

## What's On in the Next Few Weeks

### [Whitehouse Institute | Open House 2023](#)

August 12 to August 26, 2023

Come and join us on campus for Open House this August! Immerse yourself in our vibrant campus atmosphere, explore our exceptional learning environment and meet our welcoming design community.

- Sydney Campus – 12 August 2023, 10am-2pm
- Melbourne Campus – 19 August 2023, 10am-2pm
- Brisbane Campus – 26 August 2023, 10am-2pm

What you can expect on the day:

- Interactive creative workshops: immerse yourself in hands-on design workshops led by our expert teachers
- Course information sessions: Hear more about our comprehensive curriculum, the subjects you'll study and the overall Whitehouse experience
- Campus tours: Take a tour of our state-of-the-art campus, where creativity thrives and innovation is nurtured
- Design exhibition, view the latest student design work
- Q&A sessions: Engage with our faculty and current design students to answer all your questions
- Fashion Runway Show

[Find out more](#)

### [Torrens University | 2023 Open Day](#)

August 12, 2023

Open Day gives you a taste of what we do and how we do it. Meet our academics, talk to current students and tour our campuses. We're here to help you turn your dream into your career.

[Find out more](#)

### [Open Day at SAE](#)

August 12, 2023

Join us for SAE Open Day where you'll have the opportunity to check out the campus facilities, explore study pathways for a career in creative media and get all your questions answered by existing students and industry experts.

[Find out more](#)

### [Griffith | Open Day 2023](#)

August 13, 2023

Get expert advice on your study options at Griffith's Open Day.

Chat with our academics, current students and study advisers to learn about Griffith degrees and admission pathways, and get an on-campus taste of university life through guided tours, information sessions and interactive workshops.

[Find out more](#)

### [UniSQ | Open Days 2023](#)

August 13 to August 20, 2023

Explore all that UniSQ has to offer!

See careers in action and participate in hands-on activities that will inspire and excite you to start your university studies.

- Have your questions answered by our team of lecturers and attend information sessions to find out more about your area of interest.
- Discover what it's like to study on campus and check out all the student clubs, leadership opportunities and sporting teams you could join.
- Tour the three on-campus residential colleges and find out what it's like to live on-campus.

[Find out more](#)

### [Brisbane National Science Week Big Ideas Challenge 2023](#)

August 14, 2023

Powered by [Future Anything](#) with generous support from [Advance Queensland](#) and [The Precinct](#), we're proud to present a very special Brisbane Big Ideas Challenge designed especially for [National Science Week 2023](#).

This fast-paced and hands-on day of listening, learning, and doing, will culminate in teams of students pitching their own innovative solutions that respond to the following challenge:

*As an entrepreneur, pitch an innovative idea that uses technology to advance industry.*

It's set to be an engaging and real-world learning experience for young people in Years 7-10. In addition, students will hear from some of Australia's most inspiring changemakers, as well as explicitly developing their enterprising thinking and human-centered design skills.

[Find out more](#)

### [SciFest 2023](#)

August 14 to August 18, 2023

SciFest 2023 is the biggest virtual excursions festival in Australia promoting science and technology. SciFest links up with National Science week and is on between 14 – 18 August. This year we have 15 events from some of Australia’s best education providers.

The theme for National Science Week in 2023 is *Innovation: Powering Future Industries*. The theme incorporates the advancement in technology in all industries, especially using artificial intelligence (AI).

[Find out more](#)

### [WEP | Student Exchange Info Session](#)

August 14, 2023

Imagine making friends from all over the world, learning about yourself and the world around you and seeing sights you could only dream of! Find out more about your student exchange opportunities at WEP’s online info session.

[Find out more](#)

### [QUT | Faculty of Science – National Science Week Hackathon](#)

August 15, 2023

Join the challenge to develop a solution based on the National Science Week school theme, Innovation: Powering Future Industries.

The Faculty of Science is hosting a friendly competition for high school students in years 9 and 10. Attendees will work in small teams alongside QUT students and industry mentors to develop creative solutions to presented problems.

During this one-day on-campus experience on Tuesday 15 August 2023, students will be inspired, collaborate, learn from Industry and present a solution to a panel of judges.

Everything needed will be provided on the day.

Why compete?

- A team-based activity related to National Science Week
- Collaboration with current QUT students
- Meet and learn from industry mentors
- Lightning talks from QUT academics
- Problem-solving, sharing ideas, effective networking
- Catering and great prizes are included.

**Expressions of interest close 31 July.**

[Find out more](#)

### [myfuture Insights: The role of emotion in career education](#)

August 16, 2023

Emotions, both positive and negative, play a vital role in learning and personal development. In education and employment, emotions can either stimulate or constrain thought processes, reflection and proactive behaviours.

The latest myfuture Insights paper will present a framework for understanding how emotions may affect students' career and employability learning. Join the webinar to learn how you can recognise and respond to this in career education programs and services.

[Find out more](#)

### **[Bond | Ideas Camp 2023](#)**

August 17, 2023

Whether you have a business idea that will set the world on fire, or if you want to blaze your own trail despite being unsure of your career path, then get ready to unleash your inner entrepreneur!

