



Opportunity and Growth

Careers Newsletter

24 August 2022

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

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

Sign up to JobJump for information about tertiary study options, ATAR's and apprenticeship and TAFE information. Create a resume, sign up for news alerts.

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

Search school – St Pius X Chatswood

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

Password – pius (lower case)

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

NSW Police | Recruitment Q & A Chat Session

Tuesday 23 August 2022, 5:30 pm - 6:30 pm

Online

Join us online at 5.30pm on Tuesday 23 August for an online chat session.

We will be online to answer your NSW Police recruitment questions. And, as a special treat we will be interviewing a special guest from the police academy who will be taking your academy related questions.

Find out more: <https://www.facebook.com/events/1428196410997518>

University of Sydney | Sydney Scholars Webinar

Wednesday 24 August 2022, 5:00 pm - 6:00 pm

Online

Join us to learn more about the Sydney Scholars Award at the University of Sydney. The Sydney Scholars Award will allow successful applicants to receive a \$6000 scholarship for the first year of the undergraduate degree. This webinar will discuss the eligibility requirements and how to apply for this scholarship.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_n-J97prWRQOrmlxgXrpPw

SCCE | Exchange Webinar

Tuesday 30 August 2022, 6:00 pm - 7:00 pm

Online

At SCCE, we understand that there is a lot to consider when going on exchange, which is why we are happy to offer these regular online information webinars to teach you all about your student exchange options. Our online sessions go for approximately 60 minutes. They will

guide you through everything from you need to know about our programs. There is also time at the end of the presentation to ask questions, providing a wonderful opportunity to interact with both our staff and other future exchange students.

Find out more: <https://scce.clickmeeting.com/tuesday-august-30-2022-info-session/register>

headspace | Group Chat – the Perfectionism Predicament

Sunday 4 September 2022, 7:00 pm

Online

Perfectionism can seem like a positive trait, as we often think it means doing well, and striving to do our best. However, for those living with the drive for perfection, it poses many challenges. It can impact our relationships with others, our mental health, and ironically, often result in us not doing as well as we could have.

Join our eheadspace clinicians and the headspace youth National Reference Group to learn more about what perfectionism might look like, its links to mental ill-health, and ideas about what to do if you think you might be experiencing perfectionism.

Find out more: <https://headspace.org.au/online-and-phone-support/join-the-community/chats-by-professionals/the-perfectionism-predicament/>

University of Sydney | Bachelor of Commerce Pathways and Scholarships Workshop

Wednesday 7 September 2022, 4:00 pm - 5:00 pm

Online

Join us to find out how to stand out for your scholarship and pathway entry applications for the University of Sydney Business School's Bachelor of Commerce. During this online workshop, you will have the opportunity to hear from successful scholarship recipients of the University of Sydney's E12 Scheme and Inspired By Business (IBB) Schemes, and other awards, including our exclusive Future Innovators Awards (FIA) – open to eligible Year 12 NSW high school students.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_-G-v4KBUSVW300ayKFW6ZA

University of Sydney | Bachelor of Design (Interactive Design) Webinar

Wednesday 7 September 2022, 5:00 pm - 6:00 pm

Online

The University of Sydney has launched a new Bachelor of Design (Interaction Design) degree. This new degree will prepare you to be at the leading edge of interaction design and a career in an ever-expanding field.

You will develop a deep and rich understanding of how people interact and experience the world around us, and discover how to design, prototype, and test new products, services and experiences.

Combining technical design skills such as programming, interface and intelligent systems design with critical and creative user-centred, ethical and social design practices, you will have the opportunity to put those deep skills into practice, solving real world problems in

design studio units. Learn more about this degree from the Program Director and find out how you can kick start an exciting career in interaction design.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_QltufzNARU2-Pu4nP-DXA

UAC Digital | Let's Chat – SRS Early Offers

Wednesday 7 September 2022, 6:00 pm

Online

While the ATAR is still the main selection tool used by most unis, there are other ways for you to show that you're ready to succeed at uni. Many institutions have one or more early offer schemes for Year 12 students. Through these schemes, institutions assess you using criteria other than (or in addition to) your ATAR.

We'll give you an overview of the Schools Recommendation Scheme (SRS) and discuss:

- how to apply
- whether you're guaranteed early entry if you apply
- other universities' direct early entry schemes
- how many early entry schemes you can apply for.

