



*Opportunity and Growth*

## Careers Newsletter

9 November 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](mailto: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=fZoyckJwvVg&feature=youtu.be>

### **Coder Academy | Web Development Info Session**

Monday 7 November 2022, 6:00 pm

Online

Coders are no longer seen as a thing of the future! They are the NOW. They walk among us as artists, business owners, tradespeople, sportspeople, gamers and even parents!

At Coder Academy we're proud of our diverse mix of students. A collective of change-makers and trailblazers – coding their way to a more enlivened and enriched future.

What to expect at an Info Session:

- Hear all about our Virtual Classroom and what it's like to study online
- Discover which bootcamp delivery is right for you
- Ask our Course Advisors questions in real-time
- Learn about our Industry Placement Program
- Learn more about our industry approved curriculum
- Explore career pathways and opportunities!

Find out more: <https://info.coderacademy.edu.au/web-dev-info-session>

### **Careers, Jobs & Skills Expo – Ultimo**

Friday 11 November 2022, 11:00 am - 3:00 pm

The Muse, Ultimo

The event provides an opportunity for job seekers and school leavers to connect with industry professionals, training programs and gain employability skills through a variety of workshops.

If you want to kick start your career, this event is not to be missed.

Find out more: <https://www.tafenswevents.com.au/event/careers-jobs-skills-expo-ultimo>

### **NIE | Academic Insights Program Webinar**

Monday 14 November 2022, 7:00 pm

Online

The Immerse Education Summer School in Sydney is a unique opportunity for participants to live and study in the highest-ranked university in Australia, The University of Sydney.

During this webinar, we will discuss how this immersive Academic Insights summer program will provide ambitious high school students with an unrivaled experience studying undergraduate-level subjects at the University of Sydney.

Webinar topics:

- A detailed look at the Academic Insights Program; syllabus, curriculum details, and program inclusions.
- Summer School program benefits and how it can help with gaining admission into highly competitive undergraduate courses, like medicine & dentistry.

Find out more:

[https://us02web.zoom.us/webinar/register/WN\\_XMshtUw7Q96NVpmhmlBfsA](https://us02web.zoom.us/webinar/register/WN_XMshtUw7Q96NVpmhmlBfsA)

### **Shillington | Online Info Session**

Wednesday 16 November 2022, 6:00 pm

Online

Looking to study graphic design at Shillington? The best way to find out more about the graphic design course is to come along to one of our on campus or online Info Sessions.

Led by one of our design teachers, the Info Session will show you what to expect on the course, what Shillington is all about and even give you a taste of your future creative career.

It's a great chance to meet some of our teachers and staff and chat with Shillington graduates—who were in your place not long ago.

Find out more: <https://www.shillingtoneducation.com/au/graphic-design-course/info-sessions-and-graduation/>

### **University of Newcastle | Parents and Carers Info Sessions**

Tuesday 22 November 2022, 6:00 pm - Thursday 24 November 2022, 7:30 pm

University of Newcastle, Q Building & Central Coast Campuses

Final application deadlines to study at university in 2023 are fast approaching, and the University of Newcastle wants parents to know that we're here to help.

If you have a child who has recently finished Year 12, left high school without completing Year 12, or is unsure of what to do after school, the University of Newcastle is holding a Parents and Carers Information Session to answer all your questions.

Find out more: <https://www.newcastle.edu.au/events/future-students/parents-and-carers-info-sessions>

### **Basair | Open Day**

Saturday 26 November 2022, 9:30 am - 4:00 pm

Basair Aviation College, Bankstown Aerodrome

Discover a career that will take you to new heights. Register for the 2022 Basair Open Day.

Visitors can talk with the crew, attend seminars, access test flights and more.

Find out more: <https://basair.com.au/open-day/>

### **William Angliss | VET Info Series: Hospitality & Hotel Management**

Tuesday 6 December 2022, 11:00 am - 12:00 pm

Online

Consider yourself a true people person? Hospitality may be the right path for you. Explore our courses and take your first step into the hospitality industry.

