

# Careers Newsletter



BLUE MOUNTAINS  
GRAMMAR SCHOOL

## Tuesday, 4 June 2024

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## What's On

### Upcoming Events

University of Sydney | Your path to Sydney – Year 10 subject selection evening  
June 3, 2024

Join us online for a fun and informative session that's tailored for Year 10 students to help you navigate the subject selection process and prepare for your journey to university.

Our expert staff and current University of Sydney students will discuss important topics such as: what to consider when selecting your subjects for Year 11 and 12, the impact subject selection can have on adjustment factors, what the ATAR is and how it's calculated, prerequisites and assumed knowledge, tips for admission and scholarships, and key insights from our current students on their subject selection experiences and transition into university. The session will finish with a live Q&A.

This webinar is suitable for current Year 10 students and both the parents/caregivers and teachers of Year 10 students.

[Find out more](#)

TAFE NSW | Girls Can Too

June 3 to June 6, 2024

TAFE NSW Griffith is running a program for young women to try a trade.

Girls Can Too is targeted at young women who are interested in pursuing a career in the Trades! Visit the campus to find out more.

[Find out more](#)



## Charles Sturt | EngFest 2024

June 3 to June 6, 2024

EngFest is Charles Sturt's annual celebration of civil engineering, with exhibitions and presentations of student works and research, school visits and information sessions, a careers expo, industry networking, professional development events and more.

It brings together students, cadet and professional civil engineers, researchers, representatives of Engineers Australia, interested members of the public and school students.

[Find out more](#)

## Macquarie | Year 12 webinar series - Early Entry Info Session

June 4, 2024

Explore the Macquarie Leaders and Achievers Early Entry Scheme and the Schools Recommendation Scheme. Get up to speed with each scheme's entry criteria, key dates and how to apply. Hear from our current students about how receiving an early offer to uni gave them an opportunity to focus more on their final exams.

[Find out more](#)

## University of Sydney | Music Portfolio Evening Online

June 4, 2024

Make your application stand out and join us at our Online Music Portfolio Evening on Tuesday 4 June. We encourage you to take this opportunity to receive tailored advice from our academic staff and gain valuable insights to elevate your portfolio, which is a crucial element to your application to study a Bachelor of Music (Composition), Bachelor of Music and Bachelor of Advanced Studies (Composition), Bachelor of Music Composition for Creative Industries Program, and Bachelor of Music Contemporary Music Practice Program at the Sydney Conservatorium of Music.

At this online event, you'll receive personalised feedback on your music portfolio, speak directly with our staff, and learn about our courses and submission processes.

[Find out more](#)

## University of Newcastle | HSC Support Webinars

June 4 to June 13, 2024

Register now for our upcoming June Strategies for HSC Success online HSC Subject Webinars. Running in partnership with Inspiration ED.

Get tips and advice from Senior HSC Markers. Just in time before exams. You can register for as many subjects that you need. Don't forget to save the sessions in your calendar so you can join the webinars on time.

[Find out more](#)



University of Sydney | Aerospace, mechanical and mechatronic engineering (AMME)  
June 5, 2024

Are you interested in designing the next generation of aircraft, UAVs, renewable energy, machinery, robotics, or space exploration vehicles?

Join our webinar and learn about our aerospace, mechanical and mechatronic engineering (AMME) courses. If you're considering undergraduate studies in these areas, this webinar will provide a comprehensive look into how our cutting-edge programs can equip you with the knowledge and skills to design the future.

[Find out more](#)

ACU | Regional and remote student information session and panel webinar  
June 5, 2024

We will cover off entry programs, student accommodation options, scholarships, support services, student life and more. They will also hear from current students who relocated to study at ACU.

[Find out more](#)

UNSW | Business School Information Evening  
June 5, 2024

Are you considering a future in business or unlocking opportunities to help you thrive in the dynamic world of business? Join us online where you will hear from our expert panel of academic staff and advisors to gain insights about our range of programs designed to equip you with the skills and knowledge needed to excel in today's competitive business landscape. You will also hear from our current students and alumni about their student experiences and about the importance of the industry landscape now in Business.

Additionally, you will find out detailed information on the application and admissions process for 2025 entry, including rural and gateway entry schemes, and more.

[Find out more](#)

University of Newcastle | Mid-Year Info Session  
June 5, 2024

If you've recently had a gap year, completed TAFE or similar or have been working and are looking to retrain or make a career change, this session provides you with a number of opportunities to learn more about studying at the University of Newcastle.

- Hear from current students sharing their journey to starting at the University of Newcastle.
- Find out how they have adjusted to student life.
- Get tips and advice from the Admissions team.
- Have your questions answered about starting your Undergraduate program in July.

[Find out more](#)



## University of Sydney | Meet the University of Sydney - Armidale

June 6, 2024

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

Learn about our [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 get the chance to speak with staff and students and have all your University of Sydney questions answered.

[Find out more](#)

## AIE | Online Campus Day

June 8, 2024

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

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

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

[Find out more](#)

## WSU | Discover Western Webinar - Pathways, Alternative Entry and Early Offers

June 11, 2024

Hear from Western staff and current students about our HSC True Reward Early Offer program, how to accept your early offer and change preferences, other alternate entry programs and more.

[Find out more](#)

## UOW | HSC Subject Support Series

June 11 to July 12, 2024

UOW wants to support students in the lead up to trial and final HSC exams. In conjunction with [InspirationED](#), experienced HSC teachers/markers and UOW staff, we will be running free HSC subject revision programs across June and July for current Year 12 students.

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 are looking for. It has been designed to complement and add value to what is already being taught in the classroom.



Participants will have the opportunity to ask questions and receive tips and strategies directly from the most qualified and experienced HSC markers in NSW.

Students can select which subject specific sessions they want to attend, with both online and in-person options available. You can attend more than one session (all if you want!). The content delivered across the webinars and in-person programs will be different.

## **Webinar series, online**

**Dates:** 11 to 18 June 2024

- Secrets from the HSC Marking Centre
- English Common Module (Advanced & Standard)
- English Standard Part 2
- English Advanced Part 2
- Biology

Online webinars will be recorded and uploaded to this site to revisit. Webinars run in the evenings for approximately 1-1.5 hours depending on the content.

## **In-person events, Wollongong campus**

**Dates:** 9 to 11 July 2024

- English Standard
- English Advanced
- Mathematics Standard
- Mathematics Advanced
- Business Studies

The in-person sessions run during the school holidays for 2 hours and workbooks are provided. You must make your own way to the campus.