Find out more: <https://uacdigital.easywebinar.live/registration-let-s-chat-srs-early-offers>

UAC Digital | Let's Chat – Medical Science Students

Thursday 8 September 2022, 6:00 pm

Online

If you are interested in medical science then this session is for you. Current students from a range of unis share their experiences of student life. Topics covered include:

- how they decided on the course they are studying
- what they found easy about the process of applying and enrolling, and what they found hard
- what they thought uni would be like
- the best thing about being at uni
- their hopes and dreams for when they finish

Find out more: <https://uacdigital.easywebinar.live/registration-let-s-chat-medical-science-students-the-future-of-health>

University of Melbourne | Applying to UniMelb: NSW and ACT students

Thursday 8 September 2022, 6:00 pm - 7:30 pm

Online

Applying to university is different across Australia and can be a confusing process, especially if you are considering an institution outside of your home state. Our Future Students team is here to help, so you can apply for your University of Melbourne undergraduate degree for 2023 with confidence.

This is your chance to hear directly from a VTAC representative and ask any questions to our team.

Year 12 students and their families are invited to attend this webinar to find out all the information you'll need to know regarding:

- Researching courses and understanding University of Melbourne entry requirements for NSW/ACT secondary school and International Baccalaureate (IB) students
- Applying for undergraduate courses and the role of the Victorian Tertiary Admissions Centre (VTAC) for applications and offers
- What are Special Entry Access Schemes (SEAS), their benefits, and how to apply for the University's own, Access Melbourne.

Find out more: <https://study.unimelb.edu.au/connect-with-us/events-for-future-students/applying-to-unimelb-as-a-nswact-student>

RBA Economic Update Webinar for High School Students

Tuesday 13 September 2022, 4:00 pm

Online

Aimed at students in Years 11-12, this webinar will feature an RBA economist sharing insights on monetary policy and current economic conditions. It's a great opportunity for students to get the latest information about what's happening in the Australian economy and pose questions to an RBA economist. Students and educators should register directly to attend this online event.

Find out more: https://rba.zoom.us/webinar/register/WN_IJTuzoVUROOc5mp0BWtCKA

University of Sydney | Life of a Chemist

Wednesday 14 September 2022, 4:00 pm - 4:30 pm

Online

Are you interested in chemistry? Have you wondered what a day in the life of a chemist is like? Join USYD postdoctoral fellow, Jonathan Danon, to find out what an average day of work might be like in the field of chemistry.

Join Jonathan in exploring the fascinating world of chemistry and learn about how one substance changes into another and the relationship between the nature and structure of molecules. Discover how chemistry plays a key role in studying things like how to obtain metals from ores, convert oil into plastics and develop cures for cancer.

Find out more: https://uni-sydney.zoom.us/webinar/register/WN_PKCSvhfDQpW5QtPfNauA5w

TAFE NSW | Launch your Career in Auto & EV

Friday 16 September 2022, 10:00 am - 10:45 am

Online

Launch your Career is a series of interactive Live Virtual Events connecting students in Years 9 – 12 with industry to identify future career job possibilities. Launch your Career aims to facilitate a broad range of opportunities for students to engage with industry across NSW. Increased exposure to employers and the world of employment leads to better outcomes for students when selecting a sustainable career pathway. It's also been shown to increase student engagement at school.

This event takes a deeper dive into the rapidly changing automotive industry as the world races to lower greenhouse gas emissions. Learn how you can launch your career into the

accelerating industry of automotive and electric vehicles to develop skills with the next generation automotive technology.

Find out more: <https://tafenswevents.eventsair.com/launch-your-career-in-auto-ev/autoandav/Site/Register>

The Hotel School | Industry Insights

Saturday 17 September 2022, 9:30 am - 2:30 pm

InterContinental Sydney

Join us for an exclusive behind the scenes look at life working in a luxurious 5-Star Hotel. Experience InterContinental Sydney through the eyes of a hospitality professional. Find out what it is like to work in this dynamic environment by immersing yourself in the behind the scenes operations of a luxury hotel.

You are invited to this unique, fully interactive experience where you will meet professionals of key hotel departments and have an opportunity to understand their roles. This event is perfect for those wanting a better understanding of the complexities and depth of hospitality careers.