What you'll learn:

- Course content
- Entry requirements
- Career pathways
- Graduate student outcomes
- How Angliss can support you
- A chance to ask the program leaders questions

Find out more: <https://www.angliss.edu.au/events-hub/vet-info-series-hospitality/>

### **University of Sydney | Why Study Chemical Engineering?**

Wednesday 7 December 2022, 4:00 pm - 4:30 pm

Online

Chemical Engineering deals with systems that integrate chemical, physical, and biological concepts to design and operate processes and produce materials and products that benefit individual lives and societies around the world.

Chemical engineers work on problems at multiple systems scales from molecules to enterprise and to supply chains addressing climate change and the energy transition, but also reducing raw material usage and transitioning to a circular economy, conserving water and resources, and scaling up manufacturing including food, pharmaceuticals and health products.

Chemical engineers are versatile problem solvers engaging in systems-level thinking and are leaders in various industry sectors.

Find out more: [https://uni-sydney.zoom.us/webinar/register/WN\\_pjU0RqtHSJu1ou8CvqwoeA](https://uni-sydney.zoom.us/webinar/register/WN_pjU0RqtHSJu1ou8CvqwoeA)

### **Young Space Explorers**

Friday 2 December 2022, 1:00 pm - 4:00 pm

Prince Henry Centre, Little Bay

The event is an immersive dive into the emerging Australian space industry. Students will get up close and personal with science, technology, engineering, and mathematics (STEM).

Through hands-on space-themed challenges students will develop their STEM knowledge and their design, thinking and leadership skills – all necessary attributes for Australia’s future highly skilled space workforce.

This dedicated STEM space event is ideal for Year 9 and 10 students.

Find out more: <https://www.eventbrite.com.au/e/young-space-explorers-tickets-440202005047>

### **AFTRS | Intro to Directing**

Monday 5 December 2022, 6:30 pm - Wednesday 21 December 2022, 8:30 pm

Online

‘What does a director do?’ This introductory course delivered completely online will focus on the responsibilities and workflow of the film and television director, from pre-production through to post-production. Taught by highly experienced Industry practitioners you’ll get an insight into this key role, and what makes a great director.

This course is delivered by Zoom Video in six evening sessions over three weeks.

- Learn about the important role the director takes in narrative storytelling and bringing the script to screen
- Find out about key relationships and working with the different production departments
- Basic principles of blocking for camera, working with actors and character development

Find out more: <https://www.aftrs.edu.au/short-course/intro-to-directing/>

### **2022 Pro Youth Cricket Camp, East Sydney**

Monday 12 December 2022, 9:00 am - Friday 16 December 2022, 3:00 pm

Heffron Park Cricket Nets, Maroubra

Pro Performance Cricket is excited to announce 5 awesome days of cricket coaching & T20s with our Cricket Camp held during the upcoming School Holidays.

Players will experience 1-5 days of high intensity cricket coaching & T20s while being coached and mentored by professional Cricket Australia qualified coaches often including current and former first class cricketers and Big Bash players.

Designed for cricketers aged 12 and over.

Find out more: <https://events.humanitix.com/december-pro-youth-camp-east-sydney-ages-12-12th-16th-dec>

### **Academic Insights Summer Programme**

Wednesday 4 January 2023, 9:00 am - Saturday 14 January 2023, 5:00 pm

The University of Sydney, Camperdown Campus

This Summer School in Sydney is a unique opportunity for you to live and study in the highest ranked university in Australia for graduate employability.

The immersive Academic Insights summer programme provides ambitious high school students from around Australia and the world with an unrivalled experience studying undergraduate-level subjects at the University of Sydney.

