



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 or call 9414 4733.

JobJump - Parents and students please watch YouTube video below 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>

Rural Health Pathways Showcase for High School Students, Teachers & Parents

Organisation: Rural Doctors Network

Location: ICC Darling Harbour

Date: September 8, 2025

High school students, careers advisers, teachers and parents are invited to RDN's Rural Health Pathways Showcase. Learn about study pathways and careers in medicine, nursing, midwifery, allied health, Aboriginal health and administration.

Attendees will have a chance to:

- Talk to universities and rural workforce agencies about study pathways and career opportunities;
- Speak one-on-one with and be inspired by health students, recent graduates and health professionals about their journeys; and
- Participate in hands-on activities that will give an insight into a day in the life of health professionals.

[Find out more and register](#)

2025 Apprenticeship/Traineeship & Jobs Expo – Western Sydney

Organisation: Brett Carter Events

Location: Penrith Valley Regional Sports Centre

Date: September 9, 2025

Our Apprenticeship/Traineeship & Jobs Expos are held annually and have grown to a status where they are widely accepted as the premier events of their kind in NSW. The timing of the expos is a hit with families as they allow parents to attend with their children and have those all-important career chats with industry experts. The Expos provide our career/job seekers, business and industry, education providers and employers with the opportunities to all come together under the one roof where exhibitors also get the chance to collect resumes and promote their organisation for upcoming recruitment drives.

[Find out more and register](#)



Student-Athlete Webinar for Parents: Balancing School and Sports at Crimson Global Academy

Organisation: Crimson Global Academy

Location: Online

Date: September 10, 2025

Is your young athlete struggling to balance a demanding schedule with school? Discover how our students are excelling in their sports and in the classroom without compromising their goals for top universities.

This 30-minute webinar will explore how student athletes at CGA balance learning, training, and travel - all without falling behind. You'll hear directly from CGA students competing at elite levels, and learn how flexible schedules, live online classes, and academic support make it possible.

[Find out more and register](#)

Arduino Intermediate Online Workshop for Students Aged 11-15 Interested in Coding

Organisation: ANSTO

Location: Online

Date: September 10 to September 24, 2025

Students will be stepped through the more complex and technical aspects of coding and designing projects with virtual Arduinos. Students with physical kits will be supported in setting up and using them at home.

Each week, students will be encouraged to complete extra coding challenges, as well as working on their own original games, in-between sessions.

What you'll learn:

- Connect and code your Arduino with more complex commands
- Use your own Arduino (if you have one) and solve common setup problems
- Understand what an Arduino is and how it works
- Build and simulate more complex virtual circuits (LEDs, sensors, buttons & more)
- Write and troubleshoot more challenging Arduino code
- Use digital & analog inputs/outputs effectively for a greater range of purposes
- Create and design mini projects in a safe, online environment with an experienced K-12 STEM teacher

What you'll need:

- A laptop or desktop with internet access
- A quiet workspace (headphones with microphone recommended)
- A physical Arduino would be great (but not required)
- Basic familiarity with Zoom or Teams
- Curiosity and a love for creating!

This is a small group workshop, so places are limited to ensure personalised support.

If this time does not suit you, or if the program is fully booked, but you are still interested in similar programs, [please complete this form](#).

[Find out more and register](#)

Retro Game Jam Online Workshop for Students Aged 11-15 Interested in Making Video Games

Organisation: ANSTO

Location: Online

Date: September 10 to September 24, 2025

Love the idea of making your own video games but not sure where to start?

Retro Game Jam is a guided online workshop where students use MakeCode Arcade (a free, browser-based block+text coding platform) to design and build their own retro-style video games over three sessions. Facilitated by a qualified STEM teacher with experience in digital technologies and game design.

Each week, students will be encouraged to complete extra coding challenges, as well as working on their own original games, in-between sessions.

Each week includes:

- Live, step-by-step tutorials
- Facilitated times to develop their own games
- Structured guidance to help them objectively debug and assess computer games



- Show & tell segments where students get to share, celebrate, and constructively critique the work they've completed between lessons

No experience is required - just a laptop and a bit of imagination.

If this time does not suit you, or if the program is fully booked, but you are still interested in similar programs, [please complete this form](#).

[Find out more and register](#)

University of Sydney Mathematical Sciences Information Session

Organisation: University of Sydney

Location: Online

Date: September 10, 2025

Are you a keen mathematician eager to explore the world of mathematics? From computing to data science, statistics to financial mathematics, our new Bachelor of Mathematical Sciences will prepare you to take on novel challenges we have yet to see in this fast-paced, data-driven world. Perhaps you will find the solution to a Millennium Problem or you might help uncover a new Earth-like planet in a nearby galaxy!

Join this information session to find out all about the infinite career possibilities in the exciting future ahead.

[Find out more and register](#)

Torrens University Parents and Students Info Sessions, Sydney

Organisation: Torrens University Australia

Location: Torrens Surry Hills Campus

Date: September 11, 2025

Mums and dads, do you have a teen who is thinking about going to uni next year? Come along to our on-campus information sessions for parents and students and have your questions answered about studying at Torrens University.

[Find out more and register](#)

International College of Management Sydney City Campus Information Evening

Organisation: International College of Management Sydney

Location: ICMS City Campus

Date: September 11, 2025

Embark on a journey of discovery at The International College of Management, Sydney's City campus information session.

See how far ICMS will take you as you explore an extensive range of undergraduate and postgraduate courses in Management, Fashion, Business, Sport, and Information Technology, all conveniently situated in the vibrant heart of the city.

[Find out more and register](#)

University of Newcastle Campus Tours – September

Organisation: University of Newcastle

Location: UON Campuses

Date: September 12, 2025

Let our Student Ambassadors show you some of our must-see teaching and learning spaces, their favourite study spots, and of course - where to get the best coffee on campus. Not only will you get a personalised tour, but an opportunity to ask as many questions as you have about what uni life is really like!

Please be advised that:

- If you are interested in a Campus Tour of both the Newcastle and Central Coast campuses, you will need to register for two different tour dates.
- Campus Tours of Callaghan, NUspace and the Q Building can occur on the same day.

[Find out more and register](#)



Sydney Actors School & Sydney Film School Open Day 2025

Organisation: Waterloo Studios

Location: Waterloo Studios

Date: September 13, 2025

Come along and meet our incredible staff and students! Take a tour of the building, see our tutors in action, and even participate in some activities! Learn what makes Sydney Actors School & Sydney Film School the best places to begin your acting and filmmaking journey. Practical based learning within a strong community - there's nothing like it! See for yourself at our 2025 Open Day.

[Find out more and register](#)

Sydney Design School Open Day, September

Organisation: Sydney Design School

Location: Sydney Design School

Date: September 13, 2025

If you're considering studying with us, our Open Day is a great way to get to know us better. Explore our studios, browse through our Graduate Exhibition, meet students and Educators, watch a live Info Session and get creative making a mood board or digital model.

[Find out more and register](#)

National Art School Bachelor of Fine Arts Online Information Session

Organisation: National Art School

Location: Online

Date: September 23, 2025

Join our webinar to find out what makes NAS different from all other Fine Art degrees.

The BFA degree is designed to impart the skills, knowledge and creative independence required to sustain a career as an artist. Our staff will talk you through undergraduate study options, the admissions process and then offer the chance for you to ask any questions you might have, so tune in.

[Find out more and register](#)

Westpac 2026 Young Technologists Scholarship Online Information Session

Organisation: Westpac

Location: Online

Date: September 25, 2025

The Westpac Young Technologists Scholarship is for talented and inquisitive high school graduates looking to strengthen their passion and expertise in technology and inspire good in the world of STEM.

