



### Careers Newsletter

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

To contact Mr Madani please email [jmadani@stpiusx.nsw.edu.au](mailto:jmadani@stpiusx.nsw.edu.au) or call 9414 4388.

#### **JobJump - Parents and students please watch YouTube video and sign up**

Sign up to JobJump for information about tertiary study options, ATAR's and apprenticeship and TAFE information. Create a resume, sign up for news alerts.

To register go to <https://www.jobjump.com.au/>

Search school – St Pius X Chatswood

Register with an email address (use a private address, not spx)

Password – pius (lower case)

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

#### **[The GiST | Making a difference – Working in the clean energy sector](#)**

October 30, 2023

A third of Australia's electricity already is generated by renewables. Over the next 30 years, new wind and solar farms, batteries, rooftop solar installations, and hydro projects will need to be built.

This webinar will explore the working lives, school and career pathways of two young women who have opted to work in the clean energy sector. It is designed to give secondary students insights into careers in this sector and the opportunity to ask questions.

[Find out more](#)

#### **[University of Sydney | Your career in early education](#)**

November 1, 2023

Interested in making a difference in the lives of young children? Join our webinar to hear about the important work early childhood teachers do. Learn how our accredited Bachelor of Education (Early Childhood) will give you the strong theoretical and practical foundation to teach young children and provide them with a strong start in life.

[Find out more](#)

#### **[University of Sydney | Pathways to studying law](#)**

November 1, 2023

Are you interested in pursuing a career in law? Join us to find out about the University of Sydney's Bachelor of Laws and how it will provide you with the skills, knowledge, and connections to become an internationally focused lawyer.

[Find out more](#)

#### **[Rise Information Session](#)**

November 4, 2023

Rise is a program that finds brilliant people who need opportunity and supports them for life as they work to serve others.

The program starts at ages 15–17 and offers a lifetime of benefits including scholarships, mentorship, access to career development opportunities, funding, and more as they work toward solving humanity's most pressing problems.



The information session will provide an overview of Rise and go in-depth about:

- Key dates
- Requirements
- Participant's involvement

There will also be an opportunity to ask questions about the program.

[Find out more](#)

### **InspirationED | November Kickstart Seminars**

November 5 to November 18, 2023

We know this is an incredibly stressful period for both parents and students. So we've gathered all the best tools and tips to help you focus on achieving your best this year. Designed for both parents and students, in each 45 minute session we cut straight to the chase, leaving you equipped for the year ahead.

What you'll learn:

- How to manage stress during the year
- Secrets to HSC success
- Understanding the ATAR
- English tips and tricks
- Strategies for parents: communication & emotional support

Our seminars are presented by senior HSC Markers and qualified counsellors. The key to the success of this program is tapping into the knowledge and insight of the most passionate and experienced individuals in the business!

[Find out more](#)

### **University of Sydney | Exercise and sport science**

November 8, 2023

Interested in exercise and sport science? Join this session to hear from the program director for exercise and sport science at the University of Sydney. Find out more about which study options are available and where this degree could take you.

[Find out more](#)

### **University of Sydney | Why study Business at Sydney**

November 8, 2023

Discover how our Commerce degree prepares you for the future of work and a wide range of career opportunities. You will learn about the range of study areas (or majors) available – such as Marketing, Finance, or Strategy, Innovation and Entrepreneurship – and the many ways in which you can combine your interests, with over 100 study areas to select from our shared pools of majors and minors. Find out more about internships, industry-focused experiences, and global mobility opportunities on offer to our Bachelor of Commerce students.

[Find out more](#)

### **The Hotel School | Information Evening, Sydney**

November 8, 2023

Are you passionate about a career in hospitality, tourism or events? Join us to explore how



you can start an exciting global career within the hospitality, hotel and tourism industry by attending our Information Evening.

Highlights of the session include:

- Meet faculty team members and the Head of Campus
- Discuss career opportunities with the Work Integrated Learning team
- Find out about our courses and the application process
- Chat with our current students

Bring your parents or friends along and get all your questions answered.

[Find out more](#)

### **[University of Newcastle | Nursing & Midwifery Insights Evening – Gosford](#)**

November 8, 2023

Please join us for our Nursing and Midwifery Insights Evening. The evening is an invaluable experience, allowing students to hear first-hand about the nursing and midwifery degrees on offer at the University of Newcastle's Central Coast Clinical School, Gosford.

Students will be able to hear from, and speak with, academic staff and current students from the School of Nursing and Midwifery. Students will also have the opportunity to tour the nursing and midwifery labs. This is an excellent opportunity for students to ask any questions they might have about the Bachelor of Nursing and Bachelor of Midwifery.

[Find out more](#)

### **[UTS | Sport Tours](#)**

November 9, 2023

Interested in exploring what UTS sport has to offer? Join us on the following dates to get an exclusive tour of our sport facilities and have your sporting questions answered.

[Find out more](#)

### **[Student Wellbeing Hub: Supporting self-regulation skills in the classroom](#)**

November 9, 2023

The Student Wellbeing Hub resource '[Interoception and self-regulation: Get ready to learn](#)' features videos, activities and educator guides designed to help students feel more connected to their bodies, and to interpret and express their emotions helpfully.

This webinar unpacks the new resource and explores how building interoception skills can help children and young people to self-regulate their emotions and feelings, be calm and engage with learning, have positive wellbeing, and improve their academic performance.

