you get started? Join us for a free Careers with STEM webinar on Wednesday 5 November at 12pm AEDT/11am AEST with leaders, experts and entrepreneurs in tech that will share their journeys and advice for anyone considering pursuing technology.

Whether you're a high school student, a teacher guiding your students' next steps, or a parent supporting your child's future, this webinar will provide the knowledge and inspiration you need to explore the exciting world of tech careers.

Find out more

Languages at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: November 5, 2025

Passionate about languages and global communication? Discover how the Bachelor of Languages and other flexible study options can help you major in up to two languages, build translation and intercultural skills, and study overseas with a \$5,000 scholarship.

Learn about real-world industry projects and alternative pathways like the Diploma of Language Studies, ideal for combining language learning with any degree or pursuing it after graduation.





UNSW Uni Prep Information Evening Online

Organisation: University of New South Wales

Location: Online

Date: November 6, 2025

Join us for an online information session to learn more about the <u>UNSW Uni Prep Program</u> and have your questions

answered.

Since 1989, the Uni Prep Program has been an alternative pathway for thousands of people to study at UNSW Sydney. The program helps you to learn the skills, knowledge and provides academic guidance needed to study at uni.

In this online info session, we will talk about:

The program structure and study streams

- The time commitment and flexible study options
- How the Uni Prep Program can lead to undergraduate degrees at UNSW
- Hear from our staff and students and have the chance to ask questions

We look forward to seeing you there!

Find out more

Letz Live Webinar about Gap Years in the United Kingdom

Organisation: Letz Live **Location:** Online

Date: November 11, 2025

Our sessions are a great way to learn more about the programmes we have on offer and the opportunities available

to you.

Thinking of heading to the United Kingdom? Sign up to learn more about our School, Activity, and Hospitality Assistant opportunities. These online sessions will be held for residents of Australia, New Zealand, and anyone eligible for a working visa in the UK.

Find out more

UNSW Arts, Design & Architecture Portfolio Entry Information Session in Sydney

Organisation: University of New South Wales

Location: University of New South Wales, Kensington Campus

Date: November 11, 2025

At UNSW, we know you're more than just a number. That's why we've created the UNSW Portfolio Entry Early Conditional Offer Scheme—a pathway to university that recognises your unique talents and ambitions.

Join us for an exclusive info session tailored for students applying to degrees within the Faculty of Arts, Design & Architecture for 2026. Hear directly from UNSW academics on how to craft a standout portfolio that highlights your strengths.

Why choose this scheme?

- Early Conditional Offers: Get an offer with a reduced ATAR requirement—up to 10 points below the standard selection rank for your chosen degree.
- Showcase your talent: Stand out by highlighting your unique skills, potential, and passion.

Find out more

University of Newcastle Law Insights Evening for Future Students

Organisation: University of Newcastle **Location:** University of Newcastle, NUSpace

Date: November 12, 2025

This event will provide an opportunity for Year 11 and 12 students, teachers, and parents to hear from academics and current students about the Bachelor of Laws (Honours) program at the University of Newcastle.

As part of the evening, attendees will have the opportunity to hear from academic staff and current students from the School of Law and Justice. Topics covered include:

• Why study Law at the University of Newcastle?





- What you will study?
- Key highlights of Australia's leading Clinical Law School
- Opportunities within the program
- Student life
- · Entry schemes and pathways
- Q&A with students and academics

This event will be held at NUspace, the main hub for Newcastle's Law programs, allowing students to take in the experience of what could be their home during their studies.

Find out more

Becoming a Protective Service Officer with the AFP – Online Information Session

Organisation: Australian Federal Police

Location: Online

Date: November 12, 2025

Gain insights into the role of a protective service officer (PSO), hear first-hand experiences, and discover what it

means to do legendary work in the Australian Federal Police (AFP).

Find out more

Why Study Business at the University of Sydney? Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: November 12, 2025

Discover how our Commerce degree prepares you for the future of work and a wide range of career opportunities. You will learn about the range of study areas (or majors) available – such as Marketing, Finance, or Innovation and Entrepreneurship - and the many ways in which you can combine your interests, with over 100 study areas to select from our shared pools of majors and minors.

Find out more about internships, industry-focused experiences, and global mobility opportunities on offer to our Bachelor of Commerce students.

Find out more

UNSW Arts, Design & Architecture Portfolio Entry Information Session Online

Organisation: University of New South Wales

Location: Online

Date: November 12, 2025

At UNSW, we know you're more than just a number. That's why we've created the UNSW Portfolio Entry Early Conditional Offer Scheme—a pathway to university that recognises your unique talents and ambitions. Hear directly from UNSW academics and students about crafting a compelling portfolio for degrees within the Faculty of Arts, Design & Architecture and the Faculty of Engineering in 2026. We'll guide you through what to include, how to apply, and tips to help you succeed. Plus, you'll have the chance to ask questions and get clarity on anything you're unsure about.

Why choose this scheme?

- Early Conditional Offers: Get an offer with a reduced ATAR requirement—up to 10 points below the standard selection rank for your chosen degree.
- Showcase your talent: Stand out by highlighting your unique skills, potential, and passion.

Find out more

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

Organisation: Charles Sturt University

Location: Charles Sturt University, 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

HSC Kickstart Seminars for Year 10 & 11 Students at the University of Newcastle

Organisation: InspirationED

Location: University of Newcastle, Newcastle Campus

Date: November 15, 2025

Join InspirationED for a free day of HSC sessions to help you get ahead in 2026. Our seminars are presented by senior HSC Markers and qualified counsellors.

Designed for both parents and students, in each 45 minute session we cut straight to the chase, leaving you equipped for the year ahead.

Learn simple study strategies, assessment techniques, and tips and tricks to managing stress and encouraging communication.

Hosted at the University of Newcastle, you'll have the opportunity to explore campus and get a feel for uni life. Find out more

National Art School In Person Portfolio Review Session

Organisation: National Art School Location: National Art School 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

University of Newcastle Nursing Insights Evening for Future Students in Newcastle

Organisation: University of Newcastle

Location: University of Newcastle, Callaghan Campus

Date: November 19, 2025

Join us for a night of deep discussions and fresh insights into the world of nursing at the University of Newcastle. The School of Nursing and Midwifery invites Year 11 and 12 students, teachers, and parents to attend the Nursing Insights Evening to learn more about the Bachelor of Nursing program. Hear from academic staff and current students about:

- Why study Nursing at the University of Newcastle?
- What you will study?
- Key highlights of our state of the art medical facilities
- Opportunities within the program
- Student life
- Entry schemes and pathways
- Q&A with students and academics

You'll also tour our brand new Health Education and Research Building, featuring cutting-edge simulation labs, modern teaching spaces, and vibrant communal areas.





Explore the World of Nursing at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: November 19, 2025

Discover what makes nursing at the University of Sydney truly unique. Our accomplished educators bring rich, real-world experience into the classroom, shaping the next generation of nurses with insight, compassion, and innovation.

Join this inspiring webinar to hear from leading voices in nursing as they share their diverse career journeys and how they're preparing future nurses for a dynamic healthcare landscape. You'll also gain an overview of our Nursing degrees, hands-on work placements, with further study and career options.

If you're curious about a career in Nursing, this session is for you.

Find out more

Career Conversations @ Home – Helping Parents Have Positive Career Convos!

Organisation: Arrive & Thrive

Location: Online

Date: November 19, 2025

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

• How can you positively influence your young person in their career decisions.

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

We can't wait for you to join us!

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

Find out more

University of Newcastle Nursing Insights Evening for Future Students in the Central Coast

Organisation: University of Newcastle

Location: University of Newcastle, Gosford Campus

Date: November 20, 2025

Join us for a night of deep discussions and fresh insights into the world of nursing at the University of Newcastle. The School of Nursing and Midwifery invites Year 11 and 12 students, teachers, and parents to attend the Nursing Insights Evening to learn more about the Bachelor of Nursing program. Hear from academic staff and current students about:

- Why study Nursing at the University of Newcastle?
- What you will study?
- Key highlights of our state of the art medical facilities
- Opportunities within the program
- Student life
- Entry schemes and pathways
- Q&A with students and academics

You'll also tour the Central Coast Clinical School, featuring cutting-edge simulation labs, modern teaching spaces, and vibrant communal areas.





International College of Management Sydney Parents' Information Evening

Organisation: International College of Management Sydney **Location:** International College of Management, Sydney

Date: November 20, 2025

As a parent, you play a vital role in your child's successful transition from school to higher education. We understand that choosing where and what to study can be a daunting and stressful decision – and not just for your school leaver.

The ICMS Parents Information Evening will help you to support your school leaver as they navigate the complex tertiary admissions process.

Find out more

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

Architecture Club at Sydney Opera House – Experiment Like an Architect

Organisation: Sydney Opera House

Location: Sydney Opera House Centre for Creativity

Date: November 22, 2025

Inspired by the unique design genius of architect Jørn Utzon and the Sydney Opera House, get creative through a series of fun and playful design exercises for beginners or design lovers, whilst learning about the architectural history of the Sydney Opera House.

This workshop will consider the way new materials can create new models and functions in architecture.

Participants will learn to play and test just like Utzon. What results can we create?

Recommended for both adults and young people 12 and over. Children aged 15 years and under must be accompanied by an adult at all times.

