

# Careers Corner Weekly

Events 18th September to 1st October



Tuesday 19 September 2023

## Melbourne Polytechnic - Diploma of Early Childhood Education and Care Information Session

Register for an information session.

Course:  
Diploma of Early Childhood Education and Care - Non-Traineeship CHC50121

Time: 2:00 PM  
Location: Online  
[Click here for Details and Registration](#)

## In this Issue

Events 18th September to 1st October

- Melbourne Polytechnic - Diploma of Early Childhood Education and Care Information Session
- Defence Careers Australia - Hobart: Army Careers Information Session
- AIM - Music Theatre Audition: Melbourne
- World Education Program - Online Info Sessions
- Defence Careers Australia - Melbourne: Army Reserve Information Session
- Defence Careers Australia - Defence Careers Information Session
- Australian Catholic University
- Melbourne Polytechnic - Information Sessions
- Swinburne University

On the Edge of Chaos

Coping with Life & Career Change

Change Skills

Australian Olympic Change-Maker Program

Career in Change Management

Competitions Open Now!

## Wednesday 20 September 2023

### Defence Careers Australia - Hobart: Army Careers Information Session

Optimise your potential and consider a career that will transform you into a fit, capable, confident and resourceful member of the army.

Discover whether an Army career is your kind of challenge at our upcoming info session.

Time: 05:30 PM - 07:30 PM

Location: Hobart ADF Careers Centre

[Click here for Details and Registration](#)

## Tuesday 26 September 2023

### Defence Careers Australia - Melbourne: Army Reserve Information Session

Consider serving locally in the Army Reserve. You will be part of something exciting, challenging and rewarding all while learning new skills and giving back to the community - and tax-free pay!

To find out more about the rewarding challenges and experiences on offer, join us for a local information session.

Time: 06:00 PM - 08:00 PM

Location: Melbourne ADF Careers Centre

[Click here for Details and Registration](#)

## Saturday 23 September 2023

### AIM - Music Theatre Audition: Melbourne

All students who wish to enter the Bachelor of Music Theatre must successfully audition to enter this course. An open-call audition day will enable a collaborative and experience-based audition, working with faculty and getting a sense of what student life is like at AIM.

Time: 10:00 AM to 3:00 PM

Location: AIM, 120 King Street, Melbourne

[Click here for Details and Registration](#)

## Wednesday 27 September 2023

### Defence Careers Australia - Defence Careers Information Session

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.

Time: 06:00 PM - 08:00 PM

Location: Online and Melbourne ADF Careers Centre

[Click here for Details and Registration](#)

## Monday 25 September 2023

### World Education Program - Online Info Sessions

WEP info sessions are free and provide students and parents the opportunity to meet some of our WEP staff, hear all about student exchange opportunities and ask us any questions!

Time: 6:00 PM - 7:00 PM AEST

Location: Online

[Click here for Details and Registration](#)



**NAVY**



**ARMY**



**AIR FORCE**

Australian Catholic University			
Date	Event	Description	Time/Location/Registration
Wednesday 20 September 2023	Talk with Exercise Science and High Performance Sport Professionals	Join us online to hear from ACU alumni about their experiences working as exercise scientists and high performance sport professionals. Take part in a Q&A session about where a career in sport and exercise science could take you.	Time: 6:00 PM - 6:45 PM Location: Online <a href="#">Click here for Details and Registration</a>
Thursday 21 September 2023	Talk with Arts Graduates	Join us online to hear from ACU alumni about their experiences after graduating from an arts degree. Take part in a Q&A session about the vast range of careers an arts degree can lead to.	Time: 6:00 PM - 6:45 PM Location: Online <a href="#">Click here for Details and Registration</a>
Tuesday 26 September 2023	Talk with Psychologists, Youth Workers and Social Workers	Join us online to hear from ACU alumni about their experiences in the field. Take part in a Q&A session with our graduates and learn about the rewarding and challenging careers of psychologists, social workers or youth workers.	Time: 6:00 PM - 6:45 PM Location: Online <a href="#">Click here for Details and Registration</a>
Wednesday 27 September 2023	Talk with Nutritionists and Dieticians	Join us online to hear from ACU alumni about their experiences working as nutritionists and dieticians. Take part in a Q&A session with our graduates and learn about the fulfilling careers.	Time: 6:00 PM - 6:45 PM Location: Online <a href="#">Click here for Details and Registration</a>