In enrolling in this programme, you'll benefit from expert teaching, blended with admissions sessions and essential skill development. Each subject follows a specifically-designed summer school syllabus combining theoretical knowledge with practical application. Immerse Education tutors from the world-leading university of Oxford and Cambridge will support students in forming a strong foundational knowledge, understanding, and skillset within their field of interest. Students will uncover their academic potential, by choosing from the below subjects:

- Medicine
- Engineering
- Business Management
- Creative Writing

Find out more: <https://www.nie.edu.au/academic-insights-program>

### **STEM Accelerator Tour 2023**

Thursday 5 January 2023, 9:00 am - Wednesday 18 January 2023, 5:00 pm

United States

Do you have a passion for STEM and do you want to learn how it is shaping the world we live in? Join Crimson's exclusive tour of the USA in January 2023 and be inspired for your future. Be immersed in a stimulating learning environment with other like-minded students from across the world and accelerate your growth.

- Meet and learn from NASA Research Scientists
- Get behind the scenes of Silicon Valley Giants
- Explore some of the world's top universities
- Immerse yourself within US Culture
- Travel with an international group of like-minded students

Explore some of the world's top universities to see the opportunities that they could open for your own future.

Find out more: <https://www.crimsoneducation.org/au/campaign/stemacceleratortour-jan2023/>

### **NAS | 2023 Summer School Short Courses**

Monday 9 January 2023, 9:00 am - Friday 20 January 2023, 5:00 pm

National Art School, Darlinghurst

Develop and expand your creative skills in our 5-day intensive January Summer Schools, held on-campus at NAS in Darlinghurst. Study for one or two weeks and choose from a variety of courses offered in the disciplines of Ceramics, Drawing, Painting, Photomedia, Printmaking and Sculpture.

Find out more: <https://nas.edu.au/nas-2023-summer-school-short-courses/>

### **Western Sydney University Community Scholarship**

Value: \$6,000 AUD per year

Open/Closing Dates: October 3, 2022 – February 4, 2023

The Western Sydney University Community Scholarship was established to provide ongoing support to talented, ambitious and hardworking students who might not otherwise have the

chance to study at university due to financial hardship or other circumstances out of their control.

[Find out more](#)

### **UOW John, Belle & Richard Miller, Bridgewater Scholarships for Opportunity**

Value: \$3,000 AUD

Open/Closing Dates: June 22, 2022 – December 9, 2022

This scholarship acknowledges the long-standing connection of John, Belle and Richard Miller's family to the Illawarra Region. This scholarship is a representation of the Miller family's desire to support the studies of students in need, and recognises those who are involved in the community.

[Find out more](#)

### **University of Newcastle McNair Foundation Indigenous Scholarship**

Value: \$10,000 AUD per year

Open/Closing Dates: October 1, 2022 – February 15, 2023

The McNair Foundation Indigenous Scholarship was established by the McNair Charitable Foundation in 2019 to support Indigenous students to complete their undergraduate studies at the University of Newcastle.

[Find out more](#)

### **Macquarie University Central Courtyard Accommodation Scholarship**

Value: Accommodation fee remission

Open/Closing Dates: October 1, 2022 – January 3, 2023

A scholarship to support students from regional and remote Australia living on campus while studying an undergraduate degree.

[Find out more](#)

### **UNE William McIlrath Rural Scholarship**

Value: \$10,000 AUD + \$4,000 AUD annually thereafter

Open/Closing Dates: September 1, 2022 – January 2, 2023

The William McIlrath Rural Scholarship is established to encourage and assist rural and regional students to undertake a full-time undergraduate degree at the University of New England.

[Find out more](#)

### **University of Sydney Scholarship in Engineering**

Value: \$12,000 AUD per year

Open/Closing Dates: October 28, 2022 – November 18, 2022

This scholarship provides financial support to undergraduate students studying at the faculty of engineering.

[Find out more](#)

### **Little Stories Big Ideas Flash Fiction Competition for Secondary School Students**

Little Stories Big Ideas is a writing competition for Australian Secondary School Students. As part of the comp, students write a story in 100 words or less to a specific themed prompt, in any literary style they like – prose, poetry, haiku or song. There are two entry categories, Year 7 to 9 (Junior) and Year 10 to 12 (Senior).