## **Physics intensive (in-person), Wollongong campus**

**Date:** 12 July 2024

The Physics intensive will be 4 hours and consists of:

- 2 hours theory
- 30 minute lunch break
- 2 hours practical lab work

[Find out more](#)

## **UNSW | Engineering Information Evening**

June 12, 2024

Join us online where you will hear from our expert panel of academic staff and advisors to gain insights about our range of programs designed to equip you with the skills and knowledge needed to excel in the engineering landscape of today and tomorrow. You will also hear from our current students and alumni about their student experiences and the opportunities available to you as an Engineering student at UNSW.

Additionally, you will find out detailed information on the application and admissions process for 2025 entry, including our portfolio entry scheme and adjustment factors.

[Find out more](#)



## University of Sydney | Study overseas and make the world your campus

June 12, 2024

Whether it's two weeks, a semester or a whole year, we have an overseas study experience for you. We have the largest study abroad and exchange program in Australia, are partners with over 200 universities and offer scholarships to make overseas study accessible to everyone. This session will give you a snapshot of overseas study as you hear from our students about their journeys overseas and have your questions answered.

[Find out more](#)

## University of Sydney | Pathways to studying law at Sydney

June 12, 2024

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

[Find out more](#)

## UNE | 2024 HSC Booster Days

June 12 to June 13, 2024

UNE and specialist lecturers will present various sessions jam packed with relevant information to assist Year 12 students reach their full potential and are aligned with the HSC Curriculum and designed to enhance discipline knowledge, as well as inspire the students in their learning areas.

[Find out more](#)

## University of Newcastle | Parents and Carers Info Session - Port Macquarie

June 12, 2024

If you have a child who is currently completing Year 12, come visit us for our Parents and Carers Info Session.

Parents and Carers will have the opportunity to hear from university staff and current students, with a presentation touching on areas such as:

- Our different entry schemes, such as the Early Entry Program, Schools Recommendation Scheme & Year 12 Subject Spotlight
- Our campus locations, accommodation, scholarships and more
- Student experience and support services available

Following this, there will be an opportunity for Q&As if you had any specific inquiries.

[Find out more](#)

## UTS | Early Entry Program info session

June 12, 2024

Join us to find out how to apply for the UTS Early Entry Program, the eligibility criteria, and advice for the transition from school to uni.

[Find out more](#)



## YLS (Young Leaders Summit) Sydney

June 14, 2024

Led by young leaders, for young leaders, YLS (Young Leaders Summit) is Australia's Premier Youth Leadership Day. It's a one-day, interactive summit designed to inspire and empower a generation of brave and creative young leaders.

YLS is a vibrant, leadership-centric summit that aims to cultivate a cadre of insightful, resilient and innovative young leaders. Broadening its scope to include all secondary students, YLS offers an invaluable experience not just for established young leaders but for every student. It is designed to inspire participants to embrace a leadership mindset and further develop their inherent leadership qualities.

[Find out more](#)

## Important Future Events

### ACPE | Open Day 2024

June 22, 2024

Exploring your study options for a career in the sport industry? Join us on campus. See where you will study, meet our students and lecturers, and participate in info sessions and practical sessions to take the next step with confidence.

[Find out more](#)

### Western Sydney Careers Expo 2024

June 27 to June 29, 2024

Western Sydney Careers Expo celebrates its 14th year in 2024!

Our exhibitors include:

- universities, TAFE colleges and training providers
- providers of HSC resources, information and services
- organisations with apprenticeship information and opportunities
- organisations with employment opportunities
- organisations with cadetship opportunities
- career advisers and student support services
- providers of tutoring services, lecture and study skills programs
- providers of international exchange and GAP year programs
- providers of youth services and programs

Attend seminars on topics including:

- HSC subjects
- Subject selection advice for Year 10 students
- Tertiary courses
- Careers
- Employment opportunities
- Study advice
- Gap year options

[Find out more](#)



## AIE | Film Production Workshop

June 29, 2024

Learn what it takes to plan and produce a film shoot in this intensive film production workshop. You will get hands-on with cameras, lighting, and the latest in virtual production LED screens. Industry-experienced filmmakers will guide you in taking your script through the various production stages.

In this workshop, we will fast-track the film production process by choosing one scene and taking it through the pipeline from idea to finished shots. As part of this process, participants will be leveraging virtual production sets! This is an exclusive opportunity to learn more about this revolutionary technology which is empowering filmmakers.

This workshop is suited to participants 16 years+ that are interested in learning more about film, working in film crews and developing their own short films.

[Find out more](#)

## WSU | Open Day 2024

June 30, 2024

Open Day will be held Sunday, 30 June 2024 and is a great opportunity to discover all that Western has to offer.

Explore course options, meet academics and find out about our pathway options.

[Find out more](#)

## The Hotel School | Sydney Open Campus 2024

July 6, 2024

Join us for a day filled with excitement and exploration at our University Open Campus, where you'll get to experience life as a student at The Hotel School. Here's what awaits you:

- Experience studying at THS firsthand by participating in a special Masterclass
- Meet The Hotel School team and explore our diverse range of courses and application process
- Discuss career opportunities with the Work Integrated Learning team
- Connect with our current students and fellow attendees
- Enjoy light refreshments

[Find out more](#)

## SAE | Create for a Day

July 6, 2024

SAE is opening its doors this July for a one-day program, designed to expand your skills and get you working on inspiring creative projects in the fields of Animation, Audio, Design, Film, Games or Electronic Music Production.

Don't miss out on your chance to experience life as an SAE student and discover what it means to be a creative professional, in state-of-the-art facilities with industry experts by your side. During the workshop, attendees will learn valuable practical and collaborative skills to build a creative piece of work. They will also receive a certificate of participation to acknowledge the creative project they have undertaken.

[Find out more](#)





## Campion | Winter Program

July 9 to July 12, 2024

Join us for Winter Program, a unique opportunity designed for individuals who are earnestly contemplating enrolment at Campion College in 2024, 2025, or 2026.

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

[Find out more](#)

## AIE | Industry Experience Day

July 10, 2024

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.

[Find out more](#)

## AMPA | Dance Experience Day

July 10, 2024

Academy of Music and Performing Arts (AMPA) invites dancers 16 & above to join us on campus for a day of dance. Register and bring your friends along and get ready to move! Dancers will have a chance to participate in contemporary & improvisation classes facilitated by AMPA's inspiring faculty and experience what studying dance full-time is like at AMPA. A Q&A with the program's Head of Dance will allow aspiring dancers, choreographers, and dance teachers, to gain further insight into tertiary education and how it can benefit their future careers.