Find out more

HSC Kickstart Seminars for Year 10 & 11 Students at the University of Sydney

Organisation: InspirationED

Location: University of Sydney, Camperdown/Darlington Campus

Date: November 23, 2025

Join InspirationED for a free day of HSC sessions to help you get ahead in 2026. Our seminars are presented by senior HSC Markers and qualified counsellors.

Designed for both parents and students, in each 45 minute session we cut straight to the chase, leaving you equipped for the year ahead.

Learn simple study strategies, assessment techniques, and tips and tricks to managing stress and encouraging communication.

Hosted at the University of Sydney, you'll have the opportunity to explore campus and get a feel for uni life. Find out more





Find Your Fit in Information Technology with UTS

Organisation: University of Technology Sydney

Location: Online

Date: November 24, 2025

At UTS, IT is so much more than just programming, it's a field that embraces creativity through degrees like Interaction Design, offers highly technical pathways such as Quantum Computing, and opens doors to exciting careers in areas like cybersecurity with major global firms.

Our Find Your Fit in Information Technology webinar will guide you through the wide range of IT courses on offer and answer your questions. You'll also hear directly from a current IT student about their study experience, plus get career insights from an IT alum now thriving in industry.

If you're weighing up your choices, exploring ideas, or simply want to feel confident about your final preferences, this session is not to be missed.

Who can attend?

- Open to all high school students, with a focus on Year 12 students (all years welcome)
- Gap year students and non-recent school leavers
- Parents and guardians are also encouraged to join

Find out more

Find Your Fit in Engineering with UTS

Organisation: University of Technology Sydney

Location: Online

Date: November 25, 2025

Our Find Your Fit in Engineering webinar is designed to make that journey clearer and more inspiring. We'll walk you through all the Engineering majors offered at UTS, answer your questions, and show you why your ATAR doesn't define your future.

You'll also hear first-hand from a current UTS Engineering student about their experience and gain insights from a UTS Engineering alum on the career opportunities that await after graduation.

Whether you're still exploring your options or want to feel confident about your final preferences, this session will help you find the degree — and the future — that fits.

Who can attend?

- Open to all high school students, with a focus on Year 12 students (all years welcome)
- Gap year students and non-recent school leavers
- Parents and guardians are also encouraged to join

Find out more

UNSW Engineering Education Festival: Project Showcase for Schools

Organisation: University of New South Wales

Location: University of New South Wales, Kensington Campus

Date: November 25, 2025

Wrap up the school year with a hands-on tech adventure, exploring student-built innovations from UNSW's ChallENG program! From rescue drones and Mars-rover bots to solar cars, rocket rigs, and biomedical prototypes, students will see live demos and discover how ideas become working hardware. They'll also participate in a hands-on activity, turning their own ideas into reality.

The festival is aimed at local high school groups, specifically students in Year 10 and those who commenced Year 12 in Term 4 2025 with their teachers.

UNSW will provide return coach transport or prepaid Opal Cards for participating schools.

Teachers can register their school's interest by completing the online form and UNSW will be in touch to confirm.





TPC and STAT Entry Schemes to the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: November 25, 2025

If you left school in Year 10 or finished Year 12 without an ATAR (or equivalent), this information session will cover our new Tertiary Preparation Certificate and STAT entry schemes. It will also cover other potential pathways that can support your transition to university.

This presentation is suitable for domestic applicants who would like to apply for a bachelor's degree.

Find out more

Western Sydney University Wednesday Online Drop-In Session

Organisation: Western Sydney University

Location: Online

Date: November 26, 2025

In 2025, Western is hosting a series of online drop-in sessions for you to chat with our Future Student Engagement

Team. Drop in during any of our sessions to get your burning questions answered.

Ask about your dream degree, alternative entry pathways, scholarships, support services or any other Western-

related topics. Find out more

Explore the Bachelor of Media and Communications at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: November 26, 2025

Dive into the exciting world of media and communications with our Bachelor of Media and Communications degree. Discover how this degree can help you turn your passion for media, storytelling, content creation, journalism, marketing and public relations into a dynamic career.

In this session we will discuss the entry requirements, course structure, career opportunities and the hands-on learning experiences that prepare students for the real world.

Find out more

UCAT, GAMSAT and Pathways into Medicine – Webinar for Students, Teachers & Parents

Organisation: National Institute of Education

Location: Online

Date: November 26, 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



Discover Nursing: Clinical Lab Tours at UTS for Future Students

Organisation: University of Technology Sydney

Location: University of Technology Sydney, City Campus

Date: November 27, 2025

If you're applying to UTS in 2026, here's your chance to tour our world-class clinical lab facilities, meet with current

Bachelor of Nursing students and ask them what it's really like to study nursing at UTS.

Your registration includes a clinical lab tour and meet-and-greet experience with a UTS Nursing Student

Ambassador, approximately 45-60 minutes in duration.

Find out more

ANSTO Science Discovery Tour

Organisation: Australian Nuclear Science and Technology Organisation

Location: ANSTO Discovery Centre

Date: November 29, 2025

This tour provides an in-depth look into the world of nuclear science and the work ANSTO does in the areas of

health, the environment and delivering solutions for industry.

Subject to availability, we will visit Australia's only nuclear reactor OPAL, the Australian Centre for Neutron

Scattering, the ANSTO Nuclear Medicine facility and the Centre for Accelerator Science.

Find out more

University of Newcastle – Tour the New Campus in Gosford Central

Organisation: University of Newcastle

Location: University of Newcastle, Gosford Campus

Date: December 1, 2025

Join us for a sneak peek of the University of Newcastle's new Central Coast Campus - Gosford Central building

before it officially opens for Semester 1 in 2026.

This sneak peek offers our community a chance to explore our state-of-the-art facility, meet our University staff and students and discover our exciting study opportunities.

Discover where your university journey could begin on the Central Coast in 2026.

Find out more

Engineering Summer School – Experiences for Year 11 & 12 Students

Organisation: Engineers Australia

Location: University of Sydney, Camperdown/Darlington Campus

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





University of Newcastle Q Building Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, Q Building

Date: December 12, 2025

Join us for an exciting tour of the Q Building at the University of Newcastle! Explore the state-of-the-art facilities and immerse yourself in the vibrant campus atmosphere.

This in-person event is your chance to discover the cutting-edge technology and innovative spaces that make the Q Building a hub of creativity and learning.

Don't miss out on this unique opportunity to get a firsthand experience of the Q Building. Whether you're a prospective student or simply curious about the university, this tour is the perfect chance to see what makes our campus special.

Find out more

University of Newcastle Ourimbah Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, Ourimbah Campus

Date: December 12, 2025

Come and explore the vibrant atmosphere of the University of Newcastle's Ourimbah Campus on the Central Coast.

This in-person event is a fantastic opportunity to get a firsthand experience of our beautiful campus.

During the tour, you will explore the cutting-edge facilities, including modern classrooms, research labs, and collaborative spaces. Our knowledgeable guides will share insights about the various academic programs, student support services, and extracurricular activities available at Ourimbah Campus.

Whether you are a prospective student, a parent or carer, or simply curious about the university experience, this tour is an ideal way to get a firsthand look at everything Ourimbah Campus has to offer.

Find out more

University of Newcastle Central Coast Clinical School Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, Central Coast Clinical School

Date: December 12, 2025

Join us for an exciting in-person tour of the Central Coast Clinical School. This event is a fantastic opportunity to explore our state-of-the-art facilities and learn more about the cutting-edge medical education and research happening on campus.

During the tour, our Student Ambassadors will take you through the various labs, study spaces, library and much more.

Don't miss out on this exciting opportunity to explore our Central Coast Clinical School. We look forward to welcoming you!

Find out more

University of Newcastle NUSpace Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, NUSpace Campus

Date: December 12, 2025

Join us for an exciting in-person tour of NUspace, at the University of Newcastle. Get ready to explore the state-of-the-art facilities and vibrant campus atmosphere.

During the tour, you'll have the opportunity to discover the latest technologies, interactive classrooms, and collaborative study areas that make NUspace a hub of creativity and learning. Our knowledgeable staff will be available to answer any questions you may have.

Located on Auckland Street, NUspace is easily accessible and offers a vibrant and inclusive community. Whether you're a prospective student, parent, or simply curious about the future of education, this tour is perfect for you. Find out more





SAE University College Change of Preference Online Session

Organisation: SAE University College

Location: Online

Date: December 12, 2025

No matter where SAE University College lands on your higher education preference list, our Change of Preferences Online Session will help you figure out exactly where you want to be. Come vibe with us to uncover the real deal about who we are, what sets us apart, and where a degree from SAE could take you!

- Explore the hands-on work placement opportunities available throughout your studies.
- Discover the endless career paths available after graduation.
- Learn more about our scholarship opportunities, student services, upcoming Info Night and more.
- Ask all your questions about our application and enrolment process (no ATAR required!).

Find out more

University of Newcastle Callaghan Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, Callaghan Campus

Date: December 12, 2025

Come and explore the vibrant atmosphere of the University of Newcastle's Callaghan Campus in Australia. This inperson event is a fantastic opportunity to get a firsthand experience of our beautiful campus.

During the tour, our Student Ambassadors will take you through the various facilities and landmarks, showcasing the state-of-the-art classrooms, modern libraries, cutting-edge research centers, and stunning outdoor spaces. Whether you are a prospective student, a parent or carer, or simply curious about our university, this tour will give you an insight into the vibrant campus life and the endless opportunities that await you at The University of Newcastle.

