Weekly Careers News for Victoria

August 17, 2026

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STEM resources worth knowing about

Events

This Week's Events

Bairnsdale Defence Careers Information Session

Organisation: Australian Defence Force
Location: Bairnsdale RSL
Date: August 18, 2026
Are you interested to learn about the wide range of roles available in the Navy, Army and Air Force?
Join us at an upcoming info session and speak with current serving members about their own experiences. You'll have the chance to ask any questions you have about Australian Defence Force careers and opportunities.
It is highly recommended you book as soon as possible to avoid missing out as places are strictly limited!
Find out more

Meet an Enviro Scientist Panel at La Trobe – for Year 7-12 Students

Organisation: La Trobe University
Location: La Trobe University, Bundoora Campus
Date: August 18, 2026
Students will hear from La Trobe University environmental scientists and industry professionals from a diverse range of areas including ecology, freshwater and wetland management, restoration climate change adaptation, resource management, and conservation genetics. They will share their expertise, research and pathway to their STEM career.
Panellists for this event will be:

- Nadia Zerman: Soil microbiologist
- Hayley Sime: Botanist
- Dr Kerry Fanson: Conservation endocrinologist
- Aidan Fitt: Entomologist

After an interactive Q&A panel discussion, participants will have the option to network with our panelists to build valuable connections with both student researchers and established academics.
This event is part of the Victorian Challenge and Enrichment Series, providing free extension opportunities for high-ability students in Victorian Government Schools. Funded by the Department of Education's Student Excellence Program.
Find out more

ADFA Careers Information Session Melbourne

Organisation: Australian Defence Force
Location: Online or in person at Melbourne ADF Careers Centre
Date: August 18, 2026
If you're considering your career and study options, the Australian Defence Force Academy (ADFA) might be the option for you!
ADFA offers you military training and a salary as you study your world-class UNSW degree. Find out how ADFA could be your way into joining the Australian Defence Force by attending the upcoming info session.

It is highly recommended you book as soon as possible to avoid missing out as places are strictly limited! Please arrive no later than 15 minutes early to allow time for check-in. Due to building access restrictions, late arrivals will not be permitted entry after the session begins.
Find out more

Epping Defence Careers Information Session

Organisation: Australian Defence Force
Location: Epping RSL
Date: August 19, 2026
Are you interested to learn about the wide range of roles available in the Navy, Army and Air Force?
Join us at an upcoming info session and speak with current serving members about their own experiences. You'll have the chance to ask any questions you have about Australian Defence Force careers and opportunities.
It is highly recommended you book as soon as possible to avoid missing out as places are strictly limited!
Find out more

Swinburne Engineering Info Session

Organisation: Swinburne University of Technology
Location: AMDC301 Swinburne University Hawthorn campus
Date: August 20, 2026
Join us on campus to find out with a deep dive on our Bachelor of Engineering. You'll get a breakdown of our different majors, hear about scholarships, and visit some of the labs used by engineering students. We'll also have current students sharing their experiences – including why they chose Swinburne for engineering.
This info session will include:

- a 60-minute presentation on the Bachelor of Engineering, including a Q&A
- networking with Swinburne staff, students and industry partners
- a look at our Smart Structures and Digital Construction labs
- complimentary light refreshments.

Find out more

QTAC Student Information Night 2026

Organisation: Queensland Tertiary Admissions Centre
Location: Online
Date: August 20, 2026
TThinking of applying through QTAC? Join us for a live online session designed to give you the inside edge on submitting a successful application.
Whether you're applying straight from Year 12, returning to study, or changing direction, QTAC experts will walk you through key tips for a successful application.
This session is perfect for students (and parents!) wanting to feel confident and prepared throughout the QTAC process. Don't miss your chance to get insider advice straight from the source.
Find out more

AIM August Open Day, Melbourne

Organisation: Australian Institute of Music
Location: Australian Institute of Music, Melbourne Campus
Date: August 22, 2026

Join us at the Australian Institute of Music's Melbourne August Open Day and get a real feel for what it's like to study in one of the world's most exciting music cities.
Wander through our recording studios and performance spaces, chat with inspiring mentors and industry pros, and meet students and alumni who are already making waves in the industry, both at home and abroad.
You'll also have the opportunity to immerse yourself in hands-on workshops and interactive sessions that showcase the energy and creativity that connects our campus community. Plus, get insider tips on courses, career options, and how to start carving your path in the industry.
Whether you're exploring what's next or ready to turn your passion into your profession, our Melbourne Open Day is here to help you uncover your creative path.
Find out more

Deakin Open Day 2026, Melbourne

Organisation: Deakin University
Location: Deakin University, Melbourne Burwood Campus
Date: August 23, 2026
We're opening up our campuses again in August 2026! Experience first-hand why Deakin is the #1 Victorian university for course satisfaction and graduate employment.
Come to Open Day to find out how studying at Deakin lets you gain practical experience, make industry connections and build career confidence – everything you need to land the job you want.
Find out more

CSU Open Day 2026, Bathurst

Organisation: Charles Sturt University
Location: Charles Sturt University, Bathurst Campus
Date: August 23, 2026
Discover what uni life is like! Whether you're in high school, looking to upskill, want to change careers, or are a parent, teacher or carer – there's something for everyone.

- Jump on a campus tour – explore our facilities and accommodation.
- Get detailed info about courses.
- Chat to current students about Charles Sturt life.
- Be inspired by our expert teaching staff.
- Discover the social side of life at Charles Sturt.
- Enjoy live entertainment, giveaways, competitions and free food!

Plus, you can explore our expo, info, and career and skills hubs. Chat to our friendly teams about our support services, early offer programs and how to boost your hiring potential.
Find out more

ACU Open Day 2026, Ballarat

Organisation: Australian Catholic University
Location: Australian Catholic University, Ballarat Campus
Date: August 23, 2026
Open Day gives you the opportunity to ask our teaching staff any questions you might have about your dream course, the application process, pathway options, entry schemes and more. Chat to current students and discover the facilities your new campus has to offer. And sit in on information sessions from each of the faculties to find out more about the courses you're interested in.
Find out more

La Trobe Open Day 2026, Bendigo

Organisation: La Trobe University
Location: La Trobe University, Bendigo Campus
Date: August 23, 2026
Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

Find out more

Federation Open Day 2026, Ballarat

Organisation: Federation University
Location: Federation University, Mt Helen, SMB & Camp Street Campus
Date: August 23, 2026
Experience Open Day at Federation University. From campus tours to live music and hands-on experiences, there’s something for everyone.
Why come to Open Day?

- Tour the campus with current students
- Meet our academics, students and industry partners
- Enjoy food stalls, live music, games and giveaways
- Attend info sessions with expert course advice

Find out more

Next Week's Events

CQU Education Open Day Webinar

Organisation: CQUniversity
Location: Online
Date: August 24, 2026
With courses available across early childhood, primary and secondary teaching, our friendly education academics will explain what it’s really like to study at CQU. You’ll learn about our strong local networks, the support services that help you succeed, and how CQU prepares you for a rewarding career in the classroom.

Find out more

ACU Year 12 VCE Revision Webinars

Organisation: Australian Catholic University
Location: Online
Date: August 24 to August 27, 2026
Worried about your Year 12 exams? You're not alone.
Join our free online webinars from 24 - 27 August 2026. They are live, expert-led sessions designed to help you walk into your exams feeling prepared.

