





To contact Ms. Hall please email [chall@stpiusx.nsw.edu.au](mailto:chall@stpiusx.nsw.edu.au) or call 9414 4733.

## Events

### THIS WEEK'S EVENTS

#### SCU Live Talks: Southern Cross Scholars Program for Year 11 & 12 Students

**Organisation:** Southern Cross University

**Location:** Online

**Date:** February 10, 2026

Are you a Year 11 or Year 12 student wanting to get ahead of the game in your final years of high school and prepare yourself for university?

This fee-free program allows you to study a 6-week university unit while still at school, providing entry into a Southern Cross degree with course credit after school, as well as teaching you lifelong study skills and setting your CV apart from the crowd!

We'll dive into the application process, program expectations, assessments and explore the available units and their corresponding courses. You will also learn about our generous scholarship opportunities that you will be eligible for after graduating from the program.

Teachers, parents and caregivers who would like to know more about the program are also welcome to join the session.

[Find out more](#)

#### Social Media Age Restrictions Explained – A Webinar for Parents and Carers from the eSafety Commissioner

**Organisation:** eSafety Commissioner

**Location:** Online

**Date:** February 10, 2026

From 10 December 2025, certain social media platforms won't be allowed to let Australian children under 16 create or keep an account. Join our information session to understand the changes.

This 30-minute webinar will help parents and carers understand the upcoming changes to social media access for children under 16.

Join our information session to:

- understand the purpose of the new age restrictions and how they aim to protect young Australians
- understand which platforms will require users to be 16+ and what platforms they can still access
- get tips and resources to support your child's online safety and wellbeing through the transition.

Parents and carers will gain:

- a clear understanding of the new rules and their implications
- confidence in guiding their child through these changes
- access to trusted resources to support safe and positive online engagement.

This webinar is offered more than once, so you can select the date and time that works best for you.

[Find out more](#)



## Supporting Healthy Tech Use as Your Child Transitions into Secondary School – Webinar for Parents and Carers

**Organisation:** eSafety Commissioner

**Location:** Online

**Date:** February 11, 2026

As your child moves into high school the influence of peers intensifies and online social connections become increasingly complex, but there is plenty you can do to support them.

This 45-minute webinar explores the social pressures, peer influences, and technological challenges young people face as they transition into secondary school. It also offers practical strategies for navigating online friendships and connections to help minimise negative experiences.

You'll learn:

- what social pressures they may be experiencing online
- how they can build digital resilience and critical reasoning
- how to talk to your young person about what they see and do online
- practical strategies for promoting positive peer interactions and help seeking behaviours.

This session is suitable for parents and carers of children in upper primary school (ages 11 to 12) and Year 7.

[Find out more](#)

## National Fashion College Open Day, Sydney

**Organisation:** National Fashion College

**Location:** National Fashion College, Sydney Campus

**Date:** February 11, 2026

Unlock a world of limitless possibilities at National Fashion College, where your fashion journey begins at our iconic Sydney Campus!

Step into a realm of unmatched creativity and immerse yourself in the forefront of fashion innovation. Our pioneering courses, dynamic internship opportunities, and exclusive access to the buzz of Australian, New York, and London Fashion Weeks will propel you into the heart of the global fashion scene. Get ready to be inspired, challenged, and transformed - we can't wait to welcome you!

If these times don't suit you, you can always [book in for a private appointment or tour instead](#).

[Find out more](#)

## SCCE Student Exchange Information Webinar

**Organisation:** Southern Cross Cultural Exchange

**Location:** Online

**Date:** February 11, 2026

Thinking about a high school exchange program? Our online session is the perfect place to start.

Our webinars give you a friendly, inside look at the high school exchange experience, from living with a host family to settling into a new school and culture.

In each session, our experienced team covers:

- How the program works and the support you will receive
- What daily life looks like with a host family
- How exchange builds confidence, independence, and global awareness
- Destination options, program choices, and key steps in the process
- A live Q&A to ask any questions



Whether you are a student ready for adventure or a parent wanting clarity and reassurance, this session will leave you informed, inspired, and confident about the journey ahead.

[Find out more](#)

### Sydney Design School Online Information Sessions for Future Students

**Organisation:** Sydney Design School

**Location:** Online

**Date:** February 11, 2026

Find out everything you need to know about our world class courses and personal support. Our Director, Amanda Grace will introduce you to our unique approach.

[Find out more](#)

### Study Environmental Engineering at the University of Sydney – Webinar for Future Students

**Organisation:** University of Sydney

**Location:** Online

**Date:** February 11, 2026

Join our webinar to learn about our Bachelor of Engineering Honours (Environmental Engineering). If you want to develop solutions to minimise chemical emissions, air pollution control or global warming, environmental engineering is for you. Gain the skills to reduce the carbon footprint and learn about advanced water treatment technologies, energy optimisation and geotechnical engineering.

[Find out more](#)

## NEXT WEEK'S EVENTS

### Why Study Business at the University of Sydney? Webinar for Future Students

**Organisation:** University of Sydney

**Location:** Online

**Date:** February 18, 2026

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 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](#)

### Endeavour College Virtual Open Day

**Organisation:** Endeavour College of Natural Health

**Location:** Online

**Date:** February 19, 2026

Virtual open day is an opportunity to learn more about Endeavour courses and how you can start your career in Natural Health.

Discover Endeavour's natural health qualifications, explore your study options, and gain insight into career pathways in nutrition, naturopathy, acupuncture, and more.

[Find out more](#)



## FUTURE EVENTS

### Social Media Age Restrictions Explained – A Webinar for Parents and Carers from the eSafety Commissioner

**Organisation:** eSafety Commissioner

**Location:** Online

**Date:** February 24, 2026

From 10 December 2025, certain social media platforms won't be allowed to let Australian children under 16 create or keep an account. Join our information session to understand the changes.

This 30-minute webinar will help parents and carers understand the upcoming changes to social media access for children under 16.

Join our information session to:

- understand the purpose of the new age restrictions and how they aim to protect young Australians
- understand which platforms will require users to be 16+ and what platforms they can still access
- get tips and resources to support your child's online safety and wellbeing through the transition.

Parents and carers will gain:

- a clear understanding of the new rules and their implications
- confidence in guiding their child through these changes
- access to trusted resources to support safe and positive online engagement.

This webinar is offered more than once, so you can select the date and time that works best for you.