Melbourne Polytechnic			
Date	Event	Description	Time/Location/Registration
Wednesday 20 September 2023	Carpentry and Joinery Shopfitting Stairbuilding Session Information	Register for an information session. Course: Certificate II in Building and Construction Pre-Apprenticeship - Carpentry and Joinery Shopfitting Stairbuilding 22614VIC	Time: 3:00 PM Location: Heidelberg Campus <a href="#">Click here for Details and Registration</a>
Thursday 21 September 2023	Music and Sound Information Session	Register for an information session. Courses: Diploma of Music - Sound Production CUA50820 Diploma of Music - Performance CUA50820 Advanced Diploma of Music - Performance CUA60520 Advanced Diploma of Music - Sound Production CUA60520 Certificate IV in Music - Sound Production CUA40920	Time: 4:00 PM Location: Online <a href="#">Click here for Details and Registration</a>
Thursday 21 September 2023	Screen and Media Information Session	Register for an information session. Courses: Certificate IV in Screen and Media CUA41220 Advanced Diploma of Screen and Media CUA60620	Time: 4:00 PM Location: Online <a href="#">Click here for Details and Registration</a>
Monday 25 September 2023	Overseas Qualified Professional (OQP) Information Session	Register for an information session. Course: Certificate III in EAL (Access) - Overseas-Qualified Professionals Stream - OQP Victoria 22486VIC	Time: 4:00 PM Location: Online <a href="#">Click here for Details and Registration</a>
Tuesday 26 September 2023	Diploma of Early Childhood Education and Care Information Session	Register for an information session. Course: Diploma of Early Childhood Education and Care - Non-Traineeship CHC50121	Time: 2:00 PM Location: Online <a href="#">Click here for Details and Registration</a>
Wednesday 27 September 2023	Cyber Security Information Session	Register for an information session. Course: Certificate IV in Cyber Security 22603VIC	Time: 5:30 PM Location: Online <a href="#">Click here for Details and Registration</a>



Melbourne Polytechnic			
Date	Event	Description	Time/Location/Registration
Thursday 28 September 2023	Music and Sound Information Session	Register for an information session. Courses: Diploma of Music - Sound Production CUA50820 Diploma of Music - Performance CUA50820 Advanced Diploma of Music - Performance CUA60520 Advanced Diploma of Music - Sound Production CUA60520 Certificate IV in Music - Sound Production CUA40920	Time: 4:00 PM Location: Online <a href="#">Click here for Details and Registration</a>
Thursday 28 September 2023	Screen and Media Information Session	Register for an information session. Course: Certificate IV in Screen and Media CUA41220 Advanced Diploma of Screen and Media CUA60620	Time: 4:00 PM Location: Online <a href="#">Click here for Details and Registration</a>
Thursday 28 September 2023	Diploma of Early Childhood Education and Care Information Session	Register for an information session. Course: Diploma of Early Childhood Education and Care - Non-Traineeship CHC50121	Time: 2:00 PM Location: Online <a href="#">Click here for Details and Registration</a>





Swinburne University			
Date	Event	Description	Time/Location/Registration
Tuesday 19 September 2023	A Day in the Life of a Swinburne STEM Student	Considering a course in STEM after high school? From cyber security to chemistry, astronomy to architectural engineering, this immersive event will show you exactly what it's like to study some of the many STEM courses and specialisations at Swinburne.	Time: 9:30 PM - 3:15 PM Location: Foyer, Advanced Technologies Centre (ATC), Hawthorn campus <a href="#">Click here for Details and Registration</a>
Wednesday 20 September 2023	A Day in the Life of a Swinburne Creative Student	Dreaming of studying something creative after high school?  At Swinburne, we have plenty of courses that let you channel your imagination into your studies – and maybe one day, a career.	Time: 9:30 PM - 3:15 PM Location: Foyer, Advanced Technologies Centre (ATC), Hawthorn campus <a href="#">Click here for Details and Registration</a>
Thursday 21 September 2023	A Day in the Life of a Swinburne Health Student	Your first steps towards studying health after high school start here  Do you nerd out over the brain? Fascinated by biology? Hoping to one day have a career in healthcare or psychology? This immersive event will show you exactly what it's like to study health at uni.	Time: 9:30 PM - 3:15 PM Location: Foyer, Advanced Technologies Centre (ATC), Hawthorn campus <a href="#">Click here for Details and Registration</a>
Thursday 21 September 2023	A Day in the Life of a Swinburne Business Student	Curious about studying business after high school?  This immersive event will show you exactly what it's like to study at one of the world's top 5% higher education business schools.	Time: 9:30 PM - 3:15 PM Location: Foyer, Advanced Technologies Centre (ATC), Hawthorn campus <a href="#">Click here for details and registration</a>



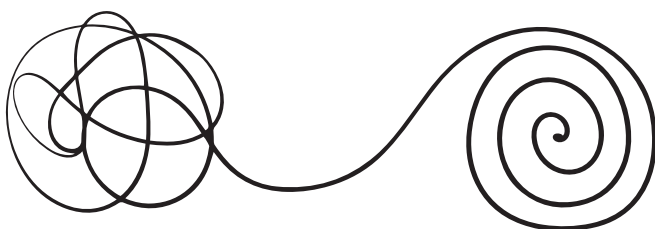


Chaos Theory of Careers Infographic Source:  
<https://www.careers.govt.nz/articles/spotlight-on-the-chaos-theory-of-careers/>

**Have you ever felt overwhelmed by the endless possibilities and uncertainties that lie ahead in your future career? Well, fear not, because we are diving into the intriguing world of the Chaos Theory of Careers, a concept that might just revolutionise the way you think about your post-school journey.**

Imagine your career as a roller coaster ride through a theme park of opportunities. Pryor and Bright's Chaos Theory of Careers suggests that your career isn't a straightforward ladder but more like an exhilarating maze filled with twists and turns. Change can happen at any time in your life and for all different reasons, some positive and others not so positive. Change is not only normal but absolutely essential. So, why should you embrace the chaos that change presents?

