



Careers Newsletter

Disclaimer – all information is printed in good faith

It is the responsibility of the student to confirm all details with the appropriate institution.

To contact Mr Madani please email jmadani@stpiusx.nsw.edu.au or call 9414 4388.

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

ACAP Online Information Session – Coaching

November 18, 2024

Can you imagine yourself as a private coach, consultant or professional facilitator? These are just a few career options you have with a qualification in Coaching.

In this real-time online information session Dr Mark Setch will share insights into studying Coaching at ACAP and how the qualification will give you the practical skills and know-how to inspire change, empower teams, and improve performance.

Find out more

ACAP Online Information Session - Counselling

November 19, 2024

Can you imagine yourself in child protection or helping people through grief or addictive behaviour? These are just a few career options you have with a qualification in Counselling.

In this real-time online information session Dr Timothy Hsi will share insights into studying Counselling at ACAP and highlight what courses you could take to help others develop better self-awareness for a more positive path in life.

Find out more

ACAP Online Information Session – Psychology

November 19, 2024

Can you imagine yourself in a fascinating research role, contributing to mental health services or as a specialist in private practice? These are just a few career options you have with a qualification in Psychology. In this real-time online information session Professor John Reece will share insights into studying Psychology at ACAP and ultimately provide you with information on courses you could study, and delve into the scientific research of individuals, society and culture.

Find out more

Notre Dame Pathways to Medicine Information Session

November 19, 2024

Considering a career in Medicine? Register to watch this information session exploring Notre Dame's undergraduate programs in and exciting opportunities for students interested in pursuing careers in Medicine. <u>Find out more</u>

Basair Sydney Pilot Career Seminar

November 19, 2024 Do you dream of taking to the skies and achieving your wildest aviation dreams? Attend Basair's Pilot Career Seminar and learn everything you need to know about becoming a Commercial





Pilot with Australia's leading flight training organisation. <u>Find out more</u>

CSU Careers in Health Info Night, Port Macquarie

November 20, 2024

If you're considering a career in health but not quite sure which direction to take, then we prescribe this notto-be-missed event! Join us on campus in November to get a real-world look into a wide range of health careers. Current high school students, school leavers, those looking for a career change, TAFE students, parents, carers, and career advisers are all welcome to attend.

Hear from a range of healthcare professionals, from nurses to pharmacists, podiatrists to occupational therapists, pathologists to exercise scientists, and dentists to physiotherapists. Learn about health careers from the frontline workers who are living, breathing, and making a difference in health.

- Get the scoop on health careers from health clinicians.
- Discover the regional health advantage and how you can make a difference!
- Chat with health academics at our mini expo.
- Understand more about diverse career opportunities in regional health.
- Discover the many pathways to a health career.

Find out more

Defence Careers Information Sessions

Cobar: November 20, 2024 Dubbo: November 22, 2024 Wollongong: November 27, 2024 Parkes: November 27, 2024 Leeton: November 30, 2024 Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force. Speak with current serving personnel at our upcoming info session and ask your questions - is a career in the Australian Defence Force for you? Find out more

Discover Nursing @ UTS

November 20, 2024

Discover how you can become a Registered Nurse at Australia's #1 uni for academic reputation in nursing and midwifery.

Hear about diverse nursing careers from industry speakers, meet our academic teachers & ask current students about the UTS Bachelor of Nursing.

Tour our world-class clinical facilities and explore your future campus! <u>Find out more</u>

University of Sydney | Why study civil engineering at Sydney?

November 20, 2024

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

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

Find out more

ACAP Online Information Session – Social Work

November 20, 2024

Can you imagine yourself making a difference in a not-for-profit organisation, or working in the criminal justice





system, or the government? These are just a few career options you have with a qualification in Social Work. In this real-time online information session Professor Annie Venville will share insights into studying Social Work at ACAP and provide details of courses you could take to help others develop better self-awareness for a more positive path in life.

Find out more

Defence School to Service Information Session – Sydney

November 20, 2024

Considering your career goals now that school is coming to an end?

Explore job opportunities in the Navy, Army and Air Force by heading to an upcoming info session. Speak with current serving members about job roles, opportunities for further study, or flexible part-time commitments. The Australian Defence Force (ADF) offers countless career paths for school leavers. Whether you are a student, teacher or parent looking to learn more about the ADF - we can help! <u>Find out more</u>

ACAP Online Information Session – Criminology

November 21, 2024

Can you imagine yourself working in investigations, intelligence, or even corporate crime? These are just a few career options you have with a qualification in Criminology.

In this real-time online information session Matthew Thurgood will share insights into studying Criminology at ACAP and ultimately provide insights into what courses you could take to gain skills, influence positive change and develop practical responses that can have a positive impact on criminal justice issues. Find out more

Australian Volunteers Program – Online Information Session

November 21, 2024

Join us online to learn how you can support overseas organisations to achieve locally led, development goals. Everyone is welcome. Registration is essential.

In our Information Session, you'll:

- Meet Australian Volunteers Program staff who will share insights about the program and the application process
- Gain an understanding of the support that the program provides to volunteers such as allowances, flights and visa support.
- Hear from former volunteers who will share their experience on assignment and give you a glimpse of what life is like as a volunteer.

Australian volunteers come from a broad range of sectors, contributing the specific skills and experience required to support our partners. We offer a range of volunteering modalities; in-country, hybrid and remotely from home.

We encourage people with disabilities, couples, people with children, people from the LGBTIQ+ community and Aboriginal and Torres Strait Islander people to attend.

Find out more

CGA Flexible Online Education for Student Athletes Webinar

November 21, 2024

Does your student find it hard to balance education with their passions? Discover how Crimson Global Academy's flexible online learning environment, designed to fit busy schedules, allows student athletes and performers to thrive in school while following their dreams.

