

Careers Newsletter



BLUE MOUNTAINS
GRAMMAR SCHOOL

Tuesday, 20 June 2023

Jump to:

[What's On in the Next Few Weeks](#)

[Important Future Events](#)

[Scholarships](#)

[Getting Ready for Work](#)

[Apprenticeships and Traineeships](#)

[Work Experience](#)

[Competitions](#)

[Resources](#)

[Workplace Spotlight](#)

[Job Spotlight](#)

What's On in the Next Few Weeks

[UOW | HSC Subject Support Series](#)

June 19 to June 29, 2023

The HSC Subject Support Series is designed to help students improve their knowledge and understanding of key subject content and discover what HSC exam markers and assessors are looking for.

The series includes 12 free subject-specific online sessions, where participants will have the opportunity to ask questions and receive tips and strategies directly from the most qualified and experienced HSC markers in NSW.

- Each 1-1.5 hour webinar will cover:
- Key content and focus on specific modules
- Detailed analysis of difficult course content
- HSC marker insights on how to approach potential questions
- Strategies to prepare responses to questions

The HSC Subject Support Series will cover:

- English Advanced
- English Standard
- Mathematics Advanced
- Mathematics Standard
- Biology
- Business



There will also be time at the end for Q&A. Bring along any questions you have and have it answered live by a highly experienced HSC teacher/marker. Each subject will be broken into two parts and content presented over two separate sessions. [Find out more](#)

[University of Newcastle | Parents and Carers Drop In Session, Bathurst](#)

June 19, 2023

If you have a child who is currently completing Year 12, come and visit us at Bathurst Memorial Entertainment Centre (BMEC) for our Parents and Carers Drop In Session. Parents and Carers will have the opportunity to speak to University staff and current students one on one, and attend a presentation, covering a range of different topics to assist you in supporting your child through their transition from high school to university including:

- Everything you need to know about entry schemes and pathways to university, including our new Early Entry Program
- Our campus locations, accommodation, scholarships and more
- Student experience and support services

[Find out more](#)

[University of Newcastle | Parents and Carers Drop In Session, Tamworth](#)

June 20, 2023

If you have a child who is currently completing Year 12, come and visit us at University of Newcastle Department of Rural Health for our Parents and Carers Drop In Session. Parents and Carers will have the opportunity to speak to University staff and current students one on one, and attend a presentation, covering a range of different topics to assist you in supporting your child through their transition from high school to university including:

- Everything you need to know about entry schemes and pathways to university, including our new Early Entry Program
- Our campus locations, accommodation, scholarships and more
- Student experience and support services

[Find out more](#)

[University of Newcastle | Parents and Carers Drop In Session, Dubbo](#)

June 20, 2023

If you have a child who is currently completing Year 12, come and visit us at Dubbo RSL Club Events Centre for our Parents and Carers Drop In Session. Parents and Carers will have the opportunity to speak to University staff and current students one on one, and attend a presentation, covering a range of different topics to assist you in supporting your child through their transition from high school to university including:

- Everything you need to know about entry schemes and pathways to university, including our new Early Entry Program



- Our campus locations, accommodation, scholarships and more
- Student experience and support services

[Find out more](#)

[UOW | Orange Parents & Students Info Evening](#)

June 20, 2023

Find out about our courses, Early Admission, ATAR and selection rank, important dates, scholarships, accommodation, upcoming events, student life and more at one of our Year 12 information evenings.

You will also have the opportunity to get your questions answered by course experts and our current students who are studying right now!

[Find out more](#)

[ACU | Regional and Remote Student Information Session and Panel Webinar](#)

June 20, 2023

Find out everything you need to know as a regional or remote student about studying at ACU. In this webinar, our Future Students team will take you through entry programs, student accommodation options, scholarships, support services, student life and more. You'll also hear from current students, who will discuss their experiences living in student accommodation, and have the opportunity to ask the presenters questions.

[Find out more](#)

[University of Sydney | Nursing at Sydney](#)

June 21, 2023

Nursing is one of the Australia's fastest growing employment sectors. Our Bachelor of Nursing (Advanced Studies) and double degrees in nursing will prepare you to apply for registration to practice as a nurse in Australia. Find out about the course details, admission requirements, study location, career pathways, clinical placements and nursing registration from Dr Tonia Crawford, Director Pre-registration Programs.

[Find out more](#)

[Western Sydney Careers Expo 2023](#)

June 22 to June 24, 2023

The Western Sydney Careers Expo provides resources and information for tertiary courses, career and employment options, the HSC, study strategies, the gap year and much more. A feature of The Expo is the seminar program with presentations on course, career and study advice, employment opportunities and key HSC subjects.

[Find out more](#)



[Black Dog Institute | Mental Fitness](#)

June 22, 2023

Mental health can be a difficult subject for many, but that's where we can help. Our community presentation, developed by experts has been designed to help young people by giving them knowledge and practical tools proven to:

- Build strength, flexibility and endurance to cope more effectively
- Learn how to refocus the mindset
- Recognise and feel good about the positives in life
- Reduce stress and worry
- Strengthen the immune system
- Improve memory, concentration and creative thinking
- Develop life meaning and purpose statements

Our free, 45 minute sessions are presented by community members with lived experience of mental illness. The presenters speak from the heart, sharing their personal story as well as our expert knowledge.