Can't attend live? Register anyway – recordings are available to registered attendees for one week after each webinar.
Find out more

BDO's High School Leaver Program information session

Organisation: BDO Australia
Location: Online
Date: August 25, 2026
Join BDO Australia and Chartered Accountants Australia & New Zealand (CA ANZ) to discover a different way to start your career. Our High School Leavers Program offers students the opportunity to step straight into a full-time permanent role, earn an income, gain real-world experience and complete the CA ANZ Fundamentals Pathway at the same time, without going to university.
In this free online information session, you'll learn how students can build professional skills, work towards becoming a Chartered Accountant with a recognised qualification and start their careers from day one.
We'll cover:

- How the High School Leavers Program works
- The types of roles available at BDO and what participants do day to day
- The CA ANZ Fundamentals Pathway and how students combine work and study
- The support available, including funded study, study leave, mentoring and professional development
- The benefits of earning an income while gaining practical experience
- How this pathway differs from the traditional university experience.

Find out more

GOTAFE Careers & Futures Expo

Organisation: GOTAFE
Location: GOTAFE, Fryers Street Campus
Date: August 25, 2026
Thinking about the future? Whatever stage of the journey you're at, the Careers & Futures Expo can provide you with important information to help guide you on your path.

- **Meet with teachers**: Explore your future study options and experience what it's really like to be a TAFE student.
- **Connect with industry**: Discover real job outcomes and career pathways through industry experts and employers.
- **Chat with students**: Hear their stories and learn how TAFE can take you all the way to university and beyond.
- **Explore our facilities**: Join tours and interactive activities for a taster of the hands-on training we deliver, and what awaits beyond.

Find out more

Swinburne University Aviation Info Session for Future Students

Organisation: Swinburne University of Technology
Location: Swinburne Hawthorn Campus
Date: August 26, 2026
Join us on campus to get all the need-to-know details on studying aviation at Swinburne. You'll get a breakdown of all our different aviation courses, hear insights on entry requirements, and get expert tips on career opportunities. We'll also cover financial info, including scholarships.
This info session will include:

- a 60-minute presentation on Swinburne's aviation program and courses
- networking with Swinburne staff and industry partners
- complimentary light refreshments.

Find out more

Victorian Skills & Careers Expo

Organisation: Victorian Skills Authority
Location: Melbourne Convention & Exhibition Centre
Date: August 26, 2026
The Victorian Skills & Careers Expo brings together over 50 RTOs, TAFEs, and employers under one roof. Discover apprenticeship opportunities, speak with industry professionals, and find out how VET can launch your career. Ideal for school leavers, career changers, and parents.
Find out more

Admission to medicine at Sydney

Organisation: University of Sydney
Location: Online
Date: August 26, 2026
Join us ahead of Open Day to explore pathways to medicine at the University of Sydney. Learn about admission requirements, application dates and timelines, and the assessment process. We'll share details of the options available, whether you're applying to commence your studies after high-school, or after completing a bachelor's degree.
Through a live Q&A with our specialist staff, you'll have your questions answered ahead of Open Day, so you can arrive informed, have meaningful conversations with our team, and make the most of your time exploring our learning facilities.
Find out more

Study medicine at Sydney

Organisation: University of Sydney
Location: Online
Date: August 26, 2026
Join us ahead of Open Day to discover what it's like to study medicine at the University of Sydney and learn how we prepare future doctors to make a meaningful impact in Australia and around the world. Through a live Q&A with our specialist staff you'll have your questions answered ahead of Open Day, so you can arrive informed, have meaningful conversations with our team, and make the most of your time exploring our learning facilities.
Find out more

GOTAFE Careers & Futures Expo Wodonga

Organisation: Wodonga TAFE
Location: Wodonga TAFE
Date: August 27, 2026
Thinking about the future? Whatever stage of the journey you're at, the Careers & Futures Expo can provide you with important information to help guide you on your path.

- **Meet with teachers**: Explore your future study options and experience what it's really like to be a TAFE student.
- **Connect with industry**: Discover real job outcomes and career pathways through industry experts and employers.

- **Chat with students**: Hear their stories and learn how TAFE can take you all the way to university and beyond.
- **Explore our facilities**: Join tours and interactive activities for a taster of the hands-on training we deliver, and what awaits beyond.

Find out more

Swinburne Health Info Session

Organisation: Swinburne University of Technology
Location: AMDC301 Hawthorn campus, Swinburne University
Date: August 27, 2026
Join us on campus for all the need-to-know details on studying health at Swinburne.
Get a breakdown of our different courses and majors, including health science, exercise and sports science, nutrition, and biomedical science. You'll also learn about entry requirements and even hear expert career tips.
This info session will cover the following health courses:

- Bachelor of Health Science
- Bachelor of Exercise and Sports Science
- Bachelor of Nutrition
- Bachelor of Biomedical Science

What to expect

This info session will include:

- a 60-minute presentation on Swinburne's health courses, including a Q&A
- networking with Swinburne staff, students
- complimentary light refreshments.

Find out more

Wodonga TAFE Careers & Futures Expo

Organisation: Wodonga TAFE
Location: Wodonga TAFE
Date: August 27, 2026
Thinking about the future? Whatever stage of the journey you're at, the Careers & Futures Expo can provide you with important information to help guide you on your path.

- **Meet with teachers**: Explore your future study options and experience what it's really like to be a TAFE student.
- **Connect with industry**: Discover real job outcomes and career pathways through industry experts and employers.
- **Chat with students**: Hear their stories and learn how TAFE can take you all the way to university and beyond.
- **Explore our facilities**: Join tours and interactive activities for a taster of the hands-on training we deliver, and what awaits beyond.

Find out more

ADF Trade Careers Virtual Information Session

Organisation: Australian Defence Force
Location: Online
Date: August 27, 2026

Apply your existing trade skills or receive world-class training in order to work with formidable military assets and enjoy the many benefits of a career in the Australian Defence Force.
To find out more about available trade roles, come along to an info session and speak with current serving personnel.
It is highly recommended you book as soon as possible to avoid missing out as places are strictly limited!
Find out more

Collarts Open Day 2026, Melbourne

Organisation: Australian College of the Arts
Location: Collarts, Melbourne Campuses
Date: August 29, 2026
At Collarts, our Open Day is all about making this process simple and hands-on. Information sessions, workshops and the chance to chat with students, teachers and leaders are an important part of learning more about what sets us apart from the rest.
We invite you to come and experience life at Collarts: from our passion for creativity, close community, industry-level facilities, expert faculty, and more.
From guided tours to live demonstrations, here are some of the activities you can catch at the next Collarts Open Day:

- **Guided tours:** Experience our campuses firsthand with guided tours led by our enthusiastic Student Ambassadors.
- **Info hubs:** Our info hubs provide convenient drop-in spaces where you can have direct conversations with Program Leaders, Academics, and students about your desired course.
- **Demonstrations:** Demonstrations are your chance to see our course content come to life. They allow you to be actively involved in projects and see our cutting-edge equipment in action, so you can get a firsthand preview of what studying at Collarts is really like.
- **Displays:** Our campus displays are positioned throughout different areas of our campuses, offering a showcase of our community's achievements and journeys.

If you have specific accessibility needs or require additional assistance, please contact Collarts in advance, and they will do their best to assist you.
Find out more

Torrens University Open Day 2026, Melbourne

Organisation: Torrens University Australia
Location: Torrens University, Flinders Street Campus
Date: August 29, 2026
Come and meet our academics and Future Student Advisors, who will be able to answer all your questions about early entry, scholarships, entry pathways and our world-class facilities.
Explore our campus and see firsthand how exciting studying in Melbourne can be.

- Talk to our academics and Future Student Advisors about choosing courses, scholarships and the application process.
- Embark on a guided tour of our campus facilities and get a feel of our recreational spaces, teaching spaces and more.
- Meet our current students and find out what their experiences studying at Torrens University is like.