[Find out more](#)

### STEM + X: Science – Webinar for Students, Teachers & Parents

**Organisation:** Careers with STEM

**Location:** Online

**Date:** February 25, 2026

The world is changing so fast, but science skills are only gaining importance. There's huge demand from emerging science fields including quantum computing and genetic engineering. And existing science fields like ag science and astrophysics are transforming fast too. The question isn't 'why science', it's 'which science'?

Join Careers with STEM for a free STEM + X career webinar, supported by QUT, to hear from science aces blazing a trail from horse hoof disease to lithium ion battery tech, to growing crops in space!

[Find out more](#)

### Studying Science at the University of Sydney – Webinar for Future Students

**Organisation:** University of Sydney

**Location:** Online

**Date:** February 25, 2026

Are you an aspiring scientist keen to make a difference? From astrophysics to wildlife conservation, medicinal chemistry to the history and philosophy of science, a science degree can lead to diverse and rewarding careers.

Join our academic expert to discover studying science at the University of Sydney, including our wide range of majors, flexible and specialist pathways, research and industry opportunities, and vibrant student life.



[Find out more](#)

### UniMelb Hansen Scholarship Program Information Session, Online

**Organisation:** University of Melbourne

**Location:** Online

**Date:** February 26, 2026

Talented year 12 students, parents, careers practitioners, and other support people are invited to join us for an information evening to learn more about the University's most generous undergraduate scholarship: the [Hansen Scholarship](#).

As a Hansen Scholar, you'll join a program that nurtures potential and provides a place where your ambition can grow, offering you access to a high-quality university education that might otherwise feel out of reach. Valued at up to \$108,000, this scholarship offers a fully funded place to call home at Little Hall for three years. Alongside the close-knit residential community, tailored mentoring, extracurricular activities and focused financial support will set you up for success.

In this one-hour session, we'll cover:

- Benefits of the program including the fully-funded offerings of Little Hall
- Eligibility and selection criteria
- Timelines and the application process
- Tips and advice on submitting a competitive application

You'll hear from a current Hansen Scholar who will share their experiences about the program and be available to answer your questions. A recording of the session will be made available for registrants who cannot tune in on the night.

[Find out more](#)

### Year 12 & Beyond with ADHD – Webinar for Students & Parents

**Organisation:** Claire Pech Careers

**Location:** Online

**Date:** February 26, 2026

Targeted to parents of students with ADHD in Year 12, this webinar will share insights and practical solutions for managing this critical year and beyond and making meaningful career decisions.

Hosted by [Claire Pech](#), CICA-Accredited Careers Practitioner, and [Amanda Krulis](#), endorsed Organisational Psychologist.

View the [full series of webinars](#) for the ADHD community on all things careers, schooling and the workforce.

[Find out more](#)

### Experience La Trobe Albury-Wodonga

**Organisation:** La Trobe University

**Location:** La Trobe University, Albury-Wodonga Campus

**Date:** February 26, 2026

Join us to experience life as a university student for a day. Explore different study options, get a taste of your dream course or try out something new. Whether you know what you want to study or you're still deciding, Experience La Trobe is a day made for you.

Get hands-on in our labs, meet current students, ask our experts and take a tour of our campus!

What's included for students?

- Free La Trobe tote bag and merchandise
- Presentation on university life
- Hands-on workshops in your chosen study area



Chat with real students and our course experts

- Campus and accommodation tour
- Lunch provided

Choose from two of the below study areas to explore:

- Agriculture and Biological Sciences
- Biomedical Science
- Business
- Education
- Humanities and Social Sciences
- Nursing
- Psychology
- Social Work
- Sports and Exercise Science
- TAFE Pathways and Tour

[Find out more](#)

### Admission Pathways and Entry Schemes to the University of Sydney – Webinar for Future Students

**Organisation:** University of Sydney

**Location:** Online

**Date:** March 4, 2026

There's more than one way to gain entry into your dream degree at the University of Sydney. Join us to learn how to prepare for UAC applications and explore the different pathways to study at the University of Sydney. We'll walk you through entry schemes that recognise your academic achievements, personal circumstances and more so you can understand all the options available to you before applications open.

[Find out more](#)

### Year 10 & Beyond with ADHD – Webinar for Students & Parents

**Organisation:** Claire Pech Careers

**Location:** Online

**Date:** March 5, 2026

For parents of students with ADHD in Year 10, this webinar explores how to navigate the key decision points of the senior school years, support effective planning for post-school options, and help your teen build confidence in their future direction.

We'll unpack the unique challenges ADHD can bring to this stage — from planning and procrastination to emotional regulation — and explore how to make study and career decisions that align with your child's strengths, values, and readiness.

Hosted by [Claire Pech](#), CICA-Accredited Careers Practitioner, and [Amanda Krulis](#), endorsed Organisational Psychologist.

View the [full series of webinars](#) for the ADHD community on all things careers, schooling and the workforce.

[Find out more](#)

### Understanding and Using Parental Controls to Help Protect Your Child Online – Webinar for Parents and Carers

**Organisation:** eSafety Commissioner

**Location:** Online



**Date:** March 5, 2026

Learn how parental controls can be used to prevent children accessing harmful content, manage time spent online and who they communicate with.

In this 45-minute webinar, we'll explore how parental controls can be used alongside other online safety strategies to protect your child online.

You'll learn:

- the types of parental controls available – including on smart devices, in gaming platforms and on apps
- how they can help prevent children accessing harmful content
- how to use them to complement other online safety strategies.

This session is suitable for parents and carers of young people in primary and secondary school.

[Find out more](#)

### CSU Explore Day for Year 10, 11 & 12 Students, Albury-Wodonga

**Organisation:** Charles Sturt University

**Location:** Charles Sturt University, Albury-Wodonga Campus

**Date:** March 10, 2026

Are you in Year 10, 11 or 12? Get a feel for uni life at our hands-on Explore Day!

Our Albury-Wodonga campus is where the outdoors and study meet. From water sports on the Murray to skiing in Falls Creek, you'll never be bored.

Explore Day features lots of workshops you can take part in, based on careers and courses you're interested in. You'll need to book a spot in any workshop you'd like to attend.

You'll be able to:

- talk to academics about courses and careers.
- attend tours of facilities and social spaces.
- enjoy a delicious morning tea on arrival and a free lunch.
- bring along your parents or carers, teachers and friends. All our buildings are accessible, so if you're a person with disabilities, you'll be able to take part in everything.