Ideas Camp is a hands-on, one-day business workshop designed exclusively for our next gen corporate adventurers. Join us and as we bring together some successful young entrepreneurs and current Bondies to stir the embers of your business dreams.

So come gather 'round the campfire to hear how they got started and learnings along the way.

Fill up your backpack with ideas to plot your own course.

Because if they can do it. You can do it.

[Find out more](#)

### **[BiG Day In Gold Coast](#)**

August 17, 2023

Join us in the G40 Auditorium, Ian O'Connor Building at Griffith University, Gold Coast Campus for the 2023 BiG Day In Gold Coast! We're excited to be back – bring your Year 9-12 students to learn where a STEM career can take them. Hear from speakers from organisations such as Westpac, Australian Signals Directorate, Australian Space Agency, IBM, Technology One and more to come.

[Find out more](#)

### **[CQUni | Townsville Open Day](#)**

August 17, 2023

Join us for the CQU Townsville Open Day. It's a great way to explore the campus, check out facilities and hear all about available courses direct from our friendly teaching staff. You'll also be able to discuss scholarships, pathways, student support services and more.

With our wide range of TAFE and university courses offered online and on campus we can help you find the best study option for you. So come along and get a taste of what CQUniversity has to offer. [Find out more](#)

### [Basair | Pilot Career Seminar, Brisbane](#)

August 17, 2023

Learn about career paths, salaries, entry level jobs, qualifications, pilot courses and everything you need to know about becoming a Commercial Pilot in less than a year at Basair.

[Find out more](#)

### [JMC Academy | August Open Day, Brisbane](#)

August 19, 2023

Register for our Free Open Day! This is your chance to see our multi-million dollar world-class facilities.

Things to do at Open Day:

- Tour our world-class facilities and tech
- Explore your creative future in our hands-on workshops
- Meet our current students and industry expert lecturers
- Check out live student performances
- See creativity come to life with course demonstrations
- Build your creative network

[Find out more](#)

### [CQUni | Rockhampton Open Day](#)

August 20, 2023

Join us for the CQU Rockhampton Open Day. It's a great way to explore the campus, check out facilities and hear all about available courses direct from our friendly teaching staff. You'll also be able to discuss scholarships, pathways, student support services and more.

With our wide range of TAFE and university courses offered online and on campus we can help you find the best study option for you. So come along and get a taste of what CQUniversity has to offer.

[Find out more](#)

## **Important Future Events**

### [CQUni | Gladstone Open Day](#)

August 24, 2023

Join us for the CQU Gladstone Open Day. It's a great way to explore the campus, check out facilities and hear all about available courses direct from our friendly teaching staff. You'll also be able to discuss scholarships, pathways, student support services and more.

With our wide range of TAFE and university courses offered online and on campus we can help you find the best study option for you. So come along and get a taste of what CQUniversity has to offer.

[Find out more](#)

### **CQUni | Interactive Virtual Open Day**

August 31, 2023

Join us online from the comfort of your living room and connect with CQUni's teaching staff, discover our huge range of TAFE and university courses, and learn more about our outstanding range of online and on campus support services.

Visit course booths and browse course flyers and videos to find out about careers, practical learning opportunities and what you will study in the course. Attend webinars, get support on topics like applying, fees and scholarships, support and more. Plus, our team will be available to chat directly with you to provide career advice and scout out the best study options for you.

[Find out more](#)

### **YES (Young Entrepreneur Summit) Primary, Logan**

September 4, 2023

Run by young people, for young people, YES (Young Entrepreneur Summit) is a one-day, interactive summit designed to inspire and empower a generation of brave, creative and entrepreneurial young leaders. The Australian School of Entrepreneurship, with support from Logan City Council will be delivering YES Logan.

YES is a super high energy, action-packed, one day event that features keynote presentations, panel discussions and interactive group workshops on a whole range of 'adulting skills' such as public speaking, financial literacy, ideation and collaboration + team work.

This session is designed for students in Grade 3 to Grade 6.

[Find out more](#)

### **JCU | Heroes in Business 2023**

September 5 to September 12, 2023

JCU, in partnership with Queensland Country Bank, is giving local high school students with a passion and desire to develop a career in business, law or finance the chance to learn from industry experts.

From this one-day program you'll gain unique insights into the professions that funnel into a business, commerce and law career. One of our expert Academics will guide you through the process of creating, exploring and pitching a business opportunity, including the financial and legal implications. JCU Advisors will be on hand to provide information about courses and

university life, and a Q&A with local professionals will be an opportunity for students to engage with and hear from professionals within those careers.

[Find out more](#)

## Scholarships

### [Community-based scholarships: tapping into local opportunities](#)

While the landscape of scholarships is vast, one often overlooked avenue is the world of community-based scholarships. These scholarships, offered by local organisations, businesses, and community foundations, can provide you with invaluable support for your studies. In this blog post, we'll delve into the realm of community-based scholarships, exploring how you can tap into local opportunities, build meaningful relationships, and leverage your community ties to access these valuable resources.