Find out more

Australian Catholic University - Change of Preference Guided Campus Tours, Strathfield

Organisation: Australian Catholic University

Location: Australian Catholic University, Strathfield Campus

Date: December 17 to December 18, 2025

Attend a guided campus tour to explore what ACU has to offer, discuss your study options and pathways into ACU,

and get personalised change of preference advice.

General guided tours typically last 30 to 60 minutes. Registrations are essential as places fill quickly.

Find out more

Australian Catholic University – Change of Preference Guided Campus Tours, Blacktown

Organisation: Australian Catholic University

Location: Australian Catholic University, Blacktown Campus

Date: December 17 to December 18, 2025

Attend a guided campus tour to explore what ACU has to offer, discuss your study options and pathways into ACU, and get personalised change of preference advice.

General guided tours typically last 30 to 60 minutes. Registrations are essential as places fill quickly.

Find out more

Australian Catholic University – Change of Preference Guided Campus Tours, North Sydney

Organisation: Australian Catholic University

Location: Australian Catholic University, North Sydney Campus

Date: December 17 to December 18, 2025

Attend a guided campus tour to explore what ACU has to offer, discuss your study options and pathways into ACU, and get personalised change of preference advice.

General guided tours typically last 30 to 60 minutes. Registrations are essential as places fill quickly.



Find out more



UNSW Info Day for School Leavers and Parents

Organisation: University of New South Wales

Location: University of New South Wales, Kensington Campus

Date: December 18, 2025

Prepare to finalise your path to UNSW with confidence on Info Day.

Info Day is an event designed for students to understand everything they need to in the time between getting their ATAR and when they need to lock in their uni preferences with UAC. Whether you're a Year 12 student or a few years out of school, or you're a parent – Info Day is for you.

At UNSW Info Day, you'll find lectures, advisory zones and campus tours – all prepared to help you get your questions answered by academics and current students, so you can make your decision with confidence. This year, ATARs are released the same day that UAC's December Round 2 preferences close, meaning Info Day is the best time to get last minute advice.

Find out more

Australian College of Physical Education Experience Day for Future Students

Organisation: Australian College of Physical Education **Location:** Australian College of Physical Education

Date: December 19, 2025

Join us for Experience Day 2025! Finding the perfect study option for you is a big decision—but we're here to make it easier!

Take part in taster sessions and bite-sized workshops in Sports, Dance, Health, Football and PDHPE Education, hear from sports professionals, explore everything about your personalised study plan, and get a glimpse of what your studies will look like. Most importantly, uncover the secrets to kick-starting your sports career from day one!

- Participate in the taster classes conducted by industry experts
- Speak with our amazing lecturers and like-minded current students
- Enjoy a 1-on-1 personal consultation with our expert advisor to explore your study options, step-by-step enrolment guide, and scholarship opportunities
- Take a tour of our state-of-the-art campus and facilities

Find out more

Indigenous Australian Engineering School at the University of New South Wales for Year 10-12 Students

Organisation: University of New South Wales

Location: University of New South Wales, Kensington Campus

Date: January 11 to January 17, 2026

The Indigenous Australian Engineering School (IAES) is an annual residential program, established and funded by Engineering Aid Australia. The program aims to provide young Indigenous Australians with exposure to engineering and other STEM principles as potential university courses and career paths.

Applications are welcome from Aboriginal and/or Torres Strait Islander students who will be in Year 10, 11, or 12 in 2026 from across Australia (excluding Western Australia - students are encouraged to apply for the IAES program hosted by Curtin University).

The IAES is a fully funded residential program, covering meals, travel, and accommodation, making it completely free for students.

Application deadline: **November 9, 12:00 AM** (Midnight).

For any inquiries, please contact eng.edi@unsw.edu.au. The team is available to provide further information or arrange a call to assist with your needs.





Outward Bound Junior Adventure for Young Adults Aged 12-15 in Tharwa, ACT

Organisation: Outward Bound Location: Outward Bound Tharwa Date: January 12 to January 16, 2026

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.

<u>AOBDF Scholarships</u> 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

SAE University College Info Night in Sydney

Organisation: SAE University College

Location: SAE University College, Sydney Campus

Date: January 15, 2026

Just make the first move in your dream career – join us at your local SAE campus this January for Info Night! This is your chance to get a feel for the vibe at an SAE campus. Explore our creative and technology courses, meet industry experts and chat to the campus teams about student life. You can even take a tour of our facilities and check out some of the awesome student projects on display.

At Info Night, you'll have the opportunity to:

- Get the Full Lowdown: Dive into everything you need to know about SAE from student support services and real-life experiences to industry placements and career pathways all in a single, streamlined session.
- Go Behind-the-Scenes: Ever wondered what it's like to work with professional, industry-standard software and equipment? Tour SAE's state-of-the-art facilities and get a feel for the real-world tools and spaces you'll use as a student.
- Meet Your Mentors: Chat with our dedicated teachers, each a master in their craft. Gain valuable insights
 into our courses not only from our expert staff, but also our alumni, who have been exactly where you are
 and now work in their dream creative and technology fields.
- Chat 1:1 with SAE Experts: Have questions about courses, financial assistance, early entry programs or scholarships? Chat with our SAE Course Advisors about the type of career you've had your sights set on and how we can help you get there.
- See What Can Create: Get inspired by the incredible projects and creative work of current SAE students. This is where your own talent and vision can take you when you let curiosity lead!
- Feel the SAE Vibes: Enjoy an environment that's all about creativity and connection. This is your perfect chance to experience the SAE vibes up close and personal.

Find out more

University of Sydney Pharmacy First Nations Camp for Year 9 & 10 Students

Organisation: University of Sydney

Location: University of Sydney, Camperdown/Darlington Campus

Date: January 18 to January 22, 2026

This 4-day camp is a pathway to engage and inform Year 9 and 10 students about the opportunities and benefits of pursuing a career in pharmacy.

This program has the potential to build capacity of Aboriginal and/or Torres Strait Islander peoples ready to enter their future profession of pharmacy - who may in turn make this important health service more accessible to Australia's First Nations people.

The students will be recruited from urban, regional and remote NSW communities and will be transported to and from the university campus for the camp. All accommodation, food and materials will be provided.





Applications must be submitted by 14th November 2025.

Find out more

Sydney Design School Interior Decoration Workshop

Organisation: Sydney Design School **Location:** Sydney Design School **Date:** January 19 to January 20, 2026

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

De Dominicis Foundation Opportunity Scholarship for STEM Students at UOW

Organisation: University of Wollongong

Location: New South Wales Value: \$15,000 AUD per year Open Date: July 9, 2025 Close Date: December 9, 2025

Find out more

Aboriginal and Torres Strait Islander Pharmacy Scholarship Scheme

Organisation: Community Pharmacy Programs

Location: Australia

Value: Up to \$60,000 AUD Open Date: November 1, 2025 Close Date: January 31, 2026

Find out more

Larsen Jewellery Design Scholarship Program

Organisation: Larsen Jewellery

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

Close Date: November 30, 2025

Find out more

UWA Connect Scholarship for Disadvantaged Domestic Students

Organisation: University of Western Australia

Location: Western Australia

Value: AU\$21,500

Close Date: November 7, 2025





Competitions

Australian STEM Video Game Challenge for Students in Year 3-12

Organisation: Australian Council for Educational Research

Location: Australia
Value: See details
Open Date: Open now
Close Date: August 7, 2026

Find out more

AgDay Photography and Video Competition 2025

Organisation: National Agriculture Day

Location: Australia **Value:** \$5,000 in prizes

Open Date: October 24, 2025 Close Date: November 21, 2025

Find out more

Anthology Personal Memoir Competition 2026

Organisation: Anthology

Location: All **Value:** €500

Open Date: September 1, 2025 **Close Date:** August 31, 2026

Find out more

Australian Stockholm Junior Water Prize for High School Students

Organisation: Australian Water Association

Location: Australia **Value:** See details

Open Date: September 1, 2025 **Close Date:** March 27, 2026

Find out more

7 things adaptable people do

Adaptability isn't just a personality trait you either have or don't have – it's something you demonstrate through your actions and choices. If you're wondering whether you're adaptable or how to become more adaptable, it helps to understand what adaptable people actually do differently in their day-to-day lives.

These aren't extraordinary behaviours that require special talent or circumstances. They're practical approaches to everyday situations that anyone can develop with awareness and practice. Here are seven things that adaptable people consistently do.

They keep learning new things

Adaptable people don't limit themselves to what they already know or feel comfortable with. They're curious about how things work, willing to try unfamiliar activities, and open to developing new skills even when they're not immediately "good" at them.

This might look like picking up a new subject at school and genuinely engaging with it rather than complaining it's not relevant to their interests. It could be learning to use new software or technology without excessive frustration. Maybe they try a different sport, learn to cook something outside their usual repertoire, or take on responsibilities at work that stretch their current capabilities.





The key difference is their attitude toward the learning process. When faced with something new, adaptable people tend to think "how can I figure this out?" rather than "I can't do this" or "this isn't for me". They don't expect to be instantly competent, and they're willing to feel awkward or make mistakes whilst they're developing a new skill. This constant learning keeps them flexible because they're regularly practising the mental shift required when moving from not knowing something to understanding it. Each time you learn something new, you're reinforcing your ability to adapt to unfamiliar territory, which makes the next new thing slightly less daunting.

They stay relatively calm when things go wrong

Crisis situations reveal who can adapt under pressure and who can't. Adaptable people don't necessarily feel less stressed when problems arise, but they manage their response differently. Instead of panicking, freezing, or making everything worse with their reaction, they focus on what needs to happen next.