Find out more

LCI Melbourne Open Day 2026

Organisation: LCI Melbourne
Location: LCI Melbourne
Date: August 29, 2026
We're excited to welcome you to LCI Melbourne's 2026 Open Day!
Join us at our Collingwood campus for a day of creativity, connection, and discovery. Whether you're set on a career in the creative industries or still exploring your options, this is your chance to experience life at LCI Melbourne.
Experience Every Discipline
Step inside our studios, chat with mentors, meet current students, and get hands-on in activities across:

- Fashion & Costume Design
- Graphic & Digital Design
- Interior Design
- Visual Arts
- Business & Innovation

Register now to be the first to receive our Open Day itinerary and hear about our on the day prizes and activations.
Find out more

VU Open Day 2026, City Tower

Organisation: Victoria University
Location: Victoria University, City Tower Campus
Date: August 30, 2026
Open Day is your chance to explore everything unis like VU have to offer – in person.
You can tour our campuses, explore our state-of-the-art facilities, chat with students and teachers, get course advice, attend hands-on workshops and demos, and experience what student life could look like for you! It's a really valuable experience to getting the inside scoop on campus and life at uni or TAFE in general before you even finish school.
It also gives you a great opportunity to apply on the spot for our Early Entry program, or even apply for a course right there and then!
Find out more

Future Events

Melbourne Polytechnic Information Technology & Security Online Information Session

Organisation: Melbourne Polytechnic
Location: Online
Date: August 31, 2026
Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.
Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.
Find out more about the following course(s) at Melbourne Polytechnic:

- Certificate III in Information Technology

Find out more

Monash Information Evening – Webinar

Organisation: Monash University
Location: Online

Date: September 1, 2026
Choosing a university is a big decision.
Join our Monash webinar to have your questions answered and get the key details you need to plan your next step.
You'll discover what it's like to study at Monash, and hear about our courses, accommodation, scholarships, support services and campus life. You'll also gain insights about moving to Monash and settling in.
This session is ideal if you're:

- Considering moving from interstate, or
- From regional or rural Victoria, or
- Live in Melbourne and are keen to know more about Monash.

Register now to secure your place.
Find out more

Torrens University Virtual Open Day 2026

Organisation: Torrens University Australia
Location: Online
Date: September 1 to September 2, 2026
Ready for the next step on your career journey? Join us online as our academics talk you through the courses on offer and how you can get the most out of studying with us. Learn about scholarships, study pathways, our industry partnerships with global brands and what sets us apart from other universities.

- Business, Education, Health, Hospitality, Technology and Higher Degrees by Research: Tuesday 1 September - 6pm - 7pm (AEST)
- Design: Wednesday 2 September - 6pm - 7pm (AEST)

Find out more

Chadstone Careers Expo 2026

Organisation: Chadstone
Location: Vicinity Tower One Lobby
Date: September 2, 2026
Chadstone and Holmesglen Institute are excited to host a Careers Expo to promote employment opportunities at Chadstone.
These companies will be present on the day to meet with candidates and talk about current job opportunities. Keep in mind the list isn't final and may change, so stay tuned for updates!
Who should attend
Open to job seekers aged 15+ who are legally permitted to work in Australia: students, school leavers, graduates, career changers and experienced job seekers are all welcome.
Event details
The event will be held in 2 bookable sessions:
Session 1 – 1:30pm to 3:00pm
Session 2 – 3:30pm to 5:00pm
Venue: Chadstone Shopping Centre, Vicinity Tower foyer (LXD Lounge)
Can't interview with everyone in person?
Use our Digital Resume Submission Wall to scan the QR codes on the day to submit your resume directly to participating retailers you're interested in.
Want a sneak peek of what to expect? Just Google 'Chadstone Career Expo connects retailers with job seekers' to check out highlights from last year's event!
Get retail ready
The Holmesglen Employment Centre team will be running a free online workshop on Interview

Techniques and Resume Writing on Tuesday, 25th August to help you become retail ready and boost your confidence for the Expo. **Bring your resume along on the day, digitally or in hardcopy. As this is a real interview opportunity, business or professional attire is required for entry, besides school uniform.**
Find out more

Study medicine at Sydney

Organisation: University of Sydney
Location: Online
Date: September 2, 2026
Join us to discover what it's like to study medicine at the University of Sydney and learn how we prepare future doctors to make a meaningful impact in Australia and around the world.
Through a live Q&A with our specialist team, you'll gain valuable insights into your study options and ask any questions you may have as you consider your future in medicine.
Find out more

Admission to medicine at Sydney

Organisation: University of Sydney
Location: Online
Date: September 2, 2026
Join us to learn about admission requirements, application dates and timelines, and the assessment process. We'll share details of the options available, whether you're applying to commence your studies after high-school, or after completing a bachelor's degree. Through a live Q&A with our admission specialists, you'll gain valuable insights into the application process, better understand the options available to you, and ask your questions to help you plan your next steps with confidence.
Find out more

Massey University International Online Open Day

Organisation: Massey University
Location: Online
Date: September 5, 2026
Join us in New Zealand. Each year, more than 5,000 international students from over 100 countries find a warm welcome at Te Kunenga ki Pūrehuroa Massey University.
During the event, you'll hear from our academics, current students and support staff as they share insights into studying at Massey and answer some of the most common questions from future international students.
During the event, we'll cover topics including:

- Courses and qualifications available including graduate outcomes
- Our campuses in New Zealand and accommodation options
- What makes Massey unique
- Student life in New Zealand
- Student support services including careers
- Admission and enrolment support
- Fees and funding

You'll also have the opportunity to connect with Massey staff and ask questions about your study options, helping you choose the qualification that's right for your interests and career goals.

Whether you're just starting to explore university or have applied already, you'll leave with a better understanding of what studying at Massey is like and the next steps to begin your journey.
We can't wait to welcome you to Massey University's 2026 International Online Open Day.
Find out more

Chisholm Institute Info Day for Future Students, Dandenong

Organisation: Chisholm Institute
Location: Chisholm Institute, Dandenong Campus
Date: September 9, 2026
Whether you want to start a new career, upskill in your current one or are still exploring your options, Info Day is your chance to experience Chisholm up close. Chat with our teachers, tour our campuses, and find out how we can support your study journey – for the better.
Find out more

Federation Nursing & Individual Support Information Session, Horsham

Organisation: Federation University
Location: Federation University, Wimmera Campus
Date: September 15, 2026
The session will cover both Certificate III in Individual Support and Diploma of Nursing.
The Teachers will talk about the Programs, how many day per week and how long the course goes for, they will show a PowerPoint presentation and run through information on the courses, talk about Placement, Fee's and Charges, Uniforms, Scholarships, how to apply, entry requirements, applications, LLN, Interviews etc.
Find out more

Mission Control at Parliament House for Year 7-12 Students

Organisation: Australian Space Agency
Location: Parliament House, Parliament of Victoria
Date: September 16, 2026
The space sector is set to triple in size by the year 2028 and will have a role in many diverse industries including agriculture, meteorology, precision mapping and health. What industries would it take to make Mars our home?
In this program, students will think critically about the skills and knowledge needed for a successful mission to Mars. After debating and voting on industries to send on the mission, in a way that mirrors Victoria's parliamentary process, they will work collaboratively to complete a hands-on design challenge as they consider how to sustainably power operations, feed the population, and communicate across the far reaches of space.
This program is a collaboration between Science Gallery Melbourne, Australian Space Agency and Parliament of Victoria.
Find out more

Whitehouse Institute of Design Fashion Illustration Workshop – Melbourne

Organisation: Whitehouse Institute of Design
Location: Whitehouse Institute of Design, Melbourne Campus
Date: September 19, 2026
In this 1-day workshop, you will gain an understanding of how to complete Fashion Illustrations. At the end of this workshop, you will have covered illustration content ready for an application to study a creative degree and receive a certificate of completion.
The workshop focuses on the following areas of skill development:

- Fashion illustration techniques and methods
- Application of pencils, professional markers, and felt-tip pens for professional rendering
- Fabric texture and surface rendering
- Exploring an individual design aesthetic.