Applications for Westpac Young Technologists Scholarships are open from 2 Sept 2025 - 13 Jan 2026 and are valued up to \$20,000 each. With a weeklong disruptive leaders program in Singapore and access to mentoring and networking opportunities, this scholarship is a unique opportunity to strengthen your passion and expertise in technology and inspire new ways of thinking.

Thinking of applying for a Westpac Young Technologists Scholarship, but have some unanswered questions?

Register for the online information session that will cover everything from the eligibility criteria and funding guidelines to key attributes of a Westpac Scholar and tips to complete your application. You'll also get to hear from past scholars who can give you more insight into what to expect, and there will be time for Q&A at the end.

[Find out more and register](#)

Torrens University Parents and Students Info Sessions, Sydney

Organisation: Torrens University Australia

Location: Torrens Surry Hills Campus

Date: September 25, 2025

Mums and dads, do you have a teen who is thinking about going to uni next year? Come along to our on-campus information sessions for parents and students and have your questions answered about studying at Torrens University.



[Find out more and register](#)

Indigenous Futures at the University of Sydney: Last Chance for Scholarship Applications Webinar

Organisation: University of Sydney

Location: Online

Date: September 25, 2025

As the scholarship application deadline approaches, this yarn will offer a final opportunity for you to ask any remaining questions regarding the scholarship applications. Don't miss this chance to ensure you're fully prepared!

[Find out more and register](#)

ANSTO Science Discovery Tour

Organisation: ANSTO

Location: ANSTO Discovery Centre

Date: September 27, 2025

This tour provides an in-depth look into the world of nuclear science and the work ANSTO does in the areas of health, the environment and delivering solutions for industry.

Subject to availability, we will visit Australia's only nuclear reactor OPAL, the Australian Centre for Neutron Scattering, the ANSTO Nuclear Medicine facility and the Centre for Accelerator Science.

[Find out more and register](#)

Outward Bound Junior Adventure for Young People Aged 12-15 in Tharwa, ACT

Organisation: Outward Bound

Location: Tharwa, ACT

Date: September 29 to October 3, 2025

Get outdoors on a 5-day school holiday adventure with likeminded young adults, 12-15 years, from across the country.

Be introduced to authentic adventure the Outward Bound way. Embrace the peak activities including overnight journeying and camping, abseiling, climbing, and high ropes. Discover there is more in you than you thought possible, and bring home knowledge and skills that will support you in your future pursuits, no matter where you go.

[AOBDF Scholarships](#) are available to individual participants wanting to attend School Holiday Adventures, Duke of Ed or for Schools seeking funding assistance for individual students.

[Find out more and register](#)

ANSTO Lego EV3 – Mission to Space – Beginners Workshop for Ages 9-14

Organisation: ANSTO

Location: ANSTO Discovery Centre, Lucas Heights

Date: September 29, 2025

Calling all future space explorers and tech geniuses! Are you ready for an epic, top-secret mission? Join us for a thrilling adventure where you become scientists and engineers, programming your very own EV3 robots to tackle space-themed challenges!

Dive into an action-packed day filled with hands-on STEM activities that spark creativity, teamwork, and out-of-the-box thinking. Work on our awesome Challenge Mat - a space playground where your ideas come to life as you find exciting solutions to real space problems.

This workshop is perfect for beginners, with our expert facilitator guiding you from basic to advanced programming at your own pace.

Gear up for a day of building, coding, and conquering space challenges! Become the commander of your own LEGO robot and see if you've got what it takes to explore the final frontier!

[Find out more and register](#)



Western Sydney University Free Online HSC Study Sessions for Year 12 Students

Organisation: Western Sydney University

Location: Online

Date: September 29 to October 3, 2025

From Monday 29th September to Friday 3rd October 2025, Western Sydney University will be offering a range of online study sessions to assist Year 12 students in their preparations for the HSC.

These will be delivered by highly qualified senior teachers with 24 free sessions across 15 key HSC subject areas, with sessions that include content analysis, tips and strategies, and a detailed exploration of key syllabus and curriculum areas.

Students also have the opportunity to sit a practice exam and deconstruction, with feedback and advice from experts.

[Find out more and register](#)

Outward Bound Expedition for Young People Aged 15–24 in Walpole, WA

Organisation: Outward Bound

Location: Walpole, WA

Date: September 30 to October 9, 2025

Join a crew of adventurers from across Australia for 10 days of challenge, connection and serious outdoor action. Expedition is designed for 15–24 year olds chasing something real—big hikes, big moments, and big personal growth.

You'll take on high ropes, epic coastal paddling, multi-day hikes, and an unforgettable solo night under the stars. It's all about finding your limits, backing yourself, and building the kind of skills that stick with you wherever life takes you.

To apply, create a quick 1–2 minute video answering: "Why do you want to join the Expedition program?"

[AOBDF Scholarships](#) are available to individual participants wanting to attend School Holiday Adventures, Duke of Ed or for Schools seeking funding assistance for individual students.

[Find out more and register](#)

LEGO EV3 – Bluetooth and Data Logging Masterclass Workshop for Students Aged 12-16 interested in Robotics

Organisation: ANSTO

Location: ANSTO Discovery Centre, Lucas Heights

Date: September 30, 2025

Master workshop featuring "LEGO EV3 for Education" robotics kits.

Do you already have experience with LEGO EV3 or Spike and ready for the next level? Learn advanced functions such as Bluetooth and data logging and enjoy racing your robot in the Bluetooth Relay, calculate its top speed, and be the last one standing in Bluetooth Battle Arena. A fun and technical day to suit the keen coder and mathematician.

Additional information:

- Please arrive 5 minutes before the start of the workshop at the ANSTO Discovery Centre to sign-in. The workshop starts at 9:30 am sharp.
- Workshop includes a recess and lunch break outside (weather permitting). Please bring a bag with sunscreen, snacks/food, a hat and drink bottle.
- All workshops are delivered by accredited educators with experience in science, engineering, programming and robotics.
- Contact the ANSTO Discovery Centre on (02) 9717 3090 or education@ansto.gov.au if you have any questions.
- Creative Kids Vouchers accepted. Please email education@ansto.gov.au to redeem.

[Find out more and register](#)



Discover Teaching & Psychology at Australian Catholic University in Strathfield for Year 10-12 Students

Organisation: Australian Catholic University

Location: ACU Strathfield Campus

Date: October 1, 2025

Are you passionate about shaping young minds or helping others thrive? Take part in hands-on workshops where you'll gain practical insights into what it's really like to work as a teacher or psychologist.

Tour our facilities and hear firsthand from current students about their rewarding journeys and experiences in these impactful fields.

Whether you're interested in becoming a teacher or pursuing a career in psychology, this event will give you a closer look at how ACU can help you make a difference in the lives of others.

[Find out more and register](#)

Stop Motion Animation Half-Day Workshop for Beginners Aged 8-13

Organisation: ANSTO

Location: ANSTO Discovery Centre, Lucas Heights

Date: October 1, 2025

This is a beginner's class for those with little to no experience in creating Stop Motion Animations. Children will design their own backgrounds and film and edit movies starring their own toys and imaginations!

Learn movie-making techniques (claymation and stop-frame animations) used in TV favourites such as Wallace and Gromit, Morph, Pingu, and Shaun the Sheep.

Check out videos of the WeDo, Stop Motion and MicroBits workshops here: <https://goo.gl/tkPihH>.