[Find out more](#)

### **[University of Newcastle | Nursing & Midwifery Insights Evening – Callaghan](#)**

November 9, 2023

Please join us to attend our Nursing and Midwifery Insights Evening. The evening is an invaluable experience, allowing students to hear first-hand about the nursing and midwifery degrees on offer at the University of Newcastle's Callaghan campus.

Students will be able to hear from, and speak with, academic staff and current students from the School of Nursing and Midwifery. Students will also have the opportunity to tour the nursing and midwifery labs. This is an excellent opportunity for students to ask any questions they might have about the Bachelor of Nursing and Bachelor of Midwifery.

[Find out more](#)

### **[AMPA | Experience Days](#)**



November 13 to November 16, 2023

The Academy of Music and Performing Arts (AMPA) invites aspiring students (16 and over) to join us for a day in our music or dance programs. Attendees will have the chance to sit in on performance classes, workshops, Q&A sessions and meet faculty and students.

Whether you're passionate about dance, contemporary music, classical music, music theatre, music production, songwriting or composition, RSVP now to discover how you can take the lead with AMPA.

[Find out more](#)

### [\*\*UNSW | ADA Portfolio Entry Early Conditional Offer Workshops\*\*](#)

**In person:** November 14, 2023

**Online:** November 15, 2023

Here at UNSW, we want to reward your passion, creativity and potential to succeed in your degree area. That's why from Term 1 2024, we'll be evolving our UNSW Portfolio Entry Scheme to offer early conditional offers, giving you the opportunity to demonstrate your passion and talent alongside your ATAR.

Join us on the UNSW Art & Design Paddington Campus or online to hear from UNSW staff and academics about submitting an outstanding portfolio for a range of degrees across our Arts, Design & Architecture, and Engineering Faculties for 2024.

[Register for in person](#)

[Register for online](#)

### [\*\*University of Sydney | Grand Challenges – Igniting the Future of Renewable Fuel\*\*](#)

November 16, 2023

Year 9-10 students will spend a day learning about a real-life global problem, i.e. the Grand Challenge, and brainstorm, develop and pitch their own solutions to their peers and STEM experts for a chance to win cash prizes.

"As an entrepreneur, pitch an innovative idea that uses, or amplifies the use of, renewable energy."

In a world facing pressing environmental challenges, the need for renewable fuel solutions has never been more critical. Could green hydrogen fuel be the answer to decarbonise global industries and local energy users alike?

Our guest speaker, Professor Kondo-Francois Aguey-Zinsou, is one of the world's leading hydrogen fuel and storage experts and is passionate about using hydrogen as a global energy solution.

Students will need to be supervised by a teacher. Available for school bookings only. This is a collaboration between [Future Anything](#) and the [Faculty of Science, University of Sydney](#).

[Find out more](#)

### [\*\*AIE | Open Day\*\*](#)

November 18, 2023

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day on Sat 18 November 2023. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra and Adelaide from 10am to 3pm.

AIE's Open Day is 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](#)

### **[Enter the World of Le Cordon Bleu – Careers Residential, Sydney](#)**

November 21 to November 22, 2023

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like.

Meet lecturers and Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary arts with our chefs.

[Find out more](#)

### **[Scholarship FAQs](#)**

We talk a lot on Study Work Grow about scholarships, and for a good reason – they're a great means of support for your future, whether you need help covering costs, want access to bonus perks, or would like to grow your professional networks. But they can also be confusing at times. So in this blog we're going to provide a brief overview of scholarships, then dive into some frequently asked questions (FAQs).

#### **What are scholarships?**

Scholarships are essentially financial gifts. They can come from various sources, such as educational institutions, private organisations, or even local businesses. You can use the money to cover a wide range of different things, from textbooks and accommodation to tuition fees and travel costs.

#### **What benefits can scholarships give me?**

Scholarships sometimes offer more than money. Here are some of the other benefits you might receive:

- Priority access to courses and accommodation
- Networking and mentorship opportunities
- Exclusive events and workshops
- Academic and career support
- Connections with industry and alumni
- Travel and exchange opportunities
- And more!

#### **Scholarship FAQs**

Now that we know a bit about what scholarships are, let's answer some questions that students often have.

#### **Do scholarships exclusively cover tuition?**

Not necessarily – scholarships can cover various expenses, including tuition, textbooks,



accommodation, and even living costs, depending on the scholarship. Check the benefits carefully to see what they can and can't be used for.

### **Is it possible to apply for multiple scholarships?**

Absolutely! In fact, applying for multiple scholarships is encouraged. You'll have a better chance of receiving one, and in many cases you can actually accept multiple scholarships.

### **When should I start applying for scholarships?**

We recommend you begin your scholarship search as early as your junior year in high school. Many scholarships have early deadlines, so it never hurts to get in early.

### **Can I still get a scholarship if I don't have good grades?**

Yes. Many scholarships consider a wide range of factors other than academic ability, including community involvement, leadership, financial need, disability, rurality, sporting achievements, unique talents, and more.

### **Are there scholarships for non-traditional students or adults returning to study?**

Yes, there are scholarships out there specially tailored to non-traditional students and adults returning to school, making higher education accessible to a everyone.

### **Do I need to repay scholarships if I change my major or don't complete my degree?**

It depends. It's important to always carefully read and understand the terms of a scholarship before you accept. Some may require repayment or be cut off if you don't meet certain conditions, such as completing your degree within a specified time or maintaining a certain GPA.