You might notice this in small everyday crises: someone spills something at work, a group project hits a major snag the night before it's due, transport fails and everyone's going to be late, or equipment breaks right before an important event. Adaptable people in these situations tend to quickly assess the problem, consider available options, and take action rather than spiralling or waiting for someone else to fix everything.

This doesn't mean they're always the hero who saves the day – sometimes the most adaptable response is recognising you need help and getting it quickly, or acknowledging that something can't be fixed and moving to plan B without wasting time on denial.

What they don't do is make the crisis worse by adding drama, blaming others, having an emotional meltdown, or insisting things should be different when that's not helpful. They separate their feelings about the situation from what needs to be done about it, deal with the practical problem first, and process their emotions later.

They step up when situations require it

Adaptable people don't rigidly stick to "that's not my job" or "I'm not the leader here" when circumstances call for someone to take action. If a situation needs someone to make a decision, coordinate others, or take responsibility, they're willing to do it even if it's outside their usual role.

This might happen at work when a manager is absent and customers need help, or in a group project when the designated leader isn't pulling their weight, or during a family crisis when the adults are overwhelmed and someone needs to handle practical matters. Adaptable people read these situations and recognise that insisting on normal hierarchies or roles isn't going to help anyone.

Importantly, this flexibility works both ways. They're also comfortable stepping back when someone else is better positioned to lead, or when they're in a situation where they don't have the expertise or authority to be calling the shots. They adapt their role to what the situation needs rather than what they usually do or what makes them most comfortable.

This kind of flexibility requires a certain confidence – you need to believe you can handle unfamiliar responsibilities when necessary, and you also need enough security not to feel threatened when someone else takes the lead. Both responses show adaptability: knowing when to step up and knowing when to step back.

They participate in team activities

There's a reason employers value experience in team sports, bands, choirs, drama productions, or group projects – these activities force you to adapt constantly. You're working with different personalities, adjusting your timing to match others, covering for teammates when needed, and subordinating your individual preferences to what works for the group.

Playing in a football team means adapting your position based on where other players are, adjusting your strategy when the opposing team changes theirs, and filling gaps when a teammate is off their game. Being in a choir or band requires listening to everyone else and adjusting your volume, timing, and tone to blend with the group even when you think you're right and they're wrong. Drama productions involve adapting to directorial changes, covering for actors who miss cues, and adjusting your performance based on audience response.

Even group assignments at school, whilst often frustrating, teach adaptability. You learn to work with people you didn't choose, compromise on approaches when yours isn't selected, adjust your contribution based on what others are doing, and find ways to make progress even when some group members aren't pulling their weight.

People who consistently avoid team activities often struggle more with workplace adaptation because they haven't had as much practice adjusting to others, working within constraints they didn't set, or finding their place in a group





dynamic. If you've been part of teams – whether sporting, musical, dramatic, or academic – you've been building adaptability even if it didn't always feel that way at the time. You might recognise some of these <u>collaboration skills</u> in yourself if you've participated in team activities regularly.

They adjust their approach when something isn't working

One of the clearest signs of adaptability is the willingness to change tactics when current methods aren't producing results. Adaptable people notice when they're stuck, when an approach isn't effective, or when they keep making the same mistakes, and they try something different rather than just working harder at the thing that isn't working. This might be obvious in studying – if reading and re-reading notes isn't helping information stick, trying active recall or practice questions instead. Or at work, if a particular way of explaining something to customers keeps causing confusion, changing the explanation rather than just repeating it more slowly. In relationships, if a friendship is becoming strained, having a direct conversation rather than hoping things will improve on their own. The challenge here is distinguishing between "this isn't working and I need to try something different" and "this is hard but I need to persist through the difficulty". Adaptable people get better at making this distinction through experience. They develop a sense for when they're making progress despite difficulty (where persistence is valuable) versus when they're genuinely stuck in an ineffective pattern (where adaptation is needed). Some practical examples of this adaptive adjustment include:

- Changing your study location or time of day when you notice you can't concentrate in your current setup
- Trying a different communication style with someone when your usual approach keeps causing misunderstandings
- Modifying your work methods when you're consistently running out of time or making errors
- Seeking help or resources when self-directed efforts aren't producing results
- Adjusting your goals or timeline when circumstances have genuinely changed and the original plan is no longer realistic

This kind of adaptive adjustment requires honest self-assessment and a willingness to let go of "but this is how I've always done it" in favour of "what would actually work better here?"

They handle disruption without falling apart

Plans change. Schedules shift. Things you were counting on fall through. Adaptable people deal with these disruptions as annoying but manageable rather than as catastrophes that derail everything.

When their shift at work gets changed at the last minute, or a class is cancelled, or a social plan falls through, or a teacher announces an unexpected assessment, adaptable people feel whatever frustration or disappointment comes up, and then they move relatively quickly to "okay, what now?" They reassess their priorities, adjust their schedule, and get on with the modified plan.

This doesn't mean they never feel upset about changes or disruptions – they do. But they don't let those feelings prevent them from adapting to the new reality. They can simultaneously acknowledge "this is annoying and inconvenient" whilst also thinking practically about next steps.

You can develop this capacity by noticing your own patterns when plans change. Do you tend to fixate on how things should have been? Do you need a long time to accept new circumstances before you can think about responding to them? Do you take disruptions personally even when they're not about you? Understanding your default responses helps you recognise when you're stuck in an unhelpful pattern and consciously choose a more adaptive response instead.

They engage with people different from themselves

Adaptable people don't insist that everyone communicate, work, or socialise in the exact way they prefer. They adjust their interaction style based on who they're dealing with and what the situation requires.

At work, this might mean being chatty and friendly with colleagues who like that style, then switching to efficient and business-like with customers who clearly just want quick service. It could involve explaining something in detail to one person and giving just the key points to someone else who prefers brevity. Maybe it's about being more formal with some managers and more casual with others, based on their preferences and the workplace culture. In social situations, adaptable people can hang out comfortably with different friendship groups without trying to make everyone the same or choosing just one group and rejecting all others. They adjust their topics of





conversation, humour style, and activity choices based on who they're with, not because they're being fake but because they recognise that different relationships and contexts call for different ways of interacting. This doesn't mean having no personality or constantly suppressing your preferences. It means being genuinely interested in different types of people and flexible enough to meet them where they are rather than insisting they adapt entirely to you. It's recognising that your way of doing things isn't the only valid way, and that there's value in being able to shift your approach based on context and audience.

People who can only function when everyone around them matches their style, energy level, interests, and communication preferences will struggle in almost any workplace. Those who can adapt their interpersonal approach whilst still maintaining their core values and personality tend to build better relationships, create less conflict, and find it easier to work effectively with diverse groups.

Building your adaptability

If you're reading through these seven behaviours and recognising yourself in several of them, that's worth acknowledging. These aren't innate talents – they're skills that develop through practice and experience. Every time you try something new, stay calm in a crisis, adjust your approach, or work effectively with someone different from you, you're strengthening your adaptability.

If there are areas where you recognise you could be more adaptable, that's also valuable information. The first step toward developing any skill is noticing where you currently are. You might realise you're quite good at learning new things but struggle when plans change unexpectedly, or that you're great in a crisis but resistant to adjusting your methods even when they're not working. Understanding your specific patterns helps you target your development more effectively.

The teenage years are actually an ideal time to build adaptability because you're constantly encountering new situations, people, and challenges. School changes, friendship dynamics shift, family circumstances evolve, and you're preparing for a future that probably looks quite different from your present. All of this natural disruption and change, whilst sometimes overwhelming, is genuinely teaching you skills you'll use throughout your life. For more insights into your adaptive abilities, you might find it helpful to explore whether you're more adaptable than you think.

The key is approaching these experiences with awareness rather than just surviving them. When something changes or goes wrong, notice how you respond. When you need to work with people different from you, pay attention to how you adapt (or don't). When you're learning something new, observe your attitude toward the challenge. This awareness transforms random experiences into genuine learning and development.

Learn more

Want to find out more about other important human skills and how to build them? <u>Check out the resources on our website here</u>.

Keeping yourself safe at schoolies

Schoolies is meant to be a celebration, and for most people it is exactly that – a great time with friends marking the end of school. But any time you're in an unfamiliar environment with large crowds, new people, and possibly alcohol or other substances, there are some practical safety considerations worth thinking about beforehand. This isn't about being paranoid or avoiding fun. It's about making sure you actually enjoy schoolies and don't end up in situations that turn a good week into a nightmare. Most safety advice is remarkably straightforward – it's just about thinking ahead and knowing what to do if things don't go to plan.

The reality is that things can and do go wrong sometimes. People get separated from their friends, drinks get spiked, accommodation isn't what was advertised, or situations just escalate unexpectedly. Knowing how to handle these situations – and crucially, knowing it's absolutely fine to ask for help – can make all the difference.

Before you even leave home

Good schoolies safety actually starts before you arrive. Taking some time to plan and prepare means you're less likely to encounter problems, and better equipped to handle them if you do.





Tell an adult about your plans

Make sure at least one responsible adult knows exactly where you're staying, who you're with, and when you'll be back. Give them your accommodation address, phone numbers for everyone in your group, and any booking references. Yes, this might feel like overkill, but if something goes wrong, having someone who knows where to find you is crucial.

Make backups of important documents

Take photos of important documents – your ID, Medicare card, travel insurance details, and any prescriptions or medical information. Store these somewhere you can access them if your phone or wallet gets lost or stolen. A secure cloud storage or email to yourself works well for this.

