



### Careers Newsletter

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

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

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

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

Search school – St Pius X Chatswood

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

Password – pius (lower case)

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

#### **UTS | Introduction to Bachelor of Games Development**

May 8, 2023

Find out how to become a part of the largest global entertainment industry, make games for social good, or apply your specialist skills to any IT field.

[Find out more](#)

#### **Basair | Pilot Career Seminar, Sydney**

May 8, 2023

Learn about career paths, salaries, entry level jobs, qualifications, pilot courses and everything you need to know about becoming a Commercial Pilot in less than a year at Basair.

[Find out more](#)

#### **University of Newcastle | TAFE to Uni Webinar**

May 9, 2023

Are you looking at studying a university degree after completing TAFE or another vocational qualification?

We invite you to join us for our TAFE to Uni webinar via zoom.

Tune in to hear from our admissions staff and student ambassadors that will cover the following topics:

- Info about our University
- How to apply
- TAFE entry pathway
- Scholarships
- Support and services

Our student ambassadors will share their experiences coming to Uni via the TAFE pathway, and there will also be plenty of time for you to ask any questions. We hope that you can join us!

[Find out more](#)

#### **UTS | Introduction to Data Science Engineering**

May 9, 2023

Find out how Data Science Engineers create and manage secure big data systems and



infrastructure to service the ever-growing demands of our computer-driven data-centric society.

[Find out more](#)

### **ADF | A Virtual Night in the Army Reserve**

May 9, 2023

Consider serving locally in the army Reserve. You will be part of something exciting, challenging and rewarding all while learning new skills and giving back to the community- and tax-free pay!

To find out more about the rewarding challenges and experiences on offer, join us for a virtual info session. Speak with current serving members about their own experiences and advice, and learn about the wide range of part-time jobs available.

[Find out more](#)

### **ADF | Army Reserve Information Session, Sydney**

May 9, 2023

Want to serve without the full-time commitment of joining the Australia Defence Force? Look to the Army Reserve.

You'll receive tax-free pay in part time roles that you can do one night a week, one weekend a month or a few weeks a year.

To find out more about the Army Reserve, join us for a local info session where you can speak with current serving members about their own experiences.

[Find out more](#)

### **University of Sydney | Life of a Psychologist**

May 10, 2023

Curious about what studying psychology might be like? Join this session with A/Prof Ian Johnston and learn how psychologists investigate human behaviour and cognition. Hear about what an average day for a psychologist looks like, the wide range of careers that are available and how you can become an accredited psychologist.

[Find out more](#)

### **University of Sydney | Where can a Business degree at Sydney take you?**

May 10, 2023

Learn about the many ways you can combine your interests with the wide range of Business majors – such as Innovation and Entrepreneurship, Business Analytics and Finance – as well as over 100 study areas from our shared pool of majors/minors. Find out how you will gain an edge with guaranteed, work-ready learning experiences integrated throughout your Bachelor of Commerce degree. From internships and global mobility opportunities, to consulting projects and study tours in Vietnam and the Philippines, discover how you can choose your own unique path at Sydney to achieve your career aspirations.

[Find out more](#)

### **UTS | Introduction to Civil and Environmental Engineering**

May 10, 2023



Hear from the course experts how through civil engineering, you can specialise in a range of areas such as Construction, Structures or Environmental.

[Find out more](#)

### **ADF | Gap Year Online Information Session**

May 10, 2023

Wondering what to do with your time after finishing school? Consider doing a Gap Year with the Australian Defence Force (ADF)!

Spend 12 months with the best of the best as you get paid to experience life in the Navy, Army or Air Force, having unique life experiences and making lifelong friends along the way. Come along to an upcoming info session where you can speak to military personnel about what an ADF Gap Year has to offer you.

[Find out more](#)

### **Macquarie | Year 10 Guide to Uni Webinar**

May 10, 2023

Join us online and learn everything you need to know about planning for your dream degree (or the one you think you're interested in!).

We're here to help with all you need to know about uni – how to maximise your options, how extra-curricular activities can make a difference, and how to select subjects that reflect your interests.

This is where you choose your own adventure – and we're here to help you get there.

You'll hear from Macquarie students who were Year 10 students not so long ago. They'll share their tips on subject selection, getting into uni, and life once you're here.