#### Local scholarships

Unlike national scholarships, community-based awards are often tailored to the specific needs and aspirations of the local population. Businesses, clubs, foundations, and other organisations in your town or city may offer scholarships that are not widely publicised. By actively seeking out these opportunities, you can uncover options that may not be as competitive as larger, nationally recognised awards.

#### Networking and building relationships

One of the key strategies to accessing community-based scholarships is networking and building relationships within your local community. Here's how you can get started:

- **Engage in local activities:** Participate in local events, workshops, and volunteering opportunities. This not only helps you contribute to your community, but also puts you in direct contact with potential scholarship providers.
- **Reach out to local organisations:** Research local clubs, non-profits, and businesses that align with your interests or career goals. Connect with them, express your enthusiasm, and inquire about any scholarship opportunities they may offer.
- **Attend community meetings:** Attend town hall meetings, community forums, and local gatherings. Engaging in discussions and being an active member of your community can lead to valuable connections and insights into available scholarships.
- **Leverage social media:** Follow local businesses, organisations, and influencers on social media platforms. Many scholarships are now advertised through these channels, providing you with up-to-date information.

#### Showcasing community involvement

Community-based scholarships often prioritise applicants who have demonstrated a strong commitment to their local area. Here's how you can showcase your community involvement:

- **Highlight volunteering experience:** List any volunteer work, community service, or leadership roles you've undertaken in your local community. Highlight the impact you've made and the skills you've developed.
- **Connect your goals to the community:** Clearly show how your educational and career goals align with the betterment of your community. Scholarship providers want to see a direct connection between their support and the positive changes you aim to bring to your community.
- **Obtain strong local recommendations:** Request recommendation letters from community leaders, mentors, or employers who can speak to your contributions and potential.

### Navigating the application process

When applying for community-based scholarships, it's important to remember a few key points:

- **Read and follow instructions:** Carefully review the scholarship requirements and guidelines. Ensure that your application addresses each criterion.
- **Customise your application:** Tailor your application to the specific values and goals of the scholarship provider. Emphasise how you align with their mission.
- **Craft a compelling essay:** Write a compelling personal statement that illustrates your connection to the community, your aspirations, and how the scholarship will impact your journey.

Community-based scholarships offer more than just financial support; they provide an opportunity to deepen your roots in your local community and create lasting connections. You can search for scholarship opportunities on our [database](#) to get started.

### Some scholarships you may be interested in:

#### [Bond University CoLab Industry Scholarship](#)

Open: May 2, 2023

Closes: September 5, 2023

Value: 25% tuition fee waiver

### Apprenticeships and Traineeships

#### [Apply for the ATO School Leaver Program](#)



If you're a 2022–23 year 12 graduate, the ATO School Leaver Program can kick-start your career. You'll receive:

- a competitive salary
- practical hands-on work experience
- formal training, including a Certificate III qualification in IT or business.

At the ATO, you'll do work that matters. Be part of an organisation that:

- combats crime and fraud
- administers programs to support the community
- protects the data of millions of people.

**Applications for the 2024 program open from 2 August and will close 30 August 2023.**

Find out more and apply [here](#).

## Getting Ready for Work

### [Interested in sports? Consider these careers](#)

If you eat, sleep, and breathe sports, then you might be considering a career in your favourite field. Right off the bat, most people think, “Great – I’m going to be a professional golfer or a football star.” And while those professions are undoubtedly exciting, they can be difficult to attain. Luckily, they aren’t the only options out there. In fact, careers in sport are just as diverse as the games themselves, with options that include administration, sports science, journalism, and more. So let’s explore some exciting sports-related career paths you might like to consider.

#### **Sports Journalist**

If you have a passion for both sports and writing, sports [journalism](#) might be right up your alley. As a sports journalist, you could cover everything from local competitions to professional sports. Plus, you can choose from many different mediums, including print, television, radio, or digital platforms.

#### **Sports Agent**

If you're a savvy negotiator and enjoy managing relationships, consider becoming a sports agent. An agent's role is to represent the interests of athletes, assist with contract negotiations, and offer career advice.

#### **Sports Psychologist**

If you love understanding the human mind and how it affects performance, a career in sports [psychology](#) could be for you. In this field, you'll work on improving athletes' mental health and

helping them hone their focus, dealing with performance anxiety, and even overseeing their recovery from injury.

### **Coach**

Do you have a deep understanding of your sport and enjoy teaching others? Coaching is a fantastic route. As a coach, you could work with athletes of all ages. Your responsibilities would extend far beyond the playing field, to mentoring and guiding athletes toward their goals, both on and off the field.

### **Fitness & Nutrition Advisor**

With an interest in sports, you're likely familiar with the importance of proper diet and exercise for optimal performance. As a fitness and [nutrition](#) advisor, you'd have the opportunity to guide and instruct athletes on how to maintain a balanced diet and perform exercises that would cater to their specific sports.

### **Sports Physician or Physiotherapist**

Do you have an interest in medicine? Combining that with a love for sports could lead down a rewarding path. Sports physicians and [physiotherapists](#) work to treat and prevent injuries in athletes and assist them in their recovery process.