- Firstly, chaos brings excitement. Think about it – would you rather watch a movie with a predictable plot or one with unexpected twists and turns? Similarly, a career filled with change keeps you engaged and eager to explore new horizons.
- Secondly, chaos fosters growth. Just like muscles need resistance to become stronger, your skills and knowledge thrive in the face of challenges. Embracing change allows you to adapt, learn, and evolve, becoming a well-rounded professional.
- Lastly, chaos sparks creativity. When you venture out of your comfort zone, you discover innovative solutions to problems you didn't even know existed. Chaos invites you to think outside the box, leading to groundbreaking ideas and projects.



So, the next time you feel overwhelmed by the chaos of your future career, remember that it's not something to fear. Instead, see it as a thrilling adventure that will keep you engaged, help you grow, and ignite your creativity. Embrace the chaos, and you'll find yourself on the edge of an exciting and fulfilling career journey!

Life and career changes can be daunting, but with the right strategies, you can navigate them successfully. Here are some practical tips to help you cope with the chaos:

- **Know and grow your skills**

You have skills that are transferable across many areas in addition to your technical skills. Invest in your skills and knowledge. Lifelong learning keeps you competitive in the job market and boosts your confidence.

- **Aspire**

Define clear, achievable objectives for your career and life. Break them down into smaller, manageable steps. More importantly, have a plan A, B, C and be ready to follow any of these plans and say YES to opportunities that come your way - you just never know.

- **Develop a growth mindset**

Be resilient and maintain an open mind with a flexible mindset that welcomes change as an opportunity for growth rather than a threat.



## Change Skills

Focus on the following skills to thrive amidst life and career changes, making you a more adaptable, resilient, and effective individual as you encounter chaos:

### RESILIENCE

- Build resilience through self-awareness and positive self-talk.
- Reflect on past challenges and how you've overcome them.
- Develop a support system of friends and mentors. Stay focused on your long-term goals to maintain perspective in the face of setbacks.

### ADAPTABILITY

- Expose yourself to new experiences and challenges.
- Seek diverse perspectives and be open to different approaches.
- Practice mindfulness to manage stress and stay centered during transitions

### PROBLEM-SOLVING

- Hone problem-solving skills by breaking down complex issues into manageable parts.
- Practice critical thinking and creativity to find innovative solutions.
- Collaborate with others to gain fresh insights. Continuously learn and adapt your problem-solving approaches based on feedback and outcomes.



The [Australian Olympic Change-Maker program](#) recognises secondary students from around the country who demonstrate the Olympic spirit – friendship, sportsmanship and striving for excellence - both on and off the playing field, through leadership and driving positive change in their school and local communities.

The Change-Maker program provides students with the opportunity to share their ideas, connect with other like-minded people and be immersed in a unique Olympic experience, hearing first-hand from Olympians.

### How it works:

The Australian Olympic Change-Maker program celebrates young Australians who 'Power the Change'. This is an opportunity to be recognised for creating positive social impact through your sport and leadership skills.

**You must be in Year 10, 11 or 12 and have a teacher from your school nominate you by 21st September.**

**[Click here for further details.](#)**



## Career in Change Management

The rate of 'change' is now so great that many organisations now hire a 'Change Manager'.

Change Managers focus on the impact of change on the people. They aim to minimise the negative effects and maximise the benefits of change within an organisation. This often involves identifying the impact on people, getting them ready for change, and handling any resistance to change.

Do you have what it takes?

[Click here to discover the skills, qualifications, salary range and typical responsibilities of a Change Manager.](#)





## GET INVOLVED

All competitions and challenges are free/have low entry fees and are open to students nationwide unless otherwise stated.

Competition	Open To	Closing Date
<p><b><u>Bell Shakespeare Shorts Festival</u></b> Submit a short film about or inspired by Shakespeare, reflecting your school or community.</p>	Primary & Secondary Students	22 September 2023
<p><b><u>The KSP Writers' Centre Poetry Competition</u></b> All poetry styles and themes are acceptable; maximum 50 line count.</p>	10 - 17 year olds	27 September 2023
<p><b><u>The ACMF National Songwriting Competition</u></b> Be creative and expression yourself through songwriting. There are some amazing prizes to be won!</p>	All Australian students	30 September 2023
<p><b><u>ANU STEM Challenges</u></b> Fun and hands-on weekly challenges on a range of STEM topics organised by the Australian National University.</p>	All high school students	Events run 2 - 29 October 2023
<p><b><u>The Simpson Prize</u></b> A competition that focuses on the service of Australians in World War I. Enter an essay or video in response to the set topic.</p>	Year 9 and 10 students	November 3 2023
<p><b><u>Storyfest National Novella Writing Competition</u></b> For serious student writers with fantastic prizes on offer!</p>	All high school students	December 1 2023