[Find out more](#)

### **UAC Digital | Let's Chat – Medicine Students**

May 10, 2023

If you are interested in medicine then this session is for you. Current undergraduate medicine students from UNSW discuss their university experience. Topics covered include:

- how they decided on the course they are studying
- what they found easy about the process of applying and enrolling, and what they found hard
- what they thought uni would be like
- the best thing about being at uni
- their hopes and dreams for when they finish.

[Find out more](#)

### **University of Newcastle | 2024 Joint Medical Program Info Session Webinar**

May 10, 2023

The Bachelor of Medical Science and Doctor of Medicine (The JMP) is an innovative five-year degree delivered jointly with the University of New England and supported by Hunter New England Local Health District and Central Coast Local Health District. Our students' graduate work-ready with a key role shaping and improving future health care for individuals and communities.

We offer a range of pathway options to help you apply to study within The JMP®. Join us for the JMP Info Session Webinar to find out more about these pathways including Rural and Remote Admissions Scheme (RRAS), Aboriginal and Torres Strait Islander Miroma Bunbilla



Program and Excellence Through Equity (ETE), as well as an overview of the program, admission criteria, study locations and best of all, first-hand experience from current students and academics who teach into the program.

The JMP program will prepare you for an exciting and rewarding medical career. We can't wait to answer all your JMP questions.

[Find out more](#)

### **UTS | Sport Tours**

May 11, 2023

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

[Find out more](#)

### **UTS | Bachelor of IT Co-operative Scholarship Program**

May 11, 2023

Find out about our cooperative education program between the University and industry and how to become leaders in information technology in leading Australian IT businesses.

[Find out more](#)

### **UNSW | Year 10 Info Evenings: Subject Selection**

May 11 to May 23, 2023

Get advice and information that's specially tailored for Year 10 students, that will help you navigate the HSC subject selection process, explain how UNSW admissions and scholarship applications work, and give you an insight into transitioning into university life so that you can get a head start on planning your future.

Parents and teachers of Year 10 students are invited to join the evening as well as participate in the live Q&A session.

Subject selection info not to miss:

- How subject selection works.
- The possible impact on Adjustment Factors.
- Understanding Assumed Knowledge and Prerequisites.
- Tips for Admission and Scholarships.
- Learn about current students' subject selection experiences and decisions.
- Live Q&A for the duration of the event.

Our last session of the evening will include separate parent and student Q&As with UNSW staff.

[Find out more](#)

### **WEP | Student Exchange Info Session**

May 11, 2023

Imagine making friends from all over the world, learning about yourself and the world around you and seeing sights you could only dream of! Find out more about your student exchange opportunities at WEP's online info session.

[Find out more](#)



### **UAC Digital | Let's Chat – The ATAR and Subject Selection**

May 11, 2023

In Year 10 you'll choose the HSC courses that you'll study for the next two years. Although there are many pathways to uni or college, choosing the right HSC courses can make it easier to get into university and succeed in your studies. In this session we'll discuss:

- how to choose your HSC courses
- course prerequisites, assumed knowledge and recommended studies
- additional selection criteria.

[Find out more](#)

### **NAS | Autumn Weekend Workshops**

May 13 to May 14, 2023

Experience the National Art School's studio-based arts education with hands-on tuition, technical and conceptual approaches to learning. Join us for a full weekend of creativity and intensive art-making.

[Find out more](#)

### **AIE | Open Day**

May 13, 2023

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day on Sat 13 May 2023. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra and Adelaide from 10am to 3pm.

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

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

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

[Find out more](#)

### **ADF | Army Reserve Base Open Day, Dee Why**

May 13, 2023

Consider serving locally in the Army Reserve. You will be part of something exciting, challenging and rewarding all while learning new skills and giving back to the community – and tax-free pay!

To find out more about the rewarding challenges and experiences on offer join us at the upcoming Army Reserve Open Day.

On the day you will have the chance to check out:

- Static displays
- Interactive displays
- Military equipment
- Military personnel to speak to and have your questions answered

[Find out more](#)

### **UTS | Introduction to Electrical and Electronic Engineering**

May 15, 2023



Discover how electrical and electronic engineers combine a range of technologies to underpin the ongoing transformation of how humans commute, stay connected and consume energy.