### **Sports Event Planner**

Behind every major sports event lies a team of experts ensuring the program runs smoothly. As a sports [event planner](#), you would coordinate the logistics and manage event operations – a great choice for those with strong organisational skills and attention to detail. Even if you don't make your career on the playing field, there are still so many ways to carry your passion for sports into your professional life. Using a blend of your passion for sports, your knowledge, and your skills, the possibilities are just about endless.

### **[10 Jobs You Didn't Know Were Dangerous](#)**

When we think of dangerous jobs, there are a few common careers that probably pop into your mind; think police officers, deep sea fishers, construction workers, or truck drivers. But some jobs that sound harmless actually used to be much more deadly than you might have first thought. Most of these jobs are perfectly safe these days, but they didn't always start that way. Take a look and read about some jobs you didn't know were dangerous.

### **Film Projectionist**

Up until the 1950s, film was made of a substance called cellulose nitrate, which is so flammable it even burns under water! Handling this stuff was no joke – it's estimated that in the USA, a

film projectionist died every 18 days. Thankfully modern film is made of polyester, which is much more durable and safe.

### **Painter**

From all the way back in 400 BC up until the 1970s, lead was added to paint to make it dry quicker and last longer. So if you were a painter during these times, you probably came into contact with a lot of lead, which we now know is bad for your health. These days paint is only allowed to contain a [maximum of 0.009% lead](#), so lead poisoning is no longer a problem.

### **Dye Maker**

In the 19th century, making your clothes bright and colourful wasn't as easy as it is today. Swedish chemist Karl Scheele created an incredibly vibrant green dye that was all the rage, but he did it using arsenic, a toxic substance that caused everything from rashes to stomach aches and even death. Once the adverse health effects were discovered, it didn't take long for the dye to fall out of fashion.

### **Watchmaker**

These days it's little more than a novelty, but in the early 1900s things being glow-in-the-dark was considered magic. Watch and clock dials were painted with radium paint to make them glow, and workers used to keep their brushes pointy by putting them between their lips, unknowingly ingesting the radioactive material and causing devastating health effects.

### **Shoe Fitter**

Up until the 1970s, shoe stores often employed a device known as a shoe-fitting fluoroscope to help their customers find perfectly fitting shoes. They were essentially a little x-ray box into which the customer would put their foot, and the salesperson could look and see if their toes were being squished. Both customers and shoe fitters were exposed to deadly radiation, and you probably won't be surprised to hear you won't find these machines in your local shoe store any more.

### **Hatter**

In the 18th and 19th centuries, mercury was commonly used in the production of felt, which was then used to make hats. The people who made the felt and hats were exposed to this deadly chemical, and would become irritable, shaky, and even have hallucinations, eventually leading to the phrase "mad as a hatter". These days, mercury is no longer used to make felt.

### **Builder/Carpenter**

Right up until the 1980s, many building products contained asbestos, including insulation, drywall, and floor and roof tiles. Asbestos was originally used for its insulation and flame-resistance properties, but inhaling asbestos dust also causes major health issues, from breathing difficulties to cancer. It has been illegal to manufacture, import, or use any asbestos products in Australia since 2003.

### **Fuel Manufacturer**

Similar to paint, tetraethyl lead was added to fuel beginning in the 1920s, increasing its efficiency. But it didn't take long for the side effects to start showing, with workers in fuel production facilities experiencing headaches, hallucinations, and eventually dying. A production plant in New Jersey was even nicknamed "the house of butterflies" after workers insisted they were seeing insects everywhere. Sadly, despite the effects of lead poisoning being well-known, production of leaded fuel has [only been stopped worldwide since 2021](#).

### **Match Makers**

No, we're not talking about people who set singles up on dates. From around the 1840s to the 1910s, matchsticks were made using white phosphorous, and many of the workers in the matchstick factories developed a serious condition known as "phossy jaw". White phosphorous has since been replaced with the much safer red phosphorous, which is still used to this day in the striking surfaces used to light matches.

### **Cosmetic Chemist**

Radium wasn't just used to make things glow – shortly after it was discovered, it was believed that it had potent health and wellbeing effects. This led to radium appearing in a variety of cosmetics, including makeup, lotions, hair treatments, toothpaste, deodorant, and even in a drinkable tonic. These days, you definitely won't find any radioactive materials in your lipstick, we promise.

### **Jobs in the Future**

You might have noticed a common theme amongst these once dangerous jobs – they often involved unknown or new substances, the negative health effects of which weren't seen for many years after their use. Today, we have either eliminated these deadly substances from our workplaces altogether, or are much better at limiting our exposure to them. And safety practices are better now than at any other point in history.

## Work Experience

### [Reflecting on work experience](#)

Work experience holds a special place in the educational journey of high school students. It provides a unique opportunity for you to step out of your comfort zone and dive into the real world of work. But beyond the initial placement, the real value of work experience lies in the reflections that follow. In this blog, we'll delve into some questions you can ask yourself when reflecting on your placement.

#### **Discovering your preferences**

Think about the activities during your work experience that made you excited and engaged. What tasks did you enjoy the most? Also, consider what you were naturally good at – the things that felt easy for you to handle. These clues can help you understand your interests and strengths.

