

Weekly Careers News for Victoria

March 17, 2025

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Events

This Week's Events

Melbourne Air Force Careers Information Session

Organisation: Australian Defence Force

Location: Melbourne ADF Careers Centre

Date: March 17, 2025

Reach new heights in a career with the Air Force.

You can work with advanced technology as you support the Air Force across a broad range of operations in Australia and overseas.

Head to an info session to learn more about Air Force careers in Aviation, Combat and Security, Healthcare, Trades, Cyber and much more.

[Find out more and register](#)

Victoria Police: Careers Information Session – Victoria Police Centre

Organisation: Victoria Police

Location: Victoria Police Centre

Date: March 17, 2025

We are hosting an exclusive Careers Information Session for members of the community who are interested in a career with Victoria Police.

Come along and learn more about the recruitment process, training at the Police Academy, general duties policing, career pathways, specialty units and more.

[Find out more and register](#)

Discover Medicine

Organisation: Monash University

Location: Online

Date: March 18, 2025

Discover what it's like to study Medicine at Monash. Join us for an informative session where we'll discuss the course structure, placement opportunities and entry requirements. Our current students will be online to provide insights into their own experiences as well.

[Find out more and register](#)

Open Day, March 2025

Organisation: Holmesglen Institute of TAFE

Location: Holmesglen Campuses

Date: March 20, 2025

Open Day is a great opportunity for you to meet with teachers, explore our campuses and study facilities, and get a feel for Holmesglen life. Our sessions include presentations, tours and Q&As – perfect for helping you map out your future study and career plans. Plus, our friendly team is also available to help you apply on the day.

[Find out more and register](#)

Victorian Careers & Employment Expo 2025

Organisation: Kym Jones Exhibitions

Location: Melbourne Showgrounds

Date: March 20 to March 22, 2025

Victorian Careers & Employment Expo is open from March 20 to 22, 2025 at the Melbourne Showgrounds. The Expo will showcase over 130 organisations and employers with career opportunities for all ages. Visitor entry is free.

The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new training and career options.

[Find out more and register](#)

Career Conversations @ Home – Helping parents have positive career convos!

Organisation: Arrive & Thrive

Location: Online

Date: March 20, 2025

Come join Tyson Day, the Co-Founder and Lead Facilitator of Arrive & Thrive, as he shares the best way to have impactful career conversations in and around your home environment that produce clarity, career discovery, and momentum. Tyson will share concepts and practices that he has learned through his 10+ years of experience in career education and the 85,000 students who have attended Arrive & Thrive workshops since 2019.

In our webinar, you can expect to learn:

- How can you positively influence your young person in their career decisions.
- How can you effectively navigate the future of work and understand your young person's options.
- How to communicate effectively through the GROW model to support your young person in career exploration.

We can't wait for you to join us!

All participants will receive a Career Conversation Kit to kick off conversations with their young person as soon as possible!

[Find out more and register](#)

Your Pathway to Higher Education – Bendigo Community BBQ

Organisation: La Trobe University

Location: The Muni – Former Municipal Baths

Date: March 22, 2025

We're delighted to invite you to a free community event hosted by La Trobe University, Bendigo TAFE and the Skills and Jobs Centre Bendigo.

This is the perfect opportunity to get all your questions about course and pathway options answered – especially if you've been thinking about changing professions, advancing your career or returning to study.

Plus, when you get an entry pass from the event, you'll also get free entry to the pool next door for the day (Faith Leech Aquatic Centre). Everyone is welcome, so bring your family along and make a day of it.

[Find out more and register](#)

Animal Studies Online Information Session

Organisation: Melbourne Polytechnic

Location: Online

Date: March 24, 2025

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):

- Certificate IV in Veterinary Nursing
- Certificate II in Animal Care
- Certificate III in Animal Care Services

[Find out more and register](#)

Next Week's Events

Monash Information Evening – Peninsula

Organisation: Monash University

Location: Monash Peninsula Campus

Date: March 25, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

You'll hear about:

- our ten diverse study and discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities, including study abroad and overseas tours
- how to apply – everything you need to know about VTAC, key dates and deadlines
- scholarships and fees
- SEAS and the Monash Guarantee
- accommodation options, both on and off-campus.

[Find out more and register](#)

Nursing Bootcamp 2025

Organisation: Box Hill Institute

Location: Box Hill Elgar, Lilydale Lakeside & City Campuses

Date: March 25 to March 28, 2025

Box Hill Institute is offering a 3-hour bootcamp for you to experience what being an enrolled nurse is like. If you're interested in studying the Diploma of Nursing (HLT54121), this is a great way to preview your future study and career.

What you can expect on the day:

- Learn nursing skills such as vital signs and CPR
- Experience simulated real-life nursing scenarios
- Understand the significance of hygiene and self-protection in the workplace
- Get a grasp on basic nursing terminology
- Explore potential career pathways for enrolled nurses

Elgar Campus: 25 March, 9.30AM to 12.30PM

Lilydale Lakeside Campus: 27 March, 9.30AM to 12.30PM

City Campus: 28 March, 9.30AM to 12.30PM

[Find out more and register](#)

Mildura Defence Careers Information Session

Organisation: Australian Defence Force

Location: The Benetook Room Mildura

Date: March 26, 2025

Wondering whether a job in the Australian Defence Force (ADF) is the right fit for you?

Come along to an upcoming info session where you'll have the opportunity to ask questions and learn everything you want to know regarding job roles in the Navy, Army and Air Force.