Additional information:

- Please arrive 5 minutes before the start of the workshop at the ANSTO Discovery Centre to sign-in.
- Workshop includes a recess outside (weather permitting). Please bring a bag with sunscreen, snacks/food, a hat, and drink bottle.
- All workshops are delivered by accredited educators with experience in science, engineering, programming and robotics.
- Contact the ANSTO Discovery Centre on (02) 9717 3090 or education@ansto.gov.au if you have any questions.
- Creative Kids Vouchers accepted. Please email education@ansto.gov.au to redeem.

[Find out more and register](#)

Australian Institute of Music Holiday Workshop for Year 9-12 Students – Mastering Performance, Sydney

Organisation: Australian Institute of Music

Location: AIM Sydney Campus

Date: October 3, 2025

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

Over the course of the workshop, students will work with two professional musicians, Adrianna Cicchitelli & Gian Timothy Gho, to expand their performance skills in a collaborative and inspiring environment. They will workshop communication in an ensemble, chart reading, rhythm, pitch, dynamic, improvisation, stylistic interpretation and performance. Under their guidance, they will use these new rehearsal and performance techniques to create a small set of diverse songs in collaboration with other students in the class to present a performance for family and friends.

[Find out more and register](#)



Australian Institute of Music Holiday Workshop for Year 9-12 Students – The Songwriter's Toolkit, Sydney

Organisation: Australian Institute of Music

Location: AIM Sydney Campus

Date: October 3, 2025

Created for students in Years 9-12, AIM's new high school music workshops provide incredible opportunities to explore songwriting, mentored by AIM's own accomplished musicians and educators.

This songwriting workshop is essential for any high school students curious about writing songs and performing and is a golden opportunity to work with incredibly accomplished songwriters. Join us these school holidays and discover the songwriter and performer you were born to become.

[Find out more and register](#)

Discover Business at Australian Catholic University in North Sydney for Year 10-12 Students

Organisation: Australian Catholic University

Location: ACU North Sydney Campus

Date: October 3, 2025

In today's fast-paced world, where technology and AI are reshaping industries, are you ready to take on the challenges of the modern business world? Discover how ACU can help you become a business leader, entrepreneur or social innovator in the modern global economy.

At this event, you'll take part in a hands-on workshop with current students and staff to learn how ACU can kickstart your career in business.

You'll explore the unique opportunities we offer, from working with cutting-edge technology and machine learning to making valuable industry connections, engaging with the community, and even studying abroad.

[Find out more and register](#)

School Holiday 'Out There' Sailing Program for Young People Aged 12-17

Organisation: Royal Prince Alfred Yacht Club

Location: Royal Prince Alfred Yacht Club

Date: October 7 to October 10, 2025

The 'Out There' School Holiday Sailing Program is for participants who are 12-17 years old looking to try a new activity, have some fun and engage with others whilst sailing.

This four-day program will include a variety of sailing activities that are focused on having fun and learning basic sailing skills. Sessions will be conducted on a mix of Club vessels, including the RPAYC's fleet of Elliott 7 Keelboats, Pacer Dinghies, Windsurf and SUP Boards, Hobie-Cat dinghies and Powerboats.

[Find out more and register](#)

Campion College Study Camp for Year 11 & 12 Students

Organisation: Campion College

Location: Campion College Toongabbie

Date: October 8 to October 10, 2025

Looking for the perfect place to focus on your studies during the school holidays? Campion College's Study Camp is a brand-new initiative launching in 2025, designed to help Year 11 & 12 students make the most of their time away from school. With 6–8 hours of study each full day, a peaceful and focused environment, and the chance to connect with like-minded peers, this camp provides the ideal setting to stay on track with your academic goals.

But it's not all work! Between study sessions, enjoy fun activities to help you recharge, nutritious meals and snacks, and comfortable on-campus accommodation with 8–9 hours of sleep each night. There will also be opportunities for reflective discussions, offering encouragement and perspective during this important time. On the final night, students will join Campion College students, faculty and staff for Formal Hall – a special evening featuring a two-course meal and guest talk in the college's Grand Hall.

To ensure a focused and supportive experience, Study Camp will be limited to 30 students.

[Find out more and register](#)



HSC Study Session for Year 12 Students with Dymocks Tutoring

Organisation: International College of Management Sydney

Location: ICMS Manly Campus

Date: October 8 to October 9, 2025

Are you a current Year 12 student stressed about your upcoming HSC exams? Don't be! ICMS, in collaboration with Dymocks Tutoring, is thrilled to invite you to our free revision days on 8 and 9 October 2025.

Throughout the day, you'll have the incredible opportunity to attend up to three sessions run by expert tutors from Dymocks. These sessions are designed to cover a range of subjects, including English, Mathematics, and Business Studies.

Whether you're looking for a comprehensive review of all modules, seeking valuable tips and tricks, or in need of practical guidance on how to excel in the HSC exam, this event is tailored to meet your needs.

[Find out more and register](#)

National Fashion College Styling Workshop for Ages 16+

Organisation: National Fashion College

Location: NFC Sydney Campus

Date: October 11, 2025

You're officially invited to the National Fashion College's Styling Workshop, hosted at their incredible Sydney Campus. Taught by one of Tiffany & Co's National Stylists, Emma Read, you're not going to want to miss this!

Attendees will also work on two street-style photo shoots with a renowned fashion photographer, as well as learn about:

- Styling celebrities and talent
- E-commerce styling
- Social media and content styling

By the end of the day you'll leave with a portfolio of digital images and receive a certificate of completion.

This experience is recommended for guests aged 16 and older.

[Find out more and register](#)

Charles Sturt University Deadly Pathways Festival for First Nations Students in Wagga Wagga

Organisation: Charles Sturt University

Location: CSU Wagga Wagga Campus

Date: October 16, 2025

Deadly Pathways Festivals are back in 2025! Join us for a high-energy day full of activity, inspiration and celebration of First Nations success.

- Meet First Nations role models in science, technology and health.
- Engage in insightful workshops led by Charles Sturt academics, and dive into hands-on activities that will ignite your curiosity and passion for learning.
- Find out about support for entry and success as a future student at Charles Sturt.
- Enjoy featured entertainment by comedian Andy Saunders and talented musicians.

[Find out more and register](#)

Experience Engineering! for Female and Non-binary Students in Years 7-10

Organisation: Engineers Australia

Location: WSU Kingswood Campus

Date: October 24, 2025

Experience Engineering! is designed to capture the imagination of female and non-binary students in Years 7-10. They will discover how they can use their Maths, Science and Technical knowledge combined with their creativity and communication skills to solve set tasks and problems. This is what Engineering is all about!

The activities are devised by our Engineering Universities and delivered by current Engineering students - with the assistance of Engineers.

[Find out more and register](#)



University of New South Wales Water Research Laboratory Open Day 2025

Organisation: University of New South Wales

Location: UNSW Water Research Laboratory

Date: October 25, 2025

Ever wanted to know why rips form in the surf? Or what happens to all the sand on the beach in a storm? What amount of water does it take for a car to float? How are dams, harbours and breakwalls designed? And how, exactly, do these things get tested anyway?

Based on Sydney's Northern Beaches at Manly Vale, the [UNSW Water Research Laboratory](#) (WRL) is one of the biggest scientific and engineering facilities in Australia, tucked away below Manly Dam.

Come tour our massive labs, meet the experts, and see engineering and science at work.