At the webinar you'll discover:

- Exclusive insight into how CGA provides a consistent, world-class education for athletes and performers: flexible timetables, personalised learning pathways, and our innovative learning platform
- Expert guidance about how to balance school with your child's passions
- Hear from CGA student athletes and performers, as they explain how the school supports their dreams





Teen mental health matters: For parents and carers

November 25, 2024

Join us for an insightful and empowering webinar focused on providing strategies and resources to help you in supporting your teen.

Co-hosted by a Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter, we will explore:

- 1. How to make sense of adolescence.
- 2. Identify signs of mental health struggles.
- 3. Understand how to support your teen.
- 4. Know where you and your teen can get support.

This webinar is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care. Reserve your spot today and embark on a journey towards greater well-being for you and your family!

Find out more

Newcastle 2024 Campus Experience Days

November 25 to December 6, 2024

Our Campus Experience Days aim to support student's understanding of career options, increase aspirations to attend university and provide an opportunity to experience university life and study areas. Throughout the day your students will have the chance to hear from current university students and academics, participate in hands-on activities from a variety of study areas, and take a tour around campus.

Please note that given the popularity of these campus experience days priority will be given to students in Years 9-10 dependent on demand.

Places for each day are limited, therefore we will work off a first in, first served basis for bookings. We will do our best to accommodate all bookings, however in the event the days are oversubscribed we will develop a waitlist based on the order of response.

- Week 1, Monday 25 November to Friday 29 November Central Coast campuses, 9am 2pm
- Week 2, Monday 2 December to Friday 6 December Newcastle campuses, 9am 2pm

Reach out to your region representative to register your interest. Find out more

Defence Air Force Careers Information Sessions

Albury: November 26, 2024

In addition to defending our nation, the Air Force supports a broad range of operations in Australia and overseas, including:

- supporting international security and counter-terrorism initiatives
- protecting our borders from illegal activity and incursions
- carrying out search and rescue missions
- supporting peacekeeping operations
- helping communities affected by natural disasters

Would you like to learn about the wide variety of Air Force careers available? Join us for an info session and speak with current serving members about entry pathways and career opportunities.

Find out more

Defence Submariner Careers Information Sessions

Newcastle: November 26, 2024

Sydney & Online: November 27, 2024

Are you looking for a career with rewarding challenges, competitive pay and opportunities for travel? World-class training will equip you with all the skills and resources you need to work as a Submariner in the Navy.

Join us for an info session to speak with current serving members about the benefits of serving your Country as a Navy Submariner.





AIT Sydney Info Night

November 26, 2024

Exclusive invite to AIT's Sydney Info Night on 26 November.

You'll hear from our inspiring Academic Director and meet our very talented current students talk about what it's like to study at AIT. You will have the opportunity to speak to our friendly course advisor crew one-on-one and learn about the flexible learning options and pathways available, career outcomes, and more. You'll get to meet the Admissions Team to discuss the admissions process or even better - apply on the spot to save your seat in the next Intake!

Find out more

University of Sydney Mega Maths Day 2024

November 26 to December 2, 2024

Mathematics is the hidden hero in every STEM discipline whether it be geosciences, biology or psychology. Wherever your students see themselves heading in their future studies and careers, we want to show them how important and useful it is to have a foundation in mathematics.

Your Year 9 & 10 classes will join us for a day of STEM fun, including meeting a real mathematician, and your school's choice of three hands-on workshops themed in different disciplines, but all focused on the importance of mathematics. Year 10 in particular is a key time when your students are choosing their future direction, so give them the opportunity to find out just how important a solid background in maths is for a huge array of disciplines and careers.

Find out more

Discover AI Magic with IT at ACU North Sydney

November 26, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Participate in interactive AI activities, chat with current students and learn what it's like studying a degree in IT at ACU.

Find out more

Discover Exercise and Sports Science at ACU Blacktown

November 27, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Experience the range of cutting-edge equipment for training and rehabilitation that you will have access to as part of a sport and exercise science degree with ACU.

Find out more

Why study business at Sydney?

November 27, 2024

Discover how our degrees in commerce can prepare you for the future of work and a wide range of career opportunities. You will learn about the range of study areas available, including marketing, finance and entrepreneurship, as well as the many ways in which you can combine your interests from over 100 study areas in our shared pools of majors and minors.

We will also cover internships, industry-focused experiences, and global mobility opportunities open to our Bachelor of Commerce students.

Find out more

SAE Info Night Sydney – Technology Course Showcase

November 27, 2024

Want to embrace the latest technologies and engineer the impossible?

Join us in Sydney for this exclusive event to discover SAE's new technology courses in VFX & Virtual Production and Computer Science!

Specially designed in consultation with industry experts from Technicolor and Ubisoft, our VFX courses will





nurture your creativity and empower you to experiment, while our Computer Science programs have been developed to prepare you for the collaborative and geographically diverse world of technology and creative media.

Find out more

UTS Fashion & Textiles Honours 2024 Graduate Showcase

November 27, 2024 You're invited to witness the debut of Australia's future fashion trailblazers as they unveil their cutting-edge designs at the UTS Bachelor of Design (Honours) Fashion and Textiles Graduate Showcase. High school students, parents, and career advisers can access a discounted ticket by using the code **Schools10** at checkout. Find out more

Discover Law and Criminology at ACU North Sydney

November 28, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Aspiring lawyers will have the chance to develop their analytical and courtroom skills in our law and criminology workshops. These hands-on activities will provide you with an insight into the Australian legal system and its functions.

Find out more

The power of the ACAP placement program

November 28, 2024

Join us for an online session where you'll learn about the ACAP Placement Program. During this interactive session, we will delve into the program's core components, explore the courses in Counselling, Social Work, Psychology and Criminology that feature placement opportunities, discuss the program structure, and showcase the array of placement options available.

You will also gain firsthand insights from professional organisations who will discuss the benefits they have gained by partnering with ACAP. Additionally, we will introduce you to ACAP alumni who will share their transformative placement experiences and the outcomes they've achieved following their placement. <u>Find out more</u>

Discover Blue Mountains International Hotel Management School Webinar

November 28, 2024

Are you passionate about hospitality and the hotel industry? Join this session to discover why BMIHMS is the ideal choice for you.