Find out more: <https://www.eventbrite.com.au/e/industry-insights-sydney-tickets-371842800827>

Sydney Design School | Info Session

Wednesday 28 September 2022, 1:00 pm - 1:00 pm

Sydney Design School, St Leonards

Find out everything you need to know about our flexible courses and career support. Our Director, Amanda Grace will introduce you to our unique philosophy, passionate Educators and industry focused approach to learning.

You can also join an on campus session live online via Zoom if you would prefer to stay at home.

Find out more: <https://sydneydesignschool.com.au/information-sessions/>

AFTT | Open Day

Saturday 12 November 2022, 10:00 am - 2:00 pm

Academy of Film, Theatre & Television, Surry Hills

If you're searching for information about a career in Filmmaking, Acting or Stage Management then come along to our open day and learn how to make your dream a reality. You'll be able to soak up the culture, learn about the best way to finance your studies, meet our trainers and speak to current students and alumni about their experiences. Find out why AFTT is Australia's most contemporary fully immersive arts academy. Don't miss out.

Find out more: <https://www.aftt.edu.au/events/open-days/open-day-br-expression-of-interest>

Enter the World of Le Cordon Bleu – Career Residential

Tuesday 4 October 2022, 9:00 am - Wednesday 5 October 2022, 3:00 pm

Le Cordon Bleu Australia, Sydney

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

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

Find out more: <https://www.cordonbleu.edu/sydney/enter-the-world-of-le-cordon-bleu/en>

NIDA | Stage and Screen School

Tuesday 4 October 2022, 10:00 am - Friday 7 October 2022, 5:00 pm

The Concourse, Chatswood

Spend a week exploring performance for both stage and screen in this practical introduction to acting. Develop skills in improvisation, text analysis and script work then apply these skills to an on-screen performance. Present live and recorded scenes at the end of the week for your NIDA friends.

This school holiday class is suitable for students in Grades 7-10.

Find out more: <https://www.open.nida.edu.au/course/OHSSS710>

BiG Day In 2022, Newcastle

Wednesday 26 October 2022, 9:00 am - 2:30 pm

University of Newcastle, Callaghan Campus

The BiG Day In events are aimed at senior secondary school and university students interested in careers in ICT and technology. BiG Day In helps students obtain more information about ICT and technology careers, and hopefully helps them make a better informed decision about their future. BiG Day In events are held on University campuses around Australia (where possible) to give students an insight into what 'university life' might look like.

Find out more: <https://www.thebigdayin.com.au/newcastle2022>

AVCAT Scholarships

Value: Up to \$6,000 AUD per year

Open/Closing Dates: August 18, 2022 – October 31, 2022

AVCAT is a national charity providing tertiary education scholarships and bursaries to children and grandchildren of ex-serving veterans. We assist scholars each year to reach their potential through achieving a range of academic and personal goals.

[Find out more](#)

ACU Accommodation Scholarship

Value: 20% reduction in accommodation fees

Open/Closing Dates: August 1, 2022 – March 1, 2023

This accommodation scholarship supports access to higher education for students undertaking undergraduate programs at ACU's Ballarat, Canberra or any NSW-based campuses.

[Find out more](#)

KSP Short Fiction Competition

The KSP Writers' Centre is proud to present this annual short fiction competition for Australian writers, which is free for youth to enter thanks to sponsorship from the Shire of Mundaring. Judges will be looking for good quality original, unpublished writing with engaging characters and a compelling narrative. All fiction styles and themes are acceptable.

Entries close on Thursday 8 September.

Find out more and enter here: <https://www.kspwriterscentre.com/short-fiction-competition>

Coalition of Peaks Photo Competition 2022

Hey you mob!

Do you know your way around a camera? Enter our photography competition by submitting your best photos that represent the theme *On country...* for your chance to win some pirrki! (that's Kurna for money!)

Entries will be judged on the following merits:

- Relevance to the theme, *On country...*
- Composition
- Creativity
- Overall impact
- Originality

There are 22 prizes up for grabs:

- 1 x First prize = \$1,500
- 1 x Second prize = \$1,000
- 20 x Highly commended = \$150

The competition is open to any Aboriginal and/or Torres Strait Islander person in Australia.

Entries close Friday 2 September.