[Find out more and register](#)

Southern Cross University Year 11 & 12 Masterclass Experience Day – Northern Rivers

Organisation: Southern Cross University

Location: SCU Lismore Campus

Date: November 13, 2025

Join us for Masterclass Day where you will take a deep dive into different study areas of your choice. Meet our students and academics, experience our campus facilities and learn more about university life on this interactive and fun day!

What can I expect?

- Live like a University student for the day and elect two interactive workshops in your preferred areas of study
- Experience our state-of-the-art campus facilities
- Meet inspiring people, from academics to current students

[Find out more and register](#)

Charles Sturt University Making It In Media Workshop for Year 9-12 Students in Bathurst

Organisation: Charles Sturt University

Location: CSU Bathurst Campus

Date: November 14, 2025

Are you passionate about content creation, news, journalism, media, advertising or public relations? If you're a student in Years 9, 10, 11 or 12, join us for our free Making it in Media workshop!

Ever wondered what it's really like to host a podcast, write newsworthy articles or work in TV? In this exciting full-day workshop, you'll dive deep into the dynamic worlds of design and content creation, news and media, and strategic communication.

This interactive, hands-on experience invites you to collaborate with other students and explore the diverse majors you'll discover at Charles Sturt.

[Find out more and register](#)

National Art School In Person Portfolio Review Session

Organisation: National Art School

Location: National Art School, Darlinghurst

Date: November 18, 2025

Receive one-on-one feedback on your portfolio from a member of the NAS Academic Team.

Putting together a strong portfolio is one of the most important parts of your application to the National Art School. In this session, NAS lecturers will offer helpful advice to guide you through your portfolio preparation, plus provide personal feedback on your portfolio.

[Find out more and register](#)



Camden Careers and Jobs Expo 2025

Organisation: Camden Council

Location: Camden Civic Centre

Date: November 20, 2025

Hosted by Camden Council, this exciting event brings together job seekers, exhibitors, students, and industry leaders for a day packed with opportunities. Whether you're launching your career, switching industries, or looking to advance your skills, this is the event you don't want to miss!

- For Job Seekers: Discover a wide range of job opportunities, connect with employers, and explore career paths that could change your future.
- For Exhibitors: This is your chance to showcase your business, engage with potential candidates, and promote your training programs to an eager audience.
- For Students/Schools: Explore endless career pathways, network with employers, and find out about study and training options to kickstart your journey post school.

[Find out more and register](#)

Engineering Summer School – Experiences for Year 11 & 12 Students

Organisation: Engineers Australia

Location: Sydney

Date: December 7 to December 12, 2025

Engineering Summer School has been running for 33 years and supported by the Office of NSW Chief Scientist & Engineer. It is a collaboration between Engineers Australia, our Engineering Universities and Industry partners. ESS2025 is for students sitting their HSC or equivalent in 2026. The aim of the week is to provide an insight into the vast number of areas where Engineers work, the numerous degrees available, and the amazing career opportunities both in Australia and globally.

ESS2025 is a fully residential program, allowing you to start building your networks as you find your "tribe". You will:

- Stay on campus at USYD
- Visit 5 key universities and 5 key organisations
- Meet loads of Engineers from wide and wild ranging areas

[Find out more and register](#)

Griffith University George Alexander Foundation Scholarships for Students Relocating to Study

Organisation: Griffith University

Location: Australia

Value: Up to \$24,000 AUD

Open Date: July 1, 2025

Close Date: January 19, 2026

[Find out more](#)

Westpac Young Technologists Scholarship for Talented School Leavers in STEM

Organisation: Westpac

Location: Australia

Value: \$20,000 AUD

Open Date: September 2, 2025

Close Date: January 13, 2026

[Find out more](#)

University of Melbourne Indigenous Commonwealth Scholarship Program for Education or Accommodation Costs

Organisation: University of Melbourne

Location: Australia

Value: Up to \$36,000 AUD

Open Date: August 4, 2025

Close Date: January 13, 2026

[Find out more](#)



University of Sydney Scholarship for New Undergraduate Students in the Faculty of Science

Organisation: University of Sydney

Location: Australia

Value: \$7,500 AUD

Open Date: July 1, 2025

Close Date: September 30, 2025

[Find out more](#)

Flinders University Vice-Chancellor Domestic Academic Excellence Scholarship

Organisation: Flinders University

Location: Australia

Value: \$12,000 AUD per year

Open Date: August 5, 2024

Close Date: January 2, 2025

[Find out more](#)

Curtin University Sir William Tyree Women in Engineering Scholarship for Female and Non-binary Students

Organisation: Curtin University

Location: Australia

Value: \$60,000 AUD

Open Date: July 24, 2025

Close Date: November 24, 2025

[Find out more](#)

ACU Relocation Scholarship for Disadvantaged Students to Help with Rent Costs

Organisation: Australian Catholic University

Location: New South Wales

Value: \$5,000 AUD

Open Date: August 1, 2025

Close Date: March 26, 2026

[Find out more](#)

Snowy Hydro “Powering Up the Future” STEM Invention Competition for Australian Students

Organisation: Snowy Hydro Limited

Location: Australia

Value: Up to \$3,000 AUD

Open Date: August 4, 2025

Close Date: September 28, 2025

[Find out more](#)

Hachette Australia Prize 2025 for Young Writers in Secondary School

Organisation: Express Media

Location: Australia

Value: See details

Close Date: October 12, 2025

[Find out more](#)



5 work experience ideas for students who love photography

Work experience gives you the chance to test-drive your career interests and build practical skills that you can't learn in a classroom. If you're passionate about photography and want to see what it's really like to work in the industry, there are several paths you can explore. Here are five work experience opportunities that can help you develop your skills and decide if photography is the right career path for you.

Find experience at a local photography studio

Working at a photography studio is one of the most direct ways to understand professional photography. You'll learn how to set up lighting, handle expensive equipment safely, and see how different types of shoots work - from portraits to product photography.

You can approach local studios about work experience programs, volunteer opportunities, or part-time positions. Even if you're just helping with basic tasks like moving equipment or tidying up, you'll be absorbing valuable knowledge about how the business operates and what makes a professional photographer successful.

Assist with event photography

Event photography is fast-paced and unpredictable, which makes it an excellent learning opportunity. Wedding photographers, corporate event photographers, and party photographers often need extra hands to carry equipment, help with crowd management, or capture different angles.

Start by asking family and friends if they know anyone who needs photography help for their events. You'll learn how to work quickly under pressure, adapt to changing lighting conditions, and develop the people skills that are crucial for working with clients.

Learn photo editing and post-production

Photography doesn't end when you take the shot - post-production is where many photos truly come to life. Learning industry-standard software like [Photoshop](#) and [Lightroom](#) is essential for any photographer, and these skills are highly transferable to other creative industries too.

Offer to edit photos for friends, family, local sports teams, or small businesses. You could even advertise your services online as you build your skills. This experience will teach you the complete photography workflow and help you understand how editing can enhance or completely transform an image.

Try freelance photography

Taking on small freelance projects helps you understand the business side of photography while building your portfolio. Start with simple assignments like headshots for LinkedIn profiles, photos for local business websites, or family portrait sessions.

Freelancing teaches you crucial skills like pricing your work, communicating with clients, managing deadlines, and delivering finished products. These business skills are just as important as technical photography skills if you want to make photography your career.

Attend photography workshops and classes

Photography workshops give you access to experienced professionals who can share techniques you won't find in textbooks. Many workshops focus on specific styles like landscape photography, street photography, or studio portraiture, allowing you to explore different areas of the field.