This workshop is for aspiring designers as a starting point for those wishing to develop their illustration skills.
Find out more

Whitehouse Institute of Design Studio Lighting and Fashion Photography Workshop – Melbourne

Organisation: Whitehouse Institute of Design
Location: Whitehouse Institute of Design, Melbourne Campus
Date: September 21, 2026
This is a hands-on 1-day workshop designed for aspiring photographers eager to learn the fundamentals of camera settings, studio lighting, and fashion photography.
Whether you're just starting out or looking to strengthen your technical foundation, this workshop will guide you through the essentials—from mastering manual mode to setting up professional lighting and capturing dynamic fashion portraits.
Perfect for beginners looking to expand into the world of studio and fashion photography.
Find out more

Camp SEEK 2026 for Year 9-10 Girls & Non-binary Students

Organisation: SEEK
Location: SEEK HQ Melbourne
Date: September 21 to September 24, 2026
Camp SEEK is a four-day immersive daily learning program for Year 9 and 10 girls and non-binary students. Spend four action-packed days at SEEK HQ in Melbourne learning about careers in technology, developing coding, design and product practical skills, exploring real-world problem solving and pitching with your fellow Camp SEEKers.
The technology industry is not as diverse as it could be. There is a shortage of women and non-binary talent in STEM school subjects, at the tertiary level and in the workforce. As a leading technology company, we champion diversity within our industry and our own talent pipeline, and Camp SEEK is one of our favourite, and most fun, programs. It is designed to increase the number of girls and non-binary students who choose to pursue a career in technology.
Participants must be currently enrolled as a high school student in Year 9 or 10 in Australia and have not completed the Camp SEEK program previously.
Find out more

AIM Music Theatre Audition Workshop, Melbourne

Organisation: Australian Institute of Music
Location: Australian Institute of Music, Melbourne Campus
Date: September 29 to September 30, 2026
If musical theatre is your passion, this is where your industry journey begins.
AIM's Music Theatre Holiday Workshop is an immersive two-day experience designed for high school students who are serious about pursuing a career in musical theatre.
Working directly with the industry professionals who teach our Bachelor of Music Theatre, you'll build the skills, refine your repertoire, and receive the kind of hands-on feedback that prepares you to walk into your Bachelor of Music Theatre audition with confidence.
Find out more

RMIT University Student for a Day Experience for Year 10-12 Students

Organisation: RMIT University
Location: RMIT City Campus
Date: September 30, 2026
Want a taste of life after high school? Register your interest in being a Student for a Day at RMIT this September school holidays.
Aimed at high school students in Years 10, 11 and 12, this event will let you experience student life at RMIT and discover more about our courses.
Find out more

Swinburne Innovation in Action for Year 10-12 Students

Organisation: Swinburne University of Technology
Location: Swinburne University of Technology, Hawthorn Campus
Date: September 30, 2026
The Swinburne Innovation in Action school holiday program is a 1-day program based at our Hawthorn campus where Year 10 - 12 students are given the knowledge and tools they need to come up with brilliant new ideas to solve real-world problems.
In this free program, you will:

- Identify and analyse a real-world problem
- Design possible solutions to your chosen problem
- Create a rapid prototype for your solution
- Pitch and evaluate your prototype with your peers

Find out more

CDW Studios Digital Art Holiday Workshop for Ages 14+ Melbourne & any age Online

Organisation: CDW Studios
Location: CDW Studios, South Bank Campus & Online
Date: October 2, 2026
Our **FREE** holiday workshops give students an opportunity to attend a full day workshop with some of Australia's best professional artists. Held in **Adelaide, Melbourne & Sydney** during school holidays, participants get an introductory insight to the industry whilst learning techniques that they can apply straight away!
Our free holiday workshops are perfect for beginners who wish to learn more as well as more experienced artists who want to push their work to the next level. These courses are a fantastic starting point for those who are curious about venturing into the competitive world of visual effects and entertainment design.
Take this rare opportunity to learn from professional artists in a fun, engaging environment.
Find out more

Create for a Day at SAE Melbourne

Organisation: SAE University College
Location: SAE University College, Melbourne Campus
Date: October 3, 2026
This October school holidays, SAE University College Melbourne is opening its doors for Create for a Day: a one-day, hands-on experience where you'll step into the studio, lab or production space and start creating.
Choose from:

- Animation
- Audio

- Computer Science
- Film
- Games
- Songwriting & Electronic Music Production
- VFX

Create for a Day lets you skip the textbooks and jump straight into building, recording, designing, coding or filming, all guided by lecturers who work in the industry.
By the end of the day, you'll walk away with your own finished project and a certificate of participation, plus a clearer idea of what studying at SAE is really like and where your skills could take you in the future.
Open to students in Years 10-12 and young creatives up to age 21.
Find out more

It Takes a Spark STEM Conference for Year 4-10 Students and Teachers, Melbourne

Organisation: Intuyu Consulting Pty Ltd
Location: The Knox School
Date: October 22, 2026
Most conferences currently being offered on STEM, STEAM and Entrepreneurship tend to be targeted towards teachers and involve a series of speakers and the occasional mini-workshops. This conference is designed to be different. This conference is designed by students and teachers for students and teachers.
The intent of the It Takes a Spark STEM Conference is to bring together Students (Year 4 to 10) and Teachers to connect with inspiring industry role models, share their current school based activities and projects using an authentic sharing and experiential model, create networks of teachers and student teams, and solve social justice design challenges.
The participation of the students is as important as teachers as our intent is to ignite, empower and nurture both to be leaders of STEM and Entrepreneurship within their schools. This is a conference designed and led by students and teachers for students and teachers.
Teachers will have both formal and informal opportunities to speak to other teachers who have enacted programs and activities in their schools and get their questions answered.
The Problem Solver design challenges are all hands-on so students and teachers will experience first-hand what it is like to be part of great STEM and entrepreneurial learning. This will spark new ideas about curriculum and pedagogy.
Find out more

VU TAFE Open Night 2026, Sunshine Campus

Organisation: Victoria University
Location: Victoria University, Sunshine Campus
Date: October 22, 2026
Future TAFE student? We've got an event just for you.
Join us at Sunshine for an action-packed evening to explore TAFE options in trades, health, English language and cyber security.
Meet students and teachers, explore campus and facilities, and discover courses designed to get you job-ready from day one.
Find out more

Deakin A Day in the Life of a Medical Imaging Student – Year 11 & 12, Geelong

Organisation: Deakin University

Location: Deakin University, Geelong Waurn Ponds Campus
Date: October 28, 2026
Step into the world of medical imaging and experience university life before you even finish school.
This immersive day gives Year 11 and 12 students who live in the South West and Grampians/Wimmera regions the chance to see what it's really like to study medical imaging at Deakin – from hands-on practical activities to exploring the technology that helps diagnose and treat patients every day.
You'll connect with Deakin academics and current students, discover entry pathways to your ultimate course and start imagining where a career in medical imaging could take you.
Deakin will provide shuttle buses from select locations in the South West and Grampians regions.
Expressions of interest close Friday 2 October 2026.
Find out more

Yr 12 & Beyond with ADHD – Webinar for Year 12 Students and Parents

Organisation: ADHD Webinars
Location: Online
Date: October 29, 2026
Designed to help Year 12 students and parents navigate the transition to tertiary study or employment with practical ADHD management strategies. It offers actionable guidance on post-school options, strengths and interests, accommodations, and setting up tailored support systems.
Find out more

Procrastination & ADHD – Webinar for Year 10, 11, 12 Students and Parents

Organisation: ADHD Webinars
Location: Online
Date: November 5, 2026
A practical session focusing on why ADHD brains procrastinate and how students in Years 10–12 can overcome executive dysfunction. Attendees will learn evidence-based study tools, time-management hacks, and task-initiation techniques.
Find out more