[Find out more](#)

## AMPA | Music Theatre/Classical Experience Day

July 10, 2024

Academy of Music and Performing Arts (AMPA) invites aspiring Music Theatre and Classical musicians aged 16 and over to join us on campus for a day of music!

Attendees will have the chance to sit in on a performance class, participate in workshops/Q&As facilitated by AMPA's music faculty and experience what studying music is like at AMPA. Experience a day in the life of an AMPA music student to gain further insight into tertiary education and how it can benefit your future.

[Find out more](#)



## AMPA | Contemporary/Music Production/Composition

July 11, 2024

Academy of Music and Performing Arts (AMPA) invites aspiring Contemporary musicians, Music Creators and Composers aged 16 and over to join us on campus for a day of music! Attendees will have the chance to sit in on a performance class, participate in workshops/Q&As facilitated by AMPA's music faculty and experience what studying music is like at AMPA. Experience a day in the life of an AMPA music student to gain further insight into tertiary education and how it can benefit your future.

Parents also welcome to attend.

[Find out more](#)

## Sydney Design School | Designer for a Day Workshop

July 11, 2024

Curious about what it might be like to work as an Interior Designer? We have developed the perfect one day workshop for students in Years 10, 11 and 12 to find out more. You'll get hands on in our studios experimenting with colour and materials. Find out what it takes to become a professional Interior Designer and understand what an average day looks like on the job! We've included a 3D modelling activity to give you an opportunity to create an interior space.

[Find out more](#)

## Tocal College | Open Day

July 12, 2024

Our College Open Days are a wonderful opportunity to visit Tocal and experience first hand all that it can offer students who are eager for a rewarding career in agriculture, agribusiness or horse breeding and training.

Open Days provide prospective students, their families and carers an ideal forum to visit the College and get a feel for what life as a student is really like.

Each day's activities include:

- an overview of full-time courses,
- a description of career opportunities,
- information on fees and financial assistance,
- inspection of College campus facilities,
- tour of Tocal's commercial farms and training facilities,
- opportunities to chat with staff and also undertake an informal interview (if desired).

[Find out more](#)



## AIT | Open Day

July 13, 2024

AIT's Open Day is perfect for those wanting to explore the endless opportunities available in the growing creative industries. This fun and interactive day is a great way to get further information on our curriculum, course requirements and study pathways. Our friendly staff & students will also be there to talk to and get advice from.

On the day you can expect to:

- Learn about our degrees in film, 2D and 3D animation, game design, and IT.
- Hear more about careers and study paths.
- Take a tour of our campus.
- Lunch included on the day.

[Find out more](#)

## University of Sydney | Tahgara Program

July 15 to July 19, 2024

The Tahgara Program is an intensive week-long residential program at the University of Sydney, designed to prepare Aboriginal and 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 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 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 Torres Strait Islander students from across Australia.

[Find out more](#)

## NYSF STEM Hub, Sydney/Newcastle

July 16 to July 18, 2024

The National Youth Science Forum (NYSF) STEM Hubs are designed to give students a broader understanding of the diverse study and career options available in science, technology, engineering and mathematics (STEM) and to encourage continued studies in these fields.

A STEM Hub is a non-residential STEM experience where you can connect with STEM pathways and careers around Australia. You'll join exclusive behind-the-scenes experiences typically inaccessible to the public and connect with STEM professionals—a crucial networking opportunity for your future.

Whether you're passionate about robotics, biomedicine, astronomy, biology, or anything in between, there's a STEM Hub waiting to show you what a STEM career is really like!

If you have completed Year 12 in 2023 or are currently a Year 12 student (or equivalent) in Australia with an interest in STEM, we welcome you to the NYSF STEM Hubs!

Registrations will close at 12pm on 19 June 2024.

[Find out more](#)



## NIE | Future Doctors Australia, Sydney

July 18 to July 21, 2024

October 10 to October 13, 2024

Gaining medical work experience is essential for young people considering a career in medicine. It provides insight into the field, helps develop skills and attributes, and provides networking opportunities. However, obtaining medical work experience can be challenging due to various restrictions such as limited opportunities, safety concerns, and confidentiality issues.

That's why NIE has developed the "Future Doctors Australia" program. It is an engaging and high-impact 4-day program that provides young people with a unique opportunity to gain medical work experience in a safe and structured environment. Participants will have the opportunity to spend time with current junior and senior medical students. They will also have the rare opportunity to spend time with more senior clinicians and various medical specialists. You will get to learn about clinical specialist's relevant fields of work, ask them questions, and learn some hands-on skills from them.

- Over 15 hours of face-to-face interaction with leading specialists and clinicians
- Meet current medical students
- Develop advanced communication and team working skills
- Create new friendships with like-minded, highly driven young individuals
- Learn about the admission process into various medical universities in Australia
- Morning tea and lunch included

[Find out more](#)

## Tocal College | Open Day

July 19, 2024

October 4, 2024

October 11, 2024

Our College Open Days are a wonderful opportunity to visit Tocal and experience first hand all that it can offer students who are eager for a rewarding career in agriculture, agribusiness or horse breeding and training.

Open Days provide prospective students, their families and carers an ideal forum to visit the College and get a feel for what life as a student is really like.

Each day's activities include:

- an overview of full-time courses,
- a description of career opportunities,
- information on fees and financial assistance,
- inspection of College campus facilities,
- tour of Tocal's commercial farms and training facilities,
- opportunities to chat with staff and also undertake an informal interview (if desired).

[Find out more](#)



## Charles Sturt | Open Day 2024

July 28 to August 25, 2024

What is Open Day? It's your opportunity to discover what life at Charles Sturt is all about.

Open Day isn't just for students – parents and carers are welcome too!

Be inspired by our academics, explore our facilities and chat to current students about what studying with us is really like. From information sessions and campus tours to free food, entertainment and giveaways – there's something for everyone.

- **Port Macquarie:** Sunday 28 July
- **Wagga Wagga:** Sunday 4 August
- **Albury-Wodonga:** Sunday 11 August
- **Bathurst:** Sunday 18 August
- **Orange:** Sunday 25 August

[Find out more](#)

## Northern Rivers Careers Expo 2024

From July 30, 2024

Held annually in July, the Northern Rivers Careers Expo is the region's premier careers event. Showcasing Career Advice, Further Education, Jobs and Training, it is an opportunity for local school leavers, job seekers and workers to develop genuine long-term career prospects.