Look for workshops that offer hands-on practice and personalised feedback. Some even provide certificates that you can add to your portfolio or CV, which can be valuable when applying for jobs or further education.

Making the most of your experience

Getting the most from any work experience means being proactive about learning. [Ask questions](#) about equipment, techniques, and the business side of photography. Take notes about what you learn each day, and don't be afraid to request feedback on your own work.

It's also a good idea to connect with other photography enthusiasts through local camera clubs or online communities. The photography industry relies heavily on networking and referrals, so building relationships early can open doors to future opportunities.



Want to explore more?

Work experience is a great opportunity to discover which area might suit your interests and skills best, whether you're interested in photography or something else entirely.

[You can find out more about work experience and search for opportunities on our website here.](#)

How social media affects your job prospects

Social media isn't just about sharing memes and staying connected with mates anymore. It's become a powerful career tool that can either open doors or slam them shut before you even know they existed.

Whether you're scrolling through TikTok or crafting the perfect LinkedIn post, [every digital footprint you leave could be shaping your future job prospects](#). Think of your online presence as a 24/7 billboard advertising who you are – and employers are definitely taking notice. In this blog, we'll take a quick look at how social media posts could have both positive and negative effects on your future careers.

The reality check: What employers are really doing

"Social media posts can reveal a more honest view of an applicant than what they might share during an interview."

Marlene Allen Murray, Business Litigation Attorney at Fennemore Craig

As far back as 2018, a [CareerBuilder](#) study of over 1,000 employers revealed some eye-opening statistics:

- 70% of employers said they use social networking sites to research job applicants during hiring process
- 28% say they use social media to gather more information before calling in a candidate for an interview
- 47% say that if they can't find you online, they're less likely to call you for an interview
- 20% of prospective employers polled said they expect applicants to have an online presence
- A whopping 54% of companies admitted to eliminating a candidate based on their social media feed

In 2023, [Zippia](#) research painted an even clearer picture:

- 57% of job seekers use social media to find job opportunities
- 73% of job seekers aged 18-34 found their latest job through social media
- 84% of organisations use social media for recruitment 67% of employers research potential candidates on social platforms
- 94% of recruiters use social media to find and vet candidates
- 71% of hiring managers believe social media profiles effectively screen applicants

As Jeff Williams from Paychex puts it:

"It's 2023, and what is posted on TikTok, Instagram, Twitter - and even Facebook for the nostalgic - is an accessible, non-invasive way of gaining insight on your candidate."

What exactly are they hunting for? Here's the breakdown:

- 58% said they're looking for information that supports your qualifications for the job
- 50% are looking to check your professional persona
- 34% are checking to see what other people have posted about you
- 22% are looking to see if there are any reasons not to hire you.

And [Queros](#) found in 2024:

- [57%](#) of job seekers surveyed [used social media to look for jobs](#)
- 73% of millennial job seekers (aged between 18 and 34) have found their latest job through social media
- [84%](#) of organisations use social media for recruitment
- [67%](#) of employers use social media sites to research potential job candidates and learn more about their professional and personal achievements
- [70%](#) of managers have successfully hired through social media and built a more inclusive workforce.

Ultimately, what this means is that if you're still in high school and are thinking about future career goals, it's going to be worth your time creating an online presence, even if it's just a professional account that you only use as job prospecting tool. Otherwise you could find that you'll miss out on opportunities.

The pitfalls: When social media works against you

Your digital reputation could mean more than you think - here are the main ways social media could affect your career prospects.



Inappropriate content

Those party photos from last weekend or that rant about your boss might seem harmless in the moment, but they're creating a permanent record of poor judgement. Employers aren't looking for saints, but they do want evidence of maturity and professionalism.

Questionable conduct

This extends beyond your own posts - being tagged in situations involving illegal activities or poor decision-making can raise red flags about your character and judgement. Even if you weren't the one posting, association can be damaging.

Poor communication skills

These shine through in every typo-riddled post and aggressive comment thread. If you can't communicate respectfully online, why would an employer trust you with their customers or colleagues?

Values misalignment

This can happen when your online persona clashes with a company's culture. That edgy humour or controversial opinion might not mesh with their workplace values, no matter how qualified you are.

The harsh truth? Over a third of employers (42%) monitor current employees' social media, and [70% have disciplined or fired staff based on social media misuse](#) in the workplace - meaning your digital behaviour doesn't stop mattering once you land the job either.

The opportunities: Making social media work for you

On the flip side, there are lots of ways that social media, used appropriately, could help you to show yourself as a credible, proactive, forward thinking, and showcase your expertise or work experience, connect with other industry professionals, and ensure you stay updated on the latest trends and opportunities.

Showcase your professionalism

Platforms like [LinkedIn](#) can help you make a good first impression online. This isn't just about listing your achievements; it's about demonstrating your ability to communicate professionally, engage thoughtfully with industry content, and present yourself as someone worth investing in.

Engage with industry-specific content

This can help you position yourself as a keen and informed future professional. Following thought leaders, commenting meaningfully on posts, and sharing relevant articles shows you're genuinely interested in your chosen field, not just looking for any old job.

Build your personal brand

Consistently share content that aligns with your career goals: if you're passionate about environmental science, share articles about sustainability. If marketing excites you, engage with digital marketing discussions. Your online presence should tell a coherent story about who you are professionally.

Network strategically

Use social media as a way to connect with professionals, alumni, and industry leaders. Social media breaks down traditional barriers, allowing you to learn from people you'd never otherwise meet. But remember – quality connections beat quantity every time.

Discover opportunities

There are some opportunities online that might never appear on traditional job boards. Many companies share openings on their social channels first, and building relationships online can lead to insider knowledge about upcoming roles.

Your action plan: Taking control of your digital story

Feeling overwhelmed? Don't worry – transforming your online presence doesn't require a complete digital makeover overnight. Start with these practical steps.



Audit your current presence

Google yourself and review all your social media accounts through fresh eyes. If you wouldn't be comfortable with your headteacher or your Grandma seeing a post, potential employers probably won't be thrilled either.

Update your privacy settings

Remove anyone you don't recognise from your friends list and be more selective about who you accept in future. You should also limit who can tag you in posts so that you're not unknowingly or unwillingly associated with content that might not sit well with others.

Create separation

Consider using a nickname for personal accounts while using your real name for professional platforms. This isn't about being fake, it's about being strategic.

Think before you post

Ask yourself: "Would I be happy for this to represent me in five years' time?" If there's any doubt, don't hit publish.

Be proactive

Take some time to curate your professional presence. Share achievements, volunteer experiences, and insights about your interests. Show potential employers the ambitious, thoughtful person behind the application.

Work social media to your advantage

Social media isn't going anywhere, and neither are employers who use it to evaluate candidates. Rather than seeing this as a threat, view it as an opportunity to stand out from the crowd in all the right ways.

Remember, every post is a choice. Every comment is a decision. Every share is a statement about who you are and what you value. Make sure they're all working towards the future you want to create. By [being professional](#), respectful, looking for relevant content, building a positive personal brand, and networking, you'll be able to harness the power of social media to your advantage.

Want more?

[We have heaps of other blogs on professional development and careers for you to read on our website here.](#)

School-based apprenticeships and traineeships explained

School-based apprenticeships and traineeships offer high school students a unique pathway that combines traditional schooling with real-world work experience and vocational training. They're a valuable pathway for students who want to obtain their high school certificate while also building practical skills and earning money in their chosen field.

But what do school-based apprenticeships and traineeships involve and why might you consider doing one? We're going to cover all that and more, so let's take a look.