[Find out more](#)

[University of Sydney | Meet Sydney, Nowra](#)

June 22, 2023

Join us for an information evening to find out all you need to know about the University of Sydney!

Learn about our new [Regional and Remote Entry Scheme](#) and [MySydney Scheme](#).

The session will also cover information about courses, admission requirements, entry schemes/pathways, fees, and scholarships, as well as the type of support available on campus. Uni students and alumni from Regional NSW will share stories, tips on moving away from home and advice about their journey to university and beyond.

You'll also get the chance to speak with staff and students and have all your questions about the University of Sydney answered.

[Find out more](#)

[UNSW | STEM Teachers' Day](#)

June 23, 2023

Equipping students with STEM skills and experiences is critical in driving innovation and meeting Australia's future job needs. The UNSW STEM Teachers' Day provides you with practical ideas and techniques to boost STEM education in the classroom and beyond. You'll connect with our world-leading researchers to discuss emerging innovations, workshops and outreach opportunities to further support and enhance your teaching and inspire your students to engage with STEM tools to creatively solve problems that will shape a better world.



At the UNSW STEM Teachers' Day, you will have the opportunity to:

- Engage in tailored and immersive workshops
- Discover the UNSW STEM innovations occurring in Engineering, Science and Actuarial Studies.
- Explore the UNSW labs and makerspaces and get a hands-on experience with our modern facilities and equipment.
- Connect directly with UNSW academics and students.
- Collaborate with other STEM teachers and book outreach opportunities offered by UNSW.

[Find out more](#)

AFTRS | Intro to VFX & 3D Animation

June 26 to July 6, 2023

This course aims to demystify the visual effects and animation industry by providing a core understanding of the workflows, processes and tasks involved in contemporary digital visual effects, animation and post-production.

Conducted by industry leader and creative professional, Alexander Hoetzer, you will be prepared to engage with a wide range of creative industries, and in a wide range of tasks. Gain insider perspectives on professional creative processes which will help close knowledge gaps in foundational topics and provide an overall perspective of visual effects and animation workflows.

It doesn't matter how close or distant your dreams are, it is always good to know more. And this course is designed to help you choose the right pathway towards your first production, your first job, or just so you know what is going on behind the scenes of a blockbuster.

Suited for:

- Anyone looking towards a career in visual effects or animation
- Filmmakers and other screen content producers looking to integrate visual effects
- Production management personnel who need know more
- This course is open to students aged 16 years and over (students under 18 must complete an Under 18 consent form).

[Find out more](#)

UTS | Startups Summit

June 27, 2023

Join over 6,000 year 9 and 10 students at the ICC Sydney to immerse themselves and find out what tech-enabled students are doing, and see what is really possible for their future.

You'll see young, diverse, tech-enabled entrepreneurs in action, and have the opportunity to represent your school in talking about your ideas.

This event is free for schools and students, and will be held one time only.

[Find out more](#)



[Black Dog Institute | Insight](#)

June 27, 2023

Understanding mental health is a minefield for many of us, but that's where we can help. Our presentation, developed by experts, has been designed to help young people be able to:

- Identify depression from normal mood swings
- Understand types of mental health concerns
- Recognise symptoms of depression and anxiety
- Know when professional help is needed
- Understand treatment options
- Feel free and confident to talk about mental health
- Spot and monitor warning signs in themselves and others

Our free, 30 minute sessions are presented by community members with lived experience of mental illness. The presenters speak from the heart, sharing their personal story as well as our expert knowledge.

[Find out more](#)

[SCCE | Exchange Webinar](#)

June 27, 2023

Preparing for your exchange program is an important part of the process and is vital to continued program success. At these online meetings, an experienced high school exchange advisor will share an overview of high school exchange programs with Southern Cross Cultural Exchange.

You'll learn more about living with a host family and how studying overseas can help you develop confidence and independence... and gain a lifetime of memories.

[Find out more](#)

[Endeavour College | Virtual Open Day](#)

June 28, 2023

Attending a Virtual Open Day is a great way to find out more about studying at Endeavour with the opportunity to Q&A your study and enrolment questions with our admissions team and academics. Whether you're at home, in an office, or even overseas, you can join our Virtual Open Day from wherever you are.

[Find out more](#)

[ADF | Defence Careers Information Session, Albury](#)

June 28, 2023

Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force. Speak with current serving personnel at our upcoming info session and ask your questions – is a career in the Australian Defence Force for you?

[Find out more](#)



[University of Sydney | Interaction Design at Sydney](#)

June 28, 2023

Learn about how our new Bachelor of Design (Interaction Design) will provide you with the innovative technical and social design skills to become a leading edge designer in today's fast-paced job market. Find out how your passion for creativity and problem solving can be harnessed for a career in digital and visual design.