Find out more and enter here: <https://coalitionofpeaks.org.au/photo-competition-2022/>

2022 My First Speech Competition

The 2022 My First Speech competition is now open for entries.

Imagine yourself as a newly elected Member of the House of Representatives. Your task is to write a 90 second speech about issues you are passionate about then record yourself presenting the speech on video.

Australian students enrolled in years 10 to 12 are invited to enter the 'My First Speech' competition.

You can enter as a school or as an individual.

Entries close Wednesday 31 August.

Find out more and enter here: <https://www.aph.gov.au/myfirstspeech/enter>

University of Sydney Future Innovators Awards

Applications for the 2023 Future Innovators Awards are now open.

Exclusively available to Year 12 students studying at New South Wales high schools, the Future Innovators Awards aim to recognise the visionary influencers of the future. Submit your business idea with local impact for a chance to receive a cash voucher and award from the University of Sydney.

Future Innovators Awards winners who commence their studies at the University of Sydney Business School in 2023 will also be considered for a Sydney Scholars Award valued at \$6,000.

Applications close 30 September.

Find out more and apply here: <https://www.sydney.edu.au/business/study/undergraduate-courses/future-innovators-awards.html>

Work Experience at Ability Options

You might be looking to try something new or are a student seeking to boost your skill set and resume.

Whatever your situation, we offer placements across a number of our sites in Sydney, the Hunter Region and the Mid North Coast. Positions are available in Disability and Employment Services as well as in our Shared Services Teams.

Here are the areas the types of students we are currently prioritising:

1. TAFE or vocational colleges – Certificate III or IV in Individual Support, Community Support or other relevant courses
2. Universities – work experience for Bachelor and Diploma level in social work, allied health, social sciences or internship
3. Stepping into internships – in association with Australia Network on Disability (AND) or University students with disability
4. High school students – Year 10 or Year 11 work experience program or Duke of Edinburgh

Contact our HR team for more information: HR@abilityoptions.org.au

[Learn more](#)

Commonwealth Bank Careers in Tech Program

Learn what a career in technology might look like with one of Australia's leading financial institutions. Throughout this program, you will experience some of the tasks that people with innovation and technology careers do in their everyday job. By completing these tasks you can see how technology can help businesses in the following ways:

- Design: Discover why it's important to plan what a website looks like and how people can use it effectively.
- Build: Learn why Software Engineers are critical in bringing a design idea to life.
- Protect: In a world where there are constant threats, Cyber Security experts play a key role in keeping people's information secure from theft. You can learn how they do this.
- Analyse: Explore how Data Analysts use technology like Artificial Intelligence and Machine Learning to understand masses of information and pull the right data to tell the story to help businesses make decisions and improve projects.
- Automate: Understand how Artificial Intelligence and Robotics can work together to provide 24/7 customer service.

[Learn more](#)

5 Top Tips to Nail your Cover Letter

Have you ever sat down to write a cover letter for your job application and wondered where do you even start? If an application asks you for a cover letter, getting it right could be the difference between getting the job and not.

So how can you make sure your cover letter is on point? We've got some tips to help you stand out.

What is a cover letter?

If you apply for a job, chances are you might have been asked to include a cover letter with your resume. But what exactly is a cover letter?

Basically, it's a one-page document where you get the opportunity to introduce yourself and talk about some of your key skills and strengths. The important thing about a cover letter is that it should be tailored to each individual job you apply for – not only do you talk about yourself, but also explain how your skills and strengths will be beneficial to the company and job.

Why should I write a cover letter?

Most of the time, you'll be writing a cover letter because you've been asked to. If you don't, your application will most likely go right to the bottom of the pile.

Your cover letter is there to help the employer get a brief snapshot of you and why you might be the perfect fit for the role. So if your cover letter is nothing exciting, chances are they won't read through to the rest of your resume. Here are some tips to make sure your cover letter is number one.

Do your research

It can be tempting to write one generic cover letter and attach it to all of your job applications. But going the extra mile by addressing the letter to the right person and talking about the job role and what you think you can bring to it shows the employer you've done a bit of research and are invested in getting the job.

Highlight relevant experience

Your cover letter should be relatively short and snappy, so you don't want to list every single work or life experience; try to stick to what you think is relevant to the role you're applying for. Going for a job that requires a lot of typing? Maybe you have some relevant office work experience you can mention.