Year 11 & Beyond with ADHD – Starting Strong in the Senior Years

Organisation: ADHD Webinars
Location: Online
Date: November 26, 2026
Focuses on setting senior students up for success as they enter their final school year and look ahead to future pathways. This webinar for parents, senior high school students and career practitioners covers strategies for managing workload stress, building independence, and planning post-school transitions.
Find out more

Competitions

Blue Ocean Student Entrepreneur Competition

Organisation: Blue Ocean
Location: All
Value: Up to US$1,000

Close Date: February 21, 2027
Find out more

OzKids Writing and Art Competition
Organisation: OzKids
Location: Australia
Value: See details
Close Date: September 30, 2026
Find out more

AI for SDGs – Global Youth AI Future Innovation Competition
Organisation: UNU Global AI Network
Location: All
Value: See details
Close Date: September 15, 2026
Find out more

Global Integrated Flood and Drought Management Competition for Youth-Led projects
Organisation: World Meteorological Organization
Location: All
Value: See details
Close Date: August 31, 2026
Find out more

Wharton Global High School Investment Competition
Organisation: University of Pennsylvania, Wharton School of the University of Pennsylvania
Location: All
Value: See details
Close Date: September 11, 2026
Find out more

Experiences

Monash Engineering Girls (MEG) for Years 9-12
Organisation: Monash University
Location: Monash University
Find out more

Weekly Posts

Jobs & Careers

The scientists behind the food you eat
Every packet, carton, and takeaway container on the shelf has been through the hands of several scientists before it reaches you. From the way a product is designed to how it's tested, processed, and checked for safety, there's a surprising amount of science behind something as ordinary as breakfast. Here's a look at five careers doing that work.

Food Technologist
Turning a recipe that works in a small kitchen into something that can be made safely and consistently at scale is the job of a Food Technologist. That means choosing the right processing methods, such as heat treatment, freezing, or packaging systems, and solving the problems that come up when a product behaves differently in a full production line than it did in early testing. Food Technologists work closely with engineers and production teams, and they're often the ones adapting existing products or developing new ones in response to changing tastes, such as plant-based alternatives.
Entry usually comes through a qualification in food technology or food science, which typically includes a strong practical or laboratory component alongside the theory. Some people also move into the role from an engineering or production background and specialise once they're working in food manufacturing.

Sensory Scientist
A Sensory Scientist studies how people actually experience food and drink, covering taste, smell, texture, and appearance. Much of the work involves designing and running tests, from training panels of tasters to describe products using precise and consistent language, to running broader consumer trials and interpreting the results with statistical methods. That information then feeds back to product developers, helping them understand exactly what needs to change if a product isn't landing the way it should.
Most Sensory Scientists come from a science background, often food science, psychology, or chemistry, and then build specific training in sensory evaluation methods on top of that. It's a role that suits someone who's naturally curious about why people like what they like, not just what's in a product.

Food Microbiologist
Food Microbiologists study the bacteria, yeasts, and moulds that show up in food, and the work splits into two quite different directions. One side is about safety, testing for harmful organisms and investigating contamination issues before they become a problem. The other is about the beneficial microbes behind fermented foods like yoghurt, cheese, and sourdough, where understanding the science means being able to improve flavour, texture, and shelf life on purpose rather than by accident.
Getting into the role usually means a qualification in microbiology or a related biological science, often starting out in a laboratory-based position within a food safety team before moving into more specialised research work.

Nutritional Scientist
Rather than working directly with patients, a Nutritional Scientist researches how food and nutrients affect the body more broadly, often through studies that look at diet and health outcomes across a population. That research could inform food labelling guidelines, support new product formulations, or feed into public health policy, depending on where the role sits. This is a distinct pathway from clinical dietetics, which involves direct patient care and usually requires separate accreditation. A Nutritional Scientist role typically starts with a qualification in nutrition science, which overlaps closely with biology and biochemistry, and can lead into industry research, academia, or government health roles.

Food Safety Auditor
A Food Safety Auditor inspects production facilities and processes to check they're meeting safety and quality standards, reviewing documentation, identifying risk points, and working with manufacturers to fix issues before they become bigger problems. It's a role that combines

scientific knowledge with a sharp eye for detail, since a single overlooked step in a process can affect an entire batch of product.
Many Food Safety Auditors start out in quality assurance roles within food manufacturing, often with a qualification in food science or microbiology, and move into auditing once they've built up practical experience and additional certification in food safety standards.

What you'd need to get started
All five of these careers build on a foundation of science subjects at school, particularly chemistry and biology, alongside a genuine curiosity about how things work at a small scale. Comfort with detailed, methodical work matters across the board, whether that's running a lab test correctly or documenting a production process accurately.
Communication also turns up more than you'd expect. Scientific findings only create change if someone can explain them clearly to a product developer, a production manager, or a regulator who isn't a scientist themselves, so being able to translate technical detail into something practical is genuinely useful across every one of these roles.
If you're interested in exploring more careers, head to our jobs and careers page for more.

Job Spotlights

How to become a Civil Engineer

Civil Engineers design and oversee the infrastructure that connects and sustains communities, from roads and bridges to water systems, drainage networks, and public transport corridors. They work across the full timeline of a project, from initial concept and design through to construction oversight and long-term maintenance planning.
If you enjoy solving complex technical problems, want to see your work take physical shape in the world around you, and are drawn to building the systems people rely on every day, engineering could be the right direction.

What skills do I need as a Civil Engineer?

- Analytical & logical thinker
- Strong mathematical ability
- Technical problem-solver
- Clear communicator
- Collaborative & team-focused
- Attention to detail
- Project management ability
- Adaptable under pressure

What do Civil Engineers do?
A large part of your work begins with analysis and design. You'll assess sites, model structural and hydraulic systems, and develop engineering solutions that meet safety standards, regulatory requirements, and the practical needs of the project. This involves specialist software for modelling and analysis, and a solid understanding of how materials and systems behave under different conditions. Before any physical work begins, you'll prepare technical drawings, specifications, and reports that contractors and construction teams will work from.
During construction, you'll move between the office and the site, reviewing progress, resolving technical issues as they emerge, and making sure work is being carried out to the required standards. You'll liaise regularly with construction managers, architects, planners, and clients, translating technical requirements into practical guidance and flagging problems before they become costly. The ability to communicate complex engineering information clearly to people

without an engineering background is a skill that you'll have to develop quickly and use constantly.
Beyond individual projects, civil engineers contribute to feasibility studies, environmental assessments, and long-term infrastructure planning. With experience, many develop expertise in a particular area such as structural engineering, transportation, hydraulics, or geotechnical engineering. Others move into project management or technical leadership, overseeing teams of engineers across large and complex programs.

What kind of lifestyle could I expect?
Civil Engineers work for engineering consultancies, construction and infrastructure firms, local and state government agencies, and large resource and utilities companies. The public sector offers roles in roads, water, and urban infrastructure, while the private sector spans consultancies working across multiple clients and contractors delivering major projects. The breadth of industries that employ civil engineers is one of the practical strengths of the qualification.
Hours are above average, particularly during active project delivery phases when deadlines are tight and technical issues require prompt resolution. The role is primarily office-based, with regular site visits that vary in frequency depending on the project stage. Some roles involve travel to regional or remote locations, particularly in infrastructure and resources. Flexibility is moderate, with hybrid arrangements increasingly common for office-based work.
The physical demands are generally low to moderate, though site visits require appropriate safety gear and awareness of working environments. Salaries are above average, and the profession has a strong outlook driven by sustained government investment in infrastructure, urban growth, and the ongoing transition to renewable energy systems.