[Find out more](#)

## SCU | Open Days 2024

August 4 to August 18, 2024

Want to check out Southern Cross University campuses in person? Come to our Open Days at the Gold Coast, Northern Rivers, and Coffs Harbour campuses in August 2024:

- Northern Rivers Campus – Sunday, August 4
- Coffs Harbour Campus – Sunday, August 11
- Gold Coast Campus – Sunday, August 18

[Find out more](#)

## 2024 Apprenticeship/Traineeship & Jobs Expos

August 6 to September 10, 2024

Our Apprenticeship/Traineeship & Jobs Expos are held annually and have grown to a status where they are widely accepted as the premier events of their kind in NSW. The timing of the expos is a hit with families as they allow parents to attend with their children and have those all-important career chats with industry experts.

The Expos provide our career/job seekers, business and industry, education providers and employers with the opportunities to all come together under the one roof where exhibitors also get the chance to collect resumes and promote their organisation for upcoming recruitment drives.



Upcoming events:

- **Parramatta & Hills District:** Tuesday 6 August | 3pm to 7pm | Wenty Leagues – Wentworthville
- **Central Coast:** Tuesday 13 August | 3pm to 7pm | Mingara Recreation Club – Tumbi Umbi
- **Newcastle & Hunter:** Tuesday 20 August | 3pm to 7pm | NEX – Newcastle Exhibition & Convention Centre – Newcastle West
- **South Western Sydney/Macarthur:** Tuesday 27 August | 3pm to 7pm | Liverpool Catholic Club – Prestons
- **Western Sydney:** Tuesday 3 September | 3pm to 7pm | Penrith Valley Regional Sports Centre – Cambridge Park
- **Sutherland Shire:** Tuesday 10 September | 3pm to 7pm | Tradies GyMEA – GyMEA

[Find out more](#)

## Macquarie | Open Day 2024

August 10, 2024

We can't wait to welcome you to our campus in 2024!

As we get closer to the event, we'll update you with more details. But in the meantime, here's a taster of what you can expect at our Open Day – an experience made for (YOU)<sup>US</sup>.

What you can do on Open Day:

- Attend an info session
- Speak 1:1 with our academics
- Learn about our entry options, adjustment factors, pathways and scholarships
- Chat to current students and Alumni
- Jump on campus and faculty tours
- Engage in faculty-led workshops
- Participate in hands-on social activities
- Enjoy entertainment, cool giveaways and much more!

[Find out more](#)

## AIE | Open Day

August 11, 2024

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

AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

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



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

[Find out more](#)

## Sydney Careers & Employment Expo 2024

August 16 to August 17, 2024

Sydney's New Careers & Employment Event will open on August 16 & 17, 2024, at the Hordern Pavilion, Moore Park. The Expo will showcase over 120 organisations and employers with career opportunities for all ages. Entry is free.

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

[Find out more](#)

## University of Newcastle | Open Day 2024

August 17 to August 31, 2024

Open Day is packed with everything you need to know about going to the University of Newcastle. Participate in degree presentations, info sessions and tours of the campus.

Enjoy a hands-on experience with our program activations, and ask our student ambassadors questions about uni life.

- **Central Coast Open Day, Ourimbah and Gosford:** 17 August
- **Newcastle Open Day, Callaghan and Newcastle City:** 31 August

[Find out more](#)

## 2024 NYSF National Youth STEM Summit

August 17 to August 19, 2024

The NYSF National Youth STEM Summit is an exclusive three-day event, held annually in Canberra and designed for young Australians after they have left school, have started their first degree or training, and before they become more senior in their science and technology careers.

The STEM Summit is a conference-style event designed to support delegates' next steps in their career journeys. It enables delegates to connect with government, industry and academia and provides professional development opportunities through workshops, keynote presentations, networking events, a Careers and Study Expo, and discussions on the latest developments in STEM fields.

During the STEM Summit, there will be a number of opportunities for delegates to network with each other as well as with the wider STEM community. The STEM Summit will cumulate with a Gala Dinner at the Australian Parliament House to celebrate the 40th Anniversary of the National Youth Science Forum.

The STEM Summit is open to people between 18 – 25 (who have completed high school), regardless of whether they have completed previous NYSF programs.

[Find out more](#)



## NAS | Open Day 2024

September 7, 2024

Ever wondered what it's like studying at art school? Peek behind the historic sandstone walls of NAS and find out at Open Day!

Everyone is welcome at Open Day, from those considering art as a career to anyone simply curious about what happens behind the school's historic sandstone walls.

It's a busy and active day-long program offering plenty of opportunity to see what life is like for students at NAS, with art demonstrations in the studios, and shows in our exhibition spaces.

Interested in applying to study at NAS? Attend an info session to find out more about studying at NAS. Meet with a member of our faculty and learn about our admissions process including advice on preparing your portfolio.

[Find out more](#)

## DeadlyScience Pathways Program

October 22 to October 24, 2024

As part of the inaugural partnership between WEHI (Walter and Eliza Hall Institute for Medical Research) and DeadlyScience we are proud to officially announce the second iteration of the WEHI DeadlyScience Pathways® Program.

This Program will run from 22nd-24th October 2024 in Melbourne and will once again feature a three-day biomedical science immersion experience at WEHI's Parkville campus. The Program is designed to engage Aboriginal and Torres Strait Islander students in Years 9-10 in science and STEM related education and employment pathways, and as part of the Program students will participate in a wide range of activities and hear from some of the world's top scientists and key innovators from across the country.

The program is FREE for participating First Nations students and schools, and WEHI will provide support for those travelling from interstate, or from regional and remote Victoria.

We strongly encourage schools to [complete our Expression of Interest](#) and return to [pathways@wehi.edu.au](mailto:pathways@wehi.edu.au) **by the 9th June 2024.**

[Find out more](#)

## 2025 National Youth Science Forum Year 12 Program

January 6 to January 23, 2025

Are you in Year 11 in 2024? Apply now to join us in January!

The National Youth Science Forum (NYSF) Year 12 Program gives students that are about to start Year 12 a broader understanding of study and career options available in science, technology, engineering and mathematics (STEM).

Staying on campus at university colleges, students are immersed in science and technology. Participants:

- participate in tours of science and technology facilities,
- learn about cutting-edge research,
- engage with industry partners and research providers,
- learn about university, training and STEM career pathways,
- mix with like-minded students their age from all over Australia,





- participate in social and team building activities, and
- network with former NYSF participants.

In January 2025, the NYSF Year 12 Program will run two summer sessions at:

- The Australian National University, Canberra (6 –14 January)
- The University of Queensland, Brisbane (15 – 23 January)

As part of the application process, any students experiencing financial hardship or another disadvantage that negatively impacts their ability to attend the program may apply for an NYSF Access and Equity Scholarship. Students are also encouraged to approach Rotary Clubs after they have started their program application if they need funding support to attend the NYSF Year 12 Program.