You'll have the chance to speak with current serving members to see if an ADF career is the one for you.

[Find out more and register](#)

Geelong Defence Careers Information Session

Organisation: Australian Defence Force

Location: Geelong RSL

Date: March 26, 2025

Wondering whether a job in the Australian Defence Force (ADF) is the right fit for you?

Come along to an upcoming info session where you'll have the opportunity to ask questions and learn everything you want to know regarding job roles in the Navy, Army and Air Force.

You'll have the chance to speak with current serving members to see if an ADF career is the one for you.

[Find out more and register](#)

MasterTalk: The Importance of a Creative Process

Organisation: Academy of Interactive Technology

Location: AIT Melbourne Campus

Date: March 26, 2025

Register now for AIT's Melbourne MasterTalk featuring JC Reyes from Monster & Bear to discuss the Importance of a Creative Process.

JC Reyes is a neurodiverse creative leader with 27 years of experience in entertainment media, strategic branding, digital direction and content creation.

JC will highlight the importance of a creative process from both a business as well as a personal point of view.

[Find out more and register](#)

Victoria Police: Careers Information Session – Online Webinar

Organisation: Victoria Police

Location: Online

Date: March 27, 2025

Victoria Police is hosting an online information session for members of the community who are interested in a career with Victoria Police.

Hear from us about the recruitment process and training at the Police Academy. It's also your opportunity to ask questions you have about police careers and pathways.

[Find out more and register](#)

Discover Pharmacy and Pharmaceutical Sciences

Organisation: Monash University

Location: Online

Date: March 27, 2025

Discover your options in Pharmacy and Pharmaceutical Science in this online session. We'll discuss courses, careers, and what it's like to be a part of the Parkville Campus community. We have identified some of the most commonly asked questions and invited students to address them and share their study experiences and advice with you.

[Find out more and register](#)

Chess, Life, and Education: Strategies for Success

Organisation: Crimson Global Academy

Location: Online

Date: March 29, 2025

Whether you are looking to improve game logic or uncover ways to strategise beyond the chessboard, learn tips, tricks, and frameworks for success from Abhimanyu (Abhi) Mishra (the World's Youngest Ever Chess Grandmaster) and International Master Javier Gil (the Sydney Academy of Chess).

Joined by Crimson Global Academy (CGA) Academic Advisor Karen Nguyen, this webinar will explore how tried and tested chess skills - like critical thinking, discipline, and goal-setting - can shape success in education and life.

[Find out more and register](#)

Futures Day 2025

Organisation: La Trobe University

Location: La Trobe Mildura Campus

Date: March 29, 2025

Take the opportunity to explore study options at SuniTAFE or La Trobe University at Futures Day 2025. Hear from expert academics and teachers in a range of study areas including regional and metro university study options.

Tailor the day to your study interests and learn about study post school or what it might be like to return to study and retrain in a different area.

With free coffee to get you kick started, academics available from a broad range of areas and an industry expo to wander whilst enjoying some lunch, there is plenty on offer at Futures Day.

[Find out more and register](#)

Future Forum Melbourne

Organisation: Bond University

Location: Two Ton Max, North Melbourne

Date: March 30, 2025

Future Forum is a one-of-a-kind event inspiring and empowering the next generation.

The next few months are a time of extraordinary growth, and your future is in your hands. The decisions you make now represent the crucial first steps towards realising your dreams, and the path leads to a fast-evolving world where we are all facing immense challenges and opportunities.

Future Forum is an event designed for you – a leader of the future – to be inspired, empowered and connected to help you stand out and speak up as you enter the next stage of your education and career.

Future Forum is open to ambitious Year 11 and 12 students around Australia. As it is a small and intimate event, places are strictly limited. Please register your interest as early as possible and we'll be in touch to confirm your place.

[Find out more and register](#)

Future Events

Monash Information Evening – Warrnambool

Organisation: Monash University

Location: Lighthouse Theatre, Warrnambool

Date: April 2, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

You'll hear about:

- our ten diverse study and discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities, including study abroad and overseas tours
- how to apply – everything you need to know about VTAC, key dates and deadlines
- scholarships and fees
- SEAS and the Monash Guarantee
- accommodation options, both on and off-campus.

[Find out more and register](#)

A day in the life of a medical student

Organisation: Deakin University

Location: Various

Date: April 7 to August 6, 2025

'A day in the life of a medical student' is an opportunity for Year 11 and Year 12 students who live in the South West and Grampians/Wimmera regions and have an interest in medicine to experience what it is like to study at Deakin.

The events take place at Deakin's Clinical Schools in Warrnambool and Ballarat and the Regional Clinical Schools in Colac, Horsham and Hamilton. Academics and current students will be available to answer all your questions.

Warrnambool

Year 11: 18 June and 25 June 2025

Year 12: 7 April 2025

Ballarat

Year 11: 6 August 2025

Year 12: 12 July 2025

Colac

Year 11 & 12: 10 April 2025

Horsham

Year 11 & 12: 1 May 2025

Hamilton

Year 11 & 12: 29 May 2025

[Find out more and register](#)

A Day in the Life of a Swinburne Student

Organisation: Swinburne University of Technology

Location: Swinburne Hawthorn Campus

Date: April 8 to April 10, 2025

Keen to experience a regular day on campus? Curious to know exactly what your dream course involves? Not sure which study path is right for you? Come along to our Hawthorn campus for a sneak peek at what comes after high school.