The comp runs every school term with great prizes on offer and is free to enter.

Cash prizes of \$100 plus Gift Vouchers and Memberships are up for grabs.

Entries are now open for our Term 4 competition with the theme “Fear”. **Entries close Friday December 23 2022 at Midnight.**

Find out more: <https://littlestoriesbigideas.com.au/>

### **National Photographic Portrait Prize 2023**

The call for entries for the National Photographic Portrait Prize 2023 is open! One of our most popular annual events promotes the best in contemporary photographic portraiture by both professional and aspiring Australian photographers.

The winner will nab a \$30,000 cash prize from us AND photographic equipment – courtesy of our imaging partner, Canon. There are a raft of other prizes too, including Highly Commended supported by EIZO and an Art Handlers’ Award thanks to IAS Fine Art Logistics.

**Entries close at 9:00am (AEDT) on Tuesday 31 January 2023.**

Find out more and enter here: <https://www.portrait.gov.au/nppp-callforentries.php>

### **Getting your first job**

Are you ready to start working? If you’re keen to pick up your first job, we’ve got some tips and advice you might find handy.

#### **Where to find work**

Gone are the days of having to look through the newspaper – now there are tons of places you can find jobs.

Most popular is by searching online. There are handy sites like [Seek](#) and [Indeed](#) that lots of employers will list job openings with.

Lots of big employers (think places like McDonalds, Kmart, Woolworths, etc.) take applications directly through their websites. If you’re unsure, search them up and see what you can find, or talk to someone at your local store.

You might like to try asking your parents if they know anyone who might be looking for work. Word of mouth is still a great way to get your name out there.

And don’t forget the good old-fashioned way: see if your favourite store has a ‘help wanted’ sign in the window, or just head in and ask. Even if they don’t have any availabilities right now, they might keep your resume on file for future opportunities.

#### **The interview**

You applied, and now you’re up for an interview – score! But if it’s your first time, you might be a bit nervous.

Don’t panic. Just take a look at our [top 5 interview tips](#).

## **Before your first day**

The interview was a success, and you've got the job! Hooray!

Make sure you ask any important questions you need to before your first day. This could be things like:

- Where do I need to be on my first day?
- What time am I expected to start?
- Do I need to wear a uniform?

If you're confused about anything, don't be afraid to ask. It's better to get clarification than to assume.

There are a few other important things you'll need to get in order too, like:

- Your [Tax File Number](#)
- Bank account details for your pay
- Given any thought to [superannuation](#)?

Make sure you get enough sleep and eat well the night before so you're ready to go for your first day.

## **The big day**

It's finally here – your first day at your brand-new job. It can be slightly nerve-wracking, but it's also incredibly exciting at the same time. Here are some of our tips for your first day.

**Relax!** Nobody expects you to know everything straight away. Don't pressure yourself to be perfect, and if you make mistakes, it's okay – as long as you learn from them.

**Ask lots of questions.** Related to the above, there will probably be a lot you need to learn for your new job. So people are going to expect you to have questions, and be happy to answer them.

**Be on time.** Want a sure-fire way to make a good impression first thing? Show up on time – in fact, better even if you're early!

## **Need some more guidance?**

If you're still feeling a bit unsure, that's okay! We've gone around the office and had a chat with some friends, and gathered some advice about our first jobs (we all need to start somewhere, after all).

## **Lucy**

**Age at first job:** 14

**Jobs I had at school:**

- KFC
- Waitress
- Babysitting
- Letterbox Dropper

**Favourite Job at school?** Letterbox dropper – because I could walk and be outside.

**Lucy's tip:** start small and look for local opportunities – I started with ironing work shirts for a neighbour each week and built up from there.



**Liz**

**Age at first job:** 15

**Jobs I had at school:**

- Car washing, ironing & lawn mowing at home
- Delivery person
- Cleaner
- Office temp

**Favourite Job at school:** Cleaner – I enjoyed the work environment, there was always great banter and free food, and I got to walk away with excellent references.