### **Can international students apply for scholarships?**

Yes, many scholarships are open to both domestic and international students. Eligibility criteria can vary, so don't forget to review the requirements for each scholarship before you apply.

### **Are there scholarships specifically for students pursuing vocational or trade programs?**

Absolutely. These scholarships might help to cover costs that university students don't have, such as tools, uniforms, protective gear, and travel expenses.

### **Where can I find out more about scholarships?**

If you have more questions about scholarships or are ready to apply, you can read more blogs and search for opportunities on our website [here](#).

### **[Apprenticeships vs traineeships – what's the difference?](#)**

What's the difference between apprenticeships and traineeships? While they do have quite a lot in common, there are some important key distinctions between the two as well. Knowing these differences can help you decide which one is right for you. Let's dive into apprenticeships vs traineeships and find out how they differ.



## The similarities

In both an apprenticeship or traineeship, you will work for an employer while also studying towards a nationally recognised qualification, making either a great way to get hands-on experience in the career of your choice.

In both, you'll have a mentor or supervisor to guide you, helping you to learn the ropes and providing feedback along the way. You'll also gain a variety of essential skills, including communication, teamwork, problem solving, and time management.

In many cases, you can also start either an apprenticeship or traineeship while you're still at school, meaning you don't need to wait to undertake further learning (and start making money).

## The differences

The biggest difference between apprenticeships and traineeships is their industry focus. Apprenticeships are often associated with trades and industries that require specialised skills, like carpentry, plumbing, engineering, and healthcare. Traineeships, on the other hand, are found more often in sectors like administration, retail, hospitality, and IT.

Apprenticeships are also typically longer, often ranging from two to four years, while traineeships are usually between six months to two years in length.

Apprenticeships are often more regulated, with specific standards and qualifications set by industry and government bodies. Traineeships may have more flexibility and can be tailored to the needs of the employer and the trainee.

Sometimes apprenticeships have stricter entry requirements, including previous education or some relevant experience. Traineeships are often more accessible and can be a good starting point for those with less experience.

## What's best for me?

Whether you decide to do an apprenticeship or a traineeship will usually come down to the job you are interested in. Take your time to explore your options and consider which path aligns best with your goals.

If you're unsure, it's a good idea to talk to your careers advisor, teachers, or people working in the industry you're interested in. They can provide more tailored advice based on your specific situation.

You can also read more about apprenticeships and traineeships on our website [here](#).

## [Traineeships with My Freight Career](#)

Traineeships combine work-based training with an employer and formal training from a training provider. They are a great way to be paid for work, learn, and earn a qualification. My Freight Career provides education and training that exceeds accreditation guidelines and gives you practical, hands-on skills. They work with host companies to find a role and location that meets your needs, while industry experienced trainers provide one-on-one education on the job.

My Freight Career offers traineeships in:

- International Freight Forwarding – office based administrative tasks.
- Supply Chain Operations – office based administrative tasks and/or physical warehouse/transport tasks.

If you live in NSW, My Freight Career's [2-week pre-traineeship course](#) is a great introduction to the industry and the perfect launchpad if you decide you want to take things further.

Plus, every My Freight Career graduate with at least one additional year of work experience is



now eligible for entry to the [University of Sydney Graduate program](#). This opens up new opportunities for professional development as you study a [Graduate Certificate in Logistics and Supply Chain Management](#).

Interested in starting a traineeship? Find out more and apply [here](#).

### **[LinkedIn for students: creating a professional profile](#)**

These days, most of us probably look for work online. Whether it's browsing a job database, asking in a Facebook group, or even just doing a quick Google search, there's no doubt that the internet has certainly changed the way we search for jobs. So how can you make your online presence work in your favour, and actually help you find (and secure) a job?

That's where professional social media sites like [LinkedIn](#) come in. LinkedIn is a social media site that focuses on jobs, career development, and even skill building. Using LinkedIn as a student can help you appeal to potential employers, network with your peers and mentors, and help build a name for yourself in the professional world.

### **Why do I need a LinkedIn profile as a student?**

You might be thinking that this all sounds well and good, but I'm just in high school or my first year of uni – why do I need a professional profile?

Student or not, if you apply for a job, chances are [your potential future employer will look you up online](#). And if they can't find anything (or don't like what they see), this might actually affect your chances of being hired.

Additionally, job seeking isn't the only reason to have a LinkedIn profile. It's also a great place to explore, network, connect with like-minded people, and even [learn new things](#). Plus, it's free, so why not give it a go?

*One quick note – according to LinkedIn's [User Agreement](#), you need to be at least 16 years old to open an account.*

### **LinkedIn profile basics**

Ready to go ahead and make a LinkedIn account? Here are some tips to consider when creating your profile.

#### **Use a personal email address**

If you're still studying, you probably have an email associated with your school or university. While it might be tempting to use this email, you should use a personal one instead – this way you will have access to your LinkedIn account long after you graduate. Don't have a personal email account? [Gmail](#) is a free and easy option.

#### **Add a profile picture**

It's always good to be able to put a face to a name, and LinkedIn is no different. People are [more likely to respond](#) (and it seems less spammy) if your profile includes a picture. But unlike Instagram or TikTok, there are a few things to keep in mind when picking the perfect LinkedIn profile pic:

- It needs to be of you, of course! LinkedIn might [remove your picture](#) if it's a cute snap of your dog, for example.
- Wear something nice – like what you would wear to an interview or work.