You'll chat with current Swinburne students and academics, explore the Hawthorn campus, and work with other students in hands-on workshops. There's no better way to explore different study areas and feel prepared for your future studies.

Whether you're interested in fashion design or biomedical science, each day covers different study areas so you can get a firsthand glimpse of what your uni experience might be like – based on what you're interested in studying.

[Find out more and register](#)

Discover ACU Ballarat: Arts and Humanities, Occupational Therapy, Physiotherapy and Teaching

Organisation: Australian Catholic University

Location: ACU Ballarat Campus

Date: April 10, 2025

Are you a current secondary student in year 10, 11 or 12?

Experience university life firsthand at the 2025 Discover ACU. This free event, tailored to your specific study interests, offers an in-depth look at what it is like to be a university student.

You'll have the choice of one of the following workshops:

- Arts and Humanities
- Occupational Therapy
- Physiotherapy
- Teaching

[Find out more and register](#)

Discover ACU Ballarat: Nursing and Paramedicine

Organisation: Australian Catholic University

Location: ACU Ballarat Campus

Date: April 11, 2025

Are you ready to explore a career that makes a real difference and saves lives? Discover what it's like to study nursing or paramedicine at ACU Ballarat.

At this event, you'll take part in hands-on workshops to experience the practical skills required in these fields and hear firsthand from current students about their life-changing experiences.

Tour our campus and experience our state-of-the-art, fully functional simulation wards, where you'll get a behind-the-scenes look at the innovative training that makes ACU graduates highly sought after by employers.

[Find out more and register](#)

Holiday Workshop – Music Theatre, Melbourne

Organisation: Australian Institute of Music

Location: AIM Melbourne Campus

Date: April 14 to April 15, 2025

AIM's holiday workshop is designed for high school students interested in Music Theatre.

Created for students in Years 9-12, the two-day Music Theatre workshops provide incredible opportunities to experience performing and being mentored by AIM's own accomplished industry professionals.

[Find out more and register](#)

Holiday Workshop – Performance & Songwriting, Melbourne

Organisation: Australian Institute of Music

Location: AIM Melbourne Campus

Date: April 16 to April 17, 2025

AIM's school holiday workshop is designed for high school students interested in music performance and songwriting. Created for students in Years 9-12, the two-day music workshops provide opportunities to experience playing, writing, and performing music, mentored by AIM's own accomplished musicians and educators.

[Find out more and register](#)

VCE and Careers Expo 2025

Organisation: Resources for Courses

Location: Melbourne Convention and Exhibition Centre

Date: May 1 to May 3, 2025

The VCE and Careers Expo 2025 features over 120 exhibitors, seminars on VCE subjects, career, employment and study advice.

On Thursday and Friday, students can attend seminars on subjects including English, Maths, Biology, Business Management, Psychology, Health and Human Development, plus presentations on subject selection for Year 10 students, information on applying through VTAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](#)

A day in the life of an optometry student

Organisation: Deakin University

Location: Deakin Geelong Waurin Ponds Campus

Date: May 7, 2025

'A day in the life of an optometry student' is an opportunity for Year 11 students living in the South West and Grampians/Wimmera regions with an interest in optometry to experience what it is like to study at Deakin.

The day will include hands-on practical activities as well as the chance to learn more about pathways, entry requirements and career options.

Academics and current students will be available to answer all your questions.

[Find out more and register](#)

Victorian Careers Show 2025

Organisation: Resources for Courses

Location: Melbourne Showgrounds

Date: May 14 to May 16, 2025

The Victorian Careers Show 2025 features over 90 exhibitors, seminars on VCE subjects, career, employment and study advice.

Students, teachers and parents can attend seminars on subjects including English, Maths, Biology, Business Management, Psychology, Health and Human Development, plus presentations on subject selection for Year 10 students, information on applying through VTAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](#)

Open House 2025

Organisation: University of Melbourne

Location: UniMelb Parkville Campus

Date: May 17, 2025

Register to tour the University of Melbourne's ten Residential Colleges and visit the University during Open House on Saturday 17 May 2025. Each College has its own unique community spirit to explore and offers a supportive environment that will help you to make lifelong friends, build lasting connections, further your academic pursuits and experience unique opportunities. During our Open House you will have an opportunity to:

- explore and tour our Residential Colleges
- hear from current residential students
- meet our academic and pastoral care staff
- learn more about our generous scholarship programs and College application process
- discover the best of Residential College social, cultural, sporting and leadership opportunities.

[Find out more and register](#)

Monash Information Evening – Traralgon

Organisation: Monash University

Location: Monash Rural Health (Latrobe Regional Hospital)

Date: May 20, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

You'll hear about:

- our ten diverse study and discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities, including study abroad and overseas tours
- how to apply – everything you need to know about VTAC, key dates and deadlines
- scholarships and fees
- SEAS and the Monash Guarantee
- accommodation options, both on and off-campus.

[Find out more and register](#)

BiG Day In, Melbourne

Organisation: ACS Foundation

Location: The Capitol, RMIT University

Date: May 22, 2025

Join us at the Capitol Theatre on Thursday 22 May for the 2025 BiG Day In Melbourne. Hear from organisations including Wisetech Global, Westpac, Adobe & more about where a STEM career can take you.

[Find out more and register](#)

Open Day, Melbourne

Organisation: Academy of Interactive Entertainment

Location: AIE Melbourne Campus

Date: May 24, 2025

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day. It's a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer - from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career.