**Liz's tip:** don't let first day nerves put you off! When you turn up on day two, you'll be amazed how different you feel.

**Sofie**

**Age at first job:** 16

**Jobs I had at school:**

- Donut King
- Laundry

**Favourite Job at school:** working at Donut King – because I got free donuts!

**Sofie's tip:** don't be afraid to put your name out there and apply for a job, you might be surprised at the outcome.

**Lukas (recent school leaver)**

**Age at first job:** 15

**Jobs I had at school:**

- JayJays
- Babysitting

**Favourite Job at school:** JayJays – I had supportive co-workers and they were also great friends during and after work.

**Lukas' tip:** mainly focus on your schoolwork, but try hard at work too so you get the most out of the experience.

**Mercedes (recent school leaver)**

**Age at first job:** 13

**Jobs I had at school:**

- Laserfun
- Angus & Coote

**Favourite Job at school:** Angus & Coote – I had an awesome manager! Having worked multiple jobs in high school really helped me build my confidence and identify my strengths and weaknesses.

**Mercedes' tip:** time management is the key to balancing work and school.

**Ryan (recent school leaver)**

**Age at first job:** 16

**Jobs I had at school:**

- McDonald's

**Favourite (and only!) Job at school:** McDonald's – I learned how to take on multiple roles and it expanded my skill set.

**Ryan's tip:** make sure you manage your time effectively, and make sure your studies are still your number one priority.

### Take a Campus Tour

Thinking about studying at a particular university, but aren't quite sure yet? Maybe checking out the facilities will help to solidify your decision. And the best way to do that is to go on a campus tour.

Pretty much every university in the country runs campus tours, ready to show prospective students around the grounds – from classrooms to accommodation, recreation facilities, and more, you can get a little taste of what uni life has to offer.

We've listed every uni that's currently running campus tours below, so take a look and see if there are any you might be interested in.

#### NSW

- [Australian Catholic University](#) (Blacktown, North Sydney, Strathfield)
- [Charles Sturt University](#) (Albury-Wodonga, Bathurst, Dubbo, Orange, Port Macquarie, Wagga Wagga)
- [Macquarie University](#) (Macquarie Park)
- [Southern Cross University](#) (Coffs Harbour, Lismore)
- [University of New England](#) (Armidale)
- [University of New South Wales](#) (Kensington, Paddington)
- [University of Newcastle](#) (Callaghan, Ourimbah, NUSpace, Q Building, Central Coast Clinical School)
- [University of Notre Dame](#) (Sydney)
- [University of Sydney](#) (Camperdown/Darlington)
- [University of Technology Sydney](#) (City)
- [University of Wollongong](#) (Wollongong, South Western Sydney, Sydney CBD)
- [Western Sydney University](#) (Parramatta South, Parramatta City, Hawkesbury, Liverpool, Campbelltown, Kingswood)

#### VIC

- [Australian Catholic University](#) (Ballarat, Melbourne)
- [Charles Sturt University](#) (Albury-Wodonga)
- [Deakin University](#) (Burwood, Geelong Waterfront, Waurn Ponds, Warrnambool)
- [Federation University](#) (Berwick, Ballarat, Gippsland)
- [La Trobe University](#) (Melbourne, Bendigo, Shepparton, Albury-Wodonga, Mildura)
- [Monash University](#) (Clayton, Caulfield, Peninsula)
- [RMIT](#) (Melbourne City, Brunswick, Bundoora, Point Cook)
- [Swinburne University](#) (Hawthorn)
- [University of Melbourne](#) (Parkville)
- [Victoria University](#) (Footscray Park, City, Sunshine, St Albans)