How to become a Civil Engineer

- **Complete an accredited engineering degree:** A bachelor's degree in civil engineering is the standard entry point. Accreditation by the relevant professional engineering body is important, as it underpins your path to professional recognition later in your career. Some programs offer combined degrees or honours pathways that can strengthen your graduate prospects.
- **Gain practical experience during your studies:** Vacation work, cadetships, and internships with engineering consultancies or government infrastructure agencies are valuable and often competitive. Getting onto a real project while still studying gives you context for what you're learning and builds relationships that can lead to graduate roles.
- **Work toward professional recognition:** After graduating, engineers typically work toward chartered or professionally recognised status through their professional body. This involves a period of supervised practice and a competency assessment, and it's the benchmark that signals full professional standing in the industry.
- **Build technical depth and breadth:** Early in your career, seek exposure to different project types and engineering disciplines. The engineers who progress fastest tend to be those who develop technical depth in one area while maintaining enough breadth to work effectively across a project team.

From here, you could move into senior engineering roles with responsibility for complex projects, pursue chartered status and take on technical leadership, specialise in a particular discipline such as structural, hydraulic, or transport engineering, or transition into project management, infrastructure advisory, or executive roles within large organisations.

What can I do right now?

If you're in high school and interested in working as a Civil Engineer, here are some practical steps:

- Prioritise mathematics and physics, as these subjects form the technical foundation of engineering study and are prerequisites for most civil engineering degree programs
- Look for engineering enrichment programs, competitions, or workshops run by universities or professional engineering bodies, many of which are open to secondary students and give you a taste of real engineering thinking
- Seek work experience with a local engineering consultancy or government infrastructure team to see how civil engineers spend their time and what kinds of projects they work on day to day

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

Jobs & Careers, Pathways

How to make the most of National Science Week 2026

National Science Week began in 1997, growing out of an earlier initiative called Australian Science in Schools Week that had been running since 1984. It was originally held in May, but moved to its current August slot in 2002 and has stayed there ever since. Today it's delivered through a partnership between the federal government, universities, schools, museums, research organisations like CSIRO, and community groups, alongside major partners such as Questacon and the ABC. More than two thousand events are registered each year, reaching an estimated three million Australians in some form.

This year's theme: Seeds of Science

Each year, National Science Week is built around a theme, and for 2026 it's Seeds of Science: Nurturing knowledge for all. Just like a seed needs the right conditions to grow, knowledge grows when it's shared, questioned, and applied to real problems. The theme focuses on that process itself: how ideas start small, get shared, and eventually turn into something useful.

How to find events near you

The easiest way to find out what's happening is through the official National Science Week website, which has a search tool built specifically for this. You can filter events by your state and by topic, covering areas such as:

- Agriculture
- Chemistry and materials
- Energy and transport
- Environment and nature
- Health and medical
- Indigenous knowledge
- Innovation and technology
- Space and astronomy

The site also runs its own national programs you can join without leaving home, on top of the usual in-person talks, workshops, and exhibitions. SCINEMA is an international science film festival that screens as part of the week, with programs ranging from short animations to full length documentaries, and it's free to watch. Brain Break offers quick activities designed to fit into a lesson or a work break, for anyone who'd rather dip in for ten minutes than commit to a whole event. When choosing what to attend, think about whether you'd rather do something hands-on or watch something, whether it's free or ticketed, and whether it actually connects to something you're curious about rather than picking the first thing that shows up.

Science Week beyond the classroom
Plenty of schools run their own activities during the week, but a lot of the most interesting events happen outside school hours, run by universities, museums, research institutions, and community organisations independently of any school involvement. Many science centres and observatories run their own dedicated Science Week programs too, worth checking even if you've never thought of yourself as someone who visits museums.
Going looking for something specific to you, rather than only experiencing whatever your school happens to organise, opens up a lot more options. If there's a field you're curious about that your school doesn't really touch on, there's a decent chance someone, somewhere, is running an event on it that week.

How Science Week connects to your future
It's easy to treat a science event as a one-off day out, but the fields you're exposed to during the week could inform decisions you make later, like which subjects to pick or what direction you want to explore after school. Sitting in on a talk about an area you'd never really considered, or finding out a field you assumed was boring turns out to be interesting, can shift how you think about your future well before you're locked into anything.

Using Science Week as a career exploration tool
If you want to get more out of the week than just attending, there are a few ways to use it more deliberately. Talking directly to the researchers or professionals running an event is one of the simplest ways to find out what a field actually involves day to day, beyond what you'd get from a textbook. Events connected to specific industries, such as those run by research organisations or companies, can also give you a more realistic sense of how a subject translates into actual work. And because the week often covers areas that don't get much airtime in the school curriculum, such as quantum sensing or aquaculture, it's a chance to test your interest in something before you'd ever get the option to study it formally.

Science Week isn't just for science people
If science hasn't exactly clicked for you at school, National Science Week tends to present it very differently to how it shows up in the classroom. There's no test at the end, no marks, and no requirement to already understand the theory before you're allowed to find something interesting. A lot of events lean into hands-on activities, direct conversations with people working in the field, and topics that connect science to everyday life, rather than sticking strictly to a curriculum.
Plenty of students who feel disengaged from science in class find themselves interested in it once it's presented this way. If your only experience of science has been sitting through lessons that didn't grab you, this week is a low stakes opportunity to see whether the subject itself was the problem, or just the way it was being taught.

Making the most of it
There's no need to attend a dozen events to get value out of National Science Week. Picking even one or two things that interest you, whether that's a local workshop, a SCINEMA screening, or a museum exhibition, is enough to get something out of it. Go in with a bit of curiosity rather than an obligation to tick boxes, and use it as a chance to explore ideas you wouldn't normally have access to.
If something you discover during the week sparks a real interest, our jobs and careers section is a good place to start looking at how different fields and industries translate into actual career paths.

Study

The benefits of accelerating a subject in high school

Year 12 has a reputation for being stressful, and for many students, that reputation is well earned. Exams, assignments, and the pressure to perform as well as making post school decisions and getting "life ready" can all land at once.

Accelerating a subject, which means studying it ahead of your year level, is one way for some students to take a bit of that pressure off. It isn't the right choice for everyone, but for the right student, it could help senior school feel far more manageable. Here's a closer look at some of the benefits for the right candidates.

A lighter workload in year 12

Studying five or six senior subjects all at once, alongside exams and assessments for every one of them, is a lot to juggle. One of the clearest benefits of acceleration is that it spreads your workload across more years instead of cramming it all into your final one. If you complete a senior subject in year 10 or 11, you won't need to study it again in year 12. That leaves more time and mental energy for your remaining subjects.

Room to take on more subjects

Acceleration also opens the door to studying a wider range of subjects than you otherwise could. If you're keen to tackle the maximum number of subjects completing any of those subjects sooner could free up a space for competing subjects in your timetable down the track. This could be particularly useful for students who want to keep multiple pathways open, such as combining sciences with a language, or humanities with mathematics. Rather than having to choose between subjects you love, acceleration sometimes lets you fit more of them in over your whole schooling, rather than squeezing them into just two years.

What it can mean for your ATAR

This part varies depending on where you live, so it's worth checking the specific rules for your state or territory. That said, in most parts of Australia, subjects completed early can still count towards your ATAR calculation, the same as if you'd studied them in year 12. In New South Wales, for example, your ATAR is based on an aggregate of your best subject results, gathered over a period of up to five years, so accelerated subject units from year 10 counts just as much as units from year 12. In Victoria, VCE study scores from an accelerated subject are scaled in the year they're completed, and can still contribute fully to your ATAR later on.

Because these rules differ by state and can change over time, it's best to confirm the details with your school or your state's tertiary admissions centre before assuming how it will affect you. What tends to hold true everywhere, though, is that finishing a subject early means one less thing competing for your attention in your final exam season, which could make it easier to perform well across the board.