What exactly are school-based apprenticeships and traineeships?

As the name suggests, [school-based apprenticeships and traineeships](#) (also known as SBATs) allow students to combine their school studies with work and vocational training.

You can begin an SBAT in Year 10, 11, or 12, splitting your time between three key components:

- continuing essential school work
- undertaking formal vocational training (either in person or online)
- working part-time and receiving hands-on training and mentoring

They're perfect for students who learn best by doing, are keen to get a head start on their career, may be struggling with traditional school, or aren't interested in heading to university straight after high school.

The timeline and commitment

Like a regular apprenticeship or traineeship, SBATs typically take between 1-4 years to complete. The exact length of an SBAT will depend on the qualification you want to study and how much time you can dedicate to part-time



work each week. Some students may need to continue their training after leaving school to complete their qualification.

During this period, you'll need to make a genuine commitment to both your education and your employer. You'll be learning to balance multiple responsibilities, which is excellent preparation for adult working life.

What can you gain from a school-based apprenticeship or traineeship?

By the time students complete Year 12, they could walk away with:

- a high school certificate
- a nationally-recognised qualification
- an ATAR (depending on their subject choices)
- paid work experience
- practical, industry-specific skills
- industry contacts and mentors
- a head start in their chosen career

Perhaps most importantly, many students receive full-time job offers from their employers once their SBAT is complete. If you show commitment, work ethic, skills, and you're a good fit for the team, you could walk into your first full-time job without the hassle of applications and interviews.

How long have school-based apprenticeships and traineeships been around?

SBATs are a tried and tested pathway with strong foundations, and have been [part of Australia's education landscape since 1996](#).

The numbers speak to their popularity and effectiveness: in 2023, [approximately 252,105 school students](#) undertook VET as part of their senior schooling, and 19,310 (or 7.7%) of these students participated in a school-based apprenticeship or traineeship.

How are school-based apprenticeships and traineeships funded?

SBATs and other vocational qualifications for young people are designed to be accessible, so they're often [fully funded](#) by federal or state governments. This means there are typically no additional costs beyond normal school expenses, removing financial barriers that might otherwise prevent participation.

Who can participate?

To be eligible to undertake an SBAT, you must:

- be enrolled full-time at school
- be aged 15 or older
- have your school's agreement
- find an employer willing to take you on
- have parental permission (if you're under 18)

Most students who meet these basic requirements can participate, though it's a good idea to check specific requirements with both your school and in your state or territory, as these can vary slightly.

Who's involved in a school-based apprenticeship or traineeship?

Similar to regular apprenticeships and traineeships, SBATs involve commitment and support from multiple parties.

The Apprentice Connect Australia Provider

[Apprentice Connect Australia Providers](#) (or ACAPs) provide you with free advice and resources to start your SBAT. They'll work with you and other parties to finalise your training contract, find an employer and Registered Training Organisation, and help you claim any financial support you're eligible for.

Note that you can't start an apprenticeship or traineeship without an Apprentice Connect Australia Provider.

The employer

Before you can start, you'll need to find an employer willing to hire you for the duration of your SBAT. Your employer is responsible for providing you with work, on-the-job training, and the same [minimum entitlements](#) as any other employee (such as wages, superannuation, and leave).

In some cases, your employer may also cover some of the costs of your training, like your education fees or necessary tools and equipment.



The training provider

As well as work, you'll also complete formal education as part of your SBAT, delivered by a [Registered Training Organisation](#) (or RTO). RTOs are educational institutions like TAFEs, universities, or private providers - in some cases, your training may even be delivered directly by your school.

Your RTO will work together with you and your employer to create a training plan, which covers everything you'll learn and how you'll learn it throughout your SBAT.

The school

Of course, you'll need approval and support from your school to undertake an SBAT. They can provide you and your family with information about how the process works, let you know which school subjects you still need to take, and create your new timetable.

The parents

Anyone under the age of 18 needs permission from a parent or guardian to undertake an SBAT, so speak to them early if it's an option you're considering. They can help you explore your options, find an employer, and work with the school to negotiate your new timetable. You might also need extra help from them to travel to and from work and your RTO.

The student

Last but certainly not least, you also need to be fully on board at each stage of the journey through your SBAT. You'll need to show up to school, work, and training, manage your time effectively, and let your school, employer, or family know if you need additional support.

Starting a school-based apprenticeship or traineeship

Starting an SBAT involves several steps, but you have plenty of support throughout the process.

Do your research

Before making a decision, explore different industries and careers to find something that genuinely interests you and offers good long-term prospects. You might like to check out resources like the [Pathways Explorer](#) or [Your Career](#).

Talk to your school

You should always begin by talking with your school's VET coordinator, careers advisor, or guidance officer to understand the available options and how they fit into your academic and career plans.

Find and apply for jobs

An ACAP is usually your first point of contact, as they can help you find suitable opportunities. [Group Training Organisations](#) (GTOs) can also connect you with employers looking for apprentices or trainees. Your school might also have existing contacts or employers for you to explore.

This is also the stage where you (or your employer or school) will choose an RTO.

Sort out the practicalities

Don't forget the essential admin, like obtaining a [Unique Student Identifier](#) (USI), opening a bank account, applying for a [tax file number](#) (TFN), and exploring [financial support](#) options.

Sign your contract and enrol

Once your employer, RTO, school, and ACAP have finalised your [training contract](#), all that's left to do is for you and your parent or guardian to sign it and you're ready to begin.

Starting your career journey

School-based apprenticeships and traineeships offer an excellent pathway for students who want to combine academic achievement with practical career preparation. If you think it might be the right option for you, start exploring your options now so you can make the best decision for your future goals.



You can find more comprehensive information and resources to help guide your decision on our [apprenticeships and traineeships page](#).

How to nail your job application video

If you've been on the hunt for a job, you may have come across an employer asking you to submit a video as part of the application process. This can be a great opportunity to showcase your personality and skills beyond what's on your resume. But if you've never made one before, it might seem a bit daunting. Don't worry – we've got you covered with some tips to help you create a standout job application video.

Why do employers ask for video applications?

Video applications give employers a chance to see more of your personality and communication skills. They can also be a way for you to demonstrate specific skills relevant to the job. For example, if you're applying for a role that requires public speaking or presenting, a video is a perfect way to show off those abilities.

7 tips for creating a great job application video

Want to know how to create a video that will help you stand out from the crowd? Here are our top tips.

Understand the requirements

Before you start filming, make sure you know exactly what the employer is looking for. Read the instructions carefully. How long should the video be? Are there specific questions you need to answer? What format should you use? Following these guidelines is your first chance to show that you can follow instructions – an important skill in any job.

Plan your content

Just like you wouldn't go into a job interview unprepared, don't start your video without a plan. Write a script or at least prepare some bullet points of what you want to say. Practice a few times so you feel comfortable with the content.

Choose the right setting

Find a quiet place with good lighting to film your video. A plain background is usually best – you want the focus to be on you, not what's behind you. Make sure there's nothing distracting or inappropriate in the frame.

Dress appropriately

Dress as you would for an in-person interview. This shows the employer that you're taking the application seriously and understand professional expectations.

Check your tech

Before you start recording your job application video, test your camera and microphone to ensure they're working properly. Poor audio or visual quality can be distracting and may negatively impact your application.

Be yourself

While it's important to be professional, don't forget to let your personality shine through. Employers want to see the real you, not a robotic version reciting memorised lines.

Keep it concise

Respect the employer's time by sticking to the requested length. If no time limit is specified, aim for 1-2 minutes. Remember, you want to give enough information to interest them, but leave them wanting to know more.