Hear from our successful alumni as they share their study journeys and how it has prepared them for success. Explore the vibrant campus life at our Leura campus and the unique student community. Learn about how our practical training distinguishes us from other universities and how it can get you 'job-ready' upon graduation. <u>Find out more</u>

AIE Online Campus Day

Academy of Interactive Entertainment

November 30, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering everything you need to know about the:

• careers in games and VFX that we train students for;





- studios and industries that we work with;
- courses we offer from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

Find out more

SCU Live Talks: How to apply

December 3, 2024

Are you considering university next year and not sure where to begin? Join SCU for an engaging Live Q&A session with the Future Students Team and some current students!

We'll dive into the application process, give you a glimpse of what a typical week looks like as a student, and even reveal the best coffee spots on campus. Whether you're looking for guidance or just curious, we've got you covered. Don't miss out—get all your questions answered in one place. Find out more

TAFE NSW Parents and Carers Tour – Moss Vale

December 3, 2024

In collaboration with University of Wollongong and the NSW Educational Pathways Program, parents and carers of high school students are invited to visit the Moss Vale campus.

During your visit you can explore the campus and gain insight and information on after school pathway options. Speak to TAFE NSW staff and teachers about upcoming courses.

Find out more

University of Sydney | Entry schemes and admission pathways

December 4, 2024

There's more than one way to gain entry to your dream degree at the University of Sydney. Our entry schemes and pathways help you make the most of your ATAR by recognising your circumstances, special high school achievements and other abilities and activities. Join us to find out more. <u>Find out more</u>

Teen mental health matters: For parents and carers

December 12, 2024

Join us for an insightful and empowering webinar focused on providing strategies and resources to help you in supporting your teen.

Co-hosted by a Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter, we will explore:

- 1. How to make sense of adolescence.
- 2. Identify signs of mental health struggles.
- 3. Understand how to support your teen.
- 4. Know where you and your teen can get support.

This webinar is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care. Reserve your spot today and embark on a journey towards greater well-being for you and your family!

Find out more

More than a Score – The SAE Difference

December 13, 2024

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

• Chat to our expert Course Advisors about our creative and tech-focused disciplines to find your dream course.





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

Find out more

Music Theatre Audition Workshop with Chloé Zuel

December 15, 2024

Join us for an exclusive Music Theatre Workshop led by the incredible Chloé Zuel!

This workshop is designed to elevate your performance skills, build your confidence, and help you create captivating characters for your upcoming auditions. You will have the unique opportunity to work directly with Chloé, known for her iconic role as 'Eliza Hamilton' in <u>Hamilton</u>, and engage in practical exercises that focus on vocal and movement techniques.

This is a free event for Year 12 students and those who have finished high school, looking to study Music Theatre next year!

Find out more

AIM Sydney Info Day

December 18, 2024

Deciding which path to take after school can feel daunting, but if you're passionate about music, we're here to guide you.

Our Sydney Info Day offers the perfect opportunity to get first-hand insights into what it's like to study at AIM. Hear directly from current students about the skills they've gained and the networks they've built.

If you're thinking about studying with us in 2025, our expert staff can provide insights and answer your questions before UAC preferences close.

Find out more

Notre Dame Info Day 2024 – Sydney Campus

December 18, 2024

Explore your future options at this event, it could be your key to starting your university journey in 2025 with confidence. Whether you're a high school student, a university graduate, or an international student, this is your chance to experience life at Notre Dame.

You will have the opportunity to speak one-to-one with faculty staff, receive personalised assistance and advice on your pathway to university, and discuss your study options. For those who have already applied to Notre Dame, our student advisors and admission officers will be available to guide you to the next stage of your Notre Dame journey ahead of Semester 1 commencement.

You can also:

- Attend discipline specific information sessions and workshops
- Find out more about scholarships available
- Meet your faculty staff
- Join a tour and explore our expanding Fremantle campus
- Enjoy tasty treats

Find out more

UTS Info Day 2024

December 18, 2024

Info Day is your chance to explore undergraduate course and pathway options at UTS. Why attend Info Day?

- Engage in personalised 1:1 consultations with UTS staff, including our Admissions team
- Get your last-minute questions answered before the closure of UAC preferences





- Explore the various alternate pathways and study options available to you
- Discover the wide range of support services and how they can aid you in your economic journey
- Chat directly with academics and current students from your desired course
- Take a tour of our vibrant UTS city campus led by current students

Find out more

UNSW Info Day 2024

December 18, 2024

Get personalised advice and insights before you finalise your UAC preferences at UNSW Info Day. With ATARs released at 9am and UAC's change of preferences deadline at midnight, this is your opportunity to get all your last minute questions answered. Explore your study options, tour our campus, and chat with academics and current students, so you can feel confident in your choice.

Get a taste of life as a UNSW student:

- Attend lectures on your area of interest
- Explore UNSW on a campus tour
- Chat with academics and current students in our advisory zones

Find out more

Experience Day at ACPE

December 19, 2024

Want to pursue a career in sport? Discover why ACPE is ranked #1 for Health, Sport, Physical Education, and Dance. Join us on campus. See where you will study, meet our students and lecturers, and participate in info sessions and practical workshops to take the next step with confidence.

We'll have a number of sessions running throughout the day so you can decide on how you would like to enjoy your Experience Day!

Why attend Experience Day?

- Explore the campus
- Q&A with our academics and students
- Chat with current students about their experience
- "Tutorial bites" on what to expect, take part in sample classes
- Practical workshops and interactive sessions
- Find out where a qualification from ACPE can take your career
- Discuss course options with our Enrolment Advisors and get a personalised study plan
- Get assistance with applying or enrolment

Find out more

Accepting Your ANU Offer - What's Next?

December 20, 2024

Have you received an offer to study a degree at ANU but unsure of your next steps?