[Find out more](#)

### Pathways to Studying Law at the University of Sydney – Webinar for Future Students

**Organisation:** University of Sydney

**Location:** Online

**Date:** March 11, 2026

Did you know, there are many pathways to studying law at the University of Sydney? Hear from current students who joined the law community at Sydney through an alternate pathway, such as transferring or studying graduate entry law.

[Find out more](#)

### University of Sydney Penrith Info Night 2026

**Organisation:** University of Sydney

**Location:** Panthers Penrith Rugby Leagues Club

**Date:** March 11, 2026

Are you in Years 10 to 12 and ready to explore your future? Join us for an information night to discover how the University of Sydney can help you shape the future you want.

Connect with current students and alumni from Greater Western Sydney, each representing a diverse range of degrees and pathways to higher education, and discover what life is really like as a



university student. Plus, University staff and a UAC representative will be available to answer your questions and guide you through your options.

[Find out more](#)

### AIE Information Evening for Future Students, Sydney

**Organisation:** Academy of Interactive Entertainment

**Location:** Academy of Interactive Entertainment, Sydney Campus

**Date:** March 12, 2026

Discover the courses designed to get you started in game development, film, 3D animation and visual effects at the AIE Information Evening.

The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. We will be showing off AIE student work and our staff and teachers will be available to chat with you about our courses and how AIE can get you into a creative career.

[Find out more](#)

### AIE Information Evening for Future Students, Online

**Organisation:** Academy of Interactive Entertainment

**Location:** Online

**Date:** March 12, 2026

Discover the courses designed to get you started in game development, film, 3D animation and visual effects at the AIE Information Evening.

The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. We will be showing off AIE student work and our staff and teachers will be available to chat with you about our courses and how AIE can get you into a creative career.

[Find out more](#)

### CSU Explore Day for Year 10, 11 & 12 Students, Bathurst

**Organisation:** Charles Sturt University

**Location:** Charles Sturt University, Bathurst Campus

**Date:** March 17, 2026

Are you in Year 10, 11 or 12? Get a feel for uni life at our hands-on Explore Day!

Looking for the perfect blend of city meets country vibes? From cafés and wineries to festivals and galleries, you'll get the best of both worlds in Bathurst.

Explore Day features lots of workshops you can take part in, based on careers and courses you're interested in. You'll need to book a spot in any workshop you'd like to attend.

You'll be able to:

- talk to academics about courses and careers.
- attend tours of facilities and social spaces.
- enjoy a delicious morning tea on arrival and a free lunch.
- bring along your parents or carers, teachers and friends. All our buildings are accessible, so if you're a person with disabilities, you'll be able to take part in everything.

[Find out more](#)

### Study Biomedicine and Health at the University of Sydney – Webinar for Future Students

**Organisation:** University of Sydney

**Location:** Online

**Date:** March 18, 2026



Wondering about a career in health or biomedicine? Or a path that leads to—research, medicine, public health, or something entirely new?

Join our webinar to uncover the possibilities with the Bachelor of Biomedicine and Health, delivered at the heart of a world-class health and research hub at Westmead. Learn how this degree opens doors to careers in health, hospital services, and public health, and serves as a pathway to medicine, dentistry, pharmacy, and allied health programs. Discover how this degree opens doors to exciting careers and future study options.

[Find out more](#)

### UQ Medicine Information Evening, Online

**Organisation:** University of Queensland

**Location:** Online

**Date:** March 18, 2026

Attend our information session to learn about studying medicine at The University of Queensland (UQ).

Hear from UQ Medical School staff, UQ alumni and current students on the changing medical climate, how to apply for medicine at UQ, and tips for success.

What's involved:

- Learn about admission requirements and how to apply for the Doctor of Medicine (MD).
- Gain insight into UQ's MD program structure, clinical placements, learning experiences and student support.
- Explore entry pathways, including partnerships with CQUniversity and UniSQ.
- Hear from UQ Medical School academics about UQ's new medical pathway.
- Hear insights from recent graduates and current students.
- Participate in an interactive Q&A with alumni and current students.

[Find out more](#)

### UniMelb Hansen Scholarship Program Information Session, Online

**Organisation:** University of Melbourne

**Location:** Online

**Date:** March 19, 2026

Talented year 12 students, parents, careers practitioners, and other support people are invited to join us for an information evening to learn more about the University's most generous undergraduate scholarship: the [Hansen Scholarship](#).

As a Hansen Scholar, you'll join a program that nurtures potential and provides a place where your ambition can grow, offering you access to a high-quality university education that might otherwise feel out of reach. Valued at up to \$108,000, this scholarship offers a fully funded place to call home at Little Hall for three years. Alongside the close-knit residential community, tailored mentoring, extracurricular activities and focused financial support will set you up for success.

In this one-hour session, we'll cover:

- Benefits of the program including the fully-funded offerings of Little Hall
- Eligibility and selection criteria
- Timelines and the application process

Tips and advice on submitting a competitive application

You'll hear from a current Hansen Scholar who will share their experiences about the program and be available to answer your questions. A recording of the session will be made available for registrants who can not tune in on the night.

[Find out more](#)



### SCU Year 10 Taster Day, Coffs Harbour

**Organisation:** Southern Cross University

**Location:** Southern Cross University, Coffs Harbour Campus

**Date:** March 20, 2026

Join us for Taster Day, where you will experience University life through dynamic and interactive sessions. Meet our inspiring students and academics, experience our campus facilities and learn more about university life on this fun day!

- Live like a University student for the day and participate in 6 interactive workshops across different and exciting areas of study
- Experience our state-of-the-art campus facilities
- Meet inspiring people, from academics to current students

Schools can register up to 30 students. **Registrations close 6th March 2026.**

[Find out more](#)

### Griffith Pathways to Medicine Information Session, Online

**Organisation:** Griffith University

**Location:** Online

**Date:** March 24, 2026

Embark on your journey to a rewarding medical career at Griffith University with our Pathways to Medicine online information session.

Get clear, first-hand advice from Griffith admissions experts, medical teaching staff, and current students who have successfully navigated the same pathways - helping you understand your options and apply with confidence.

Discover all you need to know about studying medicine at Griffith, from choosing the right undergraduate degree to understanding admissions processes and pathway options.

Why attend?