[Find out more](#)

### **WSU | Discover Western – Exploring Western, Early Offer Programs, Pathways & More**

May 16, 2023

Hear from Western staff and current students about our HSC True Reward Early Offer program, alternate pathways, Adjustment Factors, Schools Recommendation Scheme and other entry programs.

[Find out more](#)

### **AIM | Sydney Info Evening**

May 16, 2023

Your career in music starts at AIM. Join us on campus for our Sydney Info Evening to explore your potential with one of Australia's leading music schools.

This is your opportunity to go behind the scenes at AIM. You'll get to experience our state-of-the-art facilities and equipment, get one-on-one advice from teachers, listen in on course info sessions, watch live performances, learn about careers in music, and meet our talented students and alumni.

With undergraduate and postgraduate courses in music performance, composition, audio, music theatre, musicology, and arts and entertainment management, we offer specialisations to match a variety of passions.

Find out everything you need to know about studying at AIM.

[Find out more](#)

### **UTS | Introduction to Bachelor of Information Systems**

May 16, 2023

Understand complex information systems such as Systems Analytics, Service Innovation, Smart Infrastructure, and Sustainable Enterprises.

[Find out more](#)

### **UOW | Southern Sydney Parents & Students Info Evening**

May 16, 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](#)

### **ADF | Trade Careers Information Session, Sydney**

May 16, 2023

Apply your existing trade skills or receive world-class training in order to work with formidable military assets and enjoy the many benefits of a career in the Australian Defence Force.

To find out more about available trade roles, come along to an info session and speak with



current serving personnel.

[Find out more](#)

### **UTS College | Mid-Year Information Session**

May 16, 2023

Fast track your way into second year UTS.

If you want to study at UTS but need another way in, UTS College can help. Enrol in a UTS College diploma this June and you could start second year at UTS in 2024!

Want to learn more? Come join our information session!

[Find out more](#)

### **WSU | Unlocking Careers in Sport and Health**

May 19, 2023

This on campus event for Aboriginal and Torres Strait Islander High School students raises knowledge and aspiration for Careers in Sport and Health.

Students will participate in a range of practical workshops, a Q&A Yarn Up with Indigenous industry professionals to gain insights into their work, their education journey and pathways leading them to their career.

All attendees will receive a free WSU Sport and Health Pack.

[Find out more](#)

### **Sydney Design School | Open Day**

May 20, 2023

Join us for our biggest day of the year! Our Director Amanda Grace will take you through our flexible course options. Meet our passionate Educators and get creative with colour and fabrics by making a mood board!

[Find out more](#)

### **JMC Academy | May Open Day, Sydney**

May 20, 2023

Register for our Free Open Day! This is your chance to see our multi-million dollar world-class facilities.

Things to do at Open Day:

- Tour our world-class facilities and tech
- Explore your creative future in our hands-on workshops
- Meet our current students and industry expert lecturers
- Check out live student performances
- See creativity come to life with course demonstrations
- Build your creative network

[Find out more](#)

### **2023 Greater Western Sydney Careers Market**

May 24 to May 25, 2023

The 2023 Greater Western Sydney Careers Market is taking place on Wednesday the 24th and Thursday the 25th of May at the Penrith Valley Regional Sports Centre.

This event offers exhibitors the opportunity to speak to thousands of Greater Western Sydney high school students and careers advisers as these students explore career paths and further education options available to them.





[Find out more](#)

### **BiG Day In Newcastle**

June 1, 2023

Join us at UON on 1 June for the 2023 BiG Day In Newcastle. Bring your Year 9-12 students to learn where a STEM/technology career can take them & hear from organisations such as nib, Mudbath, Westpac, Wisetech Global, Australian Space Agency, Australian Signals Directorate & more to come.

[Find out more](#)

### **HSC and Careers Expo 2023**

June 1 to June 3, 2023

HSC and Careers Expo celebrates its 15th year in 2023!

There will be a variety of organisations to chat with:

- 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

[Find out more](#)

### **What are Co-op Scholarships?**

Co-op scholarships are a prestigious type of scholarship that offer students the opportunity to gain valuable experience in their field of study while they are still at university. In addition to gaining real-world experience, co-op students might also receive a large sum of money, which can help offset the cost of tuition and other expenses.

### **Benefits of Co-op Scholarships**

There are several benefits of receiving a co-op scholarship. First and foremost, they can help you save money on the cost of tuition and other expenses. They are generally worth quite a generous amount, and you can use that money to pay for study-related expenses or to reduce your HECS debt.