[Find out more and register](#)

A day in the life of a medical imaging student

Organisation: Deakin University

Location: Deakin Geelong Waurin Ponds Campus

Date: May 27, 2025

'A day in the life of a medical imaging student' is an opportunity for Year 11 students who live in the South West and Grampians/Wimmera regions and have an interest in medical imaging to experience what it is like to study at Deakin.

The day will include hands-on practical activities as well as the chance to learn more about pathways, entry requirements and career options.

Academics and current students will be available to answer all your questions.

[Find out more and register](#)

Forensic Detective Program

Organisation: Deakin University

Location: Deakin Melbourne Campus

Date: June 2 to June 6, 2025

Year 9 and 10 students participate in an interactive 3-hour workshop in our science laboratories, giving students the chance to work in a real-life setting. Activities completed by students are related to entomology, fingerprinting, pollen, hair and fibre analysis, as well as chemistry, blood and DNA analysis. Includes a visit to our Crime Scene House facility.

The activity is designed for school groups of 5 to 25 students. **Applications for the program should be made by teachers, not individual students.**

[Find out more and register](#)

Trade & Tech Fit Career Expo

Organisation: Victorian Government

Location: Melbourne Convention and Exhibition Centre

Date: June 3 to June 4, 2025

Trade & Tech Fit is Victoria's largest hands-on career expo dedicated to connecting female and gender diverse secondary students with trade and technology industries.

The expo includes more than 100 exhibitors from a huge range of industries, including:

- building, construction & engineering
- refrigeration, electrical & plumbing
- automotive, marine, aviation & aerospace
- solar & wind clean energy
- foundry and mining
- transport and logistics
- agriculture & horticulture
- gaming, cloud & robotics
- civil assets management & infrastructure
- defence, essential services & fire protection.

[Find out more and register](#)

Online Campus Day

Organisation: Academy of Interactive Entertainment

Location: Online

Date: June 7, 2025

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

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

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer - from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

[Find out more and register](#)

Careers for Young Women in Sport Forum

Organisation: Victoria University

Location: VU Footscray Park Campus

Date: June 13, 2025

VU is committed to empowering young women in sport. This free event is for girls in Year 10–12 who are passionate about a career in sport.

Hear from keynote speaker Laura Kane, AFL Executive General Manager of Football and the first woman to hold this role in the game's history.

Listen to a panel featuring:

- Dr Susan Alberti AC – Advocate for women in sport, AFLW pioneer
- Casey Price – VU Alumni, GM Suncorp Super Netball League & Events
- Current VU Student – Sharing their experience preparing for a career in the sports industry

Participate in a range of masterclasses covering:

- Sport Performance & Rehabilitation
- Sport Management & Business

[Find out more and register](#)

Open Day 2025, Melbourne

Organisation: Australian Institute of Music

Location: AIM Melbourne Campus

Date: June 28, 2025

Join us for Open Day, and experience everything AIM has to offer!

See our campus, get course advice, experience live performances, meet our academics and students, and get involved in activities that will give you a taste of student life here at AIM.

Whether you're ready to study now, or in five years, Open Day is open to all and a fantastic opportunity to discover how the Australian Institute of Music can help turn your passion for music into a career.

[Find out more and register](#)

Scholarships

Frank Hall-Bentick Education Fund

Organisation: Australian Communities Foundation

Location: Australia

Value: Up to \$2,500 AUD

Open Date: January 1, 2025

Close Date: June 30, 2025

[Find out more](#)

John Bell Scholarship

Organisation: Bell Shakespeare

Location: Australia

Value: See details

Open Date: March 3, 2025

Close Date: October 30, 2025

[Find out more](#)

Competitions

Young ICT Explorers

Organisation: Young ICT Explorers

Location: Australia

Value: See details

Open Date: March 1, 2025

Close Date: July 1, 2025

[Find out more](#)

Harmony Day Poster Competition 2025

Organisation: Moving Forward Together

Location: Australia

Value: Up to \$500

Open Date: March 1, 2025

Close Date: April 12, 2025

[Find out more](#)

Weekly Posts

Skills for Work

[What's the difference between a reference and a referee?](#)

If you're hunting for work, you've probably put together a resume to hand out to potential employers. One of the most important parts of the hiring process is the employer looking for information about you from other people. This is usually done through references and referees. But what are references and referees, and what's the difference?

Reference vs referee - the difference

A *referee* refers to an actual person - someone you'll put down on your resume who can vouch for your skills and effectiveness.

A *reference* is a written document or statement from a person you've worked for. It usually includes information about the kind of work you undertook and your skills and abilities.

So someone may be willing to write up a reference for you, but that doesn't necessarily mean you also need to include them as a referee on your resume.

The purpose of references and referees is so employers can cross-check any information you've put on your resume to ensure you're not making anything up.

The benefit of references is that once you have one, you can use it over and over again without needing to worry about it changing. On the other hand, the benefit of referees is that they can potentially provide more relevant and up-to-date information.

Who can be a referee?

Your referees need to be people who know about your work experience and skills and are willing to vouch for you in a positive way.

Keep in mind you should never put your parents or friends down as references - employers will usually consider them as biased and unreliable. The best referees are people you know in a professional capacity, such as an employer or coworker. If you've never had a job before, you can include people like teachers, mentors, or coaches instead.

If you're going to add someone as a referee to your resume, make sure you let them know in advance. Not only is it the polite thing to do, it also means they can be prepared in case a potential employer calls them for information.