#### **Understanding the working world**

Remember the people you met during your work experience? Did you find someone whose job made you think, "I'd love to do that!"? Reflecting on these encounters can help you shape your career ambitions. It's like connecting the dots between what you enjoyed doing and the careers that match those interests.

#### **Learning professional expectations**

Consider the rules and expectations you encountered in the workplace. What did you learn about how to behave professionally? This could include things like punctuality, communication, and teamwork. Reflecting on these lessons can prepare you for success in any job you pursue.

#### **Recognising areas for growth**

Were there moments when you felt like you could have used more training or knowledge? Reflecting on this can help you identify areas where you might need to improve your skills. Remember, it's okay to acknowledge these gaps – they're opportunities for growth.

#### **Defining your career goals**

Think about whether you see yourself working in the same industry or job you experienced during your work placement. Why or why not? Articulating your reasons can help you clarify your career goals and motivations. It's all about envisioning your future and what you want to achieve.

## Exploring new horizons

While reflecting, don't be afraid to think about your future options too. Is there another job or industry that has caught your curiosity? Considering different options can help you stay open-minded and discover new paths you might not have thought of before.

After your work experience placement is finished, take some time to sit down and ponder these questions. Write down your thoughts, and don't hesitate to explore your feelings and aspirations – each reflection can take you a step closer to understanding yourself and your future direction.

You can find more information about work experience and search for opportunities on our website [here](#).

## Ideas for Work Experience

### [Work Experience with Ipswich City Council](#)

### [Work Experience with Queensland Parks and Wildlife Service](#)

## Competitions

### [Healthy Soil Competition 2023](#)

Soil Week Australia is running its very successful Healthy Soil Competition again in 2023.

The world under our feet is invisible, yet it is a world teeming with billions of microorganisms working together to keep our plants and animals, landscapes, and water supplies clean and healthy. Worms are wonderful and play a key role in healthy soils and a healthy environment. They also are part of the carbon cycle that can draw down carbon from the atmosphere and store the carbon in the soil. Tell us a great story about how wonderful worms are and win some great prizes.

There are two categories for students:

- Primary School students – The topic is “Wonderful Worms”.
- Secondary School students – The topic is “Earthworms – What is the connection between worms, soil and climate?”

Students and schools can submit an individual student entry, a group entry, or a class entry.

**Entries are due by 15 September.**

Find out more and enter [here](#).

### [Australian Photography Photographer of the Year 2023](#)

Over the past decade, Photographer of the Year has become an important launchpad for many amateur photographers in Australia and New Zealand. For 2023, entrants will compete for a prize pool valued at more than \$20,000 AUD.

Photographer of the Year includes six portfolio categories – Landscape, Animal & Nature, People, Aerial, Travel and Black & White – and three single-image categories – Single Shot, Creative and Junior (for entrants under 18).

For the Portfolio categories, you need to enter four images. For the Single Image categories, enter one image.

To enter the competition you must be an amateur photographer (as defined in the terms and conditions), and a citizen or resident of Australia or New Zealand.

Entries close 11.59pm (AEDT), Sunday 15 October 2023.

Find out more and apply [here](#).

### [2023 Head On Student Awards](#)

Calling all Australian K-12 student photographers! Join Australia's leading international photo event and enter your work to the 2023 Head On Student Awards for your chance to be included in a world-class photography festival and win from a suite of prizes.

Don't miss this unmatched opportunity to put your art out into the world, entry is only \$1! We can't wait to see this year's diverse perspectives and the creative methods of framing the subjects that matter most.

The overall winner will receive AUD\$500 cash. The winner and runners-up receive: 12 month subscription to Adobe Creative Cloud (valued at \$960) a \$300 book pack from Photobook Australia and annual subscriptions to Australian Geographic, Better Photography, and PhotoReview magazines

**Entries close Sunday 27 August 11:59pm AEST.**

For more details and to enter, go [here](#).

## Resources

### [Volunteering ideas – where can you start?](#)

If you've been thinking about volunteering, that's great! There are heaps of places out there that are always looking for keen helpers, and many of them welcome volunteers from ages 16+. Before we get into some places where you might like to volunteer, let's have a quick look at the benefits of volunteering.

## **What's in it for you?**

Well, you won't get rich financially – but you'll get rich in many other ways:

- Experience
- Learning new skills
- Reduces stress
- Combats depression
- Mentally and/or physically stimulating
- Provides a sense of purpose
- Helps other people
- Makes you feel better about yourself
- Great for your resume
- Benefits your community
- Make new friends
- Network
- Challenging
- Fun

Whatever your motivation for volunteering and no matter what your interests are, there will be a way you can get involved with something that matters to you, and that will also make a positive difference to you.

## **Skills you could gain or improve on**

Include but not limited to:

- Industry-related skills
- The ability to work in a team
- Leadership
- Problem solving and adaptability
- Communicating with clients and stakeholders
- The ability to plan and prioritise work
- Sales skills
- Time management
- Report writing
- Improved interpersonal skills

## **Not sure where to start?**

Here are some ideas for ways you can volunteer your time:

### **Environmental initiatives**

- Participate in community clean-up events.
- Join a local tree planting or gardening project.



- Assist in wildlife conservation efforts.