In addition to the financial benefits, co-op scholarships can also help you build valuable work





experience and develop important skills. By participating in a co-op program, students can gain hands-on experience in their chosen field and learn about the day-to-day realities of working in that industry. This experience can be invaluable when it comes time to search for a job after graduation.

Finally, co-op scholarships can also help you make important connections in your field. They often come with lots of networking and professional development opportunities, which can lead to future job opportunities and career advancement.

### **How to Maximize Your Chances of Receiving a Co-op Scholarship**

If you're interested in applying for a co-op scholarship, there are several steps you can take to maximise your chances of success. Here are a few tips to keep in mind:

1. Start early: Applications for co-op scholarships typically open and close earlier than other scholarships, so it's important to start thinking about your options early.
2. Research your options: Not all co-op programs are created equal. Some may offer more money, while others offer different experiences. Do your research to find the programs that best match your interests and goals.
3. Maintain good grades: Co-op scholarships are competitive, so it's important to maintain a strong academic record. Most programs require a minimum ATAR, so make sure you're staying on top of your schoolwork.
4. Build your resume: Co-op programs typically require a resume and cover letter as part of the application process. Take the time to build a strong resume that highlights your skills and experiences.

### **Learn More**

If you want to learn more about the benefits of co-op scholarships, we will be releasing our updated [Co-op Scholarships Guide](#) very soon. It's packed with tips and info on how and why you should apply, and lists over 40 opportunities available across the country.

### **Hairdressing Apprenticeship Spotlight**

Do you love helping people look and feel their best, and want a job that will keep you active and on top of the latest fashion trends? You might like to consider becoming a hairdresser – and one of the best ways to start your career in this field is through a hairdressing apprenticeship.

### **What is a career in hairdressing?**

As a hairdresser, you'll cut, colour, and style hair of all different kinds. You'll work with clients of all ages, from small children to adults, who all want different looks. In a day you might go from simply giving a trim on one person, to dying someone else's hair a completely different colour. Some clients may also come to you for advice on styling and hair care tips and techniques.

As you gain lots of experience, you might like to consider one day opening your own salon and training the next generation of apprentices.



## **What skills do I need for a career in hairdressing?**

You'll need to be able to work on your feet and love being social, as the job will involve lots of face-to-face contact with clients. You will also need to be patient and respectful. Having a love for learning is great, as you'll be learning new techniques, styles, and trends throughout your career.

## **Why should I consider a hairdressing 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 hairdressing apprenticeship, you will be doing real work for an employer while completing study with a TAFE or RTO. A hairdressing apprenticeship usually takes 3-4 years to complete, depending on whether you work and study full- or part-time.

Here are some common qualifications you might want to look into:

- [Certificate III in Hairdressing](#)
- [Certificate III in Barbering](#)
- [Diploma of Salon 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 a traineeship. 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:

- [1st and 2nd Year Apprentice Hairdressers](#), Fremantle WA
- [1st Year Hairdressing Apprenticeship](#), Central Coast NSW
- [Hairdressing Apprentice – 1st & 2nd year](#), Canberra ACT
- [First Year Hairdressing Apprentice](#), Brisbane QLD
- [1st & 2nd Year Hairdressing Apprentices](#), Sydney NSW

## **5 Tips for a Successful First Day at Your Job**

Starting your first job can be overwhelming, but it's also an exciting time in your life. On your first day, you want to make a great first impression and show your employer they made the right choice. Here are some tips for a successful first day at your first job.

### **Dress appropriately**



First impressions are crucial, and your appearance plays a significant role in how you are perceived. If you need to wear a uniform, make sure it's clean and ironed. If not, make sure you know the company's dress code and dress accordingly. And if you're unsure, it's always better to dress more formally than too casually (it's generally better to be overdressed than underdressed!).

### **Arrive early**

Punctuality is critical, especially on your first day. Arrive at least 10-15 minutes early to give yourself plenty of time to get settled and familiarise yourself with your surroundings. Being punctual shows your new employer your reliability and eagerness to start your new job.

### **Be friendly and approachable**

Starting a new job can be daunting, but remember that your colleagues were once in your shoes. Introduce yourself to your co-workers and be friendly and approachable. Ask questions and show an interest in getting to know them. Building relationships with your fellow employees can make your days at work more enjoyable.