Ensure your referee details are always kept up to date - if an employer can't get in touch with your referees, this might affect your application.

Who can I get a reference from?

If you'd like to add some references to your resume, they don't just need to come from people you've been employed by.

If you're undertaking work experience, it's a good idea to ask if you can get a reference at the end of your placement. Or if you do any sort of volunteer work, this is great to get a reference for too.

If you have no work experience (either paid or unpaid), you can also ask for what's known as a [character reference](#). Obviously this won't include any details of your work, but can tell a potential employer more about the type of person you are. These might come from people like teachers or coaches.

References are most credible if they're written or typed on a company letterhead, and also signed by the person who wrote the reference. Keep in mind that employers might contact the business or person you've received a reference from to make sure it's legit.

Want more?

Need more tips on job hunting? [Check out the other resources on our website here.](#)

Health & Wellbeing

[7 mental wellbeing apps teens need to know about](#)

Between study, work, friends and family, life can get pretty stressful. When there's a lot going on, it's important to make sure you're doing OK mentally. The good thing is there are heaps of tools out there to help. There are lots of apps made especially to help with mental health, whether it's connecting with a community of people to help you feel less alone, to relaxation and meditation guidance. Here are some of the top mental wellbeing apps for teens we've found.

Kooth

[Kooth](#) is an online community for young people, designed to provide free, safe and anonymous support. You can find helpful articles, join discussions with the community, live chat with the Kooth team, and keep track of your emotions with a daily journal.

Smiling Mind

[Smiling Mind](#) is a mindfulness and meditation app, packed with a ton of exercises, including some designed especially for young people. The best part is it's totally free.

Catch It

[Catch It](#) is a diary app that lets you record your feelings, and encourages you to reflect on your mood and how you can change it.

Woebot

[Woebot](#) is an AI therapist you can chat with, who will offer you insights and guidance when you're struggling. Check-in with Woebot whenever you need, any time of the day or night.

Finch

Who said self-care couldn't be fun (and cute!)? [Finch](#) gives you a cute virtual pet to take care of while caring for yourself. Finch can help you track your moods and habits, and suggest exercises to help build your mindfulness.

Calm

[Calm](#) is a meditation app, packed with tons of guides, recordings, and videos to help you meditate, focus, relax, and sleep better. You can even fall asleep to the sound of Harry Styles'

voice (if that's the sort of thing you're into). Most of the content is behind a paywall, but there's some available for free too.

Happify

[Happify](#) is an app that uses science-based activities and games to help you take control of your emotional wellbeing. Use Happify to help you overcome negative thoughts, stress and life challenges.

Want more?

[You can take a look at all of the wellbeing resources on our website here.](#)

University

Early entry FAQs

We know that Year 12 is big - huge, in fact. You probably already have a lot on your plate, but have you thought about early entry? It's a pathway to university that could save you a whole lot of time and stress later in the year. If you have some frequently asked questions (FAQs) about early entry, we're here to provide you with all the answers.

What is early entry?

Some universities and Tertiary Admissions Centres (TACs) have programs in place that allow them to process applications for specific programs that allow offers to be issued before the main rounds begin after the academic year is over. By applying for one of these programs, you could receive an offer earlier than if you apply through the normal process, often before you've even sat your end of year exams.

It's a way to give you some peace of mind knowing you have a place secured at university next year and one less thing to stress about during exam time.

Who is eligible to apply for early entry?

Each program has its own eligibility criteria, but here are some of the most common:

- Academic achievement
- Community involvement, e.g. volunteering
- Leadership roles, e.g. school leader, team captain
- Disadvantage - consideration of factors that may have caused challenges to your studies during your final years e.g. financial, social, or physical

If there's a program you're really interested in applying for but you're unsure if you meet the criteria, it's definitely worth doing some more research. Get in touch with the university or TAC and ask what your options might be.

Which universities have early entry programs?

A lot of universities now provide early entry programs. Here's a list:

- [Australian Catholic University](#): Opens 21 July 2025
- [Australian National University](#): Opens 3 March 2025 and closes 15 May. Offers released 4 September.
- [Avondale University](#): Opens 6 March and offers released from 2 September. Applications close 11 November.
- [Bond University](#): Apply now and receive an offer from early September
- [Campion College](#): information will be updated in May 2025
- [Charles Sturt University](#): Early bird applications close 31 July 2025 and offers will be made from 1 September 2025. Round two applications close 31 August 2025 and offers will be made from 19 September 2025.