### **Mentoring and education**

- Tutor students in subjects you excel in.
- Teach workshops on specific skills (e.g., coding, art, cooking).

### **Aged care**

- Visit nursing homes to spend time with and support the elderly.
- Assist with organising social activities for seniors.

### **Homelessness and hunger**

- Volunteer at a local food bank or soup kitchen.
- Distribute food and essential items to homeless individuals.
- Help organise donation drives for clothing, blankets, and food.

### **Animal welfare**

- Volunteer at an animal shelter or rescue organisation.
- Foster animals awaiting adoption.
- Assist with pet adoption events.

### **Healthcare and support**

- Offer companionship and assistance to patients in hospitals or hospices.
- Volunteer for crisis hotlines or support groups.
- Help organise blood donation drives.

### **Disaster relief**

- Join disaster response teams to provide aid in emergencies.
- Volunteer with organisations that provide relief to disaster-stricken areas.

### **Arts and culture**

- Volunteer at local museums, galleries, or cultural events.
- Assist with organising and promoting arts-related programs.

### **Housing and construction**

- Join community projects to build or repair homes for those in need.
- Volunteer with organisations that provide housing assistance.

### **Digital volunteering**

- Offer virtual tutoring or mentoring sessions.
- Help non-profits with website design, social media, or graphic design.

### **Social activism**

- Volunteer with organisations working on human rights, equality, and social justice.
- Engage in voter registration and education campaigns.

### **Language and cultural exchange**

- Help newcomers learn the local language and culture.
- Participate in language exchange programs.

### **Sports and recreation**

- Coach youth sports teams or lead fitness classes.
- Assist with organising local sports tournaments or events.

### **You've got nothing to lose**

With so many choices and with so many benefits, why wouldn't you consider giving volunteering a go? Hopefully some of these volunteering ideas have sparked your interest. If you don't enjoy it then you can always try something else (once your commitment is complete), and you never know where it could lead you.

### **How much homework should you be doing at high school?**

Discussions about the merits of homework and how much or how little you should be doing have been raging for decades, but there is no one definitive answer about what the optimal amount of homework is or should be.

But you're not here to hear how hard it is to work out how much homework and study you *should* be doing, you just want to know how much is enough.

We're going to get to that in just a minute, but there are a few things to cover off first...

1. Excessive studying is unlikely to dramatically increase your academic outcomes.
2. Excessive study can be extremely bad for your physical and mental health.
3. Academic results are just one factor in your success, and excessive study can reduce the time and energy you have for other resume-boosting activities.

### **Too much study could be detrimental**

Nothing is more important than your physical and mental health.

If you are:

- Struggling at school
- [Feeling worried, anxious, or nervous about going to school or managing your workload](#)

- [Depressed](#)
- Often getting sick or not able to shake off colds and illnesses
- Experiencing regular headaches, stomach problems, or unexplained weight loss or gains
- Losing [sleep](#)

Then it's *really* important that you speak to your parents / guardians as well as your teachers at school to let them know what's going on and get some help. All of the above have been linked to [excessive workloads and poor life balance](#) in students across multiple studies.

Working [over the recommended limits](#) of homework could also be reducing your motivation and focus, which won't help you kick your academic goals.

You'll also have less time to rest, exercise, play sport or take part in other hobbies, work, and spend time with family and friends which are all important factors in your development and social-emotional wellbeing too.

### **There's lots of research to back this up**

Homework and study are helpful to consolidate what you've been taught in the classroom, in learning to manage your own time successfully and to develop your study skills. But it's not the only thing that counts.

Quality homework and study is far more important than spending mindless hours covering the same work again and again. Educational guru John Hattie ranks the effects of homework at 88 out of 138 influences on learning.

*"Homework that is meaningful and driven by student input is linked to improving attitudes, knowledge and student retention..." (Corno, 2000)*

In fact, there's no link between the volume of study and academic outcomes – Korea, Japan, and Finland, for example, are countries who assign the least amounts of homework but are ranked among top countries for reading, maths and writing ([Programme of International Student Achievement \(PISA\) results from 2015](#)).

Regardless of the quality of study, [if it exceeds a certain limit then it will lead to a decline in performance](#).

*Moderate amounts of time spent on homework are linked to better results, but a great deal ... of time spent on homework is actually less productive. This means when middle school students spend more than an hour and a half a night there is a correlation with lower scores. (Cooper, et al., 2006)*

A 2015 study also found that middle school students assigned more than 90 to 100 minutes of daily homework **began to see a fall** in their maths and science test scores (Fernández-Alonso, Suárez-Álvarez, & Muñiz, [2015](#)).

### **One more thing to bear in mind**

If you decide to go university after high school, the expectation is that you'll be studying for around 40 hours per week, and that includes all of your lectures, seminars, and tutorials (it's the also the equivalent of a full-time working role).

So if you're doing 30 hours of school and thinking that you need to do a further 20 or more hours of study each week, then you'd be doing more than if you were studying at university or working full-time.

Remember that work-life balance **is important at all ages** and is a great skill to master early in life.