- Selfies aren't totally off-limits, but it's best to ask a friend to take the photo for you.
- Make sure you get a good angle and nice lighting.

There are some other useful tips you might like to read [here](#).

## About you

This is where a lot of students get tripped up when making a LinkedIn profile. If you haven't had a job before or only have casual experience, what else are you supposed to add to fill out your profile?

While LinkedIn is a platform for jobs, it's not the be-all and end-all – in fact, there are probably lots of things you've done and achieved throughout school and university that you can add to your profile, including:

- Awards you've received or competitions you've won
- Clubs you've been a part of (e.g. debating, chess, sports, robotics, etc.)
- Unpaid or volunteer work you've done (e.g. working the canteen at the local sporting grounds, participating in advisory/advocacy groups, etc.)
- Projects you've done or participated in (e.g. building a website, organising a charity drive for your school, etc.)
- Your leadership roles (e.g. school captain, student body leader, etc.)
- Your top skills and strengths
- Your favourite/best classes or subjects
- Short courses, workshops, or microcredentials you've done
- Qualifications you already have (even things like First Aid)
- Tools and programs you're proficient with (e.g. Microsoft Word, using power tools, etc.)
- Languages you know (whether you're fully fluent or not)

There is also a section where you can add a little summary about yourself too. This could include things like your future goals and dreams, your hobbies and interests, things that inspire you, and even a bit about your journey so far. If you need a hand getting started, here are some [examples of great LinkedIn profile summaries](#).

## Using LinkedIn – the basics

Once you've set up your profile, you can now start using the rest of the site's features. There are quite a few and it might seem a bit intimidating at first, but here are the most useful:

### Connections

Connections are just like friend requests, allowing you to connect with other LinkedIn users and see their posts and information. LinkedIn usually starts out by suggesting some connections for you based on the information you provide in your profile – people who went to your school/university, live in the same town, work in similar fields, etc.

Most of the time, we suggest only connecting with people you know personally. Some people might feel a bit awkward connecting with someone they don't know; and conversely, you might also not want a stranger seeing your full profile.

But what if there's someone you think is really cool and you want to know more about them? Well, there's a solution for that...

### Following

This feature works basically like any other social media. You can follow people, organisations, and even pages on specific topics, and their activity will show up on your feed. It's a great way of expanding your network without needing to connect with people you don't know.



You might not see all of someone's information as a follower, but you can still read and interact with their posts.

### **Messaging**

LinkedIn only allows you to send and receive messages to and from people you're connected with. They do have another service (InMail) that allows you to message people you're not connected with, but it's part of their paid service.

If you don't want people you don't know to send you InMail, you can [turn InMail requests off in your account settings](#).

### **Your feed**

Just like when you open Facebook, Instagram, or TikTok, the first thing you see on LinkedIn is your feed. You'll see things like posts from your network (connections and follows), trending and recommended content, and sponsored content.

### **How should I use LinkedIn as a student?**

Here are some things you can do as a student on LinkedIn to grow your network and find jobs.

#### **Follow lots of people and pages**

Try and follow a variety of people from all walks of life, not just people from your local area or your friends from school. This can help you gain a better understanding of work and careers all around the world and listen to different perspectives and opinions.

Browse the page of your future university or company you'd like to work for and learn more about their impact, see courses and jobs on offer, and find affiliated people to connect with or follow.

#### **Interact with people**

You can leave reactions and comments on people's posts on LinkedIn. Engaging with someone's post, particularly by leaving relevant and friendly comments, can be a great way to start a conversation, and may even lead to further connection down the track.

#### **Do lots of searching**

Use the search bar to browse to your heart's content. Search for a topic that interests you and see what's out there – see what people in that field are doing, read and watch articles and videos about the topic, and find groups to join based on your interests.

#### **Find jobs**

LinkedIn has an entire section dedicated to [finding and applying for jobs](#). You can use it to search for listings, get help and advice on resume and skill building, and even ask your connections to endorse your skills.

#### **Keep your profile updated**

Don't forget to take some time every now and then to make sure your profile details are all still current. Add news jobs, skills, and experiences; share your own posts and insights with your network; or if you've had a major appearance change, upload a new profile picture.



### **Stay professional**

While it is technically social media, remember that LinkedIn is a professional platform – so it's probably not the place to be sharing your holiday pics or details of last night's date. When engaging with others, remember to keep your language polite and formal, even if it's someone you know in real life.

### **Find out more**

You can read more about how LinkedIn and other social media can be beneficial for students in our blog [here](#), or find heaps more resources about the world of work [here](#).

### **[Work experience options for future medicine students](#)**

When it comes to pursuing a career in medicine, gaining first-hand experience early on can be invaluable. Work experience offers you a chance to step into the shoes of medical professionals, providing insights that textbooks simply can't replicate. Here are some work experience ideas for students who are thinking of studying medicine in the future.

### **Hospital placements**

One of the most direct ways to gain exposure to the medical field is by doing a placement in a hospital. This commonly involves observing doctors, nurses, and other healthcare professionals in their day-to-day activities. You'll witness various departments, procedures, and patient interactions, giving you a first-hand look at the dynamic world of healthcare.

### **Placements in clinics and general practices**

Local clinics and general practices are excellent places to gain a more focused perspective. Here, you can interact with healthcare providers in a smaller setting, allowing for more personalised attention and a deeper understanding of primary care. If you already have a speciality in mind, this is also a great way to see if it meets your expectations.