**Applications close 15 July 2024.**

[Find out more](#)

## Free Money

### Scholarships

#### AIQS Donald Napier Scholarships

**Opens:** May 1, 2024

**Closes:** October 31, 2024

AIQS offers a number of scholarships each year for Year 12 students who qualify for entry into a Quantity Surveying, Construction Economics, Construction Management (Economics) or other appropriate course at an AIQS accredited university in Australia.

There are four scholarships offered each year:

1. **General** (open to all people)
2. **First Nations people** (Aboriginal or Torres Strait Islander)
3. **Disadvantaged** (financial, carer, medical condition or disability, regional or remote)
4. **Diversity** (including but not limited to race, ethnicity, gender, gender identity, age, religion, marital status, language)

[Find out more](#)

#### Charles Sturt Transgrid Civil Engineering Scholarship

**Opens:** May 1, 2024

**Closes:** September 24, 2024

The Transgrid Civil Engineering Scholarship fund will support 100 Charles Sturt engineering students over four cohorts with \$20,000 each over four years. All students applying to study engineering at Charles Sturt are encouraged to apply for these scholarships and the funds can be spent however it's needed – whether that's the costs associated with your study, living expenses or learning resources.

[Find out more](#)



## Competitions

### R U OK? National Student Art Competition

**Opens:** May 27, 2024

**Closes:** July 5, 2024

Year 7 and 8 students across Australia are invited to enter the R U OK? National Student Art Competition.

We're accepting submissions that respond to the question: **What does an R U OK? conversation mean to you?**

Students are encouraged to respond to the brief in any way they like. It could:

- Explore a time when a friend was there for you, or when you were there for them.
- Represent how a meaningful conversation makes you feel.
- Encourage others to check in with their mates.
- Provide ideas of how to support someone you care about.

[Find out more](#)

### AAMT The Big Poster Competition

**Opens:** April 1, 2024

**Closes:** June 21, 2024

Students across Australia are invited to participate in a Big Poster Competition to raise awareness of the importance of mathematics in our lives. A selection of entries will be on display at the ICME-15 Congress in Sydney, July 7-14, 2024.

The theme of the competition is 'Everyone counts'. Posters should address this theme, interpreting it as 'Everyone engages in counting' or 'Everyone has value', or both.

[Find out more](#)

## Study

### University

#### [Indigenous knowledge at university](#)

University as we know it today is a system that has its origins in Europe. As a result, the vast amount of knowledge passed down over thousands of years by Indigenous people is often left out when courses are developed. In celebration of [National Reconciliation Week](#) in Australia, we are taking a look at how Indigenous perspectives have been integrated into university curricula, plus see some cool courses that delve a bit deeper into Indigenous culture and knowledge.



## Integrating Indigenous knowledge

There has been a big push in recent years to acknowledge and integrate Indigenous knowledge and perspectives to all walks of life, not just to education. It's a call for all of us to acknowledge that Indigenous ways of learning and being are just as valuable and meaningful as Western ways. This process is also known as [Indigenisation](#).

Indigenisation of university curriculum doesn't just benefit Indigenous students; there are lots of benefits for the entire community, such as:

- Increasing Indigenous participation in higher education
- Exposing students to different ways of learning and teaching
- Drawing on Indigenous knowledge and experience to solve important problems
- Heightening awareness of social justice issues
- Supporting Indigenous excellence and innovation

*"Education does not just impart information; it shapes who we are and who we might be. Beginning in every classroom, education in Indigenous knowledge systems, histories and cultures is a nation-building exercise."*

[Professor Melitta Hogarth](#), Associate Dean (Indigenous) from the University of Melbourne Faculty of Education

## Indigenous courses at university

There are lots of courses out there that have a focus on Indigenous culture or integrate Indigenous knowledge. Here are a few you might like to explore:

### Indigenous Science and Knowledges at ANU

As part of the Bachelor of Science (Advanced) (Honours) at the Australian National University, you can choose to major in [Indigenous Science and Knowledges](#), where you'll learn all about unique Indigenous approaches to science. Learn about the ways Indigenous people manage land and resources, discover the similarities and differences between Indigenous and Western science, and undertake a self-directed research project on a topic that matters to First Peoples.

### Indigenous Education at QUT

If you're thinking of becoming a teacher, you might like to take your education to the next level with QUT's [Graduate Certificate in Education \(Indigenous Education\)](#). This course will equip you with knowledge on Indigenous ways of teaching and learning, and allow you to integrate Indigenous perspectives and engagement into the classroom.

### Pacific and Indigenous Studies at Waikato

At the University of Waikato, you can take the [Pacific and Indigenous Studies](#) major as part of a degree in Arts, Social Sciences, or Climate Change. Learn about the histories, experiences, and perspectives of Pasifika and Māori people, and how this knowledge can be used to shape the future of the Pacific region. You'll also have the opportunity to focus on an area of interest, including arts, politics, environment, journalism, research, history, or justice.



## Aboriginal Health at Lethbridge

The University of Lethbridge's Bachelor of Health Sciences allows you to major in [Aboriginal Health](#), where you'll learn all about the unique health challenges faced by Indigenous people in Canada and ways you can address these issues. The course allows you to engage with Indigenous leaders and health professionals, learn about Indigenous experiences and values, and gain real-world experience through a practicum.

## American Indian and Indigenous Law at Stanford

Stanford Law School provides students with opportunities to learn about and engage in [American Indian and Indigenous Law](#) as part of their studies. Discover the unique systems of law and justice practised by Native peoples, how they interact and intersect with the Western legal system, and how to navigate complex legal issues that affect Indigenous people in America.

## Find out more

University study is an opportunity to expand your horizons and delve into important topics that shape the world around us. Integrating Indigenous knowledge into university courses can help us to broaden our perspectives, contribute to our communities, and solve problems that affect everyone.

You can read more about university courses and pathways on our website [here](#).

## Scholarships

### [Co-op scholarships made easy for high school students](#)

Want financial support, industry training, and networking opportunities before you've even finished university? Look no further than a [co-op scholarship](#).

Sure, you could apply for a regular scholarship, or just go straight to uni and pay back the loans later – but why not let a co-op scholarship take care of it all? Many co-op scholarships have a high success rate for employment post graduation, remove the financial barrier of attending university – and on top of all this, you will leave as an already seasoned professional. With opportunities in leadership, professional development, and monetary gain, a co-op scholarship could be your answer to a head start in life.

### What's the difference between a scholarship and a co-op scholarship?

"Co-op" stands for co-operative; it enables you to combine career development and further study at the same time.