[Find out more](#)

[UOW | Early Admission Application Webinar](#)

June 28, 2023

UOW Early Admission is our early offer program for students completing Year 12 (Higher School Certificate or other Australian equivalents) or the International Baccalaureate Diploma during 2023. This webinar is your chance to ask any questions and find out how to get an offer to uni before you sit your first exam.

Here's what we'll cover in the webinar:

- Key Dates
- Application process
- Answering the 4 short questions
- Scholarships
- Offers

[Find out more](#)

[ADF | Engineering Careers Virtual Information Session](#)

June 29, 2023

Engineers in the ADF spend their careers working with some of the world's most sophisticated hardware and technology. Consider a career in the Navy, Army or Air Force and keep Defence's weapons, vehicles, aircraft, ships and infrastructure operating safely and effectively. Join us for a virtual info session to speak with serving personnel and find out more.

[Find out more](#)

[WSU | Open Day](#)

July 2, 2023

Registrations are now open for Open Day 2023. Register now to join us on Sunday 2 July for your chance to win 1 of 3 e-giftcards valued at \$1,000.

Open Day is a great opportunity to discover everything Western has to offer, explore presentations and student panels, meet academics and current students, find out about Western's early offer pathway, HSC True Reward and more.

[Find out more](#)



Important Future Events

[UOW | HSC Subject Revision Bootcamp](#)

July 3 to July 6, 2023

HSC Bootcamp is designed, directed and delivered by highly experienced current HSC markers. This means that you will learn directly from your HSC markers and from the very people who put together the syllabus for each subject.

Each 'Bootcamp' will run from 10.00am to 3.00pm (with a 1 hour break!) and will cover exam specific questions linked to HSC subject content.

You will unpack how to best respond to past HSC questions, guided by an HSC marker. Get the most of your study time, be prepared and achieve your best in the HSC.

The HSC Subject Revision Bootcamp will cover:

- English Advanced
- English Standard
- Mathematics Advanced
- PDHPE
- Chemistry
- Legal Studies

Sessions are free. Capacity is limited, register ASAP so you don't miss out!

[Find out more](#)

[Creative Studio: Grace Barnes](#)

July 3 to July 12, 2023

In partnership with TAFE NSW and Regional Futures, Creative Studio is giving Western Sydney and Lower Hunter Valley based students the opportunity to explore AR technology and digital portraiture with multidisciplinary artist, Grace Barnes.

In response to the Powerhouse exhibition, *A Line A Web A World*, Grace Barnes will take students through her creative process to demonstrate how to transform physical media into digital visualisation using Procreate and AR technology.

Inspired by the natural landscapes around her, Grace Barnes aims to explore the bold truths of what our future environment might look like. Grace invites students to visualise themselves in the future they want and need. This workshop encourages imagination, design and critical thinking.

Recommended for high school students in grades 7–12.

Students are expected to attend all three days. The workshop is free, but bookings are essential as places are limited.

[Find out more](#)



[Charles Sturt | HSC Study Days 2023](#)

July 4 to July 6, 2023

Boost your exam marks with the help from expert HSC markers.

Learn the best tips and tricks to nail your HSC exams at Charles Sturt University's HSC Study Days! You'll learn directly from accomplished HSC markers, who've got years of experience leading HSC marking, sitting on exam committees and writing textbooks. Prepare to leave these free sessions exam-ready!

- Learn strategies and tips from HSC experts.
- Practise questions and receive example responses.
- Improve your knowledge and understanding of key syllabus content.
- Receive detailed notes and sample questions for each module/topic.

Ninety-seven per cent of past attendees have improved their expected Year 12 exam results!

[Find out more](#)

[Campion College | Winter Program 2023](#)

July 4 to July 7, 2023

Our immersive four-day program provides the opportunity to reside on campus and interact with like-minded peers. We have a fun-filled program including a bonfire night, movies, trivia, dancing and sports, as well as sample lectures from our history, literature, philosophy and theology professors.

[Find out more](#)

[AIE | Industry Experience Days](#)

July 5 to July 12, 2023

AIE's Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

Event dates:

- Melbourne: July 5th
- Sydney, Canberra and Adelaide: July 12th

[Find out more](#)



[UTAS | Rozelle Nursing Workshops](#)

July 7 to July 14, 2023

Nursing is the launch pad to your career in health.

It will take you to places that you never thought possible. You could work in a huge range of areas including workplace safety, emergency medicine, and mental health. Plus, you'll make a real difference in the quality of life for your community.

This immersive workshop will provide Year 10, 11 and 12 students with an opportunity to explore real-world examples of research, study, and careers in Nursing.

Students will work alongside academics and researchers and experience hands-on activities, work through scenarios, and ask questions about career pathways and opportunities.

Activities include:

- Introduction to the Lab/Hand washing
- PPE/Vital signs
- Basic Life Support
- Bioscience

Applications close 22 June.

[Find out more](#)

[University of Sydney | Tahgara \(winter\) Program](#)

July 10 to July 14, 2023

The Tahgara (winter) Program is an intensive week-long residential program at the University of Sydney, designed to prepare Aboriginal and/or Torres Strait Islander Year 12 students for their final exams and equip them for their journey into higher education.