### **Volunteering at healthcare events**

Many communities host health-related events and workshops. Volunteering at these events can expose you to a wide range of medical professional, and it's also an opportunity to engage with the public and see the impact of healthcare on a community level. You'll also gain valuable skills like communication, interpersonal skills, and organisation.

### **Consider research institutions**

If you're more interested in the scientific side of medicine, you might like to seek out opportunities in research. Many universities and research institutions offer programs for high school students to get involved in ongoing projects, giving you a taste of the investigative side of the medical field.

### **Virtual placements and online courses**

In today's digital age, virtual internships and online courses have become more accessible. Consider enrolling in programs that offer virtual experiences, allowing you to learn from professionals in various medical disciplines all from the comfort of your own home. Remember to approach your placement, wherever it is, with an open mind and a willingness to learn. Take notes, ask questions, and reflect on what you've observed. This will not only enhance your understanding, but also demonstrate your genuine interest and dedication – and you might even make some important contacts you can use down the track.



If you want to find out more about work experience or search for placements in health or medicine, take a look at our website [here](#).

### **Rise Challenge**

Rise is a program that finds promising young people and provides them with opportunities that allow them to work together to serve others over their lifetimes.

The program seeks young people ages 15 to 17 and encourages a lifetime of service and learning by providing support that may include need-based scholarships, mentorship, networking, access to career development opportunities, and the potential for additional funding as Rise Global Winners work toward solving humanity's most pressing problems. It does not matter what part of the globe you come from, or academic experience you have. Whether you are interested in science, innovation, technology, art, policy, community organizing, or any other discipline—we want to hear from you.

**Applications for the 2024 program are open now and close 17 January 2024.**

Find out more and apply [here](#).

### **Do you need to change your preferences?**

So you've applied to university – congratulations! Perhaps you've applied through a Tertiary Admissions Centre (TAC) like UAC, QTAC, or VTAC. Maybe you applied directly to the university of your choice. Either way, did you know that once you've submitted your applications, they're not set in stone? Right up until the very last offer round, you can always change your preferences.

### **Preferences – the basics**

By the time you've submitted your applications, it's assumed that you understand 'preferences' and what it means for your application. But just in case you're still a bit uncertain, let's explain.

*Preferences* are just a term for the courses you want to apply for, listed in the order you'd like to study them.

At Study Work Grow we recommend that you list your dream course(s) first, some more realistic options next, and one safe option last. That way you'll increase the odds that you'll get at least one offer in the main offer rounds.

Listing the maximum number of possible preferences on your applications is also a good strategy. This will give you the maximum opportunity to receive at least one offer – or maybe more.

### **Flexibility can be handy**

If you're certain that you've applied to the best uni and selected the best courses for you, that's great. Move on and wait for the offer rounds to start up.

But if you've decided that you're not happy with the universities or courses you've listed, or perhaps the order you listed your preference just isn't sitting right with you any more, guess what? There's good news – the whole applications system is designed to allow you to change your preferences.

### **When can you change your preferences?**



Most universities and TACs provide plenty of opportunities to change your preferences. After submitting your application and before you take your exams or get your results, you can usually log into your application and adjust your preferences.

Changing your preferences is usually free, but some TACs may charge a fee if you change them more than two or three times.

Here are the change of preference cut-off dates for the main rounds of offers after ATAR release dates:

<b>Tertiary Admission Centre</b>	<b>Results Date</b>	<b>Main Round Offers Date</b>	<b>Change of Preference Cut-off for main round</b>
<a href="#">UAC</a>	14 December	21 December	15 December
<a href="#">VTAC</a>	11 December	21 December	13 December
<a href="#">QTAC</a>	15 December	21 December	18 December
<a href="#">TISC</a>	18 December	22 December	18 December
<a href="#">SATAC</a>	18 December	11 January 2024	3 January 2024
<a href="#">UTAS</a>	13 December	Mid December	Contact UTAS

*Note:* If you've received an early conditional offer for one or more of the courses on your preferences, and you'd still like more offers during the main rounds, it's best to call the admission centre or institution directly if you're unsure about what to do next.

Once the main round offers have happened, another window is usually opened up. You'll get the chance to change your preferences again and possibly receive more offers, then choose which one to accept. Or if you didn't get an offer in the first round, you can have another go in the subsequent rounds.

### **Top tips for changing preferences**

1. Spend some time considering why you want to change your preferences before you go ahead and do it.
2. Check if any fees or cut-off dates (and times) apply.
3. If you're unsure about what to do, pick up the phone and email or call someone at the TAC or university for advice.

### **Do you really need to change your preferences?**

Consider adjusting your preferences if:

- Your ATAR was better than you expected. If there's a competitive course that you looked over because you didn't think it was a realistic option before, move it to the top of your list.
- Your ATAR wasn't as good as you had hoped for. To ensure you get an offer, change your preferences to list courses within your ATAR bracket at the top of your list.
- You have had a change of heart about the ideal course or university for you.
- There's a new course that's become available and you think it would be perfect.
- You've discovered a course you didn't know about when you applied.
- You've been advised that the pre-requisites for a course you had on your list have changed, or a course you'd applied for has been dropped by the university.



- You're having a look back over your application and you realise that you didn't put your preferences in the right order.

### **Is changing your preferences really necessary?**

If you get a higher ATAR than you expected (yay you), *don't* immediately rush off and change your preferences just because you can apply for law or engineering now. If you're happy with your preferences, the best thing to do is stick with them – there's no such thing as 'wasting' a good ATAR.