- Explore the different pathways into Griffith's Doctor of Medicine
- Learn which undergraduate degrees can lead to medicine
- Understand how GUMSAA and GEMSAS are used in the selection process
- Get guidance on the Rural Priority Access Scheme
- Hear real experiences and tips from current Griffith medical students
- Ask your questions during a live Q&A session

[Find out more](#)

### CSU Explore Day for Year 10, 11 & 12 Students, Wagga Wagga

**Organisation:** Charles Sturt University

**Location:** Charles Sturt University, Wagga Wagga Campus

**Date:** March 24, 2026

Are you in Year 10, 11 or 12? Get a feel for uni life at our hands-on Explore Day!

Wagga is the largest inland city and is the perfect spot if you love a weekend getaway.

Explore Day features lots of workshops you can take part in, based on careers and courses you're interested in. You'll need to book a spot in any workshop you'd like to attend.

You'll be able to:

- talk to academics about courses and careers.
- attend tours of facilities and social spaces.
- enjoy a delicious morning tea on arrival and a free lunch.
- bring along your parents or carers, teachers and friends. All our buildings are accessible, so if you're a person with disabilities, you'll be able to take part in everything.



[Find out more](#)



## Your Passport to an International Career: Bachelor of International Studies at the University of Sydney – Webinar for Future Students

**Organisation:** University of Sydney

**Location:** Online

**Date:** March 25, 2026

Ever dreamt of making a global impact? In Sydney's Bachelor of International Studies you will dive into the world's most challenging issues and gear up for a career that knows no borders - be it in business, diplomacy, policy-making, or advocating in a global civil society.

Join our webinar and discover how our degree can help you navigate the global arena. Don't just watch the world change - be the change!

[Find out more](#)

## University of Sydney Parramatta Info Night 2026

**Organisation:** University of Sydney

**Location:** CommBank Stadium

**Date:** March 25, 2026

Are you in Years 10 to 12 and ready to explore your future? Join us for an information night to discover how the University of Sydney can help you shape the future you want.

Connect with current students and alumni from Parramatta, each representing a diverse range of degrees and pathways to higher education, and discover what life is really like as a university student. Plus, University staff will be available to answer your questions and guide you through your options.

[Find out more](#)

## University of Sydney Liverpool Info Night 2026

**Organisation:** University of Sydney

**Location:** Liverpool Powerhouse

**Date:** March 26, 2026

Are you in Years 10 to 12 and ready to explore your future? Join us for an information night to discover how the University of Sydney can help you shape the future you want.

Connect with current students and alumni from Liverpool, each representing a diverse range of degrees and pathways to higher education, and discover what life is really like as a university student. Plus, University staff and a UAC representative will be available to answer your questions and guide you through your options.

[Find out more](#)

## Sydney Design School Open Day

**Organisation:** Sydney Design School

**Location:** Sydney Design School

**Date:** March 28, 2026

Step inside our world of design and get to know us. Explore our studios, check out amazing student work, meet the inspiring team, get creative making a mood board.

[Find out more](#)

## CSU Medicine Information Night for Future Students

**Organisation:** Charles Sturt University

**Location:** Online



**Date:** April 1, 2026

Pursue a rewarding career. Make a difference in your community. Get all the info you need to study our independently accredited Bachelor of Clinical Science (Medicine)/Doctor of Medicine.

Whether you're in high school, looking for a career change, or keen to take the next step in your health career – our online information night is for you! Parents, carers, and career advisers are also welcome to join.

[Find out more](#)

### Sydney Design School Interior Design Business Workshop

**Organisation:** Sydney Design School

**Location:** Sydney Design School

**Date:** April 14 to April 15, 2026

If you've always wanted to run your own creative business but lack the tools to get started our Interior Design Business Workshop is perfect for you. Be inspired and energised by passionate Interior Designers who run their own successful practices and gain clear insights into your motivation and key business drivers.

On day one you'll drill down into what makes your offer unique, identify your target audience and develop marketing and pricing strategies. Then on day two get into the nitty gritty of contracts, fee proposals and how to successfully manage a design project, including scope creep and price objections. You'll finish the workshop exploring and discussing tactics to set yourself apart and get noticed.

[Find out more](#)

### Sydney Design School Interior Decoration Workshop

**Organisation:** Sydney Design School

**Location:** Sydney Design School

**Date:** April 15 to April 16, 2026

Be inspired. Be creative. If you love interiors magazines and beautifully styled spaces, this fun two day workshop is for you. It's perfect for any interiors enthusiast who wants to decorate their home with skill and confidence.

This beginners workshop will give you a taste of the Certificate IV in Interior Decoration course and you'll get a feel for our School and the passion of our Educators.

Get hands on as you learn how to put together a full interior decoration scheme for a living space in your own home. Plan the layout, select furniture and lighting, explore colour schemes and create a sample board of your ideas.

[Find out more](#)

### ACAP Info Night, Sydney

**Organisation:** ACAP University College

**Location:** ACAP University College, Sydney Campus

**Date:** April 23, 2026

Join us on campus and discover how ACAP can help you make a real difference in the lives of others.

Find out about our degrees in psychology, social work, counselling, criminology, coaching and law, as well as the career paths available to you.

ACAP's degrees of difference have been shaping futures for over four decades. As a global leader in the vast field of applied psychology, our professionally accredited qualifications contribute to societal well-being, embodying values of integrity, equity, and social justice.



Join our on-campus info night and discover our industry-driven programs, meet our industry experts and see how ACAP can help you achieve a career that'll make a real degree of difference.

[Find out more](#)

### SAE University College Info Night, Sydney

**Organisation:** SAE University College

**Location:** SAE University College, Sydney Campus

**Date:** April 23, 2026

Just make the first move in your dream career – join us at your local SAE campus for Info Night! This is your chance to get a feel for the vibe at an SAE campus. Explore our creative and technology courses, meet industry experts and chat to the campus teams about student life. You can even take a tour of our facilities and check out some of the awesome student projects on display.

[Find out more](#)

### Discover Western Webinar – Your Pathway from TAFE to University

**Organisation:** Western Sydney University

**Location:** Online

**Date:** April 28, 2026

This webinar is for current or former TAFE or Vocational Education students to learn about Western's Vocational Pathways. Your studies may make you eligible for entry to Western, and you may even be eligible for credit towards your degree! Our knowledgeable staff will talk you through your options.