What to include in your video

Your job application video should typically cover:

1. **A brief introduction:** State your name and the position you're applying for.
2. **Your relevant skills and experiences:** Highlight why you're a good fit for the role.
3. **Your interest in the position:** Explain why you want this particular job.
4. **A call to action:** Thank them for their time and express your interest in hearing back.



Review before you submit

Once you've recorded your video, watch it back. Check for any technical issues, and make sure you've covered all the key points. If possible, ask a trusted friend, family member, or teacher to watch it and give you feedback.

Final thoughts

Remember, the video is usually just one part of the job application process. Make sure you've also prepared a strong resume and cover letter (if required), and don't forget to follow up after submitting your application – it shows initiative and genuine interest in the position.

Want more tips on finding and securing work? [You can read more blogs on our website here.](#)

Seven warning signs you're trying to do too much with your study

Balancing study with everything else in your life can be tricky, and sometimes you might find yourself pushing a bit too hard without realising it. Just like training for a sport, there's a sweet spot for studying between working hard enough to improve and working so hard that you actually get worse results.

The good news is that feeling overwhelmed or out of balance isn't a personal failing – it's just a normal part of learning how to manage everything on your plate. Most successful students go through periods where they need to adjust their approach, and recognising when this happens is actually a really valuable skill.

The key is catching these signals early and making small adjustments before things become more challenging. A few tweaks to your routine now can save you from much bigger problems later, and learning to recognise your limits actually makes you more effective, not less.

Signs you might need to dial things back a bit

These warning signs are your body and mind's way of letting you know that your current approach might need some fine-tuning. You don't need to be experiencing all of these to benefit from making some adjustments – even one or two can be worth paying attention to.

Feeling constantly tired or run down

If you're consistently waking up feeling exhausted even after a full night's sleep or finding that you need multiple coffees just to get through the day, your current routine might be asking more of you than you can handle. This kind of tiredness is different from the normal fatigue you feel after a busy day – it's more like your energy reserves are running on empty.

You might notice you're falling asleep during study sessions, struggling to stay alert in class, or feeling like you just can't "switch on" even when you *really* try to. This is a classic sign that your body is telling you it needs more recovery time.

Finding it hard to stay motivated

When your usual study routine starts feeling overwhelming or pointless, it's often a sign that you've been pushing too hard for too long. You might find yourself procrastinating more than usual, struggling to start study sessions, or feeling like there's no point trying because you're too far behind.

This isn't laziness – it's usually your brain protecting you from overload. When motivation drops significantly across multiple subjects or activities you used to enjoy, it's worth taking a step back and reassessing your approach.

Having trouble concentrating

If you're spending hours at your desk but very little actual learning is happening, this could indicate that your brain needs a break. You might notice you're re-reading the same information multiple times without it sinking in, forgetting things shortly after learning them, or finding your mind wandering constantly during study sessions.

Concentration problems can also show up in other areas too, like losing track of conversations, forgetting what you were doing mid-task, or struggling to follow movies or books you'd normally enjoy.

Feeling more stressed or anxious than usual

While some stress is normal and can even be helpful for performance, chronic worry that interferes with your daily life is less than ideal. This can manifest as constant concern about your performance, panicking about deadlines



even when you're prepared, or even physical symptoms like rapid heartbeat or difficulty breathing when thinking about schoolwork.

You might also notice your stress response becoming disproportionate to actual challenges – you might become overwhelmed by minor setbacks or unable to switch off from academic concerns during break times.

Neglecting other important things

When study takes over your life completely, other important areas often suffer. You might find yourself skipping meals, avoiding friends, putting off basic self-care, or becoming short-tempered with people you care about. While some temporary sacrifices are normal during busy periods, consistently neglecting these areas usually makes academic performance worse rather than better.

Pay attention to whether you're maintaining the relationships and activities that normally help you feel balanced and happy.

Experiencing unexplained headaches or physical symptoms

Frequent headaches, muscle tension, stomach problems, or other physical symptoms without obvious causes can sometimes be your body responding to ongoing stress. These often improve when you reduce pressure and create more balance in your routine.

Notice whether these symptoms follow patterns, like becoming worse during assessment periods then improving during holidays, or coinciding with particularly intense study schedules.

Not enjoying things that usually make you happy

If hobbies, social activities, entertainment, or other interests that normally bring you joy start feeling boring or like too much effort, this can be a sign that your overall stress levels are affecting your ability to feel good about anything.

This is particularly worth paying attention to because losing these positive experiences makes it much harder to cope with academic pressure and can create a cycle where everything feels more difficult than it should.

Simple adjustments that can help you feel more balanced

If you're recognising some of these signs, don't panic – they're actually quite common and can typically be managed with some straightforward changes. The goal isn't to completely overhaul your life, but to make some tweaks that help you feel more sustainable and effective.

Get back to basics

Before trying to optimise your study techniques, make sure you're covering the fundamentals. Your brain needs adequate sleep, regular meals, hydration, and some physical movement to function well.

These aren't luxuries you can skip when you're busy – they're the foundation that everything else builds on. Even small improvements in these areas can make a significant difference to how you feel and how effectively you can study.

Scale back temporarily

If you're showing several warning signs, this is probably a good time to temporarily reduce some pressure rather than trying to push through. This might mean asking for extensions on less critical assignments, reducing work hours for a few weeks, or focusing on your most important subjects while maintaining basic requirements elsewhere.

Reconnect with your support network

When we're overwhelmed, we often withdraw from the people who could help us feel better. Make an effort to spend time with friends, family, or other supportive people, even if you don't feel particularly social. Sometimes the best thing you can do for your academic performance is remind yourself that there's more to life than grades.

Review your expectations

Take an honest look at whether your current goals match what's realistically possible given your circumstances.

Sometimes the most productive thing you can do is adjust your timeline or approach so you can achieve your aims more sustainably.



Build regular breaks into your routine

Instead of treating rest as something you earn after completing work, schedule it as essential maintenance. Plan complete rest days, social activities you enjoy, and hobbies that energise rather than drain you.

Get support when you need it

If these feelings persist for more than a few weeks or are significantly affecting your daily life, it's worth talking to someone. This might be a school counsellor, family member, doctor, or accessing mental health resources.

[Be You](#) offers excellent, evidence-based information and tools for supporting mental health and wellbeing in educational settings. They have practical resources for students and families about managing stress and building resilience.

Remember that seeking support shows you're taking your wellbeing seriously and want to develop sustainable strategies – many successful people have learned valuable skills from navigating challenging periods.

Moving forward

The most important thing to understand is that feeling overwhelmed sometimes is completely normal, and learning to recognise and respond to these signals is actually a really valuable life skill. You're not failing if you need to make adjustments – you're learning to work with your natural rhythms and limits, which will serve you well throughout your education and beyond.

[We have lots of other study tips for success on our website here.](#)

Should I drop a subject?

Feeling overwhelmed by your subject load? You're not alone. Before you consider making any major changes, let's explore whether there are better ways to manage your workload and keep your future options wide open.

Why you might be considering dropping out

It's completely natural to feel the pressure when juggling multiple subjects alongside everything else in your life.

Common reasons students consider dropping subjects include:

- feeling overwhelmed
- discovering a subject isn't what they expected
- struggling academically
- realising their career goals have shifted

All of these are perfectly valid reasons - but rather than seeing this as a failure, think of it as your brain's way of telling you it's time to reassess and find smarter strategies. In most cases, there are other things you can do first to ease the burden without having to go to the extreme of dropping the subject entirely. If any of the above sound like you, here's what we recommend you do first.