- [CQUniversity](#): Open 1 August 2025, and closes 1 December 2025. Offers will be released from 1 September 2025
- [Curtin University](#): TISC applications open 3 June 2025
- Deakin University - [Regional Access Scheme](#) & [Indigenous Access Scheme](#)
- [Edith Cowan University](#): TISC applications open 3 June 2025
- [Federation University](#): Opens April 2025
- [Flinders University](#): Apply through SATAC before end of December 2025
- [Griffith University](#): Opens 1 August and closes 14 October, offers made in 3 rounds from 6 September
- [James Cook University](#): Opens 1 August and closes 11 October, offers made in 4 rounds from 6 September
- [La Trobe University](#): details TBC
- Macquarie University - [Leaders and Achievers](#) (applications open June, close September, offers released from 1 September), [ATSIEP](#) (TBC) & [Schools Recommendation Scheme](#) (TBC).
- [Murdoch University](#): TBC - last year applications closed at the end of November
- [National Art School](#): 2025 application dates TBC, [Schools Recommendation Scheme](#)
- [Queensland University of Technology](#): Opens 1 August and closes TBC October, offers made in 2 rounds in November
- [RMIT University](#): TBC - expected to open in June, close in September with offers from late September
- [Southern Cross University](#): opening soon
- [Swinburne University of Technology](#): TBC
- [Torrens University Australia](#): TBC
- [UAC](#): Opens 2 April
- [University of Adelaide](#)
- [University of Auckland](#): TBC
- University of Canberra: [Early Offer Scheme](#) (opens 19 May, closes 15 August, offers 15 September), & [Portfolio Entry](#)
- University of Melbourne: through the [Elite Athletes and Artistic Performers Entry Scheme](#) only - TBC for 2025 applications
- [University of Newcastle](#): Opens 2 April (closing dates TBC) offer released 4 or 25 September
- [University of New England](#): Opens March, round 1 closes July and offers released from September
- [University of Notre Dame](#): Opens 1 May and offers from 1 September
- [University of Southern Queensland](#): TBC for 2025 applications
- [University of the Sunshine Coast](#): TBC for 2025 applications
- University of Sydney: [Portfolio Admissions](#), [CASAS](#) & [Gadigal](#) - apply through UAC from 3 April
- [University of Tasmania](#): opens 26 June, closes 28 July, offers from 4 September
- University of Technology Sydney: [Early Entry](#) & [Edge](#) TBC
- [University of Western Australia](#): Apply through TISC 2025 - application dates TBC
- [University of Wollongong](#): Opens 16 June, closes 8 August, offers TBC
- [UNSW](#) (excluding UNSW Canberra/ADFA): Opens 10 April - closing and offers dates TBC
- [Victoria University](#): closes 14 October at 10pm AEST (check open dates and offers dates)
- Western Sydney University: [HSC True Reward](#) (4 rounds, first one closes 3 September with offers from 11 September) & [ATSI Pathway Program](#) (assessment days from June, offer dates TBC)

Don't see your chosen university on this list? You might like to contact them directly anyway and ask about their pathway options.

Note: many of these programs are still showing information from 2024, and it is up to the university whether they will be offered again in 2025. Dates, courses, and eligibility requirements are subject to change.

When can I expect to receive an early offer?

Each program is different; some of them might send you an offer within a couple of weeks of submitting your application, while for others you may need to wait until later in the year. But all of them will send out offers earlier than the normal application timeline.

However, in 2024 in Australia the [Universities Accord recommendation](#) was adopted that "university offers to secondary school students in 2025 and 2026 should not be issued before September in the preceding year."

When do applications open?

Some programs are opening now or very soon, and closing dates can come around as quick as the end of Term 2. So make sure that you carefully check the key dates for **all** the programs you're interested in to ensure you don't miss out.

What is a conditional offer?

If you receive an offer, be proud! It means that the university definitely sees your potential and thinks you'll be a great candidate to study with them. Usually, the offer you'll receive will be "conditional" – basically, this means it comes with conditions. For example, your offer might be conditional on you achieving a certain ATAR or completing specific subjects.

If you fail to meet the conditions of your offer, it might expire. But you can still always apply through the normal processes, as well as see what your alternative pathway options are.

What's the difference between guaranteed and conditional offers?

Guaranteed offers are much less common than conditional offers. As the name suggests, once you receive a guaranteed offer, your place at university is secured, no matter what.

But do note that some conditions still apply in extreme circumstances (e.g. not finishing Year 12 may void your guaranteed offer). Make sure you thoroughly check the small print before accepting any offer.

What are the advantages of applying for early entry?

If you're still unsure about whether to apply, here are a few benefits to consider:

- Get the applications requirements out of the way now, instead of worrying about it when you're already busy with study
- Enjoy the security of knowing you already have an offer before going into exams
- Many programs have scholarships, bursaries, and other perks affiliated with them
- It can help you concentrate better on schoolwork later in the year
- You could get a head start on getting organised for life at university
- If you'll be moving away from home, you can get your accommodation applications in early
- You could save money, as the majority of early entry program applications are free (whereas TACs charge a fee for the application process)
- There's no commitment - you don't have to accept any offers and can still apply through the traditional route later in the year

How many early entry programs can I apply for?

As long as you meet the eligibility criteria, you can apply for every early entry program on offer. There are no limits, and applying for one program will *never* make you ineligible for another.

What happens if I receive more than one early offer?

There is a chance you could receive multiple offers, and there's nothing wrong with that - it just broadens your choices. But you can only accept one of them. So think carefully before making any final decision, and of course don't forget to reply to your other offers with a 'no'.

What happens if I don't receive any early offers?

You might be disappointed if you don't receive an offer, but that's about as serious as it gets.

You can still apply to the same university and course through the traditional application system later in the year.

On the bright side, now that you're familiar with the application process, you'll find it easier and quicker next time, and you'll probably have all the documentation you need already organised.

Early entry sounds great – what's next?

If you think you're ready, the last thing to do is apply.

Each program and university has their own processes and systems, so navigating it all can seem like a bit of a nightmare. That's why each we created the Early Entry Guide - it details all the different options available, eligibility criteria, important key dates and deadlines, and much more.

If you're a current Study Work Grow member, keep an eye out for the 2025 version of the guide in your inbox soon.

Not a member? You can still purchase the guide from our [Career Resource Library](#) and receive your own digital copy.