You might feel pressured into thinking you should change your list, particularly if your friends are talking about changing theirs and cut-off dates are coming up. Hold off, spend some time researching any changes you're thinking of making, and be sure you're doing it for all the right reasons.

Double check any course pre-requisites as well as your eligibility before you go adding any new courses or moving them up your list. It would be a real shame to miss out on receiving an offer because you didn't take a few minutes to read the entry criteria.

### **Don't panic**

If you miss the change of preference cut-offs for the first round, that's OK – you'll get the chance to change them again before the next offer round.

If all the offer rounds are over and you have an offer but it's not for the course you really wanted, call up the university and find out what your options are. You might be able to start a different degree then transfer after completing a few subjects.

Most importantly, if you don't receive any offers at all, please remember that you still have lots of options. Nearly every uni will have at least one alternative pathway, from bridging courses to experience-based entry options. You may be surprised to learn about the number of choices available to help you get into the university of your dreams.

### **Need more information?**

If you're still after more information, including key dates and change of preference events being held by universities, you can grab a copy of our Change of Preference Guide from the [bookshop](#), free for Study Work Grow members.

### **Coping strategies for feeling homesick**

Thinking of moving away from home to go university? Moving out is an exciting adventure, but it's also completely normal to feel a bit of homesickness now and then. In this blog, we've gathered some strategies to help you cope during those moments when you're feeling homesick.

### **Stay connected**

One of the most effective ways to combat homesickness is by staying connected with your family and friends. Set up regular video calls, send messages, or even send handwritten letters. Hearing their voices and sharing your experiences can provide a comforting sense of familiarity, making the distance feel a little smaller.

### **Create a homey space**

Transform your dorm room or living space into a cosy haven that feels like home. Bring along some familiar items – pictures, blankets, or even a favourite mug. These little touches can



work wonders in creating a sense of comfort and belonging.

### **Get involved**

Immerse yourself in campus life and join clubs or organisations that interest you. This can help you to meet like-minded individuals and also provides a sense of purpose and community. The more you engage, the more you'll find your university becoming a second home.

### **Explore your new surroundings**

Familiarise yourself with your new environment. Take walks around campus, discover local spots, and find places that resonate with you. By becoming acquainted with your surroundings, you'll start to feel more connected to the place you're now calling home.

### **Establish routines**

Having a structured daily routine can provide stability and comfort. Set regular study times, exercise routines, and don't forget to make time for self-care. Knowing what to expect from your day can help reduce feelings of uncertainty and homesickness.

### **Seek support**

Remember, you're definitely not alone in feeling homesick! Reach out to campus counselling services or find online support groups where you can connect with others who are going through similar experiences. Talking about your feelings can be incredibly reassuring.

### **Embrace new experiences**

Try your best to stay open to new experiences. It can feel hard to dive into the deep end, especially in an unfamiliar environment where you might not know many people. But ultimately trying new things will lead to you growing as a person, and you might even discover something you love.

Remember, feeling homesick is a totally normal part of this journey – in fact, it's a sign that you care deeply about the people and places you hold dear. By using these coping strategies, you'll not only survive feeling homesick, but thrive in your new university life.

Embrace this time as an opportunity for personal growth and making unforgettable memories.

You can find more wellbeing tips on our website [here](#).

### **[Helping your teens cope with bad news and the media cycle](#)**

It's hard to avoid bad news – young people in particular are spending lots of time online, and it's easy for them to be exposed to news about natural disasters, pandemics, wars, and other distressing events. They may also find their identity being brought up in public and debated by strangers, some of them with not so nice opinions. If your teen is feeling overwhelmed or scared by all the bad news and negative media, it's important to let them know you are here for them, and help them cope with and discuss the things they're seeing online.

### **How to tell if your teen is struggling**

It can sometimes be difficult for teens to come out and admit they're struggling or overwhelmed. Everyone responds differently to negativity, but if your teen is showing any of the following, it could be a sign they need some help:

- They're often feeling agitated, anxious, angry, or sad
- They're isolated and disconnected from friends and family



- They're frequently getting into arguments in real life and online

If your teen comes to you with questions or concerns, it's important to stay open minded and remind them that you are always here to listen.

### **Helping your teen cope with bad news**

As parents, we can play an important role in supporting our teens and help them to understand what's happening in the world.

#### **Start a conversation**

If your teen has come to you with questions, or if you sense something is wrong, make sure you start by giving them space to talk without interruptions. Try to use open-ended questions and encourage your teen to talk. Don't immediately try and jump in with advice or judgement, or try and multitask while they're talking to you – put aside any distractions and just listen.

#### **Acknowledge their feelings**

Let your teen know that it's totally normal for them to feel the way they do. You might even be able to validate their feelings by letting them know that sometimes adults struggle with the same problem too. It's important for your teen to know that they are safe to come to you with any future problems or questions.

#### **Ask if they want to switch off**

You might like to suggest ways your teen can switch off from television or social media for a while. They might like to listen to some music, play a game, or engage in other [self-care activities](#). You might even like to do something together, like going for a walk, making dinner, or just having a chat about something else to take their mind off it.

#### **Help them accept their level of control**

Some teens might feel helpless or powerless, or that the world is a bad place and there is nothing they can do to fix it. Remind them that it's alright to accept when you have no control over a situation, and that it's not their responsibility to solve everything. Let them know there are sometimes small things they can do to make a difference, like volunteering, signing petitions online, making a donation, or spreading positive news stories instead.