## QLD

- [Australian Catholic University](#) (Brisbane)
- [Bond University](#) (Gold Coast)
- [CQUniversity](#) (Cairns, Townsville, Mackay, Rockhampton, Gladstone, Bundaberg, Brisbane)
- [Griffith University](#) (Gold Coast, Nathan, South Bank)
- [James Cook University](#) (Cairns, Townsville)
- [Queensland University of Technology](#) (Gardens Point, Kelvin Grove)
- [Southern Cross University](#) (Gold Coast)
- [University of Queensland](#) (St Lucia, Herston)
- [University of Southern Queensland](#) (Toowoomba, Springfield, Ipswich)
- [University of the Sunshine Coast](#) (Sunshine Coast, Moreton Bay, Fraser Coast, Caboolture)

## ACT

- [Australian Catholic University](#) (Canberra)
- [Australian National University](#) (Canberra)
- [University of Canberra](#) (Bruce)

## SA

- [Flinders University](#) (Bedford Park)
- [University of Adelaide](#) (North Terrace, Waite, Roseworthy)
- [University of South Australia](#) (City East, City West, Magill, Mawson Lakes, Mount Gambier, Whyalla)

## WA

- [Curtin University](#) (Perth)
- [Edith Cowan University](#) (Joondalup, Mount Lawley, South West)
- [Murdoch University](#) (Perth)
- [University of Notre Dame](#) (Fremantle, Broome)
- [University of Western Australia](#) (Perth)

## NT

- [Charles Darwin University](#) (Casuarina, Palmerston, Katherine, Alice Springs)

## TAS

- [University of Tasmania](#) (Launceston, Hobart)

Is the campus you really want to visit not on this list or really far away? Most universities are also offering [Virtual Campus Tours](#) as well, so don't forget to check them out.

### **Summer Skills Program**

Kickstart your career with short summer skills courses that you can learn online at your own pace or at a location near you.

The NSW Government is offering fee-free, industry aligned short courses for young people aged between 16-24 who have left school and want to learn new skills.

Heaps of courses and locations are available across a range of vibrant growth sectors including early childhood education, care sectors, trades, hospitality, agriculture, construction, business, fitness, digital literacy and more.

Learn skills for real jobs, build your resume and join school leavers across NSW planning for their future.

There are limited places available, so enrol now and get ahead of the game!

Find out more about the program here:

<https://skills.education.nsw.gov.au/initiatives/summer-skills>

### **STEM Camps for High School Students**

Do you have a passion for all things STEM? Or maybe you're looking for a fun way to spend the holidays. You might be interested in attending a STEM camp.

There are heaps of options out there all across the country and the world, helping you explore potential careers in STEM, learn new things, and make new friends.

Take a look at some of the options we've found, and see if there are any that interest you.

### **Engineering Summer School**

Designed for students about to enter Year 12, Engineers Australia's Summer School is a fully residential 5-day program, giving you the opportunity to visit universities and engineering organisations around Sydney. You have the opportunity to take part in immersive workshops, chat with engineers and graduates, and participate in other fun activities.

The next Engineering Summer School will run from 3-8 December 2023. Registration hasn't opened yet, but you can read details of this year's program [here](#).

### **UQ Mathematics & Biology Summer School**

UQ's [Mathematics Summer School](#) and [Biology Summer School](#) are non-residential programs open to talented students who are going into Year 11 and have chosen to study either Maths Methods and Specialist Maths or Biology. You can study with and learn from leading researchers and passionate graduates, all while making friends with other students from around the state.

Mathematics Summer School will run from 10-13 January 2023. Registrations have closed for this year, but keep an eye out for next year's program.

Biology Summer School will run from 17-19 January 2023. Registrations close 27 November 2022.

### **The Santos Science Experience**

The Santos Science Experience is a unique program for students in Years 9 and 10, taking place in over thirty-five universities and tertiary institutions across the country. Each program is designed to provide students with the opportunity to engage in a wide range of

fascinating science activities under the guidance of scientists who love their work. Programs can vary from between 1 to 4 days in length.

Programs run throughout the year in multiple locations. Take a look at upcoming dates [here](#).

### **UTAS Feed your mind, Feed the world**

Feed your mind, Feed the world is a free three-day camp for Year 11 and 12 students to learn how science is solving real world challenges. See first-hand the science behind some of Tasmania's leading agricultural businesses, including a robotic dairy, commercial flower producer, cider orchard, vegetable processor and more.