### **So, how much homework should you be doing?**

We have looked at a number of scholarly articles and studies and this is what we've found:

- Students in **middle school** should aim to do up to one hour of homework per weekday.
- For students in **lower senior school** between one and two hours a day is reasonable.
- If you're in **upper senior school** then studying for [2 hours per day](#) is a good amount of time to aim for.

Bear in mind that these times could vary depending on your workload. For example, if you're taking more subjects than other students in your cohort, or if you're taking part in extra programs, then the amount of study you may have to do could increase.

Around assessment and exam time then you might find you're reaching the upper limits of the recommended homework times too, and that's normal, but it shouldn't be the norm for your entire school year.

The other thing to remember is that you don't need to do all this study in big blocks – you can break it up. Read your notes on the bus or train on the way to school, watch a documentary that relates to your classwork, or start a project that extends what you've been doing at school. You can also count time spent studying with friends, or even talking with peers about your subjects, as long as you're either learning or revising.

### **Ready to start studying?**

Great! To get the most out of your study time we recommend that you:

- Get organised. Make sure you have everything you need including a work space that helps you to focus without distractions if possible. Your school or community library perhaps if home is too busy?
- Work out when your peak study times are – are you an early bird or a night owl?

- Write a Study Plan and, most importantly, **stick to it**.
- Remember to incorporate breaks into your study time.

*“After about 15 minutes of learning and practising something – such as the Pythagorean theorem in maths – the regions of the brain activated in spatial-numerical learning get fatigued and need to rebuild the neurotransmitters, such as dopamine, that get depleted. The restoration only takes a few minutes if the break is timely, but if they are pushed to stay with that same process for too long, stress builds, neurotransmitters drop way down and it will take twice as long to restore full efficiency to that area of the brain.” – [Judy Willis](#)*

If you’re looking for more study tips and ideas, we’ve got lots to share – head over to [this page](#).

## Workplace Spotlight

### What is it like to work in a zoo?

Zoos have many purposes that revolve around conservation, education, and entertainment. One of their primary roles is to safeguard and protect certain animal species through breeding and preservation programs. They also offer visitors, especially children, a unique opportunity to connect with and learn about various animals, their habitats, and conservation efforts. Zoos also often contribute to scientific research, aiding in the study of animal behaviour, health, and environmental interactions. Modern zoos increasingly emphasise ethical and humane care, offering environments that mimic animals’ natural habitats and meet their physical and psychological needs.

Every zoo is different, but they do have some things in common:

1. Loving animals is great – but you’ll probably also need to go above and beyond that to provide the highest quality care.
2. Expect to work on your feet – many of the roles in a zoo require a high amount of physical work.
3. They’re found everywhere – from big cities to rural expanses, zoos are popular all around the world.

### **Preserve, educate, and conserve Earth’s biodiversity**

Zoos contribute to society by fostering education, conservation, and empathy for animals.

### **Key Tasks**

- Feed and care for animals
- Clean and maintain exhibits
- Run guided tours and educational programs
- Provide veterinary support and medical care

- Ensure public safety and manage crowds
- Research animal behaviour and health
- Provide enrichment activities for animals
- Fundraise and advocate for conservation

### **You can find zoos in the arts and recreation services industry**

Zoos are generally found in the arts and recreation services industry. There are lots of different types of zoos, including traditional zoos, safari parks, and specialised sanctuaries.

### **You can expect regular hours and on-site work**

*Regular hours | Work on-site | Jobs in all areas | Strong job growth*

The typical opening hours of a zoo can vary, but they generally range from around 9am to 5pm, although some zoos might have extended hours during weekends, holidays, or specific seasons. Some workers may need to come in and do work during the night when there are no visitors in the zoo.

The primary operations of zoos, such as animal care, exhibit maintenance, and visitor engagement, typically require on-site work. Animal care professionals, educators, maintenance staff, and other roles also need to be physically present at the zoo. While some administrative or research-related tasks might allow for remote work, on-site work is generally more common. Zoos can be found across rural, regional, and metropolitan areas.

### **The Career Clusters you'll find in a zoo**

People from all Clusters are needed for a zoo to run successfully, but Guardians and Makers are typically the most common Cluster. In many roles, you might find yourself performing tasks across multiple Clusters.

#### ***What do Makers do in a zoo?***

Makers take on the role of creating, building, and maintaining the physical structures, landscapes, enclosures, and interactive elements that contribute to the wellbeing of the animals and the overall visitor experience.

- Landscapers
- [Maintenance Technicians](#)
- Cleaners
- [Horticulturalists](#)

#### ***The role of a Linker in a zoo***

Linkers help to enhance the visitor experience at a zoo, providing visitors with any information they might need to know. They are also responsible for promoting a zoo's events and services to the public, and providing information on their current operations and projects.

- Guest Services
- Marketing Managers
- [Public Relations Officers](#)

### ***Where you'll find Coordinators in a zoo***

Coordinators oversee schedules, logistics, and communication, while also managing the administrative and planning aspects that allow the zoo to function efficiently and effectively. They ensure that various departments, tasks, and resources work together to provide an enriching experience for visitors.