Join us for a step-by-step guide on the deferral process, how to accept your offer and enrol in your program. We'll also discuss the many support services available to ANU students and key dates. The webinar will finish with a live Q&A session where you can get all your questions answered.

This event is suitable for domestic students who have received an offer at ANU. Find out more

NAS Art Club Intensive 2025

January 15 to January 17, 2025

Have a young person in your life that loves to make art? Our Art Club Intensive program is the perfect School Holiday activity to nurture their skills.

The Art Club Intensive is a 3-day course, taking place 15th – 17th January 2025, designed to impart technical and conceptual skills to students aged 15 – 17.

This is a rare opportunity for young artists to learn from industry specialists in one of the five focus areas: Drawing, Printmaking, Ceramics, Sculpture or Painting.





AMSI Careers Day

January 16, 2025

Attend the AMSI Careers Day and explore the diverse career pathways available to mathematical sciences graduates. Mathematics, statistics and data science are critical to so many careers across all industry sectors! Talk to potential employers, get your employment questions answered and be inspired by the endless opportunities.

Find out more

SciX@UNSW 2025

January 20 to January 24, 2025

The SciX@UNSW program is designed to support passionate high school students who are eager to delve into scientific research. Join one of our research groups and conduct an independent research project, ideal for HSC Extension Science, IB independent projects, or as a taste of a career in research science. The projects are overseen by our academic research staff and are delivered primarily by our graduate research students. They will introduce you to cutting-edge research tools and methodologies and guide you as you extend your scientific skills.

The centrepiece of the SciX experience is a one-week intensive summer school, held in January. During this week on campus at UNSW Sydney, you'll be supported in developing your individual hypothesis, collecting your data, and getting started on your analysis, all before the summer holidays are over! On-time registrations will close at 11:59 PM on **Wednesday 18th December 2024**.

Find out more

TAFE NSW Campus Open Days 2025

Quirindi: January 22, 2025 Broken Hill: January 23, 2025 Yass: January 28, 2025 Goulburn: January 29, 2025 Cooma: January 30, 2025 Young: January 30, 2025 Moss Vale: January 30, 2025

Whether you're a school leaver, want to build new skills to land a promotion, are thinking about a career change, or just looking for some essential skills that can help to successfully launch your business – this event is the time to explore all your options.

This is your opportunity to tour our campus, find out what support looks like or if you're still choosing your course or where to study, come along and have a chat to our TAFE NSW teachers.

Our team will also be on hand to answer questions about studying with TAFE NSW while at school or the many post school pathways on offer.

Find out more

ACPE February Open Day 2025

February 1, 2025

Exploring your study options for a career in the sport industry? Join us on campus. See where you will study, meet our students and lecturers, and participate in info sessions and practical sessions to take the next step with confidence.

Find out more

Community Engagement Equity Scholarship

Offered by: Australian Capital Territory Value: \$4,000 AUD Open date: August 1, 2024





Closing date: March 1, 2025

This scholarship supports undergraduate students at ACU's Blacktown campus, who have demonstrated a commitment to community service and/or community engagement. <u>Find out more</u>

St Ann's College / Playford Trust Residential Scholarships

Offered by: Playford Trust Value: \$10,000 AUD Open date: October 1, 2024 Closing date: January 17, 2025

The Playford Trust in partnership with Chartwells, St Ann's College and the St Ann's Foundation offers three scholarships for students living at St Ann's Residential College.

The scholarships support promising students intending to study science, engineering, mathematics or technology subjects at one of the three South Australian public universities. The aim is to help students overcome the practical and financial disadvantages associated with having their home base in rural South Australia.

Find out more

Melbourne Chancellor's Scholarship

Offered by: University of Melbourne Value: Up to \$32,500 AUD Open date: July 29, 2024 Closing date: January 14, 2025 This scholarship is offered to high-achieving students in recognition of their outstanding academic achievement during their Australian Year 12 or International Baccalaureate (IB) undertaken in Australia. Find out more

Young Reporters for the Environment International Competition

Offered by: Foundation for Environmental Education

Open date: September 26, 2024

Closing date: May 10, 2024

Young Reporters for the Environment holds an Annual International Competition for young people aged 11-25 involved in the programme.

The purpose of the competition is for young people to investigate environmental issues, propose solutions, report it through various communication and journalistic ways to a local network and raise awareness by sharing it with an international community.

The theme for the 2024/2025 competition is *Ecosystem Restoration*. <u>Find out more</u>

5 tips for open day success

Open days are one of the best ways to explore your future education options and get a first-hand experience of what each university has to offer. With so much happening in a single day, it's important to plan ahead to make sure you don't miss anything important. Let's look at how you can make the most of upcoming open days with these 5 tips.

What are open days?

University open days are special events where institutions throw open their doors to prospective students and their families. It's your chance to explore the campus, meet the teaching staff, and get a real taste of what studying there might be like. Most universities hold these events once or twice a year, and the best part is – apart from any food or drinks you buy – they're completely free!

Top tips for open day success

With so much packed into a single day, it's important to plan ahead to make sure you don't miss anything important. In this blog, we'll provide you with some tips to get the most out of your open day visits and help you gather all the information you need to make decisions about your future study.





Plan ahead

A little bit of preparation can make a huge difference to what you get out of open days. Since there are bound to be conflicting dates, we don't recommend trying to visit more than one university per day. Instead, spend some time researching the courses you're interested in to decide which open days are must-attend events. Once you've made your choices:

- Register for the events you want to attend
- Add the dates and directions to your calendar
- Download or print the open day programs
- Research parking options or plan your public transport route
- Consider asking a friend or family member to come along for support

Make sure to wear comfortable clothes and shoes – you'll be doing plenty of walking as you explore the campus. It's also worth having a map app ready on your phone to help you navigate between different buildings and sessions.

Talk to everyone you can

There'll be loads of people available to help at open days, including lecturers, current students, and other staff members. They're there specifically to answer your questions and help you understand your options. Try to find the lecturers and faculty staff you might be studying with and ask them about their courses. Here are some key questions to consider:

- What are the core units and available majors?
- How is the course taught and assessed?
- What are the job outcomes like for graduates?
- Are there internship or work experience opportunities?
- What support services are available if you need help?