A regular scholarship may just fund your university experience – with a co-op scholarship, monetary support is supplemented with invaluable opportunities such as:

- Work experience
- Paid internships
- Mentoring
- Leadership development
- Accommodation
- Workshop and special events access
- Networking opportunities



## **What are co-op scholarship selectors looking for?**

While co-op scholarship requirements vary according to where you're applying, there are some factors most universities tend to look for. Remember to always check the eligibility requirements on the university website or contact the institution directly for current information before starting an application.

### **Academic aptitude**

Because of the competitive nature of these programs, a high academic standard is generally expected, and a minimum ATAR is often first up on the list of requirements. Students are also expected to maintain or exceed this standard for the duration of their degree. Don't be discouraged though; some scholarships prioritise elite athletes or performers, rather than academic merit.

### **Initiative and leadership qualities**

Universities tend to highly value leadership potential, so there are often opportunities tailored specifically for those who have already demonstrated lots of leadership experience. Bond University, for example, is currently offering a [2024 Leadership Scholarship](#), which includes "proof of leadership, initiative and service" in its application criteria.

### **Extracurriculars and community service**

Passionate, well-rounded individuals are the types of people universities want to give scholarships to. If you were applying for an IT co-op scholarship, for example, extracurriculars such as computer-science clubs, tutoring programming, attending coding competitions and other IT related activities would likely be looked upon favourably.

Additionally, participating in community services such as volunteering can show that you are passionate about making a positive difference in real world situations.

### **Communication ability**

Universities want to promote students with transferrable skills that are valued by employers, such as communication, so it's important you showcase your excellent communication skills if you want an edge over other applicants.

### **Skills and experience**

If you are someone who excels at balancing their academic, extracurricular, and social pursuits, then you will be a perfect fit for a co-op scholarship. By demonstrating achievements outside of the classroom such as work experience, or showcasing skills gained from engaging with your community, assessors will be able to easily determine your suitability.

### **The early bird gets the worm**

Don't leave your application too late – in fact, the earlier you get started, the higher chance you have to submit a phenomenal application and get that interview. Whether you're in Year 10, 11, or even below, it's never too early to refresh your resume, start accumulating experiences, or begin practising your interview skills.



## How to apply for co-op scholarships

If you're thinking this sounds right up your alley, what now? Your next step is to look into the application process.

Luckily for you, we have already done tonnes of research to kickstart the next phase of your journey. Keep an eye out for our updated version of the SWG Scholarships Guide, coming soon to our [Bookstore](#).

Don't want to wait? Get started on your applications today by browsing our [database](#), or check out some other articles on [how to maximise your scholarship search](#).

## Open Days

### [How to navigate university open days for high school students](#)

It's that time of the year: universities are opening their doors, Tertiary Admissions Centres are taking admissions, and all the buzz is about what's next in your education journey. We already know [why everyone should go to university open days](#), but what if you're not quite sure how to go about it? Well, look no further – we've put together a comprehensive high schooler's guide on how to navigate open days.

### Think about what to expect

Whether you intend to [attend virtually](#) or in person, open days are a great opportunity to get a feel for the campus vibe, ask important questions about your intended courses, and engage with staff, students and faculty members. It's a time for you to decide whether a particular university will be the right fit for you and whether they offer the best resources. Most university open days provide the chance to:

- **Take a tour** of the campus and its facilities, including labs, lecture theatres, libraries, accommodation, and more
- **Sit in on information sessions** tailored to specific courses
- **Talk to current staff and students** – this is an excellent opportunity to [ask questions](#) about your course or campus life
- **Explore the different university clubs and societies** – social clubs often have pop-up stands on open days, so be sure to check out any you may be interested in and make a few friends along the way
- **Watch demonstrations** or participate in workshops related to specific areas of study
- **Collect as many freebies as possible!** Unis love to hand out free stuff on their open days, so be sure to take advantage of any free merch or activities – you're a prospective student after all

### How to prepare for an open day

We all know that preparation is key, and no matter how badly you want to put it off, getting organised beforehand can relieve anxiety and help you make the most of the event. It can be useful to make a checklist of things to do and things you would like to ask before going to an open day.



Every year, we create an Open Day Guide tailored to high school students, which includes an open day checklist with everything you need to consider before, during, and after attending an open day. You can find this year's guide in our [Bookstore](#).

Make time to ask yourself these questions before attending your next open day:

1. What **courses and study areas** do I want to learn about?
2. Have I **registered** for the event yet? (In case spots fill up)
3. Have I prepared a **list of questions** I want to ask staff and students?
4. What **facilities** do I consider important for my study, and what aspects would I value most?
5. What part of **campus life** am I most excited for, and will this institution be able to provide that?
6. Will I need to explore any **alternative pathways** into uni?
7. Are there any **clubs or societies** I'm interested in checking out?
8. Will I need **accommodation** on campus?
9. Am I interested in **overseas study opportunities**?
10. Will I need **financial support**, such as scholarships or government assistance?

By mentally preparing yourself, you won't go into the event without a sense of direction; instead, you will already have an idea about what's important to you and the things you want to explore on the day.

## **How to feel more comfortable going to an open day**

It's normal to feel a little apprehensive about the first step into your future as an adult, and it can be easy to forget that everyone around you is going through the same emotions. There are a few things you can do to alleviate your anxiety about attending your first open day and make the experience what it's supposed to be – new and exciting.

## **Bring someone along**

Whether it's a parent, sibling, or a friend, having someone with you will not only put you at ease, but will provide a fresh set of eyes and someone to help you ask the questions you need. Make the most of the fun together, and get a taste of the uni experience at the same time.

## **Plan ahead**

Sometimes, having a clear idea of how the day will pan out can ease your stress. Plan your route and transport options, download the campus map to get your head around the layout, and have an idea of what talks you want to go to or what faculties you are interested in. [Lost On Campus](#) is Australia's biggest campus mapping app, and you can even use it to search for lecture theatres, offices, rooms, and labs. Printing out a list of pre-prepared questions can also take the pressure off so you don't need to come up with something on the spot.



## Consider attending virtually

If going to the open day in person is all too much, or if you just can't get there, many universities now offer the opportunity to attend their open days online. By attending remotely, you still get the chance to experience what the university has to offer and obtain all the information you need. Plus, interactive elements are often optional, which can be a relief for those who struggle with anxiety.

## Talk about it

You are not alone. Everyone experiences these feelings, and talking to a trusted adult can really help soothe your mind if you are feeling overwhelmed. They might have some tips for handling your anxiety, or they might have gone through something similar when they were your age.