Students attend workshops presented by exam markers, expert tutors, faculty academics, and university staff and students. Designed to build educational capacity and motivation, students participating in the Tahgara (winter) Program will experience an individually tailored program, guiding them through scholarship applications, university pathways, exam preparation, as well as receiving one-on-one subject specific tutoring.

There is no cost for the schools or families of students who participate in the Tahgara (winter) Program. The University of Sydney will pay for travel, meals, accommodation and all other expenses associated with the program.

This program is open to all Year 12 Aboriginal and/or Torres Strait Islander students completing their HSC this year.

[Find out more](#)



Scholarships

[Creative Ways to Boost Your Scholarship Applications](#)

While academic achievements and grades play a significant role in scholarship applications, there are also other creative ways to make your application stand out. This blog will explore unique and innovative approaches for you to increase your chances of winning scholarships. By showcasing talents and skills, leveraging community involvement, creating impressive personal statements, and seeking out lesser-known opportunities, you can boost your scholarship applications.

Showcase your Talents and Skills

Scholarship committees appreciate students who possess exceptional talents and skills. Whether you excel in sports, arts, music, writing, or any other field, consider highlighting these abilities in your application. Demonstrate your dedication and achievements through portfolios, videos, or performances. Some scholarships are specifically designed for students with particular talents, so be sure to research and apply to those opportunities as well.

Leverage Community Involvement

Active involvement in your community not only benefits others, but also demonstrates your leadership, compassion, and commitment. Participate in [volunteer work](#), community service projects, or initiatives that align with your passions and interests. Highlight these experiences in your scholarship applications, emphasising how they have shaped you as an individual and how you plan to continue making a positive impact in the future. Many scholarships value community engagement and prefer students who contribute meaningfully to society.

Craft an Impressive Personal Statement

Your personal statement is your chance to showcase your personality, aspirations, and unique experiences. Instead of merely listing your achievements and qualifications, use this opportunity to tell a compelling story about your journey, challenges, and growth. Be authentic, genuine, and reflect on the lessons you've learned along the way. Connect your personal experiences to your academic and career goals, emphasising how the scholarship will help you make a difference in your chosen field. Remember to revise and edit your personal statement multiple times to ensure clarity and coherence.

Seek out Lesser-Known Scholarship Opportunities

While popular scholarships receive a significant number of applications, exploring lesser-known opportunities can give you a competitive advantage. Look for scholarships offered by local businesses, non-profit organisations, and community foundations. These scholarships often have fewer applicants and focus on specific criteria or interests. Research niche scholarships related to your hobbies, passions, or cultural background.



Network and Seek Guidance

Networking and seeking guidance from mentors, teachers, and counsellors can be immensely helpful in your scholarship pursuit. They can provide valuable insights, connect you with relevant scholarship opportunities, and offer guidance throughout the application process. Attend university open days, workshops, and information sessions to interact with lecturers and even current students who may have scholarship recommendations.

Winning scholarships requires a combination of academic excellence, determination, and creative approaches. By showcasing your talents and skills, leveraging community involvement, crafting an impressive personal statement, and exploring lesser-known opportunities, you can boost your scholarship applications. Remember to start early, stay organised, and give yourself ample time to complete applications. Each scholarship application is an opportunity to showcase your unique qualities, so put your best foot forward and pursue your dreams with confidence.

You can find scholarship opportunities on our website [here](#).

Apprenticeships and Traineeships

Cookery Apprenticeship Spotlight

If you love food and delighting other people with exciting culinary creations, you might like to consider a career in cookery. Sounds like something that might interest you? You can start your career with an apprenticeship.

What is a career in cookery?

A career in cookery offers an exciting and dynamic journey into the world of food and flavours. As a chef, you have the opportunity to transform simple ingredients into culinary masterpieces, delighting the palates of others. There are also lots of other roles you might like to consider, including as a pastry chef, culinary instructor, food stylist, or even restaurant owner.

What skills do I need for a career in cookery?

A career in cookery requires a combination of technical culinary skills, a strong knowledge of ingredients, a refined palate for taste and flavour, creativity, adaptability, excellent time management, attention to detail, and effective communication and teamwork. These skills will enable you to excel in the fast-paced and dynamic culinary environment, allowing you to create delicious and visually appealing dishes while ensuring efficiency and customer satisfaction.



Why should I consider a cookery apprenticeship?

Apprenticeships are a great way to get your foot in the door with an employer and start building valuable skills. There are often lots of opportunities to continue working with your employer after your apprenticeship is complete, and even advance your career down the track.

As part of a cookery apprenticeship, you will be doing real work for an employer while completing study with a TAFE or RTO. A cookery apprenticeship usually takes 2-3 years to complete, depending on whether you work and study full- or part-time.

Here are some qualifications you might want to look into:

- [Certificate III in Commercial Cookery](#)
- [Certificate III in Catering](#)
- [Certificate III in Patisserie](#)
- [Certificate IV in Kitchen Management](#)
- [Diploma of Hospitality Management](#)

There are tons of benefits to an apprenticeship, rather than just work or study alone, including:

- Getting paid while you learn – unlike uni, you can work and study without having to take on an insane work load.
- The opportunity to get hands-on experience, not just endless reading.
- The potential to connect with an employer and continue working with them after your traineeship is finished.
- Your qualification will be nationally recognised, meaning you can go anywhere with it.

