



# Stewards of Creation

## Careers Newsletter

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**Disclaimer:** All information is printed in good faith.  
It is the responsibility of the student to confirm all details with the appropriate institution.

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### ➤ **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
- Password – pius (lower case)

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

### ➤ **ENDEAVOUR COLLEGE OF NATURAL HEALTH COMPLEMENTARY MEDICINE WEBINAR**

Thursday 1 March, 7pm AEST

Find out about studying a Bachelor of Health Science in Complementary Medicine at Endeavour. Register for the webinar here – <https://www.endeavour.edu.au/events/20593>

### ➤ **AIE INFORMATION EVENING**

Wednesday 21 March, 6pm – 8pm. Find out about studying game development, 3D animation and visual effects at AIE. Register here – <http://www.aie.edu.au/information-evening>

### ➤ **MY CAREER CHANGE FROM MUSICIAN TO BUILDER**

Find out why Rachel from Front Porch Properties changed careers, and the role TAFE played in her transition. Watch the clip - <https://www.youtube.com/watch?v=CcQNX42I22c&t=104s>

### ➤ **MAXIMA INDIGENOUS TRAINEESHIPS AND APPRENTICESHIPS**

You'll find a range of opportunities from some of Australia's biggest financial institutions and businesses, including Qantas, Bupa, Westpac and more.

Find out more - <https://maxima.com.au/jobseekers/indigenous-employment/indigenous-careers/>

### ➤ **CAREERSNZ SUBJECT MATCHER**

This is a great tool you can use to see how the subjects you choose can influence your future job options. It's from NZ, but we still think it's relevant for Australian students.

(You can start without signing in, just click the little link at the bottom of the page.)

Try the matcher - <https://www.careers.govt.nz/tools/subject-matcher/>



### ➤ **BEING A 'COMPLETIONIST' RATHER THAN A PERFECTIONIST**

Many people struggle with perfectionism – needing everything to be exactly right. Sometimes the desire to get things perfect prevents us from doing anything at all. This article provides some ideas about getting things done rather than needing everything to be perfect.

Check it out and see if it works for you – <http://learningfundamentals.com.au/blog/how-to-be-a-completionist-not-a-perfectionist/>

### ➤ **DEALING WITH FAILURE**

Failing or messing something up feels bad. But it's actually a great way to learn. Read this article to find some ways you can embrace failure and let it help you become better.

Check it out – <http://learningfundamentals.com.au/blog/how-to-deal-best-with-failure-and-making-mistakes/>

### ➤ **WHAT IS IT LIKE TO BE A NUTRITIONIST?**

Read the article here – <http://this.deakin.edu.au/career/what-its-really-like-to-be-a-nutritionist>

### ➤ **AUSTRALIA'S SCIENCE CHANNEL: IN CLASS WITH TIM FLANNERY**

Friday 9 March. Tim Flannery will be doing a livestream to Australian schools. Students have the chance to submit questions in advance, which may be answered live on the day. Learn about Tim Flannery's scientific and environmentalist work.

Find more details – <https://education.australiascience.tv/in-class/>

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### ➤ **IF AT FIRST YOU DON'T SUCCEED...**

#### **Persistence.**

It sounds a bit boring really. Like a personality trait that's not going to find itself on a motivational poster anytime soon.

(I actually searched for motivational posters with 'persistence', and found ones with frogs, pencils, and rocks. Not exactly inspiring.)

#### Persistence

pə'sist(ə)ns/*noun* - the fact of continuing in an opinion or course of action in spite of difficulty or opposition

Put simply, persistence is the ability to stick with something. To persist, to keep trying, even when things get tough.

#### **How is this relevant for my future career?**

Well, persistence means everything.

When an interviewer or potential employer asks you to list words that describe your personality, 'persistence' is a sure winner. It means you'll continue trying to reach your goals and you won't give up at the first hurdle.

It means that as an employee, you'll be:

- easier to train
- more reliable in the workplace, and
- less likely to require external motivation

In short, persistence is a strong indicator of **self-discipline**.



**Self-discipline** has been scientifically proven to be a better indicator of success than talent. Studies from the US show that a '*major reason for students falling short of their intellectual potential [is] their failure to exercise self-discipline*'.

In a time where marketing is actively targeting your reduced attention span (according to [this article](#) it's now just 8 seconds), persistence can help you stand out from the crowd.

### **But how do you develop persistence?**

You could 'brute force' your way into persistence, with a huge amount of willpower and a complete lack of distractions.

Or, you could take steps to actively increase your power of persistence. And you'll probably see benefits across all areas of your life, from school to work, and even simple things like keeping your bedroom tidy.

Here are 5 great tips to help you develop persistence:

- 1. Set clear goals**

It's always easier to stick with something if you have a clear purpose. Check out our post on [goal setting](#) for some great tips.

- 2. Expect things to go wrong**

If Elon had given up the first time his rocket crashed, he'd never have launched Falcon Heavy. Stuff will always go wrong (it's a fact of life) and if you're prepared for some trials and tribulations they'll be less of a shock and a setback when they (inevitably) arrive.

- 3. Break tasks into smaller steps**

Any task or goal can appear overwhelming if you only look at the whole picture. So learn to break each goal into smaller achievable tasks, and you'll avoid procrastination and the 'fear of failure'.

- 4. Keep your eye on the prize**

Literally. It's easier to keep your focus if you are constantly reminded of your goals, so cut out a picture of what you want, find an image of your role model, or write your goals down and put them where you'll see them all the time.

- 5. Enjoy success when it arrives**

Take the time to reflect on what you've achieved – it'll boost your confidence and help you build persistence for the next hurdle.

Keep these tips in mind and practice them often, and you'll find success comes naturally.

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