### **Listen and observe**

On your first day, take the time to listen and observe. Pay attention to how things are done, the company culture, and the expectations of your role. Take notes if necessary, and don't be afraid to ask questions if you're unsure about something. Being a good listener and observer will help you learn quickly and make a positive impression on your boss.

### **Be proactive**

Finally, be proactive and show initiative. Don't wait for someone to tell you what to do; instead, look for ways to contribute and add value to your team. Take on tasks, offer to help your colleagues, and be enthusiastic about your work. Being proactive will demonstrate your dedication and commitment to your new role.

We get it – it's totally normal to feel a bit nervous about starting a new job. But by following these five tips for a successful first day, you'll be off to a great start. With a positive attitude and a willingness to learn, you'll be well on your way to success, no matter what your job is. Find more job tips on our website [here](#).

## **5 Work Experience Ideas for Students Who Love Gaming**

If you love spending your free time gaming, there are lots of ways you can combine your passion with your career. In this blog post, we'll explore five work experience ideas for students who like gaming.

### **Content creation**

As a gamer, you probably already spend a lot of time on social media, discussing your favourite games and interacting with other gamers. Why not put that experience to use by managing social media accounts or creating content for gaming-related websites or YouTube channels? This can help you develop skills in content creation, social media management, and digital marketing.

### **Game testing**

Game developers are always looking for people to test their games and provide feedback



on gameplay, user experience, and bugs. You can find these opportunities by joining gaming communities, attending gaming events, or applying for internships at game development studios. This can give you valuable insights into game development and testing processes.

### **Game journalism**

If you enjoy writing and have a passion for gaming, you can explore opportunities in game journalism and writing. You can start by creating a blog or contributing to gaming websites or magazines. This can help you develop your writing skills and gain experience in the field of journalism.

### **Event planning**

Gaming events, such as tournaments, conventions, and charity events, are becoming increasingly popular. You can gain experience in event coordination and planning by volunteering at gaming events. This can help you develop skills in project management, organisation, and communication.

### **Community moderation**

Many gaming companies have online communities where players can connect and share tips and advice. As a community moderator, you'll be responsible for keeping the community safe and friendly, and ensuring that everyone follows the rules. This is a great way to develop your communication and leadership skills.

### **Find out more**

See lots more work experience ideas and opportunities on our website [here](#).

## **Why You Should Enter Competitions**

As a student, it can be easy to get caught up in the day-to-day routine of classes, homework, and extracurricular activities. If you're looking for something to shake up your day and give you lots of other benefits too, entering a competition could be ideal. Here are three reasons why you should consider entering competitions:

### **Develop Valuable Skills**

Competitions often require skills in research, problem-solving, critical thinking, and communication. By participating in competitions, you can develop these skills and apply them in other areas of your academic and personal life. These skills can be invaluable in future pursuits, such as uni applications, job interviews, and even everyday life.

### **Build Confidence**

Entering a competition can be a nerve-wracking experience, but it can also be an opportunity to build confidence. By preparing for and participating in a competition, you can learn to overcome your fears and push yourself beyond your comfort zone. Winning a competition can also be a significant confidence booster and validation of your hard work and abilities.



## Gain Recognition and Opportunities

Competitions can provide you with a platform to showcase your talents and achievements. Winning a competition can lead to recognition from peers, teachers, and even potential universities and employers. Competitions can sometimes also provide access to unique opportunities, such as internships, scholarships, and networking events.

Entering competitions can be a challenging and rewarding experience that can benefit you in both the short and long term. If you want to find a competition to enter, you can search through lots of opportunities on our website [here](#).

### JMC Songwriting Competition 2023

JMC Academy is proud to announce the 2023 songwriting competition for students across New South Wales, ACT, Victoria and Queensland in years 9-12. The aim of the competition is to highlight the talent of high-school songwriters from across the country and to showcase the creativity of young people.

The demo can simply be recorded on your phone (we just want to hear the song performed!) and only include the vocals however instrumental accompaniment is encouraged. You're welcome to record the demo in other ways too if you have the means.

So what do you need to submit?

- Demo of your original song in MP3 format (maximum 5 minutes in length)
- Lyrics sheet
- Completed application form

That's it!

Applications must be submitted by **Sunday 27th August 2023 11:59pm AEST**.