Where can I find apprenticeship opportunities?

Just like searching for a job, there are lots of places you can go to find an apprenticeship. You can start your search on sites like [SEEK](#) and [Indeed](#). Take a look on social media like Facebook or LinkedIn to see if any local businesses are hiring. Sign up with an [Apprenticeship Network Provider or Group Training Organisation](#), or even go old fashioned and take a look in the local paper or give local businesses a call.

Here are some examples of the kinds of opportunities available in cookery:

- [Commercial Cookery Apprenticeship](#), Adelaide SA
- [Apprentice Chef](#), Wagga Wagga NSW
- [Apprentice Chef](#), Brisbane QLD
- [Baking and Pastry Cook Apprenticeship](#), Lismore NSW
- [Baker or Pastry Chef – Apprentice or Qualified](#), Canberra ACT



Getting Ready for Work

[Top 5 Jobs for Night Owls](#)

Do you dread waking up at the break of dawn? Think working from 9 to 5 might not be for you? While the world often caters to morning people, there are many rewarding careers that suit your nocturnal nature. In this blog, we'll explore five fantastic jobs perfect for night owls – let's discover the possibilities.

Security Guard

As a security guard, you'll help maintain safety in places like hospitals, offices, or other businesses. Your presence and quick decision-making will create a secure environment. Plus, the quiet surroundings may give you time for personal interests or self-improvement activities during your shift.

Emergency Services Worker

If you have a strong desire to help people in emergencies, consider becoming an emergency services worker. This includes jobs like [paramedics](#) and [firefighters](#) who work day and night to save lives. You'll provide vital medical care and help extinguish fires, making a real impact in your community.

Call Centre Agent

If you're good at communicating and enjoy helping others, consider working as a [call centre agent](#). Call centres operate around the clock, providing customer support to people around the world. Whether it's troubleshooting technical problems or answering product questions, you'll play a crucial role in ensuring customer satisfaction. This job offers flexibility and the chance to improve your people skills.

Freelance Writer

If you have a way with words and love storytelling, freelance [writing](#) might be a perfect fit. Freelance writers have flexible schedules, allowing you to work when creativity strikes, even during the late hours. You can write articles, blog posts, or even fiction and make a living doing what you love.

Air Traffic Controller

If you have a strong sense of responsibility and excellent communication skills, becoming an [air traffic controller](#) might be a good fit. Air traffic controllers ensure safe and efficient air travel. Night owls have an advantage as there is usually less air traffic at night. By monitoring and coordinating aircraft movements, you'll contribute to smooth flights while enjoying the calm control tower atmosphere.



Hopefully some of these suggestions have sparked your creativity. If you want to find out more about what's out there in the world of work, take a look at our website [here](#).

Work Experience

[Work Experience Can Help Build Your Future](#)

There are lots of ways you can find out what a job is like. You could read about it, watch videos, or [even talk to someone](#) in the job. But there's nothing really like experiencing it first-hand.

That's exactly what work experience is – a way you can get a taste of a career and help steer you in the right direction when you're thinking about your future possibilities.

What is work experience?

Work experience is where you get to spend time at a workplace and see what the people who work there do. You get to experience the daily operations of a business or organisation. It's also an opportunity for you to ask any questions you might have.

Work experience is usually unpaid, and you shouldn't be expected to undertake any serious work. However, you might get the chance to help with some simple tasks.

What are the benefits of work experience?

Whether you're still in school, at university, or looking for work at any stage of your life, work experience can be a valuable tool. It can help you:

- Pin down your future goals
- Gain first-hand experience of a job
- Improve your knowledge and skills
- Build a network of contacts
- See how the world works

And when you're applying for jobs in the future, it looks great on your resume too!

Where can I find work experience?

If you're still at school, you can speak to your careers advisor and they might be able to help you organise a placement.

Work experience is also a part of many university and VET courses these days. In this context it's also referred to as Work Integrated Learning (WIL).

If there's a specific place you have in mind, you can try contacting them directly to organise work experience.

Or you can search our [Work Experience](#) database for heaps of opportunities, including Virtual Work Experience.



Ideas for Work Experience

[Work Experience with Wakakirri](#)

[UNSW Engineering High School Work Experience Program](#)

[Ready! Work Experience with Animal Logic Studios](#)

Competitions

[Grok Cyber Comp](#)

Is your school cyber secure? Test your students cyber security skills' in this free online competition.

Cyber Comp is an online competition to test your students' cyber security skills.

The competition is open for 2 weeks from June 19, 2023. Students must complete the competition in one sitting and they are given a 45 minute window in which to do so.

Cyber Comp is free for all Australian students in years 5-12.

After taking part in Grok Cyber Comp students will:

- Have a greater understanding of why it is important to protect their personal information
- Know how to create stronger passwords
- Be able to evaluate emails and text messages to reduce the risk of falling victim to scams
- Understand what to do if they receive a scam email or message

Find out more: <https://grokacademy.org/cybercomp/>

[ANSTO's National Science Week Hackathon](#)

Bring innovation to your classroom with a fast-paced Hackathon for students in years 7-11.