Prepare emergency contacts

Have emergency contacts saved in your phone under "ICE" (In Case of Emergency). Include parents or guardians, close family friends, and anyone else who should be contacted if something serious happens. Make sure these people know they're your emergency contacts.

Be smart about money

Sort out your money situation before you go. Don't carry all your cash at once, and have a backup payment method if your card gets lost. Know how to cancel your cards if necessary. Set up transaction notifications on your banking app so you'll know immediately if unusual activity occurs.

Looking after yourself during schoolies

Once you're actually at schoolies, some basic habits will help you stay safe and actually enjoy yourself rather than spending the week recovering from poor decisions.

Stick with friends

Stay with your group or at least make sure someone always knows where you are. It sounds obvious, but people get separated constantly, especially in crowds or at night. Agree on a meeting point if you get split up, and establish a time to check in with each other. If you're going somewhere different from your friends, tell them where you're going, who with, and when you expect to be back.

Keep your phone charged

Make sure your phone has a full battery before you head out and consider bringing a portable charger. A dead phone when you're lost, in trouble, or trying to arrange transport is a nightmare scenario that's easily preventable. Set up location sharing with your close friends or family if you're comfortable with that.

Watch your drinks

This means not leaving them unattended, not accepting drinks from strangers, and ideally watching your drink being made or opened. Drink spiking does happen, and it's not about being paranoid – it's about not giving anyone the opportunity. If your drink tastes strange or you suddenly feel much more intoxicated than you should, tell someone immediately and get help.

Know your limits

Schoolies often involves drinking for many people, and that's a personal choice, but being so drunk that you can't look after yourself or make good decisions puts you in vulnerable positions. Pace yourself, eat proper meals, stay hydrated with water, and remember that you have the whole week – you don't need to go as hard as possible every night.

Be mindful about what you post on social media

Broadcasting your exact location, showing that accommodation is empty, or posting content that could embarrass you later are all things you might regret. Also be aware that employers, universities, and others may see what you post, so consider whether you want that photo living on the internet permanently.





Looking after your mates

Part of staying safe means looking out for each other. If someone in your group is having a difficult time, stepping in early can prevent situations from getting worse.

If a friend seems very drunk or unwell, don't just leave them to "sleep it off". Stay with them, put them in the recovery position if necessary, and don't hesitate to call for medical help if you're worried. It's better to overreact and have them be fine than underreact and have something serious happen. Alcohol poisoning is real and potentially fatal – symptoms include confusion, vomiting, seizures, slow breathing, or unconsciousness. Watch out for friends who seem uncomfortable in situations or with certain people. If someone looks uneasy or is trying to leave, help them get out of there. You can be the excuse they need – "Hey, we need to go, remember we said we'd meet the others" works perfectly.

Have a code word or phrase your group can use if someone needs help getting out of a situation without making it obvious. Something simple like "I need to check on that thing" can signal to your friends that you need backup or an exit strategy.

If you find yourself in trouble or need help

This is perhaps the most important section of this entire article. If something goes wrong, the worst thing you can do is not ask for help because you're worried about getting in trouble, looking stupid, or not wanting to ruin everyone's week.

If it's an emergency

If you're in immediate danger or someone is seriously injured or unwell, **call 000**. Don't wait, don't debate it, don't worry about whether you're overreacting. Ambulance and police are trained to handle these situations, and they'd much rather respond to a false alarm than arrive too late to help someone.

If it's not an emergency

For situations that aren't immediate emergencies but where you need support, <u>Red Frogs</u> operates at most major schoolies destinations. They're volunteers who are there specifically to help school leavers stay safe and have a good time. They can help with everything from small problems like lost keys to more serious situations. They're non-judgmental and just want to help.

If you've been assaulted, feel unsafe, or are in a situation involving violence or abuse, you can call <u>1800 RESPECT</u> (1800 737 732) for confidential counselling and support 24/7. You don't have to have all the answers or know exactly what happened – they can talk you through what to do next.

Police are there to help, not just to arrest people. If you're lost, feel threatened, have been robbed or assaulted, or are worried about someone, you can approach police or call the Police Assistance Line for your state (which is different from 000 but connects you to non-emergency police help).

If you're feeling overwhelmed, anxious, or just need someone to talk to, <u>Kids Helpline</u> (1800 55 1800) and <u>Headspace</u> offer free, confidential support 24/7. Sometimes just talking through what's happening with someone who's not involved can help you figure out what to do next.

It's always OK to ask for help

Don't let embarrassment stop you from getting help. Medical professionals, police, and support services have seen it all before, and they're not there to judge you. They just want to make sure you're safe. Your parents or guardians might be upset initially, but they'd be far more upset if you didn't ask for help and something worse happened. If a friend is in trouble and you're worried about calling for help because you've all been drinking or doing something you shouldn't have been, call anyway. Good Samaritan laws in some jurisdictions offer protection for people who seek emergency help, and regardless, saving someone's life or safety is always more important than potential consequences.

Accommodation safety

Your accommodation should be a safe space where you can relax and recover. Make sure it actually is secure and that you know how to stay safe there.





Make sure it's secure

When you first arrive, check that locks on doors and windows work properly. Know where the fire exits are and what the evacuation procedure is. If you're staying in an apartment or hotel, don't let strangers into the building even if they claim to have forgotten their key – they can contact management or their friends to let them in. Keep valuables, important documents, and medications locked away securely. If you're staying somewhere that feels unsafe or isn't what was advertised, don't just put up with it – contact whoever you booked through, speak to your parents, or reach out to Red Frogs or other support services for help finding alternative accommodation.

Be wary of inviting people over

Be aware of who's coming and going from your accommodation. It's fine to be social and meet new people, but you don't need to invite everyone you meet back to your place, and you don't have to let people stay if you're uncomfortable. Trust your instincts – if something or someone feels off, act on that feeling.

Transport and getting around

How you get around during schoolies matters for your safety, especially late at night.

When using rideshare services

If you're using rideshare services, always check that the license plate, car model, and driver photo match what the app shows before getting in. Sit in the back seat and don't share rides with strangers. Share your trip details with friends so they know where you should be.

When walking

If you're walking, stick to well-lit, busy areas and go with others when possible. Know how to get back to your accommodation from wherever you are, and have that route planned before you're drunk and disoriented at 2am.

When driving

Never, ever get into a car with someone who's been drinking or taking drugs, even if it seems fine or they insist they're okay to drive. Call a taxi, rideshare, or someone sober instead. Similarly, don't drive after drinking yourself – it's not worth the risk to yourself or others.

Health and medical considerations

Basic health maintenance might not sound exciting, but it keeps you functioning well enough to actually enjoy schoolies.

Have essential medications ready

Bring any regular medications you need and enough supply for the entire trip plus a few extra days in case plans change. Keep prescriptions or a doctor's letter with you in case you need to prove they're yours. If you have any medical conditions, allergies, or dietary requirements, make sure your friends know about them and what to do if there's an emergency.

Be sun smart

Sun protection matters, especially at beach destinations. Sunburn might not seem like a safety issue, but severe sunburn can require medical treatment and will definitely ruin several days of your trip. Use sunscreen, wear a hat, and take breaks in the shade.

Give your body proper fuel

Stay hydrated and eat proper meals, not just snacks and party food. Dehydration, combined with alcohol and heat, is a recipe for feeling absolutely terrible. Your body needs actual nutrition to function, especially if you're pushing it harder than usual.





Practise safe sex

Practise safe sex if you're sexually active. Bring condoms and know how to use them properly. Consent is essential, always, and that means enthusiastic, ongoing consent from everyone involved. If someone is very drunk, they cannot give meaningful consent. Sexual assault support is available through 1800 RESPECT if you need it.

Trust your instincts

Perhaps the most important safety advice is simply this: if something feels wrong, it probably is. Trust that feeling and act on it. Leave the situation, call for help, or find someone you trust. You don't need to justify or explain your instincts to anyone – your safety matters more than politeness or not wanting to cause a scene.

Similarly, if you see something that doesn't seem right – someone who looks very unwell, a person being harassed or assaulted, a situation that seems dangerous – do something about it. Call for help, intervene if it's safe to do so, or at minimum report it to security, police, or Red Frogs. Bystander intervention can literally save lives, and you don't have to put yourself at risk to help someone else.

Have fun

Schoolies should be a positive experience that you look back on fondly. Taking some basic safety precautions and knowing how to get help if you need it makes that much more likely. Have a great time, celebrate finishing school, and look after yourself and your mates - that's what it's really about.

Looking to plan an alternative schoolies? We have some ideas you might like to check out in this blog.

Work experience for students interested in law, politics, and justice

If you're drawn to careers in law, politics, government, or justice, work experience can help you understand what these fields actually involve beyond what you see on TV or in the news. These sectors are incredibly diverse, ranging from courtroom advocacy and policy development to community legal services and law enforcement, and experiencing different areas can help you figure out which path might suit your interests and values. The challenge is that many of these placements require planning ahead and can be competitive, but there are more options available than you might think. From traditional law firm placements to government departments, courts, and community organisations, there are opportunities to see how the legal and political systems work from the inside.

Law firms and legal practices

Traditional law firms remain one of the most popular options for work experience, and many practices welcome students for short placements. You might shadow solicitors during client meetings, help with basic research, observe how cases are prepared, or learn about different areas of law like family law, commercial law, or property law.