Current students, on the other hand, can give you the inside scoop on what university life is really like. They can tell you everything from where to find the best coffee to tips for balancing study and part-time work. Don't be shy about asking questions – everyone remembers what it was like to be new and uncertain and is more than happy to help.

Make time to explore

Open days are your chance to really get a feel for where you might be studying. Take time between scheduled sessions to explore the campus and its facilities. Most universities will offer guided campus tours, which are a great way to see everything without worrying about getting lost.

Make sure to check out:

- The libraries and study spaces
- Lecture theatres and labs
- Student common areas
- Cafes and food outlets
- Sports facilities and gyms

It's also worth exploring the surrounding area to get a sense of where you might be living and studying. Look for accommodation options, public transport connections, and local shops and cafes.

Compare your options

Even if you're pretty certain about which university you want to attend, we recommend visiting at least two or three different open days. This helps you make a more informed decision and might open your eyes to possibilities you hadn't considered.

Think about creating a simple checklist of what's most important to you in a university. You could include things like:

• Course content and teaching style





- Campus atmosphere
- Location and transport options
- Available facilities
- Support services
- Social life and clubs

Remember, you'll be spending several years and a significant amount of money on your university education, so it's important to feel confident about your choice.

Enjoy the experience

Most importantly, open days are meant to be fun! Universities usually put on entertainment, provide free food and drinks, and run competitions with great prizes. Take the time to soak up the atmosphere and see if you can picture yourself as part of the university community.

We suggest you use the day to:

- Meet other potential students
- Try out any hands-on activities or workshops
- Collect information about clubs and societies
- Sample the campus food
- Get a real feel for university life

Open days are by far the best way to find out if a university is going to be a good match for you. Take advantage of everything on offer and don't be afraid to ask questions – everyone is there to help you make the right choice for your future.

Ready to explore?

Whether you're just starting to think about university or you've already got your heart set on a particular course, open days are a great opportunity to help you make informed decisions about your future. The more open days you attend, the better equipped you'll be to choose the right path for you – hopefully this tips can help you make the most of each event.

Want an easy way to find upcoming open days? Take a look at our open day calendar here.

3 vocational careers you can start without an apprenticeship

You've probably heard about lots of jobs that require either an <u>apprenticeship</u> or a degree to get started. But if you're eager to get into the workforce right after high school without spending any extra time studying, we have good news: there are several well-paying and interesting career paths that allow you to do just that. Let's take a look at three vocational careers to explore that don't always require a formal apprenticeship, though some hands-on experience or <u>short courses</u> may be beneficial.

Landscape labourer

Landscape labourers work outdoors, helping create and maintain outdoor spaces like gardens, parks, and commercial properties. This job involves planting, trimming, mowing, mulching, and sometimes operating light machinery.

You'll need physical stamina, teamwork skills, and attention to detail. Basic gardening knowledge is also important so you can tell an ornamental from a weed, and determine the level of care required for each area. Many landscaping companies hire entry-level labourers without requiring formal training or an apprenticeship. You can build your skills as you work, and if you enjoy it, you could eventually become a landscape supervisor or even start your own business. It could be a perfect fit if you enjoy physical work and being outdoors. The practical skills you'll gain, like equipment operation and plant care, can be useful in other areas too.

Tiler

Tilers specialise in laying tiles for walls, floors, and other surfaces in homes and commercial spaces. They work with a variety of materials, including ceramic, porcelain, and stone, and often assist clients in selecting tile patterns and designs.

Many tilers begin with on-the-job training, and some construction companies or independent tilers hire assistants or entry-level workers to help with simpler tasks, like mixing mortar, grouting, and cleaning up. Over time, as you learn from more experienced tile setters, you can start handling more complex parts of the job, from preparing surfaces to be covered and cutting and tiles around obstacles, to laying and setting tiles that





create decorative designs.

You'll need precision and attention to detail, basic math skills (to get the measuring and layout spot on, as well as working out volumes of tiles and grout needed), as well as physical stamina, dexterity, and a healthy splash of creativity to get designs just right.

Becoming a tiler could be great if you don't want to work in an office and are creative and practical in equal measure. Once you gain experience, you may also have the option to start your own business.

Painter and decorator

Painters and decorators focus on preparing and painting interior and exterior surfaces. They also handle tasks like wallpapering, colour consultations, and finishes that meet customer needs and enhance aesthetic appeal. As a painting and decorating assistant, you'd be helping prepare surfaces, applying paint, and finishing surfaces, and helping with setting up and cleaning.

To work as a painter and decorator you'll need physical dexterity, attention to detail, great hand-eye coordination, the ability to follow instructions, and a willingness to work in various settings.

Entry-level positions are widely available with no formal requirements, but you'll need to be willing to put in long hours with early starts. Many painters and decorators start by working as assistants, learning proper techniques for prepping surfaces, building knowledge of different painting techniques and materials, and managing clean-ups.

Taking <u>short courses or vocational studies in painting or interior decorating</u> could expand your skills or fast track you to moving up the ladder (pun intended) or starting your own business.

Enter the workforce straight away

These vocational careers provide an entry point into the industry without the commitment of an apprenticeship, while still offering hands-on experience and valuable skills. Whether you're interested in outdoor work, interior finishing, or specialised installation, each of these jobs could let you jump in, learn, and grow within the industry.

Plus, there's always the option of studying while you work or upskilling down the track if you have a change of heart or would like to progress faster.

If you're unsure about your next steps, check out the <u>Study Work Grow website</u> for more ideas, and speak to a career practitioner to help you work out what would be best for you.

How to become a Park Ranger

Park Rangers monitor, preserve, and maintain parks, scenic areas, historic sites, nature reserves, recreation areas and conservation reserves. They work on the ground to implement conservation policies, educate visitors, and enforce relevant laws and regulations. They also play a crucial role in protecting native flora and fauna while managing visitor activities.