Still want more information? [We also have heaps of other blogs about university and study pathways on our website here.](#)

Jobs & Careers

[Career opportunities in medicine beyond being a doctor](#)

If you're passionate about health and helping others, [becoming a doctor](#) is an incredible and rewarding career choice. But what if you don't get in on your first try? Or perhaps, you discover along the way that being a doctor isn't quite the path for you after all?

The good news is that the world of medicine and health is full of exciting career opportunities beyond the traditional doctor role. There are countless ways to get involved in healthcare and make a meaningful difference. In this blog, we'll highlight just a few of the alternative career pathways in medicine that you might want to consider.

Nursing

[Nurses](#) are at the heart of healthcare, providing direct care to patients, assisting with treatments, and being advocates for health and well-being. Whether you're interested in working in hospitals, clinics, or in the community, there are various specialties within nursing, including [midwifery](#), paediatric, emergency, mental health, NICU, oncology, and surgical nursing - just to name a few.

With the flexibility of nursing, you can work in diverse settings and have plenty of career development opportunities, such as becoming a nurse practitioner or a clinical nurse specialist.

Physical Therapy

If you're interested in helping people recover from injuries, manage pain, or improve mobility, physiotherapy or occupational therapy could be the path for you. [Physiotherapists](#) work with patients to restore movement and function, often through exercise, massage, or other treatments. [Occupational therapists](#) focus on helping people develop or regain the skills needed for daily activities, using adaptive techniques, exercises, and assistive devices. Both careers offer the opportunity to work directly with people and make a meaningful impact on their quality of life without pursuing a full medical degree.

Pharmacy

[Pharmacists](#) play a vital role in healthcare by ensuring patients receive the correct medications and advising them on how to use them safely. This is an excellent choice if you have an interest in drugs, their effects on the body, and providing personalised health advice.

Pharmacists work in hospitals, retail pharmacies, and even research settings, contributing to public health in many ways.

Paramedicine (Emergency Medical Services)

For those who thrive in fast-paced environments and enjoy helping people in urgent situations, paramedicine can be a fulfilling career. [Paramedics](#) respond to emergencies, provide medical care on the spot, and transport patients to healthcare facilities when needed.

This is a hands-on role with a significant impact on saving lives and providing immediate support.

Medical Laboratory Science

[Medical laboratory](#) technicians and scientists are essential in diagnosing and treating illnesses by analysing laboratory samples. If you enjoy working behind the scenes but still want to play a crucial role in patient care, this could be an ideal career. You'll work with cutting-edge technology to analyse blood, urine, and tissue samples, helping doctors diagnose conditions and track patients' progress.

Find out more about what it could be like working in a laboratory [here](#).

Health Administration and Management

Health [administrators](#) manage hospitals, clinics, or public health organisations, ensuring that everything runs smoothly. This role might appeal to you if you're interested in healthcare but are more drawn to organisational, [leadership](#), and business tasks rather than direct patient care. Health administrators help streamline healthcare systems and improve patient outcomes by managing resources, [budgets](#), and [staff](#).

Speech Therapy

[Speech-language pathologists](#) (SLPs) work with patients who have speech, language, or swallowing disorders. If you have an interest in communication and enjoy working closely with individuals to make a significant difference in their lives, this could be a great option.

You'll help people regain their ability to speak or swallow, often after an illness or injury.

Public Health and Epidemiology

Public health professionals focus on improving health on a larger scale. If you're passionate about preventing illness and improving health outcomes for entire populations, a career in public health might be right for you.

This could involve roles in epidemiology, health policy, environmental health, or health education. Epidemiologists, for example, study disease patterns and help control outbreaks.

Biomedical Science and Research

Biomedical scientists and researchers work in labs to understand diseases, develop new treatments, and advance medical knowledge. If you're more interested in discovering the science behind health conditions and exploring new ways to treat them, biomedical research is an exciting field with plenty of opportunities to make a real difference in medicine. Examples of careers in this field include [Computational Biology](#) and [Data Science](#).

Radiography and Medical Imaging

[Radiographers](#) or [medical imaging technologists](#) use imaging technology, like X-rays, MRIs, and CT scans, to help doctors diagnose and monitor illnesses. If you have an interest in technology and enjoy working in a healthcare environment, this can be an exciting role that combines technical skills with patient care.

Dietetics and Nutrition

[Dietitians](#) and nutritionists work with patients to develop healthy eating plans, manage diet-related health conditions, and promote overall well-being. If you have a passion for food and health and want to help others improve their lives through nutrition, this could be a career for you.

There are plenty of specialties within dietetics, including sports nutrition, paediatric nutrition, and clinical nutrition.

Alternative Therapies and Complementary Medicine

While traditional medicine plays a big role in healthcare, many people also look to alternative therapies, like acupuncture, massage therapy, or naturopathy, to support their well-being. If you're interested in holistic health practices, this could be a pathway for you to explore. Many practitioners work in [private settings](#) or as part of integrated healthcare teams.

Where to explore more

The healthcare field is vast, and these are just a few options. There are many pathways into medicine, some requiring university degrees, others requiring vocational training or certifications. Here's where to start exploring:

- **Australia:** Visit the [Australian Health Practitioner Regulation Agency \(AHPRA\)](#), [Australian Medical Association](#), [Primary Health Care Australia](#), and [Health Workforce Australia](#) for career insights and training information.
- **UK:** Check out the [NHS Careers website](#) for a comprehensive look at health professions and pathways into medicine.
- **New Zealand - Aotearoa:** Look into [Careers.govt.nz](#) and [Health New Zealand - Te Whatu Ora](#) for information on various health professions and study options.
- **Canada:** Visit [More than Medicine Nova Scotia](#), and [Health Canada](#) for information about careers and training requirements.
- **USA:** [US Dept of State Medical and Health](#), [Association of American Medical Colleges \(AAMC\)](#), [Nurse.org](#), and the [US Bureau of Labor Statistics](#) are great places to start exploring.
- **Other countries:** Many countries have government health websites or national healthcare organisations that can provide information on training and career paths in healthcare. Be sure to explore what's available in your country!