[Find out more](#)

### University of Sydney On-campus Info Night 2026

**Organisation:** University of Sydney

**Location:** Seymour Centre, University of Sydney, Camperdown/Darlington Campus

**Date:** April 29, 2026

Are you in Years 10 to 12 and ready to explore your future? Join us for an information night to discover how the University of Sydney can help you shape the future you want.

Connect with current students and alumni, each representing a diverse range of degrees and pathways to higher education, and discover what life is really like as a university student. Plus, University staff and a UAC representative will be available to answer your questions and guide you through your options.

[Find out more](#)

### UNE Open Day 2026

**Organisation:** University of New England

**Location:** University of New England, Armidale Campus

**Date:** May 1, 2026

Thinking about uni after school? Come and see what UNE has to offer.

Open Day gives you a real sense of university life. You can weigh up your options, check out campus, and meet the people who'll be teaching you. You'll get to tour facilities, sit in on information sessions, and try out some interactive activities. You'll also have the opportunity to ask lecturers all your questions about courses, what to expect, or what it's like to study in your area of interest. You'll experience the community side of UNE too. From the moment you arrive, you'll see why students consistently rate us highly for social equity and overall experience.



[Find out more](#)

### Discover Western Webinar – For Parents and Supporters: Your Role and How You Can Help Guide Them to University

**Organisation:** Western Sydney University

**Location:** Online

**Date:** May 4, 2026

This webinar is for Parents and Supporters to learn how they can support their child through their HSC and while they make those big decisions about their future. Discover university entry options, careers and courses, and pathways they can explore should they not achieve their desired ATAR.

[Find out more](#)

### ACU Talk with Occupational Therapists and Physiotherapists

**Organisation:** Australian Catholic University

**Location:** Online

**Date:** May 6, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields. Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

### ACU Talk with Teachers and Educators

**Organisation:** Australian Catholic University

**Location:** Online

**Date:** May 7, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields. Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

### Northwest Regional Career Expo 2026

**Organisation:** Rotary Club of Tamworth First Light

**Location:** Tamworth Regional Entertainment and Conference Centre

**Date:** May 13, 2026

Our Careers Expo was started in 1992 by Rotary Club of Tamworth First Light. Attendees benefit from a wide range of exhibitors from a large variety of industries providing valuable advice and information to help further their career and business development. The event continues to provide valuable access to local and interstate exhibitors for the community and schools from Tamworth and the surrounding region.



[Find out more](#)

### ACU Talk with Nurses, Midwives and Paramedics

**Organisation:** Australian Catholic University

**Location:** Online

**Date:** May 13, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

### ACU Talk with Law, Criminology and Business Professionals

**Organisation:** Australian Catholic University

**Location:** Online

**Date:** May 14, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

### ACU Talk with Arts Students and Graduates

**Organisation:** Australian Catholic University

**Location:** Online

**Date:** May 20, 2026

Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields.

Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need.

No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

### ACU Talk with Biomedicine and Nutrition Experts

**Organisation:** Australian Catholic University

**Location:** Online

**Date:** May 21, 2026



Curious about where your study could take you? Join our Talk with Industry Series - a range of online Q&A sessions connecting you directly with ACU students and graduates across diverse fields. Hear authentic stories from those who've walked the path you're considering. Our alumni share real insights about their careers post-graduation, while current students offer a genuine look at campus life and coursework. Whether you're certain about your direction or just starting to explore possibilities, these conversations will provide the clarity you need. No matter where you are in your decision-making journey, you'll gain valuable perspectives on what studying and working in your chosen field truly involves.

[Find out more](#)

### Year 10 Subject Choices with ADHD – Webinar for Students & Parents

**Organisation:** Claire Pech Careers

**Location:** Online

**Date:** May 21, 2026

Getting through the final school years with ADHD can be challenging — and choosing subjects that don't suit your strengths or learning style can make it even harder. This webinar is designed to help parents of students with ADHD in Year 10 understand how to make subject selections that support motivation, confidence, and success.

Hosted by [Claire Pech](#), CICA-Accredited Careers Practitioner, and [Amanda Krulis](#), endorsed Organisational Psychologist.

View the [full series of webinars](#) for the ADHD community on all things careers, schooling and the workforce.

[Find out more](#)

## Scholarships

### Scholarships to Study at the Melbourne Institute of Massage and Myotherapy

**Organisation:** Melbourne Institute of Massage and Myotherapy

**Location:** Melbourne

**Value:** Up to AU\$3,000

**Close Date:** June 2, 2026

[Find out more](#)

### Bria Joyce Scholarship to Cover Transport Costs for Education Related Travel

**Organisation:** BusCharter

**Location:** Australia

**Value:** AU\$2,000

**Open Date:** February 1, 2026

**Close Date:** April 30, 2026

[Find out more](#)

### University of Notre Dame Dianne Wansbrough Scholarship in Nursing for School Leavers

**Organisation:** University of Notre Dame Australia

**Location:** Western Australia

**Value:** Up to AU\$7,500

**Close Date:** February 25, 2026

[Find out more](#)



## Competitions

ASX Schools Sharemarket Game

**Organisation:** Australian Securities Exchange

**Location:** Australia, New Zealand

**Value:** Up to AU\$1,000

**Close Date:** April 20, 2026

[Find out more](#)

BlueShift Business Case Competition

**Organisation:** Queensland University of Technology

**Location:** New South Wales, Queensland

**Value:** Up to AU\$2,250

**Close Date:** February 16, 2026

[Find out more](#)

What Matters? Writing Competition

**Organisation:** The Whitlam Institute

**Location:** Australia

**Value:** AU\$1,500

**Close Date:** May 15, 2026

[Find out more](#)

## Weekly Posts

### FIRST JOBS, RESUMES & CVS

How to ask for a reference or referee

#### What do you need your reference for?

Before you ask someone to be a referee, it helps to be clear about the reason. Are you chasing a part-time job, starting an apprenticeship, or applying for a course? Different purposes need different types of support.

- Work applications: Ask your referee to highlight your reliability, teamwork skills, and experience relevant to the role.
- Apprenticeships or training programs: Focus on practical skills, enthusiasm, and willingness to learn.
- 
- Study or scholarships: Emphasise academic achievements, leadership, or participation in extracurricular activities.

Being specific about why you need a reference makes it even easier for the person you ask to write something meaningful.

#### When to approach someone for a reference

Timing can make a big difference. It's best to give the person enough notice so they aren't rushed. Ideally, ask a few weeks before the reference is due.