Showcase your skills

Employers don't just want to know what you've done – they want to know what you learned from it as well. Even if you've never had any work experience in the field you're applying for, chances are you've still developed some relevant skills through other activities. These can be through sport, volunteering, school projects, or more.

Focus on the positives

If you don't have much work experience, it can be easy to get bogged down into thinking that there's nothing for you to offer. But that doesn't mean you aren't the right person for the job. Make sure you don't go on and on about how limited your experience is, and instead highlight the skills and experiences you do have.

Edit, edit, edit

Because a cover letter is a first impression, you want it to be a really good one. And this means you should go through what you've written and triple-check everything; spelling, grammar, tone. That extra attention to detail can really make you stand out.

What's next?

Now that you've nailed the cover letter, it's time to start on the rest of your resume. If you're feeling a bit lost, you can check out our blog on [how to write a resume](#), or even give our [super simple resume builder](#) a try.

How students can successfully keep track of their achievements

By Julie Del Santo from My Career Capital

The term 'Career Capital' refers to the unique and valuable skills, knowledge, connections, and credentials that allow a person to have impact in their job. We all have career capital. What differs is how we each manage our own career capital.

Our days are filled with taking in information and moving from one thing to the next very quickly. No wonder we can often find it hard to remember what we did two weeks ago, let alone two months ago. Life gets busy and it moves very quickly. This isn't a good enough reason to not capture and track all the good work you are doing and have done. We are constantly taking information and moving from one task to another. In an era of constant changing working and learning environments we must capture, map and track all our experiences. What you have achieved, will after all be what will help you navigate the next steps in your career.

It's important to capture and use your career capital and not let it pass by. To give ourselves the best chance at achieving our own version of career success and feeling fulfilled in the work we do, we need to create time and space for managing it. One of the easiest and most powerful ways of doing this is tracking your achievements.

As a student, it's likely that your work experience may be limited. This makes it even more important to track your achievements. We've put together some tips to support you on tracking your achievements more successfully.

Establish a routine

To give yourself the best chance at achieving, making routine conversations about what you are doing, how you are tracking and checking in with yourself is essential.

Create the time, headspace and commitment to check in with how you are tracking. Write down what you are working on, what actions are you taking, what are you finding hard, and what do you want to know more about. If you can do this once a term or even more then you'll find the routine provides ongoing feedback to support your career development.

This will help you work through your goals, focus, and give you a better chance of achieving. You will have notes recorded of all the things you've done, how you've achieved, and what skills you've gained along the way. This information is invaluable when it comes to writing your resume, interviewing or knowing what you're good at.

Use a method

There are many frameworks or groups of questions that may be helpful to follow when it comes to tracking achievements.

The STAR method is an incredibly useful four step framework as it helps you record key information from what is achieved or successfully navigated. It can very easily transfer information into highlighting relevant skills when writing your resume, as well as providing an articulate response to an interview question.

So when you're sitting down to reflect on a school project, or situation where you're volunteering or working, as a part of your routine, simply put a few dot points under these four headings. This universal method will be sure to help you make sure you're highlighting your great achievements in the right way.

Situation (S)

Set the situation scene to give some context to what is happening. Explain the focus of the situation, where it took place, and if you were part of a team. Were there any barriers?

Example:

- *When I was in year 12, all the senior school students had to share a communal common area during school breaks.*
- *There was limited furniture in the area to enjoy a break or work, which made it really difficult to get a seat when it was busy.*
- *This made students often avoid the area, sometimes even leaving school grounds.*

Task (T)

This is where you explain your role in the situation. What was the goal? What were you responsible for? What did your role involve?

Example:

- *Whilst attending a monthly student representative meeting, I presented the idea that we have a whole school free dress day where students make a gold coin donation. All the proceeds would go towards purchasing some new furniture for the senior school communal area to improve the area and school concerns.*
- *After discussion, we agreed I would lead the process to get approval from the Principal.*

Action (A)

It is here that you explain what you actually did. Be specific and explain what were the steps you took and how you overcame any challenges.

Example:

- *Prepared the free dress fundraising proposal and briefed the student representative group to get their feedback and support before submitting it.*

- *Presented the idea to the school Principal and submitted the free dress fundraising proposal support with three furniture quotes for review and approval.*
- *Once approved, I led the implementation with the support of the student representative group. This included raising awareness across the school, coordinating planning and dates with the school as well as collaborative senior school input on furniture selection.*

Result (R)

So what was the outcome of your actions? This is where you can be specific, and try to capture any facts, figures and positive feedback. Importantly, capturing what you learned from the situation can further you in this exercise.