Experience high level studies earlier

Completing a senior subject early gives you a taste of what senior-level assessment feels like, including exam conditions and the pace of the work. This could help you to prepare for year 12, and get started feeling familiar with the level of work and expectations rather than overwhelmed, since you'll have already been through it once.

Some students also use an accelerated subject to apply for university credit or advanced standing, particularly if they go on to study something related at the same institution. This won't apply to every subject or every university, so it's worth doing your research or asking universities directly if this matters to you. If uni credits are what you're interested in, you can explore university at school programs as well.

Which subjects are most commonly accelerated

Mathematics is one of the most popular subjects to accelerate, and schools often have dedicated pathways for it. This is partly because maths builds in a clear, structured way from one year to the next, so a student who is ahead can usually move into the next stage without much disruption. Some schools run maths acceleration from year 8 or 9 onwards, feeding into extension subjects in later years.

Content-heavy subjects such as biology, geography, business studies and psychology are also popular choices. These subjects don't rely as much on skills you build slowly over several years. Instead, they're more about learning and using information within a shorter space of time, which makes them easier to fit into a compressed schedule. Languages are another common option too, especially if you're already a fluent speaker or you've been learning the language outside school for years.

Subjects that are harder to accelerate

Not every subject lends itself to acceleration in the same way. Sciences like chemistry and physics tend to be trickier, since they rely on layers of practical skills and technical knowledge built up gradually, and rushing through them can leave gaps that show up later.

English is another subject schools might be cautious about accelerating. It usually requires a level of maturity in analysing texts and forming arguments that develops with age, and because it's a prerequisite for most university courses, many schools prefer students to take the extra time rather than fast-track it. Subjects built around a folio or ongoing creative process, such as visual arts, drama, music and design technology, can also be difficult to accelerate, since the skills involved are usually developed through sustained practice rather than compressed study.

None of this means these subjects are off-limits. It simply means your school may look more closely at your readiness before agreeing to accelerate in them, and it's worth asking directly what their approach is.

Who tends to do well with acceleration

Acceleration usually suits students who are already excelling in their current year level and are asking for more. If you'd just like to accelerate to keep up with someone else in your cohort, then it might not be the best option for you. If you're an independent learner who manages their time well, and really enjoys the subject (rather than just being good at it), then you might find accelerating subjects a rewarding rather than draining experience and it could be an option to consider.

It's worth being honest with yourself, if you're already stretched thin with commitments outside school, are running full steam to keep up with assignments and assessments in your current year level, or if the main reason you're considering acceleration is pressure from family or friends, it's worth pausing. Acceleration should feel like an opportunity, not another obligation on the pile.

Before you approach your school

If you think acceleration could work for you, you'll need to have approval and support from your school. It will help if you go into that first conversation prepared. Think about why you want to accelerate your chosen subject and be able to explain your reasoning. Show how you'll manage the increased workload around your other subjects and other commitments, as well as being able to let them know what support you have in place and what extra support you'll need from them to succeed. It's also worth asking your school about their specific process, since requirements and timelines vary between schools as much as they do between states.

Talking to your careers advisor or a teacher you trust before you apply can help you go in with realistic expectations, rather than finding out partway through that it wasn't quite what you expected.

Ready to plan your subject pathway?
Acceleration can be an advantage for the right students, easing pressure later on and opening up more subject choices along the way. If you'd like to explore how it fits alongside your broader study options, visit our study pathways section for more guidance.

Youth

International Youth Day, not just a date on the calendar

Every year on 12 August, the world marks International Youth Day. It's a day set up by the United Nations to celebrate young people, highlight the challenges they face, and along with all International Days it's also to "educate the public on issues of concern, to mobilise political will and resources to address global problems, and to celebrate and reinforce achievements of humanity". But it's also a reminder that young people aren't just the leaders of tomorrow. You're already shaping the world today, whether that's through school projects, community groups, or speaking up about things that matter to you.

What is International Youth Day?
International Youth Day was created by the United Nations in 1999. The goal was simple: give young people a voice and a spotlight, and get governments and communities thinking seriously about the issues facing under-25s. Right now, there are roughly 1.2 billion young people aged 15 to 24 around the world making up 16% of the global population. That's a huge number of people with a massive amount of potential.
Each year has a different theme, and for 2026 it's "Different Contexts, Common Aspirations." It's a way of pointing out that although young people live in different countries and often very different circumstances, most of you want similar things, like dignity, opportunity, a good education, meaningful work, and a liveable future. This year's theme pays special attention to young people in countries facing extra challenges, like poverty, climate change, war, or limited access to technology, while still recognising the leadership and creativity they bring to their communities.

Why does this day actually matter?
It's easy to see an "International Day" and think it's just symbolic. But days like this exist as an opportunity to get governments, schools, and organisations paying attention. When there's a global spotlight on youth issues, it becomes harder for decision-makers to ignore what young people are saying.
It also matters because your voice counts. Whether you're passionate about climate action, mental health, equal access to education, or something else entirely, this day is a reminder that these issues are being discussed on a world stage, and that you're allowed to be part of that conversation. In fact by getting involved you might inspire others and become one of the change makers.

How can you get involved?
You don't need to fly to a UN conference to take part. There are plenty of ways to mark the day, and to build on it afterwards.

- Join the online conversation using #YouthDay and share what matters to you.
- Look into youth councils, student representative committees, or advisory groups at your school or in your local council.
- Start or join a project that tackles an issue you care about, even something small like a fundraiser or an awareness campaign.

- Support youth-led organisations, either as a volunteer or by helping spread the word about their work.

The key is not to treat 12 August as a one-off. The organisations and causes you connect with this week will still be there next month, and next year.

Why youth work is worth your time now

Getting involved in advocacy, leadership, or community work while you're still at school isn't just good for the world. It's good for you too.

For a start, it builds real skills. Organising an event, running a campaign, or chairing a meeting teaches you things like public speaking, negotiation, and problem-solving, skills that don't always come up in the classroom. Universities and employers notice this kind of experience, because it shows initiative and follow-through, not just good grades.

It's also a great way to grow your network. When you volunteer or take on a leadership role, you meet adults working in fields you might be curious about; from journalists, policymakers, academics, and charity workers, to business owners. Those connections could turn into mentorships, references, work experience placements, or other opportunities down the track.

There's a confidence aspect to it too. Speaking up in a youth council meeting or leading a small project gives you practice at things that might feel daunting at first, like disagreeing respectfully or presenting an idea to a room of adults. The more you practise, the easier it gets, and that confidence tends to follow you into interviews, exams, and other high-pressure moments.

Finally, it gives you first-hand experience of how change actually happens. Reading about advocacy in a textbook is one thing. Sitting in a meeting where a decision gets made because you and other young people pushed for it is something else entirely. It's an experience and a feeling that can't really be replicated anywhere else.

Turn one day into a habit

International Youth Day is a great starting point, and if you're really passionate, it doesn't have to end there. The organisations, causes, and skills you discover this week could turn into something that shapes your resume, your university applications, and your sense of what you want to do with your future.

If you're not sure where to begin, volunteering is one of the easiest ways to get going. Head over to our volunteering page for inspiration and ideas, or check out the Experiences database to start searching for opportunities that match your interests and schedule, and start building experiences that last well beyond one day a year.

Subject Selection

How to manage a heavy subject load without burning out

A heavy subject load isn't only about the number of subjects on your timetable. It's about how those subjects interact with each other, and with everything else going on in your life. Working out early which subjects and commitments matter most gives you something to fall back on if a term gets difficult later.

Choosing your load with intention

When you're selecting subjects, it's tempting to pick based on reputation or what everyone else is doing. A more useful approach is to think about how the subjects will sit together, and which ones you're doing for a specific reason versus which ones you're doing out of interest or general credit.