Take some time to reflect

Dropping a subject is a big step and shouldn't be taken lightly. Once you know why you want to drop a subject, the next step is to reflect on how doing so will benefit you.

- Will it give you more time to focus on other subjects or personal commitments?
- Will it improve your mental or physical health?
- Will it open up more future opportunities?
- Will it help you enjoy school/university more?

Be realistic and consider the chances of your perceived outcomes actually happening. For example, if you want to drop a subject because it might help you focus more on your other subjects, but will you *really* dedicate the extra time to your studies? Or will you just fill the gap with video games and sleep?

Seek targeted support

Speak with your teachers about additional help or tutoring options. Many schools offer study groups, peer mentoring, or extra tutorials that can make challenging content more manageable.



Reassess your study methods

Sometimes the issue isn't the subject itself, but how you're approaching it. Experiment with different learning techniques and see if you find one that works better for you – visual aids for complex concepts, study schedules that match your energy levels, or breaking large tasks into smaller, achievable goals.

Talk to someone you trust

A guidance counsellor, trusted teacher, or family member can offer fresh perspectives and help you identify resources you might not know exist.

When dropping a subject might be the right choice

While we encourage persistence, there are legitimate situations where changing subjects might make sense. If you've genuinely discovered your career interests have shifted significantly, switching to subjects that better align with your goals is just sensible planning. Similarly, if a subject is severely impacting your mental health despite trying various support strategies, your wellbeing must always come first. However, dropping a subject simply because it's challenging or because your friends are in different classes usually isn't the best long-term solution.

Key considerations before deciding

Here are some factors to think about or research in more detail.

Will you still be able to graduate?

Before you do anything else, it's *really* important to check that you will still be eligible to graduate (either from high school or from your degree).

Ensure you'll still meet the minimum subject requirements for your school certificate. Some subjects like English and Maths are compulsory, so you might need to explore different levels rather than dropping it entirely.

If you're at university, discuss any potential subject changes with the student support team. There may be core subjects you must take as part of your degree - so even if you drop one now, you may need to re-take it at some point in the future anyway.

Consider future pathways

Research whether the subject you're considering dropping is a prerequisite for courses or careers you might want to pursue later. Keeping doors open now prevents having to backtrack later.

Timing matters

Crucially, you'll need to find out about deadlines, whether the withdrawal will appear on your transcript, if any costs will have to be covered, and if there are optimal times in the school year to make changes.

Before making the final decision

As we mentioned earlier, unless you have a really good reason, dropping a subject should be the last solution - there are other steps you can take first that might help.

- First, can you get more help? Speak to your teacher/lecturer to let them know you're struggling, and they may be able to help you get back on track. You might also like to consider external academic support, such as a tutor.
- Second, do you have a backup plan? What if you change to a different subject and end up hating it or struggling just as much? Or if you need to make up extra credits somehow, can you take intensive classes during the semester break?
- Lastly, are you doing it for the right reasons? Sometimes in life there are just things we have to do, even if we don't really like it. The subject won't last forever, and persevering can ensure you don't lock yourself out of any potential future pathways (plus, just think of how good it will feel when it's *finally* over and you can celebrate).

How to drop a subject

If you do decide to drop a subject after careful consideration, that's totally OK. Sometimes it really is the best option - and even if you change your mind down the track, there are always options to help you catch up on anything you might have missed.



If you're a high school student, talk to your school – they'll have all the information to help you understand the next steps, and can tell you what (if any) implications there may be for your high school certificate or future study options. Your school will probably have a procedure in place you need to follow, and they'll be there to support you with that.

If you're a university student, contact student support to ask about withdrawal procedures. They will be able to guide you through the process and provide advice on whether you can withdraw under special circumstances without penalty, for example in cases of serious illness or family bereavement.

Next, create a concrete plan for how you'll use the extra time productively. Will you dedicate it to strengthening your remaining subjects? Pursuing extracurricular activities that support your career goals? Or addressing other areas of your life that need attention?

Moving forward positively

Whether you decide to persist with all your current subjects or make strategic changes, remember that this experience is teaching you valuable life skills: self-awareness, problem-solving, and the ability to make informed decisions under pressure.

Focus on what you can control – your effort, attitude, and willingness to seek help when needed. These qualities will serve you well beyond school, regardless of which subjects appear on your final certificate.

Still not sure what to do?

[You can also find heaps more blogs on study and pathways on our website here.](#)

How to become a Chef

Chefs are the creative masterminds behind delicious meals in restaurants, cafés, hotels, and catering companies. They plan menus, prepare food, manage kitchen staff, and ensure every dish meets high standards of taste, presentation, and food safety.

If you love food, thrive in fast-paced environments, and enjoy leading a team, a career as a chef could be perfect for you.

What skills do I need as a chef?

- Creative and innovative
- Excellent time management
- Can work well under pressure
- Strong leadership abilities
- Great attention to detail
- Physically resilient
- Adaptable and reliable
- Passionate about food and cooking

What does the job involve?

- Planning and creating menus
- Preparing, cooking, and presenting food
- Ordering ingredients and managing budgets
- Leading and training other kitchen staff
- Ensuring food safety and hygiene standards
- Monitoring food quality and consistency
- Coordinating with front-of-house staff
- Managing kitchen equipment and inventory

What industries do chefs typically work in?

- Accommodation and Food Services
- Health Care and Social Assistance



What Career Cluster do chefs belong to?

This is a hands-on career that requires a high level of both technical skill and specialist knowledge, so most chefs fall into the [Maker Cluster](#).

What kind of lifestyle can I expect?

Most chefs work split shifts, with preparation time during the day and service during evening hours. Weekend and holiday work is common, as that's when hospitality venues are typically busiest. You'll be on your feet for hours, working in hot environments, and managing multiple tasks simultaneously.

Chef salaries vary significantly based on experience, location, and type of establishment, but most chefs can expect to earn an average wage throughout their careers.

You won't be able to work from home as a chef, as you will need to physically be in the kitchen to prepare food and perform other important duties. But some experienced chefs do move into roles like food writing, recipe development, or culinary consulting that can offer more flexibility.

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To become a successful chef, you'll need to learn the practical skills required for the job. This is usually done through a combination of relevant educational training and hands-on work experience.

Many chefs start with formal culinary education through certificate or diploma courses at culinary schools or vocational institutions. These programmes cover cooking techniques, food safety, menu planning, and kitchen management, and are typically done as part of an apprenticeship, which combines hands-on experience with classroom learning.

Some chefs start as kitchen hands or commis chefs and work their way up through experience and on-the-job training. This pathway requires dedication and patience, but offers real-world learning from day one.

What can I do right now to work towards this career?

If you're in high school and considering a career as a chef, here are some steps you can take to start exploring:

- Start cooking at home regularly. Experiment with different cuisines, master basic techniques, and learn to cook without recipes.
- Look for part-time work in restaurants, cafés, or catering companies. Even roles like dishwashing or food service can give you valuable insight and help you decide if the environment suits you.
- Consider taking hospitality or food technology subjects at school (if they're available) to start learning about food safety, nutrition, and industry practices.

Where can I find more information?

- [Worldchefs](#)
- [Australian Culinary Federation](#)
- [New Zealand Chefs Association](#)
- [Institute of Hospitality](#) (UK)
- [Restaurant Association of Ireland](#)
- [American Culinary Federation](#)
- [The Culinary Federation](#) (Canada)

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