Example:

- *Senior school students reported that they were really satisfied with the new inclusive and engaging common area, and the other year levels expressed their excitement for using the space in the years to come.*
- *The school reported an increase in student attendance and overall engagement at school.*

Who are your allies?

Your allies – your people, your tribe, whatever you feel most comfortable calling them – make sure you have them, know who they are, and that you nurture your relationship with them.

Embarking on your career, this is one thing that you cannot ever invest too much time in. Surrounding yourself with people who want you to succeed, will keep you accountable, who will challenge you to develop further and understand your true potential. Your people will definitely extend beyond friends and family, and are people that you can trust.

Who do you know? Write them down. Contact them, and meet them for a chat. Some may become a coach or mentor.

They will likely want to know “What are your career goals, and how can they help you achieve them?” Having these conversations will help unlock new thinking. Draw or expand your goals from your mind and into the world (yes, that makes them real). They can keep you accountable and on track for what you’re working on, and you’ve also got someone else who has your success and goals in mind – which can unlock opportunities now or in the future.

They will also want to celebrate when you do achieve!

You will no doubt accumulate lots of experience, knowledge, skills, and achievements throughout the years. Tracking them effectively and being able to use it when you need to will most definitely prepare you well for your future. Using My Career Capital, starting now will make a big difference.

This guest article was written by Julie Dal Santo from My Career Capital

Julie is an experienced coach, HR professional and facilitator. Julie’s work is focussed on ensuring people have the tools, support and know-how they need to successfully grow and manage their own ‘career capital’ across their lifetime.

Are you interested in more about this, and wanting to develop students clarity, confidence and readiness for their career? [My Career Capital](#) offers integrated workshops, programs and an innovative platform where students can design, manage and grow a personalised digital portfolio of their career capital to enhance their career and employment.

[Get in touch](#) with us today if you're interested to find out more about how we can help.

Apply for the State Choir NSW

Applications are open to be part of the State Choir in 2022.

The choir is open to all NSW public school students Years 8 to 12 and are a combination of male and female voices. No audition is required.

The state choir provides an opportunity for 80 dedicated and talented choristers to sing challenging repertoire with Australia's leading choral directors.

The choir meets to rehearse in Sydney before performing as part of the Festival of Choral Music.

Applications will close on Friday 9 September.

Find out more and apply: <https://artsunit.nsw.edu.au/program/state-choir>

Is it legal? – Your phone and social media

Did you know there are laws about cyberbullying, taking and sending nude pics (some people call this 'sexting'), and image-based abuse—where someone threatens to send a nude or intimate pic of you to other people? If you've got a phone, laptop, computer or tablet think carefully about how you use it. It might seem like harmless fun to send a nude pic of you or someone else, but it could land you in a lot of trouble with your school, parents, the police, and even future employers.

Legal Aid Queensland has released a booklet for young people that explains:

- cyberbullying, sexting and image-based abuse
- what the law says
- what can happen to you if you break these laws
- where to get help if you need it.

It's important you know about these laws when using social media as you could find yourself serving jail time if you get it wrong.

Read the booklet here:

<https://www.legalaid.qld.gov.au/files/assets/public/publications/criminal-justice/is-it-legal-guide.pdf>

How to get a good night's sleep

Sleeping well is a huge part of feeling well, but getting enough zzzzzs isn't always easy. If counting sheep isn't doing the trick, there are some simple things you can try to make falling asleep – and staying asleep – more achievable.

This article from Reach Out can help if:

- you're often unable to sleep
- the strategies you normally use to get to sleep aren't working
- you want to establish a good sleeping routine.

Read the full blog here: <https://au.reachout.com/articles/how-to-get-a-good-nights-sleep>

Five ways writing book reviews builds skills for work

Chances are that you've written quite a few book reviews in your time. These tasks ask us to not only read a book, but to also critically analyse the book, then write a summary and review of our thoughts which adds up to quite a bit of work. It can also be difficult to understand why we need to know this particular book in quite so much detail.