Choose a time after you've worked with them or completed a project they can speak about, so their example is recent and relevant. Make sure it's convenient for them and always approach politely.



The easier you make it for someone else to be your referee, the better a reference you're going to get.

### How to put a reference into your resume

When putting a reference into your resume there are two simple and easy approaches you can take:

1. Listing your referees directly: Include each referee's name, job title, company, phone number, and email. This can speed up the hiring process and make it easy for employers to contact them.
2. Letting employers know that "references available upon request" This protects your referees' privacy and lets you control when they are contacted. It also gives you a chance to notify them in advance, so they're prepared to provide a strong reference.

Most employers expect two to four references, though personal references are acceptable if professional ones aren't available.

### Choosing the right person

- Teachers, employers, mentors, coaches
- Someone who knows your skills and work ethic
- Consider relevance to the job/course you're applying for

Not every referee is equally effective. Look for someone who knows you well, can provide specific examples of your skills or achievements, and is relevant to the role. Choosing someone suited to the opportunity increases the impact of their recommendation.

If you aren't sure who to ask around consider

- Teachers
- Employers
- Mentors
- Coaches
- Colleagues

### How to ask politely and professionally

When approaching a referee, be clear about why you're asking and what the reference will be used for. You can ask in person, by email, or message, but always give them the option to decline.

### Common mistakes to avoid

- Requesting a reference at the last minute Asking someone on short notice can put them under pressure and reduce the quality of their reference. Give referees enough time to prepare and provide a thoughtful recommendation.
- Choosing someone who doesn't know you well References are most effective when they can speak specifically about your skills, achievements, and character. Avoid selecting someone who cannot provide detailed insight.
- Sharing contact details without permission Always confirm that your referee is willing to be contacted and knows how their details will be used.
- Failing to provide context If referees aren't clear on the role or type of skills to highlight, their reference may not be as strong or relevant.
- Neglecting follow-up communication Keep referees informed about deadlines and the outcome of your application. Ignoring this can damage relationships or leave them unprepared.

### Next steps

Now you know how to sort out your references you can check out our other articles to see how you can write your resume more effectively [here](#).



## APPRENTICESHIPS & TRAINEESHIPS

### National Apprenticeship Week 2026

National Apprenticeship Week is fast approaching in 2026, running from the 9th till the 15th of February. This national event focuses on apprenticeships and traineeships and the important role they play in developing skills, supporting industries, and creating strong career pathways across Australia. It's a valuable opportunity for students to explore hands-on career options, for parents and carers to better understand vocational pathways, and for schools, employers and people to come together and support apprentices and trainees.

### What is National Apprenticeship Week?

National Apprenticeship Week Australia is a nationwide event that promotes apprenticeships and traineeships across a wide range of industries. The week aims to build awareness of the many opportunities available, challenge common misconceptions, and highlight apprenticeships as a practical and rewarding pathway to employment.

The week also recognises the role employers play in training apprentices and trainees, as well as the support provided by registered training organisations and schools in preparing young people for work.

### Why should you get involved?

National Apprenticeship Week Australia encourages participation from a wide range of groups, each with a role to play in supporting informed career choices.

### Students

National apprenticeship week gives students the opportunity to learn how training pathways differ across industries and how qualifications are structured. It can help students understand entry requirements, progression options, and how apprenticeships can lead to further training, specialisation, or even business ownership over time.

### Employers

National Apprenticeship Week Australia gives employers a chance to actively support apprentices and promote the role that vocational training plays in shaping a skilled workforce. There are many ways for businesses to get involved and make the week meaningful.

During the week, employers can **host workplace visits, open days, or toolbox talks** to show what apprentices do on the job and help others understand the value of hands-on experience.

### Teachers and schools

National Apprenticeship Week Australia provides opportunities to connect classroom learning with future work opportunities. Schools can support students in understanding different pathways, develop career management skills, and build links with local employers and training providers. Activities might include guest speakers, information sessions, or exploring how apprenticeships align with students' strengths and interests.

### Tips for parents and carers

Even if you don't work in an industry that offers apprenticeships, you can still play a key role in supporting career exploration during National Apprenticeship Week Australia:

- Start conversations about interests and skills: Ask your young person what subjects, hobbies, or activities they enjoy and how these could relate to real-world careers.
- Research pathways together: Explore local apprenticeship or traineeship opportunities online, and talk about what training, qualifications, and experience are required.
-



Connect with networks: If you know someone in an industry of interest, organise a casual chat, coffee, or workplace visit. First-hand stories can be powerful.

- Celebrate exploration: Even simple actions like attending an event, watching an industry video, or completing a short career activity can encourage curiosity and motivation.

### **Making it count beyond the week**

National Apprenticeship Week Australia works best as part of a broader approach to career development. Beyond the week, schools, students, and employers can:

- Revisit pathway planning at key transition points
- Track skill development over time
- Encourage reflection after work experience or training
- Update goals as interests and opportunities change

Career pathways are rarely linear. National Apprenticeship Week Australia supports the idea that learning, work, and career development continue over time, adapting to changing industries and individual goals.

If you want to check out some other material relating to National Apprenticeship Week some other articles are available [here](#) and to find opportunities or apprenticeships you can look at our [database](#).

### **7 rewarding traineeships you haven't heard of**

Looking for a career that teaches you valuable skills, keeps you engaged, and opens doors to a bright future? Traineeships are a fantastic way to learn on the job, earn while you train, and get a head start in industries you might never have considered. From hands-on technical roles to caring and community-focused work, these seven traineeships prove that a fulfilling career can start sooner than you think.

#### **Warehouse Trainee**

Step into a busy warehouse environment and learn how supply chains actually work. As a warehouse trainee, you'll pick, pack, and organise stock while completing a nationally recognised qualification. Paid on-the-job training means you're building skills and earning money simultaneously and there is far more career progression than you might first expect.

If a career in this field interests you, the only thing you will need to get yourself started is a drivers licence.

Here is an example [Warehouse Traineeship](#)

#### **Heavy Machinery Traineeships**

Mining and construction traineeships let you get hands-on with heavy machinery, learn technical skills, and gain nationally recognised certifications while on the job. You'll understand how complex machinery works, develop safety awareness, and get experience in one of the world's most critical industries.

Strong driving skills are essential in heavy machinery and often a manual licence is required over an automatic.