A few things worth considering when building your combination:

- Which subjects are prerequisites for a course or pathway you're aiming for, versus subjects chosen for interest
- How many subjects have heavy ongoing assessment (essays, reports, practicals) versus mostly exam-based assessment
- Whether any subjects share similar skills, which can work in your favour, or similar weak points, which can add pressure in the same areas
- Whether your school allows any flexibility to spread particularly demanding subjects across different terms or semesters

Sorting this out at selection time gives you a clearer sense of where to focus if things get busy later.

Matching your load to your other commitments

What counts as heavy isn't fixed. A combination that suits one student might tip another into constantly playing catch-up, depending on what else is happening around school. If you're working part-time, playing competitive sport, or juggling other regular commitments, those hours need to be accounted for just as seriously as your subjects.

Map out a typical week, including everything outside of school, and be honest about how much time is actually left for study. Note which outside commitments are fixed and which have some flexibility, the same way you did with your subjects.

Structuring your week around it

Once your subjects are locked in, the biggest shift is moving away from giving each subject equal time by default. A few subjects will demand more consistent attention than others, and your weekly structure should reflect that, with extra weight given to the ones tied most closely to your goals.

Map out assessment and exam dates across every subject at once, not one subject at a time. Looking at each subject on its own can hide the fact that three assignments are due in the same week, something that's easy to miss when you're only looking at one subject's timeline. With the full picture in front of you, you can allocate your time based on what's coming up, rather than splitting your week evenly and hoping it balances out.

Staying ahead instead of catching up

Small delays add up quickly with several demanding subjects running at once. Falling a few days behind in one often means borrowing time from another, which then falls behind too.

Start tasks earlier than feels necessary, particularly where you know two or more subjects will collide later in the term. Using the lighter early weeks to get ahead makes those later assessment periods far less stressful. Breaking larger tasks into smaller pieces and spacing them out has the same effect, keeping things steady day to day rather than letting several large tasks land in the same week.

When something has to give

Even with good planning, a term can turn out heavier than expected once you're in it. If you're consistently behind and the usual fixes, starting earlier, restructuring your week, breaking tasks down, aren't enough, something else may need to be scaled back.

This is where knowing your prerequisite subjects from the start becomes useful. Protect your effort on subjects tied to your goals, and look elsewhere for what to cut, whether that's a subject chosen for interest rather than necessity, work hours reduced for a few weeks, or another commitment taking up more time than it's worth right now. It's usually better to scale back on something optional than to let a subject you actually need slide.

Knowing when to ask for help
Working out what to cut isn't something to figure out alone. If you're unsure whether a subject is required for your goals, or which commitment makes the most sense to scale back, talk to your teachers or year coordinator early rather than waiting until a deadline is close.
Teachers may be able to adjust the order of tasks, offer guidance on where to focus your effort, or point you toward extensions where appropriate. Coordinators and student wellbeing staff are often better placed to look at your full timetable and outside commitments, which is useful when the decision is less about one subject and more about the overall load. Raising a workload issue early usually means there are more options available, including ones you might not have considered alone.

Getting the balance right
A demanding subject load can work well when it's chosen with intention and structured properly once term starts. Being clear from the beginning about which subjects and commitments matter most makes it far easier to decide what to scale back if things become unmanageable.
Looking for more ways to build a study routine that works for you? Check out our study section for more.

Study

STEM resources worth knowing about
STEM spans coding, design, data, fieldwork and engineering, and the four areas overlap far more than a subject list on a timetable would suggest. A game designer leans on maths, a marine biologist leans on data analysis, and an electrician leans on physics, so the boundaries blur quickly once you look past the label. For the fuller picture of how it all connects and where it shows up in subjects you might not expect, we've got a dedicated explainer on what counts as STEM. Everything below is for anyone curious enough to try something and see what sticks, whether or not you've already got your sights set on a science career.

Why it's worth a look
You don't need a favourite subject or a career decided to get something out of the list below. What you get instead is the kind of information you can't pick up any other way: whether building, coding or fieldwork actually holds your attention once you're doing it rather than reading about it. A three-day program or a single evening with a coding platform will tell you more about that than another year of wondering ever could.

Resources worth knowing about
There's a lot out there, so we've grouped it by what you're actually after: something to try tonight, a more structured experience, or a sense of where any of this could eventually lead.

Try it yourself
These don't need an application or a booking. Most are free and ready whenever you are.

- Science Buddies has a huge library of tested science and engineering projects for high schoolers, spanning everything from biology to computer science, so there's likely something in there matching whatever you're into.
- CSIRO's resource library offers free, curriculum-linked activities from Australia's national science agency, covering most STEM areas.
- Scratch is a free coding platform built for beginners, useful if you've never written a line of code and want to see what it's actually like.

- Wolfram Alpha is a computational tool that can work through maths, data and science questions.
- The Smithsonian Science Education Center's free resources cover a wide range of science topics in more depth, good for a genuine deep dive on something specific.
- Queensland's engaging in STEM activities and resources hub collects free, self-directed activities across a wide spread of topics and difficulty levels.
- NSW's STEM video resource catalogue is a free library of short videos explaining STEM concepts and real-world applications, useful if you learn better by watching than reading.

Programs and experiences

These involve more commitment, usually an application or a booking, but give you a much more hands-on sense of what STEM work is actually like.

- The Science Experience is a three-day program for year 9 and 10 students, run at more than 35 universities and tertiary institutions across the country, so there's likely one within reach wherever you live.
- The National Science and Engineering Challenge is a nationwide competition day for year 9 and 10 students, run by the University of Newcastle with Rotary clubs and universities around Australia, putting teams through hands-on science and engineering tasks.
- SciX@UNSW pairs senior students with a UNSW research group for an independent project, particularly suited to HSC Science Extension or IB independent research.
- Curtin's STEM Outreach programs cover workshops, holiday programs and robotics competitions for students in years 7 to 12 in Western Australia.
- ECU's Summer of STEM runs each January for students aged 14 to 18 at ECU's Joondalup and Bunbury campuses, introducing STEM disciplines before senior science subjects begin.
- UNSW's SunSprint Model Solar Challenge is a solar-powered model car competition open to all primary and high school students in NSW and ACT, run each Term 4.
- RMIT's Young Women in Aerospace & Defence program is a five-day school holiday program in Victoria giving high school girls hands-on experience with drones, gliders and industry tours in aerospace and defence.

Where it could lead

If you're wondering how any of this connects to an actual career, these are worth a look.

- Careers with STEM is a free magazine, website and job kits hub distributed to Australian high schools, showing the range of people and pathways working in STEM.
- UNSW's STEM Careers hub breaks down different STEM career areas and where they're headed, useful background if you want more than a job title.
- myfuture is the Australian Government's national career exploration platform, useful for mapping STEM interests against real study and career pathways.
- The STEMOSPHERE is an interactive careers map covering a huge range of STEM jobs, from mechatronics engineer to food scientist, including plenty you've probably never heard of.
- UWA's Girls+ in Engineering program runs on-campus events and school partnerships for girls in years 7 to 12 across Western Australia, aimed at demystifying engineering as a career.
- UNSW's Young WIE Pathway program builds a longer-term connection between school students and engineering as a possible direction.

- Girls Who Code's Pathways program is a free, six to seven-week virtual program open to Australian applicants, covering coding tracks from cybersecurity to game design with no experience required.

How to choose where to start

You don't need to work through this list in order, or try everything on it. If you like the idea of building or making something, Scratch or Science Buddies will get you moving tonight. If you want a real sense of what studying or working in STEM actually feels like day to day, a program like The Science Experience or SciX@UNSW will tell you more in three days than a year of wondering ever will. And if direction is what you're really after, start with the careers-focused options instead. Whichever one you pick, the goal isn't to land on the perfect fit straight away. It's to rule things in or out with actual information instead of guesswork.

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