The theme for 2023 is Innovation: Powering Future Industries. The theme will incorporate the advancement in technology in all industries, especially using artificial intelligence (AI).

ANSTO's National Science Week Hackathon is open to Australian Secondary School students in years 7-8 (Junior Division) and years 9-11 (Senior Division) interested in science and technology.

Applications are now open and close on 20 July 2023.

Find out more: <https://www.ansto.gov.au/national-science-week-hackathon>



Resources

[Balancing Academic and Extracurricular Activities: A Guide for High School Students](#)

Balancing academic responsibilities with extracurricular activities can be quite the juggling act. With countless opportunities available to explore your passions and interests beyond the classroom, it's essential to strike a healthy balance. In this article, we'll delve into some practical advice and tips on how to manage your academics and extracurricular commitments effectively. So let's dive in and find the perfect equilibrium.

Prioritise and Plan Ahead

First and foremost, prioritise your commitments. Understand the importance of your academic responsibilities, as they lay the foundation for your future. Take note of assignment deadlines, tests, and projects, and organise them in a planner or digital calendar. This will help you stay on top of your coursework and avoid last-minute rushes.

Explore Your Passions

Extracurricular activities are a fantastic way to discover and develop your passions and interests. Engage in activities that truly excite you, whether it's joining a sports team, participating in a debate club, or pursuing a hobby like music or painting. These activities not only provide an outlet for creativity and self-expression but can also enhance your uni and job applications.

Assess Your Time Commitments

Be realistic about the time you can dedicate to extracurricular activities without neglecting your studies. Consider the intensity and time requirements of each activity and assess whether it's feasible to take them on alongside your academic workload. Remember, it's better to commit fully to a few activities rather than spreading yourself too thin across multiple commitments.

Learn to Prioritise and Say "No"

As much as you'd love to take on every opportunity that comes your way, it's important to set boundaries. Understand your limits and learn to say "no" when you feel overwhelmed. It's okay to decline certain activities or reduce your involvement in others if it means maintaining a healthy balance between academics and extracurriculars. Remember, quality over quantity!

Time Management Skills

Time management is crucial when juggling multiple commitments. Break down your tasks into manageable chunks and allocate specific time slots for studying, attending extracurricular activities, and personal downtime. Avoid procrastination by starting assignments and projects early, allowing yourself ample time to complete them without added stress.



Utilise Support Systems

Don't hesitate to seek support when needed. Reach out to teachers, mentors, or guidance counsellors for advice on managing your workload. They can provide valuable insights and help you create a schedule that accommodates both your academic and extracurricular pursuits. Additionally, discuss your commitments with your parents or guardians, as they can offer guidance and support in finding the right balance.

Take Care of Yourself

In the midst of managing academics and extracurricular activities, it's crucial to prioritise self-care. Ensure you get enough sleep, maintain a balanced diet, and engage in regular physical exercise. Remember, a healthy mind and body are vital for performing well in all aspects of your life.

Finding the right balance between academics and extracurricular activities is an ongoing process that requires self-awareness and effective time management. By prioritising your commitments, planning ahead, and learning to say "no" when necessary, you can strike a healthy balance that allows you to excel academically while pursuing your passions outside the classroom.

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

[How Indigenous Higher Education Units Empower Students](#)

Are you an Indigenous student looking to study a university in Australia? If so, you're not alone in facing unique challenges and barriers on your academic journey. Thankfully, universities across the country have established Indigenous Higher Education Units (IHEUs) to support and empower students like you. In this article, we will explore the importance of these units and how they can assist you in achieving your dreams.

Bridging the Gap

Indigenous Higher Education Units have emerged as a response to the underrepresentation of Indigenous students in higher education. Their primary goal is to bridge the gap between Indigenous and non-Indigenous students, promoting inclusivity and addressing your specific needs. These units recognise the importance of cultural safety and self-determination, fostering an environment where you can thrive.

Comprehensive Support

At an IHEU, you will find a range of culturally sensitive support services to ensure your success. From academic assistance to counselling and mentoring, these units are dedicated to helping you navigate the challenges of university life. Academic support programs will equip you with essential study skills and provide access to tutoring, ensuring you have the tools necessary to excel in your studies.



Mentorship and Guidance

Having a mentor who understands your unique experiences can make a significant difference in your educational journey. IHEUs offer mentoring programs that connect you with experienced individuals who can provide guidance, encouragement, and serve as role models. They will help you navigate university life, inspire you to set ambitious goals, and assist you in overcoming obstacles along the way.

Cultural Enrichment

Your cultural identity is a source of strength and resilience. IHEUs understand the importance of maintaining and strengthening your connection to culture while pursuing higher education. Through language classes, cultural workshops, and community events, you can engage in activities that celebrate and preserve your heritage. These opportunities contribute to your personal growth, wellbeing, and sense of belonging within the university environment.