For one type of heavy machinery role check out this [Dump Truck Traineeship](#)

#### **Dental Assistant Traineeship**

Dental assistant traineeships are perfect if you want a career in healthcare that combines practical skills with helping others. You'll learn about patient care, clinical procedures, and all about dental practice. The work is interactive, meaningful, and a strong foundation for moving into other healthcare roles later.

While some traineeships require little qualifications often having a certificate for sterilisation services or dental assisting is a requirement.



Here's an example of a [Dental Assistant](#) traineeship

### **Environmental & Conservation Traineeship**

If protecting the planet excites you, conservation traineeships offer hands-on experience in ecosystem management, habitat restoration, and sustainability projects. You'll gain practical skills in monitoring, land management, and community projects, all while working outdoors and making a visible impact on the environment.

Often these traineeships have little or no requirements beyond being able to drive a car.

Here's an example of a [Conservation and Eco-System Management Traineeship](#)

### **Fire & Safety Traineeship**

Fire protection and safety traineeships teach you the ins and outs of installing, inspecting, and maintaining essential safety systems. You'll shadow experienced technicians, understand compliance standards, and tackle real-world challenges that make a difference in workplaces and communities. It's a respected career path that combines responsibility, technical knowledge, and teamwork. When searching for a traineeship in this field it can be extremely advantageous to have basic mechanical or trade knowledge.

Here's an example [Trainee Fire Technician](#) role

### **Laboratory & Technical Science Traineeship**

Lab-based traineeships let you engage directly with materials testing, experiments, and industry procedures. You'll gain confidence with lab equipment, learn how to interpret results, and see how your work contributes to bigger projects. This is ideal for anyone curious about science and keen to get hands-on exposure early in their career.

Often there is full training provided in traineeships in this field however you can boost your chances by having a white card.

Here's an example [Trainee Laboratory Technician](#) role

### **Electronics & Engineering Traineeship**

Traineeships in electronics or engineering immerse you in technical environments, from telecommunications to avionics. You'll learn how to troubleshoot systems, calibrate equipment, and understand complex devices under the guidance of experienced mentors. It's a

perfect way to develop specialised knowledge while preparing for a long-term career in a fast-growing, high-tech field.

The requirements for these traineeships are often field specific so make sure you meet the basic knowledge requirements before applying.

Here is one type of electronics and engineering traineeship as a [Radio frequency Calibration Trainee](#)

You can find lots more job or traineeship opportunities just by visiting our [job spotlights page](#).

## **STUDY TIPS**

### **The Two-Minute Rule**

Even the most organised people can feel overwhelmed by the number of tasks in a day. The Two-Minute Rule, popularised by productivity expert David Allen, offers a surprisingly simple solution: if a task takes two minutes or less, do it immediately. By completing these small actions right away, you prevent minor tasks from piling up and build a sense of momentum that allows you to tackle even larger projects more easily.

### **Where it works**



One of this technique's greatest strengths is versatility, as it can apply to any part of your life to help keep things organised.

- **At work:** Quick emails, document filing, organising your workspace, or logging tasks.
- **At home:** Washing dishes, putting away laundry, tidying surfaces, or clearing clutter.
- **At school:** Drafting a paragraph, outlining a chapter, or opening and labelling files.

### Why it works

The effectiveness of the Two-Minute Rule comes from psychology rather than the activity itself. Small tasks are easier to start, which lowers the barrier to action. Completing them immediately provides a sense of accomplishment, reinforces positive habits, and reduces the mental load of having unfinished responsibilities looming in the background.

The Two-Minute Rule is one of the easiest ways to break a task down into lots of smaller, more achievable actions. Instead of feeling overwhelmed or worrying about everything else, you focus on what can be done right now. Over time, this builds confidence and encourages consistent progress.

### How to use it

For tasks that don't fit into the two minute window, the rule still plays a useful role. Instead of leaving them in the back of your mind, write them down and decide when you'll deal with them. This might mean adding them to a to-do list, picking out a time in your calendar, or setting a reminder. Over time, this habit helps your day feel more structured and keeps your workload under control. Giving longer tasks a clear place in your schedule makes them feel more manageable and stops them from being repeatedly postponed. However, scheduling only works if you act on it. Continually rescheduling tasks anyway can undo the benefits of the rule and bring back the same sense of overload it's designed to prevent.

1. If it's shorter than two minutes, do it now
2. Otherwise, schedule a time for later.

### Useful tools

While the Two-Minute Rule doesn't require any specific tools, using an app or notebook can make sticking with it even easier. There are many time management apps for students available online and we have collected ['The 7 best time management apps for students'](#) right here for you to try. Rather than just picking a date in your calendar to complete an activity, it can help to pick a particular time to complete it, for example: next Monday from 7 to 9.

### Give it a go

The Two-Minute Rule is easy to try and doesn't require any significant investment. By consistently dealing with small tasks as they arise, you can reduce stress, stay organised, and build a stronger foundation for managing larger responsibilities.

Don't worry if it doesn't suit you perfectly. Because it takes very little effort to try, experimenting with the rule is low-risk. even a few days of practice can give you a sense of whether or not it works for you.

## UNIVERSITY

### What to know about Australia's latest university rankings

A new [global university ranking](#) has just been released, and it places more than two dozen Australian universities among the world's leading institutions for 2026. Published by *Time* magazine in partnership with Statista, the [ranking compares universities based](#) on "academic capacity & performance, innovation & economic impact, and global engagement."

For students thinking about where to study, the ranking can be a useful starting point. It gives a sense of how Australian universities are viewed internationally and which institutions are considered



strong overall. However, it's important to remember rankings don't capture every aspect of university life, things like class sizes, student support, campus culture, and the quality of specific courses aren't included.

In other words, it's not about whether students love their classes or how many land a job quickly after graduation. It's about the wider influence a university has, how it's research, ideas, and graduates contribute to the world beyond campus.

### How Australian universities performed

Australian universities performed well in the latest ranking. The University of Queensland (no. 28), University of Melbourne (no. 41), and University of Sydney (no.58) were the highest-ranked institutions in Australia. Other notable universities such as the University of New South Wales (UNSW), Monash University, Australian National University (ANU), and the University of Western Australia (UWA) ranked in the top 200.