- Development Directors
- Program Coordinators
- [Events Managers](#)
- [Curators](#)

### ***What do Informers do in a zoo?***

Informers conduct in-depth research into different animals to help inform husbandry practices, nutrition, veterinary care, habitat development, and environmental enrichment. They also share knowledge, insights, and captivating stories about the animals, conservation efforts, and the natural world with visitors.

- Animal Researchers
- Biologists
- Education Outreach

### ***The role of Innovators in a zoo***

Innovators help to develop new solutions, whether in animal care, visitor engagement, or sustainable practices. They create new and improved exhibits and implement advanced technologies to enhance the experience for both the animals and visitors.

- Enclosure Designers
- Landscape Architects
- Experience Designers
- Enrichment Specialists

### ***How do Guardians work in a zoo?***

Guardians play a pivotal role in ensuring the safety, wellbeing, and health of both the animals and visitors. They do this by monitoring animal behaviour, maintaining enclosures, and adhering to safety protocols, helping to maintain a secure and enriching environment for all.

- [Zookeepers](#)
- [Veterinarians](#)

- Safety Officers
- [Conservationists](#)

### **How do we expect working in a zoo to change in the future?**

Working in a zoo is likely to undergo significant changes in the future, driven by advancements in technology, evolving societal values, and the increasing emphasis on conservation and sustainability.

The integration of advanced technologies such as virtual reality, augmented reality, and interactive exhibits could enhance visitor experiences and education. Zoo staff may need to adapt to new tools for animal monitoring, data analysis, and communication with visitors. Zoos will likely play an even larger role in conservation efforts, including captive breeding and reintroduction programs for endangered species. Conservation biologists, geneticists, and field researchers may become more integral to zoo teams.

As societal attitudes toward animal welfare continue to evolve, zoos may place a stronger emphasis on creating more naturalistic and spacious habitats, and on providing enrichment activities that mimic animals' natural behaviours.

Zoos are also increasingly serving as hubs for scientific research, contributing to our understanding of animal behaviour, genetics, and ecology. Research positions, such as behavioural ecologists and wildlife biotechnologists, may become more prominent.

## **Job Spotlight**

### **[How to become a Web Designer](#)**

Web Designers use a range of skills to build, design, and maintain websites for their clients. Using both creative and technical skills, they generate websites that are functional, meet the needs of different businesses and organisations, and are aesthetically appealing and user friendly.

If you're creative with a flair for graphic design and the ability to see the bigger picture, then this could be a great career for you to consider.

### **If you have these skills, you could make a great Web Designer**

- Great technical skills including coding, graphic design, UX, design software, and device knowledge
- Strong maths skills could be beneficial
- Impressive communication skills – you'll need to ascertain your client's requirements
- SEO knowledge and marketing skills are also important for this job



- Organised, great at managing your time efficiently, and happy to constantly update your knowledge and skills

### **What tasks can I expect to do?**

- Provide advice and ideas, then design concepts to meet customer's needs
- Conduct research and analysis of technical requirements
- Detail and document plans and layouts for client approval
- Write and edit code and content
- Design or supervise development of websites and problem solve issues that arise
- Maintain, update, and back up your work regularly

### **Where do Web Designers work?**

You will be doing most of your work indoors, in an office environment. There is a great amount of flexibility, as most of your work can be done remotely or from home on computers.

### **What kind of lifestyle can I expect as a Web Designer?**

Part-time work is relatively common for Web Designers, meaning you have some flexibility to choose your working hours. Lots of Web Designers also work for themselves as freelancers, or take on contract work.

Most Web Designers can expect to earn an average salary throughout their career.

Web Design can be a competitive career to break into, but it's also in high demand as more and more businesses turn to technological solutions, online marketing, and web sales.

### **How to become a Web Designer**

Formal qualifications aren't essential to becoming a Web Designer – but if you choose to pursue this career without qualifications, you'll need to get extensive experience and amass a great portfolio of works. Qualifications could help to fast track your career.

**Step 1 – Finish school.** You don't have to focus entirely on design or IT subjects, but they can be beneficial.

**Step 2 – Learn to code.** If this isn't offered at your school, you can learn online or attend extracurricular classes and workshops. Focus on HTML and CSS, but learning JavaScript, Python, and other languages is also advantageous.

**Step 3 – Get experience of all kinds.** Find work experience placements, work on design projects at school, create your own website, or volunteer to work on or design websites for other people.

Step 4 – Start building a portfolio of your work, build on it and keep it updated throughout your career.

Step 5 – Research tertiary courses in design or IT that might interest you and could boost your entry into the industry.

Find out more here:

- [YourCareer](#)
- [Coursera](#)
- [National Careers Service UK](#)

### **Similar careers to Web Designer**

- User Interface Designer
- Digital Designer
- Web Developer
- Graphic Designer
- App Developer
- Games Developer
- SEO Specialist
- Multimedia Programmer
- Web Content Manager

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

### **The Study Work Grow Research Team**

PO Box 109, Redlynch, QLD 4870

Phone: 0432 860 108

Email: [lucy@studyworkgrow.com.au](mailto:lucy@studyworkgrow.com.au)

Find us online – [www.studyworkgrow.com.au](http://www.studyworkgrow.com.au)

Copyright © 2023, [Study Work Grow](#) | All rights reserved