#### **Contextualising the news**

Teaching our teens to be critical and mindful of the things they see is so important. This can help them feel more confident when watching TV or browsing online, and ensure they don't fall into a trap of misinformation or negativity.

#### **Watch and read together**

If your teen has brought up a particular issue or topic, you might like to ask them to show you what they read or watched, and look at it together. Ask them what they're thinking and the reasons it's upsetting for them.

#### **Don't pretend to have all the answers**

Sometimes our teens can come to us with questions about sensitive or uncomfortable topics.





It's completely OK to admit you don't know how to answer their question. Instead, take it as an opportunity to do some research and learn together with your teen.

### **Research together**

While you research, remind your teen that some news sources and social media can be biased, and that there are lots of different opinions out there. Find a trusted source to get the facts and encourage your teen to make this place their go-to for breaking news in the future, instead of relying on TikTok or Reddit.

### **Looking after yourself**

Persistent and distressing news reports don't just affect teens – you might also be feeling overwhelmed, upset, or helpless too, and that's OK. Don't forget to look after your own mental and physical health, check in with friends and family, and just disconnect from the internet every once in a while.

### **Finding help**

There are heaps of resources out there for both parents and teens to help them cope with bad news and other problems. You might like to share [this article from Reach Out](#) with your teen on how to cope when things feel out of your control. They also have a great guide for parents on [effective communication techniques with teens](#).

We also have other blogs and resources on our websites for [parents](#), and for teens on [wellbeing](#).

### **What is it like to work in a doctor's office?**

A doctor's office serves as a hub for healthcare provision and management. It is a dedicated space where qualified medical professionals, including doctors, nurses, and support staff, attend to individuals seeking medical attention or advice.

Patients attend a doctor's office for check-ups, consultations, and examinations, allowing for early detection of potential health issues. They can also serve as a place for obtaining prescriptions, vaccinations, and general medical guidance and advice.

While every doctor's office is different, they do have some things in common:

1. Communication is key – you'll be talking and listening to people from all walks of life.
2. You'll need to be adaptable – doctor's offices are often busy places with lots of things constantly changing.
3. Health is everything – from promoting healthy lifestyles to keeping spaces clean and sterile.

### **Keep communities healthy and well**

The primary objective of a doctor's office is to diagnose, treat, and prevent various health conditions, both physical and mental, aiming to promote overall wellbeing and quality of life for patients.

### **Key tasks**

- Schedule patient appointments
- Greet and assist patients at reception
- Maintain patient records and update information
- Handle billing, insurance, and payments
- Answer phones, relay messages, and respond to emails
- Prepare exam rooms and sterilise equipment



- Take and record vital signs and medical history
- Assist with minor medical procedures
- Provide clear instructions on medication and treatment
- Coordinate referrals to specialists or additional services

### **You can find doctor's offices in the healthcare and social services industry**

There are various types of doctor's offices, including general practitioners, paediatric clinics for children, and clinics focusing on specific areas such as women's health, nutrition, dermatology, or sports medicine.

### **You can expect regular hours and on-site work**

*Regular hours | Work on-site | Jobs in metro and rural areas | Very strong job growth*

Doctor's offices are generally open during regular business hours, typically from 9 to 5, Monday to Friday. This schedule aligns with the times when most patients are available for appointments. However, some staff, particularly those in urgent care or specialised practices, may work shifts that extend into evenings or weekends.

On-site work is more common due to the nature of healthcare delivery. Being physically present allows for direct patient care, immediate access to medical equipment, and real-time collaboration with colleagues. However, there is growing interest in telehealth services, and some administrative tasks can also be done remotely.

Doctor's offices tend to be more common in urban areas due to a larger and more concentrated patient population. However, health professionals are still needed in all corners of the country, and there may actually be more job opportunities in rural areas that can have difficulty attracting healthcare workers.

### **The Career Clusters you'll find in a doctor's office**

People from all Clusters are needed for a doctor's office to run successfully, but the most common Clusters you'll find are Guardians and Linkers. In many roles, you might find yourself performing tasks across multiple Clusters.

### **What do Makers do in a doctor's office?**

Makers are responsible for monitoring, building, fixing, and maintaining the various components that keep doctor's offices running. They might install and repair medical equipment, conduct checks on plumbing and electrical systems, or ensure the physical infrastructure is in optimal condition. Other Makers help to keep rooms, surfaces, and tools clean and sanitary.

- Medical Equipment [Technicians](#)
- Maintenance Workers
- Tradespeople
- [Cleaners](#)

### **The role of a Linker in a doctor's office**

Linkers help to ensure patients have access to important medical resources and information. This involves assisting patients in scheduling appointments, guiding them through registration processes, taking payments, and processing rebates. Other Linkers act as a liaison between the medical staff and patients, answering questions, and relaying essential information. Some



Linkers may also engage with the local community to raise awareness about the services offered by the doctor's office and facilitate access to healthcare resources.

- Medical [Receptionists](#)
- Patient Services Officers
- Community Outreach Officers

### **Where you'll find Coordinators in a doctor's office**

The role of Coordinators involves planning, managing, and administering the many activities that make up the daily operations of a doctor's office. They might help to organise and implement specialised healthcare programs and plans, keep thorough and up-to-date records, ensure staff and practices comply with policies and procedures, or oversee budgets, pay, and funding.