If you're passionate about conservation and education, love being outdoors, and are great at communicating, this could be an ideal career to explore further.

What skills do I need as a park ranger?

- Excellent communicator
- Physically fit & resilient
- Environmentally aware
- Customer service oriented
- Problem-solving abilities
- Project management skills
- Leadership capabilities
- Safety consciousness

What does the job involve?

- Patrolling and monitoring natural areas
- Managing invasive species and pests





- Protecting endangered species
- Maintaining park facilities and assets
- Managing fire and flood control
- Working with indigenous communities
- Enforcing park rules and regulations
- Conducting educational programs
- Writing reports and maintaining records

What industries do park rangers typically work in?

- Agriculture, Forestry & Fishing
- Public Administration & Safety
- Arts & Recreation Services

What Career Cluster do park rangers belong to?

Park rangers are dedicated to protecting our safety and wellbeing, so they make excellent Guardians. They often work alongside Makers who maintain park facilities, and Informers who help educate the public about conservation.

What kind of lifestyle can I expect?

Working as a park ranger often means spending lots of time outdoors in all weather conditions. You may need to live in remote areas and be comfortable working independently or in small teams.

Most park rangers can expect to earn an average salary, though this varies with experience and location. Many park rangers work full-time, and you'll likely need to work on weekends, holidays and sometimes nights.

How to become a park ranger

While formal qualifications aren't always required, many employers prefer candidates with relevant education. This could include a vocational qualification in conservation or ecosystem management, or a university degree in environmental management or science.

Practical experience through volunteering or seasonal work is highly valued in this field. You'll also need a driver's license and may benefit from first aid certification or other relevant qualifications.

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

If you're in high school and interested in becoming a park ranger, here are some steps you can take:

- Focus on subjects like Sciences, English, and Mathematics.
- Find work experience at a relevant organisation, such as your local council or land management body.
- Develop outdoor skills like hiking, navigation, and plant identification.
- Get involved with environmental groups or programs at school or in your community.

Where can I find more information?

You can learn more about careers as a park ranger through these organisations:

- International Ranger Federation
- <u>Australian Ranger Association</u>
- Rangers of Aotearoa New Zealand
- <u>Countryside Management Association</u> (UK)
- European Ranger Federation
- Association of National Park Rangers (US)
- Parks Canada

Similar careers to park ranger

- <u>Conservation Officer</u>
- Disaster Management Officer
- Environmental Scientist
- <u>Zookeeper</u>





- <u>Tour Guide</u>
- <u>Climate Scientist</u>
- Marine Biologist
- Wildlife Biologist

Find out more about alternative careers on our Job Spotlights page.

Sole trader vs company owner: What's the difference?

Thinking about starting your own business after graduation? Maybe you're already earning money from your social media presence, or planning to start a side hustle while studying? Understanding different business structures might seem boring, but it's actually super important for your future business journey. Let's look at the difference between being a sole trader vs a company owner, and explore the main ways you could potentially structure your business.

NOTE: before anyone gets all excited, <u>this is not financial or accounting advice</u> – always ask a professional about your options before making any big decisions.

What is a sole trader?

A sole trader (known as a sole proprietorship in North America) is the most straightforward way to run a business. Think of it like this: you and your business are basically the same thing in the eyes of the law. Common terms around the world include:

- Australia/New Zealand/UK: Sole Trader
- USA/Canada: Sole Proprietorship

What being a sole trader might look like

Imagine you're a talented makeup artist doing formal makeup for fellow students, or maybe you're great at graphic design and creating logos for local businesses. As a sole trader, you could start taking bookings or clients right away without too much paperwork. You might operate under your own name like "Sarah's Beauty Services" or choose a business name like "Glow Up Studio."

What is an incorporated company?

An incorporated company creates a separate identity for your business. In Australia, you might hear people talk about "Pty Ltd" companies. Other countries have similar structures with different names. Common terms around the world include:

- Australia/New Zealand: Proprietary Limited (Pty Ltd)
- UK: Private Limited Company (Ltd)
- USA: Corporation (Inc.) or Limited Liability Company (LLC)

When might someone choose to be a sole trader?

Let's look at some real-world scenarios where starting as a sole trader might make sense.

For the creative entrepreneur

- Imagine you're a budding copywriter taking on freelance work while studying
- Maybe you're building a following as a fitness influencer on social media
- Perhaps you're selling handmade jewellery through Etsy

For the trade professional

- You might be an apprentice electrician planning to go out on your own
- Or a qualified beauty therapist starting with a small client base
- Maybe you're a personal trainer building up your client list at the local gym

The great thing about being a sole trader instead of a company owner in these situations is that you can start small and test your business idea without a lot of upfront costs or paperwork. You might find this structure works well while you're building your client base and learning the ropes of running a business.





When might someone consider an incorporated company?

Let's look at when some of these same businesses might think about incorporating.

Growing your creative business

- Your copywriting business has grown and you're thinking about hiring other writers
- Your fitness influence has led to creating your own supplement line
- Your jewellery business is now supplying to major retailers

Scaling your professional services

- Your electrical business has expanded to managing multiple jobs and contractors
- Your beauty therapy practice has grown into a full salon with staff
- Your personal training has evolved into a chain of boutique fitness studios

Things to think about

Remember, this information is just to help you understand the basics – it's not financial or legal advice! When thinking about business structures, here are some things you might want to consider:

As a sole trader

- You might find it easier to get started quickly
- Your accounting could be simpler at first
- You might have more flexibility while figuring out your business model
- You could be personally responsible for business debts (something to think about!)

With a company

- You might find it easier to grow and bring in partners
- Your personal assets could be better protected
- You might look more professional to bigger clients
- There could be more paperwork and costs involved

Starting your journey

Many successful businesses start small and change their structure as they grow. Take the example of a student starting as a freelance graphic designer: they might begin as a sole trader, taking on small projects between classes. As their client base grows, they bring in other designers, and eventually might choose to incorporate their growing design agency.