Financial Assistance

Finances should never be a barrier to accessing quality education. IHEUs often administer scholarships and financial support programs tailored specifically for Indigenous students. These initiatives alleviate the financial burdens associated with higher education, covering expenses such as tuition fees, accommodation, textbooks, and travel. By providing this support, IHEUs ensure that you have the resources you need to focus on your studies and succeed academically.

Indigenous Knowledge and Research

Indigenous knowledge and perspectives are invaluable assets that enrich the academic community. IHEUs actively promote the integration of Indigenous knowledge within the university curriculum. They also foster Indigenous research capabilities, encouraging studies on Indigenous issues, culture, and history. Through research, Indigenous scholars associated with IHEUs contribute to policy development and the advancement of knowledge in Indigenous studies.

Community Engagement and Outreach

IHEUs are not isolated entities within universities; they actively engage with local Indigenous communities, schools, and organisations. They collaborate with Indigenous elders, leaders, and community members, ensuring cultural protocols are respected and Indigenous perspectives are valued. Through community engagement and outreach, IHEUs create opportunities for collaboration and build bridges between the university and Indigenous communities.



Indigenous Higher Education Units are committed to empowering Indigenous students on their educational journeys. By offering comprehensive support, cultural enrichment, financial assistance, and fostering community engagement, these units create an inclusive and equitable university environment. Embrace the opportunities provided by IHEUs, and remember that you are not alone.

If you want to learn more or get in touch with an IHEU at a specific university, you can find a comprehensive list of IHEUs [here](#).

Workplace Spotlight

What is it Like to Work in a Bakery?

The purpose of a bakery is to create and provide a wide variety of freshly baked goods to sell to customers. Beyond simply making bread, pastries, cakes, and other treats, bakeries can sometimes offer other food and drinks as well. They cater to people's taste preferences and dietary needs, offering options ranging from traditional classics to innovative creations.

While each bakery is different, there are some things they all have in common:

1. Cleanliness is key – you'll need to be diligent about keeping workspaces clean and sanitary.
2. You'll need to love food – a lot of your job will revolve around making, marketing, and selling baked goods to customers.
3. Communication is important too – both with customers and co-workers.

Key Outcome

Create delicious baked goods

The key outcome of a bakery is to provide a wide variety of baked foods to customers, both the public and wholesale.

Key Tasks

- Mix and knead dough
- Bake and monitor oven temperatures
- Decorate and ice baked goods
- Prepare fillings and toppings
- Package and display baked goods
- Take customer orders and provide excellent service
- Clean and maintain equipment and workstations
- Manage inventory and restock ingredients
- Develop new recipes and test ingredients
- Follow food safety and hygiene regulations



Industry

You can find bakeries in the manufacturing and retail trade industries

Bakeries are generally found in the manufacturing and retail trade industries. There are a few different kinds of bakeries, including patisseries, savoury bakeries, and specialty bakeries (such as those that might sell cultural foods).

Work Environment

You can expect regular hours and on-site work

Regular hours | Work on-site | Jobs in metro, regional, and rural areas | Moderate job growth

Most bakeries are open early in the mornings and operate until late afternoon. Some workers are required to start very early in order to ensure goods are prepared for the day, but this means they also get to finish early too. Bakeries are commonly also open on weekends and some holidays too.

A lot of the work in a bakery needs to be done hands-on, so there is very little opportunity to work remotely or from home, aside from some administrative and marketing roles.

Bakeries are found in both cities and rural areas. The kinds of bakeries you'll find in both might differ too – in urban areas you might find more specialised, artisan bakeries, while rural areas may have bakeries that specialise in farm-to-table products.

The Career Clusters you'll find in a bakery

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

What do Makers do in a bakery?

Makers are the most common people you'll find, creating the delicious baked goods for us to enjoy. They also operate and maintain the various equipment and machines used in a bakery. Some bakeries need people to drive vans and trucks to deliver goods and materials to and from the bakery.

- [Bakers](#)
- [Cleaners](#)
- Maintenance Technicians
- [Drivers](#)



The Linker's role in a bakery

The Linkers in a bakery assist customers, serving them behind the counter and helping them find what they're looking for. They also need people to help promote the bakery to the public, managing social media accounts and websites.

- Sales Assistants/[Salespeople](#)
- [Social Media Managers](#)
- Marketing Managers

Where you'll find Coordinators in a bakery

Coordinators do a lot of the behind the scenes work in a bakery, organising other workers by handling shifts, pay, and employee concerns. They also order and manage inventory, manage budgets and finances, and even supervise and instruct other workers.

- Business Managers
- Supply Officers
- Accounts Managers

What do Informers do in a bakery?

Informers help to train new employees, teaching staff how to use equipment and in the bakery's processes and procedures. Other Informers might work with owners to provide business, financial, and regulatory advice.

- Trainers
- [Business Advisors](#)
- [Lawyers](#)

The role of Innovators in a bakery

The Innovators in a bakery develop new ideas and recipes, finding new foods to impress customers and clients. Other Innovators might provide graphic and design services for bakeries, helping with creating logos and websites.

- [Food Technologists](#)
- Graphic/[UX Designers](#)

How do Guardians work in a bakery?

Guardians help ensure that bakeries are running according to industry standards and practices, particularly regarding food safety. They might also make sure workers are using dangerous equipment properly and avoiding hazards at work.