The next program runs from 5-7 December 2022. Registrations close 4 November. [Find out more](#).

### **Academic Insights Summer Programme**

The Academic Insights Summer Programme provides ambitious high school students from around the world with an unrivalled experience studying undergraduate-level subjects at the University of Sydney. You can choose between four subjects to study in the program (Medicine, Engineering, Business, or Creative Writing), all while living like a real university student at St Paul's College.

The Academic Insights Summer Programme will run from 4-14 January 2023. Find out more [here](#).

### **STEM Accelerator Tour**

Crimson Education's STEM Accelerator Tour provides high school students aged 15+ with the opportunity to travel to the United States, touring some of the world's top universities and leading STEM organisations. You will also get to visit incredible natural wonders and landmarks.

The next tour will run from 5-18 January 2023. Applications close 15 November. Find out more [here](#).

### **Torrens University – Early Entry Program, closing soon**

Apply now to secure your place at Torrens University through our Early Entry Program. A conditional offer is open to all Year 12 students in NSW, QLD and SA\* and applying is easy. Give yourself some peace of mind as you go into your exam period.

- There's no cost to apply
- There's no obligation to take up your offer
- Your offer can be deferred

Hurry, the Early Entry Program at Torrens University closes soon.

Find out more: <https://www.torrens.edu.au/how-to-apply/early-entry-program>

*Note: All students from Victoria must apply through VTAC.*

*\*Exceptions apply: <https://www.torrens.edu.au/how-to-apply#Adelaide>*

### **ACU | Uni Step Up Online – 2023**

Uni Step-Up Online is your chance to get a head start on university by studying first year units while you are still at school.

Year 11 students develop connections with current students and staff while experiencing study at a tertiary level. During 2023, the program is delivered online over a 10 week block, one night per week during term times. Semester 1 starts around the 13 March 2023. Semester 2 starts around the 14 August 2023.

Why should you enrol in Uni Step Up?

- Receive credit for a university degree
- There is no charge: complete two university units HECS free
- Get a head start for university: test out a subject area and develop your skills in academic writing and referencing
- Small group size: class size is limited to ensure you have regular access to guided mentoring from current university students and staff
- Participants who complete two Uni Step-Up units may be eligible to receive an unconditional direct entry offer to a mapped ACU course

Find out more: <https://www.acu.edu.au/about-acu/community-engagement/widening-participation/uni-step-up>

## **Hobbies to Help You Become More Productive**

Most of think of hobbies as fun things we do to pass the time when we're not at school or work. But did you know that having a hobby can help you become more productive, as well as build other important skills?

From cooking to hiking, painting to gardening, there are heaps of hobbies out there that can help you develop mindfulness, patience, motor skills, improve your focus and mental health, all while being a ton of fun at the same time.

Check out some of the most productive hobbies and how they can help you.

### **Cooking**

Some people might consider this more of a chore than a hobby, but cooking is a really valuable skill you'll need throughout your whole life. After all, you can't live on instant noodles forever. Besides the obvious nutritional benefits, cooking helps you learn how to follow instructions effectively, develop patience, and can even teach you how to start planning ahead (think meal plans and prep).

### **Painting**

Even if you're not particularly artistic, picking up a paintbrush and just going for it can be highly rewarding. You'll learn how to think creatively, as well as relieve some stress and maybe even find some inspiration.

### **Running**

Other than being great for your physical health, running is excellent for your mental health as well. It's a hobby that will teach you a lot of discipline, resilience, and grit. You might even like to try a goal setting exercise, and see how much your fitness improves over time.

**Reading**

Whether it's a good old-fashioned paperback or through your screen, reading is a great way to spend your time. You can learn a ton of new and interesting things, be exposed to points of view you might not have considered before, and build your language skills, all at the same time.