Find the career that's right for you

The healthcare sector offers a multitude of career paths, many of which don't require you to be a doctor. So if you're interested in medicine but aren't sure about the doctor route, explore these alternatives. You might find a role that perfectly matches your interests and skills—and still make a meaningful difference in people's lives. Whether you're working directly with

patients, behind the scenes in labs, or helping to manage healthcare systems, there's a place for everyone in medicine.

Want to explore more different career options? [You can read heaps of other blogs on our website here.](#)

Job Spotlights

[Discover career pathways in Counselling](#)

Counselling is a professional field dedicated to helping individuals navigate through life's challenges and improve their overall wellbeing. Highly trained and compassionate counsellors provide a safe and supportive environment for clients to explore their thoughts, emotions, and behaviours.

This pathway might be right for you if you are interested in helping others navigate challenges and find solutions, enjoy listening and understanding, and want to make a positive impact on individuals' mental and emotional wellbeing.

What do careers in this pathway involve?

Counselling encompasses various specialties, such as mental health, marriage and family therapy, addiction counselling, and career counselling, ensuring individuals receive the specialised support they need to lead fulfilling lives.

The growing demand for counsellors means this pathway offers both job security and the opportunity to make a meaningful difference in people's lives.

What are some important human skills for this pathway?

- Social awareness
- Communication
- Collaboration
- Innovation
- Self-management

What are some of the tasks involved?

- Provide counselling services
- Develop treatment plans
- Monitor individual progress
- Collaborate with other health workers
- Prepare reports and evaluations
- Provide relevant advice
- Run group sessions
- Teach life skills
- Maintain client records

What kind of work environment and conditions can I expect?

Most counsellors work indoors in an office setting, such as in private practices, community health centres, schools, hospitals, or government agencies. Some counsellors also work remotely, offering telehealth services via video or phone.

While some positions follow standard business hours, many counsellors offer evening or weekend appointments to accommodate clients who work or study during the day.

The Clusters in counselling

Find out more about the kind of work people in each [Career Cluster](#) might do in this pathway.

Guardians

Guardians are common in this pathway, providing emotional and psychological support to individuals or groups.

Linkers

Linkers in this pathway are also vital, connecting clients with appropriate services and resources.

Coordinators

Coordinators manage counselling services, from scheduling to program development.

Informers

Informers in this pathway educate clients on coping strategies and mental health resources.

Makers

Makers are rare in this pathway, but may help to run one-on-one or group counselling sessions.

Innovators

Innovators in this pathway develop new counselling techniques or technologies for improved outcomes.

Where can a counselling pathway take me?

Interested in a career in counselling? There are many roles you might like to consider – here are just a few.

Entry level roles

These jobs can be started with little or no training or experience, and are great as a stepping stone towards more senior roles in the pathway.

Community Support Worker

Provide practical assistance and emotional support to vulnerable individuals in community settings.

Family Support Worker

Help families develop skills to overcome challenges and create safe, nurturing environments for children.

Youth Worker

Work with young people to develop their skills, address personal issues, and connect them with appropriate services.

Mid-level roles

Once you have some further study or experience under your belt, you might like to consider moving into one of these roles.

Careers Advisor

Provide guidance on education, training, and employment options to help people make informed career decisions.

Financial Counsellor

Help people manage financial difficulties and develop strategies for overcoming money problems.

Alcohol and Drugs Counsellor

Help people overcome substance dependency issues through specialised counselling techniques.

Senior level roles

These jobs will require extensive further education or many years of experience, but are also highly rewarding.

Psychotherapist

Provide in-depth therapy addressing underlying issues and patterns that affect mental health and relationships.

Family Dispute Resolution Practitioner

Help separating families resolve disputes and develop parenting arrangements outside of court.

Psychologist

Assess, diagnose, and treat mental health conditions using scientific methods and evidence-based approaches.

Similar pathways

If these careers aren't quite right for you, you might like to explore some other similar pathways instead.

Health Therapy

Provide therapeutic treatments and support to improve individuals' mental and physical wellbeing.

Aged Care

Support and care for elderly individuals in a compassionate and nurturing environment.

Disability Support

Provide assistance and care for individuals with disabilities.

How can I build experience in this pathway?

If you're still in high school and want to find out if a career in counselling is right for you, here are some activities you can do:

- Role-play counselling scenarios to practice active listening
- Study psychological theories to understand counselling approaches
- Become a mentor at school, for your sports club, or in the community

We recommend studying these subjects in high school:

- English
- Mathematics
- Health
- Any Sciences
- Society and Culture

Here are some suggestions of places you might like to try and find work experience:

- Community centres or non-profit organisations that offer counselling services

- Rehabilitation centres or substance abuse treatment facilities
- Schools or universities with counselling departments
- Employee assistance programs offered by large corporations
- Religious organisations or churches that provide counselling services

Where can I find out more?

You can explore other career pathways and find in-depth information on specific jobs [on our website](#).

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