- Program and Policy Coordinators
- [Administrative Assistants](#)
- [Bookkeepers](#)

### **What do Informers do in a doctor's office?**

Informers provide essential support and guidance to both colleagues and patients, from educating patients on health-related matters to training staff members on the use of specialised medical equipment. Some Informers might use their in-depth knowledge and expertise in a specific area of healthcare to provide guidance and insights to other workers.

- Staff Training Officers
- Health Educators
- [Medical/Clinical Specialists](#)

### **The role of Innovators in a doctor's office**

Innovators are instrumental in engineering, designing, and developing the tools and spaces that facilitate healthcare delivery. They use their creativity to develop innovative solutions that streamline processes and enhance the overall patient experience, from designing ergonomic and functional medical equipment to implementing IT solutions that simplify data management and patient interaction processes.

- Medical Equipment Designers
- [Architects](#) and [Interior Designers](#)
- Systems and Process [Engineers](#)

### **How do Guardians work in a doctor's office?**

Guardians have the pivotal role of improving and safeguarding the health and wellbeing of both patients and other staff. They listen to patients' concerns, conduct examinations, advise on treatment options, and may even perform minor surgical procedures. Other Guardians might implement and enforce safety protocols within the office to protect both patients and staff from potential hazards.

- [General Practitioners](#)
- [Medical/Clinical Specialists](#)
- [Nurses](#)
- [Phlebotomists](#)
- [Workplace Health and Safety Officers](#)
- Infection/Disease Control Officers



### **How do we expect working in a doctor's office to change in the future?**

Work in a doctor's office in the future will likely involve advanced technology, a holistic approach to health and wellbeing, and a focus on evolving policies and regulations. Technology is set to play a big role in the future of healthcare. Electronic health records, telehealth services, and AI-driven diagnostic tools are becoming more prevalent, streamlining administrative tasks and improving patient care. Staff and patients will both need to adapt quickly to emerging technologies.

There will likely be a growing focus on preventive healthcare, with a shift towards wellness programs and personalised care plans. This may lead to new roles focused on health coaching and wellness education within the doctor's office. As awareness of mental health continues to grow, there may also be an expansion of roles focused on mental health support, counselling, and therapy too.

Given recent global events, roles related to crisis management and infection control could become more important. Evolving healthcare policies and regulations mean workers must be focused on ensuring compliance, as well as educating staff on new protocols and guidelines.

### **How to become a Bus Driver**

Bus Drivers are responsible for safely driving public or private buses along pre-determined routes, and stopping at scheduled locations (and times) to pick-up and drop-off passengers. If you get along well with anyone, have a great sense of direction, and would be confident behind the wheel of a large vehicle, then bus driving could be the job for you.

### **If you have these skills, you could make a great Bus Driver**

- Reliable, punctual, and able to manage your schedule independently
- Focused and responsible while driving to ensure safety of your passengers and stick strictly to the road rules at all times
- Approachable, calm, and friendly
- Great at communicating with people of all ages and cultural backgrounds
- Good problem-solving abilities

### **What tasks can I expect to do?**

- Check the bus is fuelled, in working order, and clean and tidy at the beginning and end of each shift
- Be familiar with routes, stops, fares, and the timetable and provide this information to passengers
- Greet passengers, check their tickets or passes, and take payment
- Pick up and set down passengers, assist those that need help, and monitor passenger capacity and behaviour
- Report any problems to the relevant department

### **Where do Bus Drivers work?**

Bus Drivers may work in many different sectors, including public bus services, private bus services (including tour operators), charter buses, school buses, or long distance coach services. Opportunities to work as a chartered or tour bus driver could take you nearly anywhere in the world.



### **What kind of lifestyle can I expect as a Bus Driver?**

Bus Drivers often enjoy flexible hours, which may include shift work and work outside of normal business hours (including holidays).

Most Bus Drivers can expect to earn an average salary throughout their career.

You may have to deal with some stressors, such as traffic-related issues, sticking to a timetable, breakdowns, or difficult behaviour from your passengers.

### **How to become a Bus Driver**

You can work as a Bus Driver without any formal qualifications; you just need to ensure that you obtain the correct license in order to operate a bus in accordance with local laws.

Step 1 – Successfully complete high school.

Step 2 – Hold an unrestricted manual drivers' license issued in the state/country where you'll be employed.

Step 3 – Apply for and obtain a large/heavy vehicle license. Contact your local motor registry to find out which license/s you need.

Step 4 – Depending on the specific job you're applying for, you may also need to obtain one or more of the following:

- Police check
- Working with children check
- First aid certificate
- Medical and/or eyesight tests
- Psychometric or aptitude tests

Step 5 – Consider completing a vocational qualification which could boost your chances of success when applying for jobs, or help you move into other roles down the track.

Find out more here:

- Australia:
  - [Bus & Coach Association of NSW](#)
  - [Bus Association Victoria](#)
  - [The Queensland Bus Industry Council](#)
  - [Bus & Coach Association SA](#)
  - [BusWA](#)
  - [Tasmanian Bus Association](#)
- [Bus & Coach Association New Zealand](#)
- [UK Coach Operators Association](#)
- [American Bus Association](#)
- [Canadian Urban Transit Association](#)

### **Similar careers to Bus Driver**

- Train Driver
- Coach Driver
- Taxi Driver
- Truck Driver
- Driving Instructor



- Courier/Delivery Driver
- Forklift Operator
- Pilot

Find out more about [alternative careers](#).