**Gardening**

Gardening isn't just a great way to keep your hands and mind busy. It also teaches some valuable skills, like patience and resilience, and is also incredibly rewarding. It's also a great way to learn about caring for things, and our environmental impact.

**Video Games**

Surprised to see this one on the list? There are lots of valuable skills to be learned from playing video games: determination, resilience, teamwork and cooperation, and communication are just some examples. Just remember to keep it in moderation!

**[How to become a Physiotherapist](#)**

Physiotherapists are health professionals who assess and treat people with a variety of injuries that impact on mobility.

You might travel with professional athletes and play a critical role in their success, managing injuries and helping maximise recovery and preparation so that they can be their best on the big day. Or you can assist in rehabilitating people who have been injured in accidents so they can get back to work and normal life.

If you love helping people and have a healing touch, and want a job that can provide a lot of variety and the chance to travel, this could be the ideal career for you.

**About you:**

- Patient and kind
- Strong interest in fitness and health
- Ability to handle the physical demands of the job
- Excellent communication skills
- Get along with people from all walks of life

**The job:**

- Assessing patients with injuries to identify the problem
- Walking patients through recovery exercises
- Using techniques such as massage and heat therapy to relieve pain and assist recovery
- Designing appropriate treatment and recovery plans
- Assessing whether a client is ready to return to work or sport
- Developing plans to decrease the risk of future injury

### **Lifestyle Impact: Low**

- Part Time opportunities: Moderate – around 37% of Physiotherapists work part-time (source: labourmarketinsights.gov.au).
- Average hours for full-time workers: 42 hours a week, which is average (source: labourmarketinsights.gov.au).
- Physiotherapists' salary (median) \$65,000\* per year (source: ato.gov.au). \*Salaries greatly vary depending on your skills and experience.
- Future career growth: Very strong (source: labourmarketinsights.gov.au).
- You will be doing work in a variety of environments, both indoors and outdoors.
- More than a third of workers reported regularly working overtime or extra hours (source: labourmarketinsights.gov.au).

### **Physiotherapists are most in demand in these locations:**

There is demand for Physiotherapists in both metropolitan and regional areas – some rural areas in particular experience shortages of medical professionals, and are in high demand. Most Physiotherapists work in the Health Care and Social Assistance industry.

### **How to become a Physiotherapist**

You must complete an approved university-level degree and register with Ahpra in order to work as a Physiotherapist in Australia.

Step 1 – Complete Year 12 with a focus on English and Maths. Biology, Chemistry and Health can also be useful.

Step 2 – Study an accredited program of study, usually a Bachelor of Physiotherapy. You can see a full list of approved qualifications [here](#).

Step 3 – Once you have completed your studies, apply for general registration with the [Physiotherapy Board of Australia](#).

Step 4 – Start working as a fully qualified Physiotherapist.

Step 5 – Engage in Continuing Professional Development (CPD) throughout your career, and renew your registration annually.

Find out more here –

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

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

<https://australian.physio/>

### **Similar Careers to Physiotherapist**

Occupational Therapist

Registered Nurse

General Practitioner

Surgeon

Aged Care Worker

Disability Worker

Social Worker

Massage Therapist

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



## Frequently Asked Questions (FAQs)

### **What options are there for career progression?**

You might start out working at a private clinic, before becoming a specialist Physiotherapist for a large sporting team. Once you have had lots of experience, you might also like to move into roles in research or upskill further to become a Doctor.

### **Do I need to go to university to become a Physiotherapist?**

Yes, you will need to complete an accredited qualification and register with Ahpra to work as a Physiotherapist.

### **Where do Physiotherapists work?**

Physiotherapists can work in a variety of environments, including private clinics, hospitals, aged care facilities, sporting facilities, schools, and in the community.

### **What are 3 things I can do right now to help me become a Physiotherapist?**

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

1. Start working on your own health and fitness, and consider taking classes at school such as Biology to start building your understanding of the human body and how it works.
2. See if you can find work experience in health. 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 Physiotherapist 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 in physiotherapy.

Mr Madani