Remember, everyone attending these open days is in the same boat as you, and it's important to step out of your comfort zone to achieve the results you want. Plus, everyone is rooting for you – these open days are tailored to welcome new students into the world of higher education, so all the staff and students present just want you to succeed. You got this!

## Most important: have fun

University open days are designed specifically for you, so go with the flow and make the most of it.

It's easy to get caught up in the nitty gritty of preparing for an open day, but at the end of the day, just aim to have some fun. Experiencing new things is the best part of life, and this is an exciting new step forward for you.

Here at Study Work Grow, it's our job to make life easier for you. We take the guesswork out of the transition from high school to uni and working life so that you can sit back and enjoy the ride. If you'd like to learn more about navigating your future study options, you can take a look [here](#).

We've also collated a list of upcoming open days on our [events calendar](#) to make it easier to find and plan for upcoming open days – go ahead and check it out.

If you're still unsure about what course you want to pursue, take a look at our article on [5 things to think about when looking for a course](#).

## Work

### Job Spotlight

#### [How to become a Tattooist](#)

Tattooing is an art that has been practised for centuries, and involves the permanent application of designs to a client's body using ink. Tattooists, also known as tattoo artists, are the creators who design and then apply the permanent markings or modifications to their clients' bodies. This is a job that requires not only a large amount of creativity, but also a keen sense for hygiene and cleanliness.





There are many different styles of tattooing you can specialise in, including those with deep cultural significance. Many tattoos are decorative, but some tattoo artists may also provide services such as scar and blemish cover-ups, repair of old tattoos, or cosmetic tattoos (such as permanent makeup).

If you're artistic, get along great with people, and have a steady hand and strong stomach, a career as a tattooist could be for you.

### **What skills do I need as a tattooist?**

- Excellent artistic abilities
- Professional & responsible
- Great communicator
- Excellent customer service skills
- Can keep clients calm
- Steady-handed & focused
- Impeccable hygiene standards
- Self-promotion & marketing skills

### **What does the job involve?**

- Consult with customers & discuss what they are after
- Ensure customers are certain about the procedure before beginning
- Create line drawings & stencils
- Prepare the area to be tattooed
- Apply tattoos using safe & appropriate equipment & materials
- Ensure high standards of hygiene & contamination control
- Inform customers about after-care procedures & wound care
- Carry out administrative & customer service responsibilities
- Promote your work through social media & other channels
- Train new & apprentice tattoo artists

### **What industries do tattooists typically work in?**

- Retail Trade
- Arts & Recreation Services
- Other Services

### **What Career Cluster do tattooists belong to?**

A lot of a tattooist's job involves hands-on work with machinery and tools, so they are usually strong [Makers](#) – but the design and creativity side of the work also means it's a great career for [Innovators](#) too.



## What kind of opportunities are out there?

Many tattooists are employed part-time. Because the work is hands-on, there are no opportunities for remote work or working from home. However, you may be able to consult with clients via phone and email. The hours you work each week can vary depending on both demand and studio opening hours – many tattoo parlours tend to remain open during the evening and on weekends.

This career has a very low rate of turnover (many tattooists remain in one job for many years) and openings are often very competitive, so it can sometimes be difficult to secure work when first entering the industry. Future job growth for tattooists is predicted to be stable over the next five years. Tattooists do most of their work indoors in a specialist tattoo parlour or studio. Ensuring you practice out of clean and licensed premises is important to ensure the safety of your clients and your reputation as a tattooist.

Most tattooists earn an average wage throughout their career. Tattooists generally charge clients on an hourly rate, so how much you earn can fluctuate based on demand, the quality of your work, and the success of the business you work for or own.

## How to become a tattooist

The most common pathway to becoming a tattooist is to undertake an informal apprenticeship with an experienced tattoo artist – in most places, you'll need to be at least 18 before you are allowed to begin. It's highly recommended that you complete courses in tattooing, body modification, infection control, and/or hygiene to greatly boost your employability and reliability to potential clients. You may also like to take courses in arts and design to build your creative skills.

In some locations, you may need to acquire a license in order to provide tattooing services. Ensure you check the local, state, or federal government regulations and standards around hygiene and body modifications before starting.

To secure work, you will need to build a strong portfolio of works to impress potential employers and clients. Once you have lots of experience and established a good reputation, you might like to start your own business, and eventually employ and train other budding tattoo artists.

If you're in high school and you'd like to find out if a career as a tattooist is right for you, here's a few things you could do right now:

- Start building up a comprehensive portfolio of work in a variety of styles, and think about the kind of tattoo work you'd like to specialise in.
- See if you can find work experience with a local business. This will help you see if you might enjoy the work, and can help you start building important contacts for the future.
- Do thorough research on the history and cultural background of certain tattoo styles and practices.

Find out more here:

- [Australian Tattooists Guild](#)
- [Tattoo Licensing in New Zealand](#)
- [British Tattoo Artists Federation](#)
- [Tattoo Association](#) (Europe)



- [Alliance of Professional Tattooists](#) (US)

## Similar careers to tattooist

- Visual Artist
- Piercer
- Entrepreneur
- Graphic Designer
- Cosmetologist
- Illustrator
- Dermatologist
- Makeup Artist

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

## Jobs & Careers

### [7 great jobs you can do from home](#)

In today's world, the opportunity to work from home has become more accessible than ever. Whether you want to supplement your income, switch careers, or simply enjoy the flexibility of remote work, there are plenty of jobs you can do from home. Let's take a look at a few examples and see the benefits of remote work.

### **7 jobs you can do from home**

Working from home offers flexibility and the opportunity to develop valuable skills. Here are 7 great jobs you can do from home.

#### **Freelance writing**

If you have a talent for words, freelance writing can be a great way to earn money from home. You can write articles, blog posts, product descriptions, and more for various clients. Websites like [Upwork](#), [Fiverr](#), and [Freelancer](#) offer platforms to showcase your skills and find work. Plus, honing your writing skills can be beneficial in many areas of life.

#### **Online tutoring**

Are you knowledgeable in a particular subject? Online tutoring is a great way to share your expertise and help others succeed. Platforms like [Chegg](#), [Tutor.com](#), and [Wyzant](#) connect tutors with students in need of assistance.

And if you're a student, tutoring can also reinforce your own understanding of the material – and provides a fulfilling way to make a difference.

#### **Graphic design**

If you have a creative streak and enjoy working with design software, graphic design might be the perfect job for you. You can create logos, social media graphics, and custom illustrations for clients.

Tools like [Canva](#), [Adobe Express](#), and [Procreate](#) make it easier than ever to get started and build a portfolio.