The thing is that adults use the skills they learnt writing book reviews all the time. For example, engineers use their skills to analyse client briefs and identify the key points, and office managers often take notes in meetings and summarise them into reports for other departments.

When you practice these skills at school on a random book, you're building skills you'll need throughout your life, and in practically every career path.

Find out the skills you build by writing book reviews here: <https://whywestudy.com/five-ways-writing-book-reviews-builds-skills-for-work/>

How to become a Camera Operator

Camera Operators set up and operate cameras and other recording equipment to record material for film, television, news, live events, music videos, advertising, and more. They work in a variety of environments, from indoor studios and locations, to almost any outdoor location imaginable.

If you have a passion for screen and the arts and want to know all about what goes on behind the scenes, becoming a Camera Operator could be ideal.

About you:

- Excellent communicator
- Good time management skills
- Great team worker
- Can work on your feet
- Flexible and resilient
- Keen eye and steady hand
- Able to take direction
- Reliable and hardworking

The job:

- Operating cameras, tripods, and microphones
- Choosing appropriate equipment for a scene
- Collaborating with producers and directors
- Helping to set up scenes and equipment
- Making adjustments during filming
- Maintaining and looking after equipment
- Packing down sets and equipment

Lifestyle Impact: Low

- Part Time opportunities: High – around 41% of Camera Operators work part-time (source: labourmarketinsights.gov.au).

- Average hours for full-time workers: 45 hours a week, which is average (source: labourmarketinsights.gov.au).
- Camera Operators' salary (average) \$65,000* per year (source: seek.com.au).
*Salaries vary depending on your skills and experience.
- Future career growth: Moderate (source: labourmarketinsights.gov.au).
- You will be doing work in a variety of environments, both indoors and outdoors.
- Shoots can often go on for many hours, and depending on scheduling and time constraints, you might need to work on weekends and holidays.

Camera Operators are most in demand in these locations:

This is a small occupation, with around 2,100 people working as Camera Operators in Australia in 2021 (source: labourmarketinsights.gov.au). There is greatest demand for Camera Operators in New South Wales, with most jobs available in capital cities. Most Camera Operators work in the Information Media and Telecommunications industry.

How to become a Camera Operator in Australia

You don't need any formal qualifications to work as a Camera Operator, but VET or university training can improve your prospects.

Step 1 – Complete Year 10 with a strong focus on English and Maths.

Step 2 – Consider enrolling in a relevant VET course, such as a [Diploma of Screen and Media](#) or [Diploma of Live Production and Technical Services](#).

Step 3 – Start working as a Camera Operator and get relevant industry experience.

Step 4 – If you'd like, consider upskilling with a university-level qualification, such as a [Bachelor of Arts](#) or [Screen and Media](#).

Step 5 – Consider moving into roles in Directing or Production.

Find out more here –

<https://www.screenaustralia.gov.au/>

<https://www.meaa.org/>

Similar Careers to Camera Operator

Photographer

Stage Director

Sound Engineer

Costume Designer

Director

Producer

Lighting Technician

Prop Maker

Find out more about alternative [careers](#).

Frequently Asked Questions (FAQs)

What do Camera Operators do?

Camera Operators are the people behind the equipment that capture both moving and still pictures for movies, television, live events, and more.

Which industries employ Camera Operators?

Camera Operators are mostly employed in the Information Media and Telecommunications industry.

What options are there for career progression?

While you will usually start doing basic camera work, you might then take on more complex technical duties as you gain more experience. You might even supervise and direct other camera operators, or become part of a larger directing and production team.

Do I need to go to university to become a Camera Operator?

No, there are no formal qualifications necessary to become a Camera Operator. However, having a VET qualification can boost your skills and employability.

Where do Camera Operators work?

Camera Operators work nearly everywhere – from stadiums filming sports games, in the studio for a news broadcast, out in nature for a documentary, or following an interviewee in their home or place of work.

What are 3 things I can do right now to help me become a Camera Operator?

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

1. Get your hands on a camera or phone and start working on your videography skills. Offer to take video for important events, like a sibling's graduation or speeches at a wedding.
2. See if you can find work experience in film or the arts. This will help you see if you might enjoy the work, and can help you start building important contacts for the future.
3. Talk to a Camera Operator to see what a day in their life is like. If you don't know anyone, see if you can watch videos or documentaries about a career as a Camera Operator.

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