Start by approaching local law firms directly - smaller practices and suburban firms are often more accessible than large city firms and might give you more varied exposure to different types of legal work. For example, Attwood_Marshall Lawyers on the Gold Coast offers work experience for senior students, giving you insight into a regional legal practice.

Don't overlook in-house legal departments either. Large organisations like hospitals, airports, universities, and corporations all employ lawyers, and these roles can be quite different from traditional practice. The work often involves contracts, compliance, risk management, and advisory work rather than courtroom advocacy.

Community legal centres

Community legal centres provide free legal assistance to people who can't afford private lawyers, and many welcome work experience students. These placements give you insight into access to justice issues and let you see how law intersects with social issues like housing, employment, family violence, and immigration.

<u>Refugee Legal in Melbourne offers Year 10 work experience</u> where you can learn about refugee and asylum seeker law. This type of placement often provides a more diverse perspective on legal work than corporate practice and can be particularly valuable if you're interested in human rights or social justice.

Search for community legal centres in your area - most cities and larger regional centres have them, and they're often keen to inspire the next generation of socially conscious lawyers.





Courts and tribunals

Spending time in courts gives you firsthand experience of how the justice system actually operates. You'll observe proceedings, see how judges and magistrates manage cases, and understand court procedures and protocols. Some courts offer structured work experience programs rather than just public gallery observation.

The ACT Courts and Tribunal offers work experience for Year 11 and 12 students, providing supervised exposure to various court proceedings and behind-the-scenes operations. These programs often include sessions with judges, registrars, and court staff who can explain different aspects of court administration and legal proceedings. Even without a formal program, you can arrange to shadow a magistrate or spend time with court staff to better understand how different types of cases are handled.

Government departments

Government departments employ lawyers and policy officers working on everything from legislation development to regulatory compliance and public administration. The Victorian Department of Justice and Community Safety offers work experience where you can see how government lawyers and policy officers work on criminal justice, corrections, and community safety issues.

If you can't access in-person placements, the NSW Government runs a virtual internship simulation program that lets you work on realistic government projects and policy challenges from home.

These placements show you how law and policy intersect with politics and government administration, which is valuable whether you're interested in becoming a government lawyer, policy adviser, or working in public service more broadly.

Parliament and political offices

If you're interested in politics, consider reaching out to your local member of parliament or state representative. Many politicians welcome work experience students in their electorate offices, where you'll see how they interact with constituents, respond to community issues, and balance local concerns with broader policy work.

The ACT Legislative Assembly also offers formal work experience programs where you can spend time in the parliament itself, observing debates, committee hearings, and the legislative process.

These placements help you understand how democracy works in practice, how legislation is developed and debated, and what skills politicians and their staff actually need. You'll quickly discover that politics involves far more administration, constituent service, and policy research than the question time drama you see on the news.

Law enforcement and forensics

Police services and law enforcement agencies offer work experience that shows you the investigative and operational side of justice. <u>Victoria Police runs a work experience program</u> where you can see various aspects of policing, from community engagement to criminal investigation.

If you're interested in the scientific side of criminal justice, <u>the Australian Federal Police offers forensics work experience</u> where you can learn about evidence collection, analysis, and how science supports criminal investigations.

These placements are particularly valuable if you're considering careers in policing, criminology, or forensic science, and they provide a very different perspective on the justice system compared to legal practice or policy work.

Finding opportunities

Don't be discouraged if formal programs are full or unavailable in your area. Direct approaches to local lawyers, community legal centres, court registrars, or your local member of parliament can often result in informal placements that are just as valuable. The key is demonstrating genuine interest, being professional in your approach, and being flexible about timing and what the placement might involve.

Many law, politics, and justice work experience opportunities require advance planning and formal applications, so start your search early. <u>Our work experience database</u> lists structured programs across Australia, including application deadlines and eligibility criteria.





Choosing an SBAT that complements your future plans

If you're thinking about doing a <u>school-based apprenticeship or traineeship</u> (SBAT) but also have university or career goals in mind, you might be wondering how to choose an SBAT that complements these future plans, rather than just adding random work experience to your resume. The good news is that with a bit of strategic thinking, you can choose training that genuinely aligns with your goals.

This doesn't mean you need to have your entire life mapped out at fifteen. You're allowed to change your mind, discover new interests, or take your career in unexpected directions - that's completely normal and absolutely fine. But if you have some general sense of the fields that interest you, choosing an SBAT that aligns with those interests can provide valuable experience, help you test whether you actually enjoy that type of work, and potentially give you an advantage when you're applying for university courses or graduate positions.

This article will walk you through different career pathways and the kinds of apprenticeships or traineeships that might complement them. Think of these as suggestions rather than rules - there's no single "correct" SBAT for any particular career, and the best choice depends on your specific interests, what's available in your area, and what opportunities you can actually secure.

Why bother being strategic?

You might be wondering whether it really matters what kind of SBAT you choose if you're planning to study at university anyway. After all, isn't work experience just work experience?

To some extent, that's true - any apprenticeship or traineeship will teach you valuable <u>workplace skills</u> like professionalism, time management, communication, and how to work as part of a team. These transferable skills are useful regardless of where your career ends up. However, choosing an SBAT that's at least loosely related to your intended direction can provide some additional benefits.

Firstly, it helps you test whether you actually enjoy the kind of work you're considering. It's one thing to think you want to be a teacher because you're good at explaining things to your friends. It's another thing to spend every week working with children and discovering whether you find that energising or exhausting. Better to learn this while you're still in school and can adjust your plans than to complete three years of a teaching degree before realising you don't actually enjoy working in educational settings.

Secondly, relevant work experience can genuinely strengthen your university applications and future job prospects. When you're applying for competitive courses or graduate positions, you'll be competing against people with similar academic results. Having substantial, relevant work experience can be the factor that makes you stand out. A business degree applicant who's worked in office administration for three years looks quite different to one who's only done casual retail work.

Finally, working in a field while studying it can deepen your understanding and make you a better student. You'll see how theoretical concepts apply in real workplaces, you'll understand why certain things matter, and you'll be able to connect your practical experience with your academic learning in ways that strengthen both.

Now let's take a look at some different industries and the pathways that can take you there.

Health and medical sciences

If you're interested in careers like medicine, nursing, physiotherapy, occupational therapy, or other allied health professions, there are several SBAT pathways worth considering.

Fitness and personal training

A <u>Certificate III in Fitness</u> is one of the most versatile qualifications for students interested in health sciences. You'll learn about human anatomy, exercise physiology, how bodies respond to physical activity, injury prevention, and how to work with diverse populations. This knowledge translates well to fields like physiotherapy, exercise physiology, sports science, and occupational therapy.

Working as a fitness trainer or gym instructor while studying also keeps you immersed in health and wellness environments, helps you develop strong communication skills (essential for any health profession), and gives you experience motivating and supporting people to achieve their goals.





Aged care and community services

Traineeships in <u>aged care</u>, <u>disability support</u>, or <u>community services</u> provide direct experience working with vulnerable populations and understanding how care is delivered in real settings. This is particularly valuable if you're considering nursing, social work, occupational therapy, or medicine.

You'll gain hands-on experience with personal care, understand how healthcare systems actually function, and develop the empathy and communication skills that are crucial for any health profession. Many students find this experience invaluable when they begin clinical placements during their university studies.

Health administration

Not all health careers involve direct patient care. If you're interested in health management, public health, or the administrative side of healthcare, an <u>administration traineeship</u> within a healthcare setting gives you insight into how hospitals, clinics, and health organisations operate.

Education and teaching

Future teachers have some excellent SBAT options that provide genuine classroom experience before you even begin your education degree.

Early childhood education and care

A <u>Certificate III in Early Childhood Education and Care</u> lets you work in childcare centres, kindergartens, or outside school hours care programmes. You'll gain practical experience managing groups of children, understanding how young people learn and develop, creating educational activities, and communicating with parents.

While this qualification focuses on early years, the skills you develop are relevant for teaching any age group. You'll learn classroom management, how to explain concepts clearly, how to engage different learners, and how to create

School support or education support

safe, supportive learning environments.

Some schools and education providers offer traineeships for <u>education support officers</u> or <u>teacher aides</u>. These roles let you work directly in school environments, support students with diverse learning needs, and see teaching from an insider's perspective. This experience is invaluable for understanding what teaching actually involves beyond just delivering lessons.

Engineering and technology

Students considering engineering, computer science, or technology-related degrees have several complementary apprenticeship options.

Electrical apprenticeships

An <u>electrical apprenticeship</u> provides hands-on experience with circuits, electrical systems, and problem-solving that directly complements electrical engineering or renewable energy degrees. You'll develop practical skills that many engineering graduates lack, and you'll understand how theoretical engineering concepts apply in real-world installations and repairs.

Many students continue their electrical apprenticeship part-time while studying engineering, giving them both practical trade skills and theoretical knowledge. When you graduate, you'll be one of the few engineers who can both design electrical systems and actually install them.

Engineering trades

Apprenticeships in <u>mechanical fitting</u>, <u>fabrication</u>, or <u>manufacturing</u> provide excellent foundations for mechanical, manufacturing, or mechatronics engineering degrees. You'll learn to read technical drawings, use precision tools, understand materials and their properties, and solve practical engineering problems.





Information technology

Traineeships in <u>IT support, network administration, or cybersecurity</u> complement computer science, software engineering, or IT degrees. You'll gain experience with real systems and problems, develop troubleshooting skills, and understand how technology is actually used in business environments.