## **Virtual assistant**

As a virtual assistant, you can help businesses and entrepreneurs with tasks like scheduling, email management, social media posting, and more. This role enhances your organisational and communication skills, which are valuable in any career.

Websites like [Upwork](#) and [Remote.co](#) can connect you with virtual assistant opportunities.

## **Social media manager**

If you're savvy with social media platforms like Instagram, Twitter, and TikTok, consider becoming a social media manager. You can help businesses and individuals manage their online presence, create content, and engage with their audience.

This job can be creative and enjoyable, offering valuable experience in marketing and communication.

## **Customer service representative**

Many companies hire remote customer service representatives to handle inquiries and provide support to customers. This job typically requires good communication skills and patience.

Companies like [Amazon](#), [Apple](#), and various call centers often have remote positions available for customer service roles.

## **Transcriptionist**

If you're a fast typer with good listening skills, transcription could be an excellent fit.

Transcriptionists listen to audio recordings and type them out. This job requires attention to detail and can be done at your own pace.

Websites like [Rev](#) and [TranscribeMe](#) offer opportunities for freelance transcription work.

## **What are the benefits of working from home?**

Remote work offers numerous advantages that can enhance both your personal and professional life. Here are some key benefits:

### **Flexibility**

One of the biggest benefits of working from home is the flexibility it provides. You can often set your own hours, allowing you to balance work with personal commitments, whether it's attending appointments, completing studies, or pursuing hobbies.

### **Cost savings**

Working from home can save you money in several ways. You can eliminate commuting costs, and you'll probably spend less on work attire, eating out, and other daily expenses associated with working in an office.

### **Access to jobs worldwide**

Remote work opens up opportunities beyond your local job market. You can apply for positions with companies based anywhere in the world, expanding your career prospects and potential for higher earnings.



## **Increased productivity**

Many people find they are more productive when working from home. Without the distractions of a traditional office environment, such as constant interruptions and long meetings, you can focus more on your tasks.

## **Tips for remote work success**

Like any job, a work from home role requires commitment – here are some things to make every day successful.

### **Set a schedule**

Balancing work with other responsibilities can be challenging. Create a schedule that allows you to dedicate specific times to your job while managing other aspects of your life.

### **Create a dedicated workspace**

Having a designated workspace can help you stay focused and be more productive.

### **Stay organised**

Use tools like calendars, to-do lists, and project management apps to keep track of your tasks and deadlines.

### **Communicate clearly**

Whether you're talking with clients or coworkers, clear communication is key. Respond to emails promptly and ask questions if you're unsure about something.

### **Take breaks**

Don't forget to take regular breaks to avoid burnout. Balance is crucial for maintaining both your mental health and productivity.

### **Explore your options**

If you're interested in learning a little more about some of the top companies that hire lots of remote workers, you can read about them [here](#).

Still not sure if remote working is right for you? Find out what remote workers had to say about what they think are the biggest benefits and struggles [here](#).

You can also discover more jobs and careers on our website [here](#).

## **Grow**

### **Personal Skills**

#### **[Who are your allies?](#)**

Sometimes life can get rough. The important thing to remember is that you don't have to do it alone. Your allies are people who are by your side through tough times – whether it's at school or at home, it's important to have people in your life who can help you work through issues and stay on track.



## **How to identify your allies**

So who exactly counts as an ally? Well, there are lots of different kinds of allies. They can be people such as:

### **Study buddies**

You don't even necessarily need to study in the same space, just have someone you can talk over problems and celebrate wins with.

### **Family supporters**

Think people like your parents or siblings, prepared to guide you through the emotional and social stuff. You might even like to count a close friend in this category.

### **Teachers and mentors**

These are your allies when it comes to things like planning your career pathways and future aspirations.

### **People who can keep you accountable**

Most importantly, we need people who will make sure we follow through on our promises and goals.

## **What should you look for in your allies?**

Here are some important characteristics to look for in an ally:

### **Honest**

They'll give you real feedback, not just tell you what you want to hear. It might hurt, but you'll be better off for it in the long run.

### **Non-judgemental**

They don't necessarily need to agree with all your plans, but they should respect them and be prepared to work with you (and not try to take over either).

### **Not too busy**

Don't try and grab someone when they're in the middle of making dinner or just got home from a manic day at work.

### **It goes both ways**

While we should be appreciative of the allies in our lives, don't forget to be an ally to the people around you as well. Whether it's giving a friend a shoulder to lean on, guiding your younger sibling through school life, or just being there to listen, helping out others makes you feel great – and it might make them more inclined to help you out in the future too. You can read more about finding allies and browse resources to support your growth and wellbeing [here](#).



## Gap Years

### [When should you start preparing for a gap year?](#)

Thinking about taking a gap year, but feel like it's too early to decide? The truth is, it's never too early to start thinking about your future, whether it's deciding on your future study options or preparing for a gap year. If you'd like to start doing some prep, we have some tips and ideas that might help you make up your mind.

### **Why should I take a gap year?**

There are several reasons you might like to take a gap year, and everyone is different. But if you need some ideas to brainstorm, here are some of the most popular reasons people take gap years.

#### **Personal growth**

A gap year can provide you with opportunities for self-discovery, personal growth, and increased independence.

#### **Travel and cultural experiences**

Probably the most popular gap year option, travel can allow you to immerse yourself in different cultures and learn about the world.

#### **Recharge and relax**

If you're feeling burnt out after high school, a gap year can give you the time and space you need to recharge and refocus.

#### **Skill building**

Some time off from study can allow you to learn new skills, take up a new hobby, or gain valuable work experience.

### **How can I prepare for a gap year?**

If you're convinced that a gap year is right for you, here are some steps you can take to start preparing.

#### **Decide on your plans**

Think about exactly what you want to accomplish during your gap year. Start planning the details, such as how long you plan to take off, and what you're going to do during that time.

#### **Set a budget**

Chances are you'll need to start setting aside some money, particularly if you're looking to travel. Do up a budget now so you know how much you need to save and can start working towards that goal.

#### **Research visa requirements**

Depending on your plans, you may need to apply for visas to travel or work in certain countries. Make sure you know exactly what you need to do and if there are any costs.



## **Search for programs and opportunities**

Jump onto the web and see if there are any providers that can help you plan your gap year, or have programs you might like to apply for.

## **Defer your studies**

If you're already applied to study, you will need to let your institution know ASAP and research their process for deferral. If you haven't applied yet, we recommend you do some research on deferrals first, as in some cases deferral isn't possible (but remember you can always re-apply next year).

## **Find out more**

If you still want to do a bit more research before deciding on whether to take a gap year, you can find heaps of tips and advice on our website [here](#).

## **The Study Work Grow Research Team**

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