- Food Safety Inspectors
- Workplace Health and Safety Officers



How do we expect working in a bakery to change in the future?

We might see some changes when working in a bakery in the future, particularly with technological advancements. There could be increased automation in bakery processes, such as dough mixing, shaping, and baking. This could streamline operations, improve efficiency, and free up time for bakers to focus on more creative aspects of their work.

The rise of e-commerce and food delivery platforms may encourage bakeries to establish a stronger online presence, including online ordering systems, delivery services, and social media engagement.

But much of the work in a bakery will still rely on having a human-centric, personalised touch. As consumers seek authentic experiences, there may be a resurgence of artisanal baking techniques and traditional recipes. This could involve preserving age-old methods, specialty grains, heritage ingredients, and reviving classic bakery items.

As part of enhancing the customer experience, bakeries will also need to create inviting atmospheres, which might include hosting workshops, and sharing the stories behind their products. Connecting with customers on an emotional level and building a sense of community is essential.

Job Spotlight

[How to become a UX Designer](#)

UX (or User Experience) Designers create easy, efficient, relevant, pleasant experiences for the end-user. UX Design can be applied to any product or service, from websites to vegetable peelers, or even a visit to the local supermarket. If you're practical but creative, have great all-round communication skills and are looking for a job which is fast paced, full of variety, and requires lots of human interaction, then a career in UX Design could be really rewarding.

About you:

- Empathetic, curious and an excellent communicator
- A critical thinker with a flair for visual design and great analytical skills
- Collaborates well and has good writing skills with at least a basic understanding of coding

The job:

- Meet with clients to gain an understanding of their product or service
- Conduct market and user research
- Design and develop prototypes/drafts/mock-ups based on user needs
- Collaborate with Designers and Developers to polish the product ensuring the best experience for end-users
- Present the final solution to the client and help with its delivery



Lifestyle impact: Low

- Part Time opportunities: Moderate – around 30% of UX Designers work part-time (source: labourmarketinsights.gov.au).
- Average hours for full-time workers: 43 hours a week, which is average (source: labourmarketinsights.gov.au).
- UX Designers' salary (median) \$75,000* per year (source: ato.gov.au). *Salaries vary depending on your skills and experience.
- Future career growth: Very strong (source: labourmarketinsights.gov.au).
- You will be most of your work indoors, and working with computers and other technology.
- Most of your work will usually be done during regular business hours.

UX Designers are most in demand in these locations:

Demand for UX Designers is highest in New South Wales, Victoria and the ACT. Most work in the Professional, Scientific and Technical Services industry.

How to become a UX Designer in Australia

There are no formal qualification requirements to become a UX Designer in Australia, and there are many pathways into this career. However, obtaining a degree in a related field could jump-start your career and make you eligible to apply for more senior positions, faster.

Step 1 – Study English, Maths and IT at high school. Creative subjects could also be beneficial.

Step 2 – Do some reading about UX Design and work out which of the many career options in UX Design would best suit you.

Step 3 – Develop your eye for design (not just the visual but how processes work and connect) and gain more understanding of human psychology. A good way to make this happen and boost your CV is to get some related work experience.

Step 4 – Check out short courses and degrees in UX, coding or visual design.

- [User Design Experience at RMIT](#)
- [Coding Bootcamp at the University of Adelaide](#)
- [User Interface and Experience Design with Open Universities](#)
- [Diploma of Graphic Design](#)
- [Bachelor of UX and Web Design at Torrens](#)



Step 5 – Create your portfolio (include any mock design projects, blogs, websites, etc., that showcase your work and skills), and keep it updated. Stay up to date with new trends, user expectations, software, and don't forget to network.

Step 6 – Consider further qualifications to upskill and keep you competitive, e.g. [Graduate Certificate of UX and Web Design](#).

Find out more here –

<https://www.design.org.au/>

Similar Careers to UX Designer

UI (User Interface) Designer

[Web Designer](#)

[Graphic Designer](#)

[App Developer](#)

Digital Project Manager

[Architect](#)

Instructional Designer

Product Designer

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

Frequently Asked Questions (FAQs)

What is the difference between UX and UI?

They are both elements of the consumer experience. User Interface (UI) Design is all about creating an appealing look or layout – you'll need to understand coding and visual design concepts like colour schemes, fonts, etc. Whereas User Experience (UX) focuses on functionality, how the end users will interact with the product or service, how to streamline them to make it easy to use but get a specific job done. The main goal is to provide a good or pleasant experience for the end-user.

Do I need to learn programming to become a UX Designer?

Not necessarily, but knowledge of HTML, CSS, and coding will help you do better in your job and could be advantageous when applying for jobs.

Where do UX Designers work?

UX Designers can work anywhere; in offices, Design firms, with companies who design and produce products and or services of any description, financial organisations including banks, large accounting firms, government departments, museums, or even freelance.



Do I need to go to university to become a UX Designer?

Not necessarily. Portfolios and work experience probably count more when you're applying for jobs, but relevant qualifications could also work in your favour and help you to get interviews more easily.

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