Business, commerce, and law

If you're heading towards business, commerce, economics, accounting, or even <u>law</u>, business-related traineeships provide valuable workplace experience.

Business administration

A <u>Certificate III in Business</u> teaches you how offices and organisations actually operate. You'll learn about business communications, record keeping, customer service, and general administrative processes. This foundational understanding of how businesses function is valuable regardless of which aspect of business you eventually specialise in.

Working in administration while studying business or commerce also exposes you to different types of organisations and industries, helping you work out which sectors interest you most.

Accounting and bookkeeping

For students specifically interested in accounting, finance, or economics, traineeships in <u>accounting</u> or <u>bookkeeping</u> provide practical experience with financial systems, compliance requirements, and how businesses manage their money. You'll understand financial statements from a practical perspective before you study the theory at university.

Retail management

<u>Retail traineeships</u> teach valuable skills in customer service, sales, stock management, and team supervision. These skills translate well to any customer-facing business role and help you understand consumer behaviour from direct experience. For future marketing, management, or business students, this practical understanding of how businesses interact with customers is incredibly valuable.

Creative industries

Students interested in design, media, communications, or creative fields can benefit from relevant traineeships that build practical skills alongside creative development.

Digital media and marketing

Traineeships in <u>marketing</u>, <u>social media management</u>, <u>or digital content creation</u> complement degrees in communications, marketing, journalism, or media. You'll learn practical skills in content creation, campaign management, and digital platforms while also understanding how creative work functions within business contexts.

Design and visual arts

Some areas offer traineeships in <u>graphic design</u>, <u>web design</u>, or <u>visual arts</u>. These provide practical experience with design software, client communication, and commercial design work that complements university studies in design, visual arts, or creative industries.

Science and environment

Science pathway SBATs can be trickier to find, but there are some options worth considering.

Laboratory operations

Some areas offer traineeships in <u>laboratory support or operations</u>, particularly through TAFE, universities, or science-based industries. This experience is valuable for students considering chemistry, biology, environmental science, or other laboratory-based sciences.





Conservation and land management

Traineeships or apprenticeships in <u>conservation</u>, <u>horticulture</u>, or <u>environmental management</u> complement environmental science, ecology, or sustainability studies. You'll gain practical fieldwork experience and understand how environmental work actually happens outside of textbooks.

Agriculture and animal care

For students interested in veterinary science, agriculture, animal science, or related fields, traineeships in <u>agriculture</u>, <u>animal care</u>, or <u>veterinary nursing</u> provide invaluable hands-on experience working with animals and understanding agricultural systems.

Hospitality and tourism

If you're considering hospitality management, tourism, event management, or related fields, working in the industry while studying gives you practical experience that classroom learning simply can't replicate.

Commercial cookery

An apprenticeship in <u>commercial cookery</u> provides professional kitchen experience and qualifications that can lead to careers in hospitality management, food science, nutrition, or running your own business. The skills you develop in time management, working under pressure, and quality control are valuable far beyond professional cooking.

Hospitality and events

Traineeships in <u>hospitality</u> or <u>events</u> teach customer service, event coordination, and management skills that complement hospitality or event management degrees. You'll understand how venues actually operate and what makes service experiences successful or unsuccessful.

What if you're unsure or change your mind?

Here's the thing: you don't need to have everything figured out, and choosing an SBAT that doesn't perfectly align with where you eventually end up is absolutely fine. Many successful people have qualifications and work experience in fields completely unrelated to where their careers ultimately took them.

If you're genuinely unsure about your future direction, choosing a fairly general traineeship like business administration, retail, or hospitality isn't a wasted opportunity. These qualifications teach transferable skills that are useful in almost any career, and they provide work experience that demonstrates reliability and professionalism to future employers.

Similarly, if you start an SBAT thinking you want to pursue one career path, then discover during university that you're actually more interested in something else, your apprenticeship or traineeship isn't a mistake. You've gained a qualification, work experience, professional references, and importantly, you've learned something valuable about what you do and don't enjoy. That's worth a lot, even if you don't end up working in that field long-term. Some students also find that their SBAT becomes a useful backup plan or source of income even if it's not their primary career. A teacher who's also a qualified fitness trainer has options if teaching doesn't work out. An engineer who completed an electrical apprenticeship can always fall back on electrical work if engineering positions are scarce. Having multiple skills and qualifications isn't a disadvantage - it's insurance.

How to research your options

Once you have a general sense of the field you're interested in, start researching what's actually available in your area. Not all traineeships and apprenticeships are offered everywhere, and availability varies significantly depending on where you live.

Start by talking to your school's VET coordinator or careers adviser. They'll know what SBAT opportunities exist locally and might have connections with employers who regularly take on school-based trainees or apprentices. They can also help you understand which qualifications are realistic given your location and circumstances. Look at job boards specifically for apprenticeships and traineeships like Apprenticeship Central or SEEK to see what kinds of positions are regularly advertised in your area. This gives you a sense of which industries actively employ school-based workers and what qualifications they're offering.





Research the universities and courses you're interested in to see whether they value particular types of work experience. Some course websites explicitly mention that relevant industry experience is considered during admissions, or that certain background knowledge is helpful for success in the programme. This can guide your SBAT choices.

Talk to people actually working in the fields you're interested in. Ask them how they got started, whether an apprenticeship or traineeship would be useful preparation, and what skills or experience they wish they'd gained earlier in their careers. These conversations often reveal insights you won't find through research alone. Remember that you can only choose from the opportunities you can actually access. If your dream SBAT doesn't exist in your area or you can't find an employer willing to take you on, that's not a reflection on you or your plans. Choose the best available option and make the most of it - you can always gain more specific experience later through university placements, part-time work, or your first graduate role.

Making your choice

Choosing a complementary SBAT is about finding a balance between strategic planning and practical reality. Ideally, you'll find something that aligns reasonably well with your intended direction, teaches valuable skills, and provides work experience that will serve you well regardless of exactly where your career ends up.

Don't stress too much about finding the "perfect" match. There isn't one single correct SBAT for any career pathway, and most successful people's career journeys involve unexpected turns, changed plans, and experience in multiple fields. Your SBAT is just one piece of your overall development, not the sole determinant of your future. Focus on finding something that genuinely interests you, teaches skills you'll find useful, and provides an opportunity to learn and grow. If it also happens to complement your university plans, that's excellent. If it doesn't align perfectly but you're learning valuable lessons and gaining good work experience, that's also excellent. The key is making a thoughtful choice based on your current interests and circumstances, while staying open to where that experience might lead you.

Want to learn more?

If you still need some more help deciding if an SBAT is right for you, you might like to check out the other <u>blogs and</u> <u>resources on our website here</u>.

Your essential guide to leaving school

Whether you're heading to university, starting an apprenticeship, taking a gap year, or diving straight into the workforce, there's a surprising amount of practical admin that needs sorting before you walk out the school gates for the final time.

We've put together some pointers to ensure that you're all set and ready leave school and leap into your next chapter with minimal hurdles. It's best to think about all these things before you leave school so you'll not on be prepared but feel ready, and you can also utilise all the resources and expertise that your school can offer rather going it alone.

Sort your digital life

These days we rely on technology for nearly every part of our lives - here's how you can make sure you won't lose any important information and prepare for what's next.

Create a personal email address

Your school email account will be ditched and any information stored in it will be unavailable to you shortly after you finish. This might not sound dramatic until you realise that universities, training providers, and potential employers will need to contact you, or you've got certificates and references in there that you'll need. Set up a professional personal email address now (and by professional, we mean something sensible - partyanimal2007@email.com won't impress a future employer). Aim for some variation of your actual name and remember to make it secure by creating a long enough password and updating it regularly. Once you've created it, update every account that currently uses your school email address, from your Unique Student Identifier (USI) to any external providers (e.g. if you've completed any vocational courses, university application systems, or job search platforms you've registered with).





Go through all your school emails and make sure you've forwarded anything important that you may need in future to your new personal email address or downloaded it and saved it to your Cloud, home device, or even a USB.

Audit your social media

It could also pay to <u>set up a Linked In profile</u> and add that to your email footer and resume. Remember to <u>make sure any other social media profiles reflect you in a positive light</u> to future employers and that there's nothing online you wouldn't want them to see.

Don't forget your phone

While you're at it, check your mobile phone voicemail message. If it's still the joke recording you made when you were 15, now's the time to record something more professional for when universities or employers want to get in touch.

Gather your achievements

Keep track of all the awesome things you've achieved by creating a <u>portfolio</u>. Save copies of any of your works that have won awards, certificates you've been given, references, letters of recommendation, or anything else that you've received during your school years that positively highlights your hard work and skills.

When it's time to apply for jobs, apprenticeships, or uni, you'll have everything in one place to show what makes you stand out. And don't forget to keep adding to it as you achieve new things - it's your personal repository of all your accomplishments.

Update your professional resume

In a competitive job market filled with other school leavers, your <u>resume</u> is the first impression future employers will get of you, so yours needs to shine. It doesn't need to be fancy, just clear, honest, and professional.

Start with the basics

Make sure your resume has your name and up-to-date contact details at the top. Include a brief career objective, one or two sentences explaining what you're looking for (remember to tailor this to every application you do). For example, "Recent school leaver seeking to begin a career in hospitality" is perfect.

List your key skills

Next, think about what you're genuinely good at; perhaps you're brilliant with computer programmes like Excel and PowerPoint, or you've developed strong communication skills through group projects. Be honest here as you'll need to back these up in an interview.