The top 10 Australian universities in order are:

1. [The University of Queensland](#)
2. [The University of Melbourne](#)
3. [The University of Sydney](#)
4. [The University of Western Australia](#)
5. [The University of New South Wales](#)
6. [The Australian National University](#)
7. [The University of Adelaide](#)
8. [Monash University](#)
9. [Curtin University](#)
10. [James Cook university](#)

### Limitations of rankings

When using these rankings, it's important to remember that no ranking is perfect. This one is heavily weighted toward research impact and global collaboration, which means many smaller

or more specialised universities may not rank as highly even if they offer excellent teaching or student support.

Because all rankings have inherent biases, it's important to consult multiple rankings before making any judgements. Other rankings might focus on student experience, teaching quality, or graduate employability, with different methodologies that produce very different results. It's important to understand **what is being measured** before making decisions based on numbers alone.

Global rankings also tend to favour older, research-intensive universities with international reach. While this shows the institutions' worldwide influence, it doesn't always reflect day-to-day student life.

### How to use rankings when choosing a university

While rankings give a sense of global reputation, they are just one piece of the puzzle. When deciding where to study, think about how the university fits your individual goals and needs. For example:

- **Programs and courses:** Look at the specific courses you're interested in, not just the overall university ranking. Some universities specialise in particular fields which doesn't reflect in larger rankings.
- **Location and lifestyle:** Consider where you want to live, including cost of living, climate, and access to transport. Campus culture can make a big difference in your day-to-day experience.



- **Career pathways:** Research graduate outcomes in your field. Rankings show research influence, but student employment opportunities and industry connections vary by program. Think of the ranking as a starting point, not a deciding factor. It helps you shortlist universities to research further, but you need to consider functional differences that will affect your studies and life on campus.

### What this means for you

So what should students take away from this ranking? Essentially:

- Australian universities are competitive internationally, particularly in research and innovation.
- Rankings can help you see which institutions have global influence, but they don't replace first-hand research about courses, campus culture, or student support.
- Use rankings as a guide, not a rule. Consider your personal priorities, study goals, and lifestyle when choosing where to apply.

In the end, the best university for you isn't always the highest-ranked, it's the one that fits your academic interests, career plans, and the experience you want during your time at university. For a detailed description of how these rankings were created visit [Time](#) here.

## JOB SPOTLIGHTS

### How to become a Sports Team Physiotherapist

Sports Team Physiotherapists travel with athletes and teams to provide injury treatment, rehabilitation, and performance support during competitions and training camps. They work with everyone from Olympic diving squads and national shooting teams to professional golfers and touring cricket sides. If you're passionate about sports, enjoy problem-solving under pressure, and want to combine healthcare with travel, this could be an ideal career.

### What skills do I need as a Sports Team Physiotherapist?

- Strong anatomy knowledge
- Excellent manual therapy skills
- Quick decision-maker
- Calm under pressure
- Outstanding communicator
- Team-oriented mindset
- Adaptable and flexible
- Sports-specific understanding

### What do Sports Team Physiotherapists do?

Your day starts with pre-training assessments, checking how athletes are recovering from previous sessions or competitions. You'll tape ankles, massage tight muscles, and monitor any ongoing injuries before they head out. During training and competition, you're pitch-side or court-side, ready to respond immediately if someone gets hurt. You'll make quick decisions about whether an athlete can continue safely or needs to withdraw.

Between sessions, you run rehabilitation programs for injured athletes, guiding them through exercises and treatments to get them back to competition. You'll also work preventatively, identifying movement patterns that might lead to injury and developing programs to address them. This might mean analysing a golfer's swing mechanics, reviewing a shooter's posture, or assessing a diver's landing technique.



You collaborate constantly with coaches, sports doctors, and strength trainers to manage athlete workloads and plan training schedules. When you're travelling, you coordinate with local medical facilities if athletes need scans or specialist consultations, and you maintain detailed records of every treatment and injury throughout the season.

### **What kind of lifestyle could I expect?**

Sports Team Physiotherapists work across professional sporting codes, Olympic and Paralympic programs, national squads, touring teams, and individual elite athletes. Some work for sports medicine clinics that contract services to multiple teams, whilst others are employed directly by sporting organisations or work independently with individual athletes.

Your schedule revolves entirely around competition calendars and training camps. During competitive seasons, you'll travel regularly—sometimes weekly for football or basketball, or for extended tours with cricket or rugby teams. Individual sport physiotherapists might accompany golfers or tennis players on international circuits for months at a time. Between competitive periods, you'll typically work from a training facility with more regular hours, focusing on rehabilitation and preparation.

The work is physically demanding—you're on your feet for long periods, often working in outdoor conditions or cramped spaces. Hours are irregular, including early mornings for pre-game preparation, late nights after matches, and being on-call during tours. Most Sports Team Physiotherapists earn above-average salaries, particularly with elite teams, and this helps offset the demanding schedule. The role offers high job satisfaction and strong future growth prospects as sports medicine becomes increasingly sophisticated.

### **How to become a Sports Team Physiotherapist**

- 1. Complete a physiotherapy degree** Start with a four-year Bachelor of Physiotherapy or complete a graduate-entry Master of Physiotherapy if you already have an undergraduate degree in a related field. You'll need to register with your national physiotherapy board after graduating.
- 2. Gain general physiotherapy experience** Work in clinical settings to build your foundational skills—hospitals, private practices, or community health centres. This experience teaches you to assess injuries, develop treatment plans, and work with diverse patient groups.
- 3. Specialise in sports and exercise** Complete additional qualifications in sports physiotherapy through postgraduate courses or specialisation programs offered by physiotherapy associations. Many physiotherapists also pursue certifications in areas like dry needling, strength and conditioning, or specific sport analysis.
- 4. Build sports experience** Start with local or semi-professional teams, volunteer at sporting events, or work with junior representative squads. This gives you practical experience managing athletes and demonstrates your commitment to the field when applying for professional positions. From here, you could progress to head physiotherapist roles with major teams, move into high-performance director positions managing entire medical departments, specialise in particular sports or injury types, establish your own sports medicine practice, or transition into sports science research roles at universities or institutes.

### **What can I do right now?**

If you're in high school and interested in working as a Sports Team Physiotherapist, here are some practical steps:

- Focus on biology, chemistry, and maths to prepare for physiotherapy degree requirements
- Volunteer with first aid organisations like St John Ambulance to gain medical experience and develop your ability to stay calm in emergencies



- Get involved with sports clubs as a trainer's assistant, team manager, or volunteer to understand how sporting environments work and build connections

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