Important note

This article is for general information only and doesn't consider your situation (of course).

Business structures can affect your taxes, legal obligations, and financial future. So, **it's always important to chat with qualified professionals like accountants, lawyers, or business advisors** before making any decisions about your business structure. They can look at your specific situation and help you understand what might work best for you.

Remember, there's no one-size-fits-all answer – the right structure depends on your unique circumstances, goals, and the type of business you want to build. The key is to get some good advice before you get started. Running a business can be one of the most amazing experiences, so best of luck to you whichever way you go. If you want to find out more about starting your own business, we also have other blogs on entrepreneurship you might like to check out.

Are you more adaptable than you think? 5 everyday signs that show you're great at rolling with change

Ever wondered if you're good at handling change? You might be more adaptable than you realise! While some people think adaptability is about making massive life changes, it's actually a skill we build through everyday experiences. Let's explore some common activities that show you're already developing this crucial skill.





You've mastered the group project shuffle

Remember that time your group project completely changed direction halfway through? Or when someone dropped out, and you had to redistribute the work? If you've successfully navigated these situations, you're already showing strong adaptability skills.

Group projects rarely go exactly as planned. Being able to adjust your approach, take on different roles, or help others catch up shows you can handle unexpected changes while keeping the end goal in sight. This kind of flexibility is a key component of adaptability.

You're a pro at Plan B (and C, and D...)

Think about the last time your original plans fell through. Maybe the venue for your friend's birthday closed unexpectedly, or your study spot was suddenly unavailable before a big exam. If you quickly came up with alternatives and helped others adjust to the new situation, that's adaptability in action!

The ability to think on your feet and generate alternative solutions, rather than getting stuck on what "should have" happened, is a valuable skill. It shows you can maintain a positive attitude while managing unexpected changes.

You've survived tech changes without drama

Have you recently learned to use a new phone, adapted to a different social media platform, or figured out new software for a school project? If you approach these changes with curiosity rather than frustration, you're showing great adaptability.

Being able to transfer your knowledge from one system to another and quickly learn new interfaces demonstrates cognitive flexibility – a key component of adaptability. It's not about being a tech expert; it's about being willing to learn and adjust to new ways of doing things.

You can switch between different social groups

If you can comfortably move between different friend groups, adjust your communication style for different teachers, or adapt your behaviour between school and work environments, you're showing excellent adaptability skills.

This ability to "read the room" and adjust your approach shows you can recognise different social contexts and modify your behaviour accordingly – a crucial aspect of adaptability that many people find challenging.

You've handled schedule changes like a champion

Think about times when your routine was disrupted – maybe exam schedules changed, or you had to juggle unexpected commitments. If you can reorganise your time and adjust your priorities without major stress, that's adaptability at work.

Being able to revise your plans and stay productive when your usual routine is disrupted shows you can maintain effectiveness even when circumstances change – a valuable form of adaptability.

Where you'll use this skill in the workplace

Adaptability is one of the most sought-after skills in modern workplaces. Here's where you might use it:

Project management

When deadlines shift, resources change, or client requirements evolve, adaptable project managers keep things moving forward by adjusting plans while maintaining team morale.

Customer service

Each customer interaction brings unique challenges and unexpected situations. Adaptable customer service professionals can switch between different approaches to find solutions that work for each individual.

Technology roles

With constant updates and new systems being implemented, tech professionals need to continuously adapt their skills and approaches to stay effective in their roles.





Team leadership

Leaders need to adapt their management style for different team members, adjust to changing business conditions, and help their teams navigate through changes.

Product development

Market conditions, user feedback, and technological capabilities can all impact product development. Being able to pivot while keeping the core objectives in mind is crucial.

Event planning

From last-minute vendor changes to unexpected weather conditions, event planners need to be ready to modify plans while ensuring the event's success.

Becoming a master of change

Remember, adaptability isn't about never feeling stressed by change – it's about being able to adjust and move forward effectively when change happens. If you recognised yourself in any of these scenarios, you're already building this valuable skill.

Want to strengthen your adaptability even more? Try deliberately putting yourself in new situations, taking on different roles in group projects, or learning new skills just for fun. The more you practice handling change in low-pressure situations, the more adaptable you'll become when it really counts. You can learn more about building skills for work and life on our website.

7 ways to forget exam stress

The exam period can feel like running a marathon, both physically and mentally draining. Once it's over, you definitely deserve time to rest and recover – but switching off that study mindset isn't always easy. Here are 7 practical ways to help you forget exam stress and move forward.

Why is post-exam recovery important?

Taking time to properly recover after exams is important for both your mental and physical health. Prolonged stress can affect your sleep, mood, and even your immune system. By actively working to reduce your stress levels, you'll be better prepared for whatever challenges come next, whether that's starting something new, planning for next year, or simply enjoying your well-earned break.

7 tips to forget exam stress

Let's look at some practical ways you can start your post-exam recovery and get back to feeling like yourself again.

Clear your study space

Your study space has probably been exam central for weeks or months. Seeing all those textbooks, sticky notes and study guides can keep you mentally stuck in exam mode. Taking time to clear away your study materials isn't just about being tidy – it's a symbolic way to show yourself that this chapter is finished.

- Pack away your textbooks, notes and study materials
- Clean and organise your space to signal to your brain that exam season is done
- Store important materials somewhere accessible but out of sight
- Consider donating old textbooks you won't need again

Express your feelings

It's completely normal to have a mix of emotions after exams – relief, worry, excitement, or even feeling a bit lost. Bottling up these feelings can prolong your stress, so it's important to find healthy ways to express yourself. Whether you prefer talking things through or processing your thoughts privately, letting these emotions out helps you move forward.