Add your education history

Don't forget to include all the subjects you studied at school, any vocational certificates you've earned, and extra certifications like a first aid certificate, responsible service of alcohol, or your driver's licence.

If you've completed any vocational training, make sure you list the correct qualification codes and names. These details matter more than you might think.

Don't forget your experience

Work experience, volunteering, and casual employment also belong on your resume, no matter how minor they seem. Your weekend job at the local café or the volunteer work at the community centre demonstrates work ethic and reliability. Include the dates, the organisation's name, and a brief description of your duties.

One handy technical tip, always send your resume as a PDF, never as a Word document. PDFs look professional and won't change format when someone opens them on a different device.

Master the art of great cover letters

In addition to a great resume, it's a good idea to have a template for a stand out cover letter. Remember, you'll need to tailor it to each job advertisement specifically to match the requirements listed. Keep it brief and to the point, employers will use it to review whether or not they'll take the time to check out your resume.





If you need some help, we have some tips and a step-by-step guide you might like to check out.

Be interview ready

If you've never had a proper job interview before leaving school, the prospect can feel intimidating. The secret? Preparation. There are plenty of <u>resources online to help you prepare</u>, or you could ask your careers advisors or teachers for tips or a mock interview.

Do some research

Research the company beforehand to understand what they do and why you want to work there.

Practise answering questions

Prepare answers to common questions like "Why do you want this job?" and "What are your strengths and weaknesses?" Practice these answers out loud - it might feel a bit silly, but it genuinely helps.

Prepare proof of your achievements

You could also take copies of your resume to the interview, along with certified copies of any certificates you've earned. If you've completed projects or practical work, bring examples of them too (remember the portfolio we talked about before?).

Organise your outfit

You'll need to <u>dress appropriately for the interview</u> (even if it's online). You might have to go shopping or borrow some outfits to make sure that you're ready. Smart casual works for most situations, but research the company culture if you're unsure.

Get your personal identification sorted

As an adult, having proof of your identity is essential for pretty much everything, from employment and further education, to banking, voting, and renting.

The magic number is <u>100 points of identification</u> here in Australia, which typically includes items like your birth certificate, passport, driver's licence, Medicare card, and bank account details.

You'll also need your own <u>Medicare card</u> (you can apply for your own from age 15 upwards). Keep your immunisation records up to date and accessible - some jobs, particularly in health or childcare, require proof of immunisation.

Make sure you have both original documents and certified copies. A Justice of the Peace (JP) can certify your documents for free; you'll find them at many schools, shopping centres, and post offices.

Don't forget to <u>enrol with the Australian Electoral Commission</u> so that you're eligible to vote - voting is compulsory in Australia for anyone over the age of 18.

Navigate the financial essentials

Once you're earning, you'll need to understand basic finances - your income needs to cover rent, food, transport, phone bills, and hopefully some savings. Here's some basics to get you started.

Open your own bank account

We recommend that you <u>open a bank account</u> if you haven't already. Research accounts designed for young people, as many offer fee-free banking or other perks such as high-interest savings accounts.

Don't forget to update your new bank account details with your employer, the <u>Australian Tax Office</u> (ATO), or anyone else you might receive payments from or send money to.

Look into financial support options

Whether you're planning to study, find an apprenticeship, or jump into work, there may be government payments from <u>Services Australia</u> to provide you with some extra money. You should also look into <u>scholarships</u> that you might be eligible to apply for.





If you're receiving certain payments or earn under a certain amount of money, you may qualify automatically for a <u>Low Income Health Care Card</u> - this can provide you with valuable discounts on prescriptions, doctor's visits, and even public transport fares.

Master budgeting basics

Learn how to <u>create your own personal budget</u> and get tips on how to stick to it. This skill could help you to live within your means and stay out of debt. If there's anything you're unsure about, ask your parents, a trusted adult, or even consult a professional for advice.

Don't forget about tax

If you don't have a <u>tax file number</u> yet, it's a good idea to apply for one through the ATO. You can't be paid legally without one, and they can take a couple of weeks to arrive.

Once you're earning, you'll also need to start completing a tax return each year. Don't worry, it's not all that hard and there's plenty of help around - this blog will walk you through all the basics.

Consider your next steps carefully

Whether you're applying for university, TAFE, an apprenticeship, or entering the workforce directly, don't wait until school finishes to start applying. Competition is fierce, and early applications often have better success rates. For university, ensure your <u>applications are submitted</u> through the correct channels and by the appropriate deadlines. For apprenticeships and traineeships, register with multiple group training organisations and check their job boards regularly. Many apprenticeships are advertised months before they begin.

Don't overlook scholarships. Hundreds exist for school leavers, covering everything from academic merit to financial need, specific courses, or demographic backgrounds. The application process takes time, but the financial support can be transformative.

Build your professional network

If you don't really love the thought of professional networking right now, that's OK - there are other ways for your to <u>begin building connections</u>.

Before you leave school ask some of your teachers, tutors, mentors, or other professionals in your life if they'd be willing write you a reference or be a referee for you after you've left. Do the same for any employers you've had while you've been in school and even ask friends of the family or parents of your friends who know you well if you can stay in touch and let you know about upcoming opportunities.

If you're looking for work (even part-time or internships), set up job alerts on multiple employment websites like SEEK and Indeed so opportunities land directly in your inbox.

Follow companies you're interested in on social media. Many advertise positions there first, and it demonstrates initiative when you can mention in an interview that you've been following their work.

Sort the practical life skills

Can you cook basic meals? Do you know how to do laundry? Can you change a tyre? These aren't glamorous skills, but they're essential for independent living.

If you're planning to move out or share accommodation, familiarise yourself with tenancy laws and understand <u>your</u> rights and responsibilities as a renter.

If you're driving, understand the costs involved: licence renewal, registration, insurance, fuel, and maintenance. Budget for these expenses realistically. Public transport might be cheaper initially, even if it's less convenient.

Look after your wellbeing

The transition from school to whatever comes next could be emotionally challenging or a little stressful at times. That's completely normal. Maintain connections with friends, stay active, and don't hesitate to reach out for support if you're struggling. Most universities and TAFE institutions offer counselling services for students. Remember to find and register with a new medical practice if you'll be moving away from home. Hopefully you won't need to use them but it's better to be prepared if you are under the weather at some point.





Take the leap with confidence

You've spent years developing skills, knowledge, and resilience. Now it's time to apply them in new contexts. Everything might not always go according to plan, that's not just okay, it's expected. The key is staying organised, remaining flexible, and continuing to learn from every experience.

Use this guide as your roadmap, tick off each item systematically, and you'll walk into your next chapter with confidence.

Ready to take control of your transition from school? Download our comprehensive <u>School Leaver's Toolkit</u> and start ticking off those essential tasks today.

How to become a Carpenter

Carpenters construct, install, and repair structures and fixtures made from timber and other materials. They work on everything from building frameworks and installing doors to creating custom furniture and renovating homes. If you're love working with your hands, have great attention to detail and love a bit of variety, this could be a really rewarding career to consider.

What skills do I need as a carpenter?

- Excellent hand-eye coordination
- Strong problem-solver
- Physically fit and healthy
- · Great attention to detail
- Good spatial awareness
- Effective communicator
- Reliable and punctual
- Strong teamworker

What does the job involve?

- Reading and interpreting plans and designs
- Calculating materials required for projects
- Building, installing, and repairing structures and fixtures
- Cutting, measuring, and shaping timber elements
- Using and maintaining both hand and power tools
- Ensuring work meets building codes and regulations
- Working with other tradespeople on-site
- Following important safety practices

What industries do carpenters typically work in?

- Construction
- Manufacturing
- Mining

What Career Cluster do carpenters belong to?

Carpenters are classic <u>Makers</u>. They construct, create, and produce tangible results with their hands, transforming raw materials into functional structures.

What kind of lifestyle can I expect?

Carpenters typically work standard business hours, though project deadlines may occasionally require overtime or weekend work. The role is physically demanding, involving standing for long periods, lifting heavy materials, and working in various weather conditions.

Most carpenters earn average salaries, with your earning potential growing as you develop specialised skills or move into supervisory roles.

You won't be working from home as a carpenter - your workplace could be a construction site, a residential property, a workshop, or even a combination of these. Some carpenters work on the same site for months, while others move between different locations each day.





How to become a Carpenter

To become a carpenter, you typically need to complete an apprenticeship, which combines on-the-job training with classroom learning. Apprenticeships usually take three to four years to complete, during which you'll earn a wage while working and earning a qualification (usually a <u>Certificate III in Carpentry</u>).

Before starting an apprenticeship, it's helpful to have completed secondary school, particularly with a focus on maths, technical drawing, or woodwork if available. You might also like to undertake a pre-apprenticeship course or obtain a construction induction card before you begin.

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 carpenter is right for you, here are a few things you could do:

- Join community workshops or programs that teach basic carpentry and building skills.
- Look for work experience opportunities with local construction companies or carpentry businesses.
- Start working on small DIY projects at home to build confidence with tools and materials.

Where can I find more information?

- Construct Your Career (Australia)
- Careers New Zealand
- National Careers Service (UK)
- Build Your Future (US)
- <u>BuildForce</u> (Canada)

Similar careers to carpenter

- Joiner
- Building Inspector
- Plasterer
- Painter
- Boilermaker
- Automotive Technician
- Architect
- Construction Manager