- Talk through your exam experience with supportive friends or family
- Write down your thoughts in a journal or diary
- Share your relief with classmates who understand what you went through





• Remember that what you're going through is normal and there's nothing to be ashamed of

Focus on relaxation

Your body and mind need time to recover from the intense pressure of exam preparation. Relaxation isn't just about doing nothing – it's about actively choosing activities that help you unwind and reset. Find what works for you, whether that's quiet meditation or energetic exercise.

- <u>Try meditation apps designed for teens</u>
- Put together a calming playlist
- Catch up on lost sleep
- Consider joining a yoga class
- Take long walks to clear your head

Celebrate finishing

You've accomplished something significant, and that deserves recognition. Celebrating doesn't have to be elaborate or expensive – you can do anything that feels meaningful to you. Taking time to acknowledge your hard work helps create closure and positive memories.

- Organise a small gathering with friends
- Plan a special dinner with family
- Have a movie night with your study group
- Treat yourself to a shopping spree

Structure your free time

Suddenly having lots of free time can feel strange after following a strict study schedule. While it's tempting to have completely unstructured days, having even loose plans can help you make the most of your break without feeling overwhelmed or letting time slip away.

- Make a loose schedule of fun activities
- Balance socialising with downtime
- Consider a casual job or volunteer work
- Try not to let days drift by without purpose

Get active outdoors

Being stuck inside studying can take its toll on both your physical and mental wellbeing. Getting outside in the fresh air and natural light can help boost your mood and energy levels. Even small amounts of outdoor time can make a big difference to how you feel.

- <u>Spend time in nature to boost your mood</u>
- Join friends for sports or swimming
- Go for bike rides or hikes
- Simply sit outside in the fresh air

Practice self-care

Self-care isn't selfish; it's essential for recovering from stressful periods. This is your chance to reconnect with activities and people that make you feel good. Take time to rediscover what you enjoy doing when you're not focused on studying.

- Do activities that make you feel good
- Reconnect with hobbies you've missed
- Spend quality time with friends and family
- Give yourself permission to truly relax

Moving forward

Remember that exams are just one part of your academic journey. While it's important to acknowledge the





effort you put in, it's equally important to let go and recharge. Hopefully these tips can help you forget your exam stress, reflect on what you've learned, and gradually prepare yourself for what's next. Want more tips on managing study stress and wellbeing? <u>You can find more helpful resources on our website here</u>.

3 reasons why volunteering is more rewarding than you might think

I'm a member of the Study Work Grow team where I work full-time, but I am also a passionate volunteer. I can't remember when or how it all started, but the first volunteering role I had was collecting stamps off mail (back in the days when people sent post by mail on the regular) which I'd send in to the Guide Dogs and they'd somehow use to generate funds to support their programs.

I've volunteered for roles in school, at uni, and have generally had a volunteering role throughout most of my working life. Whether it's fundraising, working for mental health charities, helping schools through the P&F or in class, donating blood or plasma, helping conservation efforts through tree planting days, clean-up events, or helping to rescue wildlife; it's been a constant source of happiness and reward throughout my life. Other than the main reward of helping and meeting all the other "helpers" along the way, volunteering has given me a lot both personally and professionally.

Here's a breakdown of why giving back can be so much more than just another item on your resume, but that is also an awesome bonus as well.

Discover your passions and interests

Volunteering is a great way to explore different fields and causes that might resonate with you. Are you passionate about animals? Volunteer at a shelter. Interested in healthcare? Look into programs that let you assist at a hospital or with elderly care. Whatever the cause, it's an opportunity to figure out what you love without long-term commitments.

Plus, volunteering can show you sides of the world – and yourself – that you never knew existed. You might find that you enjoy working with young kids, want to pursue environmental science, or feel drawn to helping people in crisis. These experiences can help shape your career goals or even lead to new hobbies and interests.

Build skills and confidence

Volunteering is a fantastic way to build real-world skills. You might learn project management, organisation, teamwork, public speaking, or customer service skills, all of which are highly transferable. Even if you're not sure what career you want to pursue, these skills are valuable in any field. Not to mention the hands-on experience and behind the scenes experiences that will also help you learn and grow.

For example, if you're volunteering at an event, you might learn to manage logistics, work to a budget, communicate with attendees, coordinate efforts or work as part of a larger team. These situations push you out of your comfort zone and help you gain confidence in your abilities, preparing you for bigger responsibilities in school and beyond.

Make genuine connections and improve your mental health

Volunteering can help you meet people from different backgrounds, ages, and walks of life. Whether you're working alongside fellow volunteers or connecting with the people you're helping, you're likely to form friendships and gain perspectives that enrich your life.

Networking is effective no matter where you are in life. When you get involved with volunteering you just never know when someone you meet along the way will offer you an amazing opportunity. Whether it's the chance to learn about something you're interested in, go on a trip, take part in something fun or life changing, it could even lead to job opportunities.

On top of that, studies show that volunteering can actually boost your mood and reduce stress. When you volunteer, your brain releases chemicals like oxytocin and dopamine, which help you feel happier and more relaxed. And the sense of accomplishment from helping others can increase your overall life satisfaction. So, while you're giving back, you're also taking care of your own mental health!

Don't believe me or the research? There's a simple way to test if it'll work for you – just give it a go.

Wrapping up

Volunteering isn't for everyone, and that's OK. If you're unsure but decide to give volunteering a go, it can be a game-changer, not just for the people you're helping but for yourself as well. So whether it's helping out at a





local food bank, tutoring younger students, or planting trees in the community getting out and doing your bit is something I'd recommend to everyone. At the end of the day what have you got to lose?

Sure if you give up some time and don't feel it was right for you could think it was time wasted, but actually it's still helping you to learn about yourself, you can still add it to your resume, and it might help point you towards something that is perfect for you.

Volunteering is about more than just giving your time. It's a chance to explore who you are, gain new skills, and make meaningful connections — all while making a positive impact. So next time an opportunity to volunteer comes up, give it a shot! It might just turn out to be one of the most rewarding things you do in high school. If you're tempted to give it a try, <u>check out more articles about volunteering</u> to see what inspires you and how to get started.