Find out more: <https://www.jmcacademy.edu.au/songwriting-comp/>

### National Careers Week 2023

National Careers Week is back in 2023, running from 15 – 21 May. This year, the theme is "Career. It's more than just a job".

Check out the [events](#) running around the country, [on-demand webinars](#) to watch at any time, as well as all the [resources](#) on offer. They also have a handy [guide](#) packed full of activity ideas to raise career awareness for students from years K-12.

We've also created a [set of slides and our brand new Career Conversation cards](#), designed to help you start engaging conversations with students all about careers. Keep an eye out for how you can win a free pack of printed cards for your school soon.

Find out more at the [National Careers Week website](#).

### A Guide to Being Mindful Online

As a teenager, social media and the internet are likely a big part of your daily life. It's a great way to connect with friends, share your interests, and express yourself. However, it's important to remember that what you post online can have consequences, both positive and negative. That's why it's essential to think carefully about what you post and be mindful of your digital footprint. In this article, we'll give you some tips on how to be a responsible and thoughtful digital citizen.

## Consider Your Audience

Before you hit that "post" button, think about who might see your content. Is it appropriate for



all audiences? Could it be misinterpreted or taken out of context? Remember that anything you put online is potentially accessible to anyone in the world, so be mindful of your language, tone, and content.

### **Respect Other People's Privacy**

Posting pictures or videos of your friends, family, or acquaintances might seem like a harmless way to share memories, but it's important to respect their privacy. Always ask for permission before posting anything that includes other people, and be sure to respect their wishes if they say no.

### **Be Careful with Personal Information**

Avoid sharing sensitive personal information online, such as your address, phone number, or full name. This information could be used for identity theft or other malicious purposes. Be mindful of what you share and who you share it with.

### **Don't Engage in Cyberbullying**

Cyberbullying is a serious issue that can have devastating effects. Always think twice before posting something that could be hurtful or mean to someone else. Remember, if you wouldn't say it to someone's face, you shouldn't say it online either.

### **Be Aware of the Consequences**

Remember that anything you post online can be accessed by potential employers, university admissions officers, or anyone else who might be interested in learning more about you. Be mindful of the kind of image you want to present to the world, and think carefully before posting anything that could have a negative impact on your future.

### **What to Do if Something Goes Wrong**

If you've posted something online that you regret or that's causing you trouble, there are a few things you can do. First, take down the post or delete it if possible. If you've hurt someone else, apologise and try to make amends. Remember that the internet is forever, so it's important to learn from your mistakes and be more thoughtful in the future.

You can also take a look at the [eSafety](#) website for more tips and advice on being mindful online. If you need help you can always call Lifeline on 13 11 14, or Kids Helpline on 1800 55 1800.

### **Adjustment Factors – What Are They?**

If you're in high school and thinking of going to university, you've probably been browsing courses. You might have also come across the terms "Selection Rank" and "Adjustment Factors". But what do these mean, and how might they affect your chances of getting in to your dream course? In this blog, we'll explain everything you need to know about adjustment factors, so read on and let's get started.

### **Selection Rank vs ATAR**

First we need to explain what a selection rank (SR) is. If you're looking at uni courses, chances are they have a minimum SR listed. Basically, your SR will be your ATAR *plus* any adjustment factors you're eligible for. So if your ATAR is slightly lower than the published SR, don't fret – you could net yourself some bonus points to make up the difference.





## Adjustment Factors

Adjustment factors, also known as bonus points, are points that are added on top of your ATAR to make your selection rank. They exist to make the playing field more equal, ensuring that students who are at a disadvantage or who go the extra mile don't miss out on securing a spot in their chosen course.

There are lots of reasons you might receive adjustment factors, including:

- Performance in certain subjects
- Living in a rural or remote area
- Coming from a low-SES background
- Through schemes such as the [Educational Access Scheme](#) (EAS)

It's important to note that these bonus points *don't actually change your final ATAR* – they are applied individually by different unis and institutions, and are only taken into account during applications.

Some adjustment factors are added automatically when you submit an application, so you don't need to do a thing. Others require a separate application (such as EAS).

And while one uni might award you adjustment factors for certain things, another uni might not. For example, [UNSW](#) awards bonus points to elite athletes and performers; [UNE](#) on the other hand does not. But UNE offers automatic adjustment factors for rural students, while at UNSW you need to submit a separate application.

## Find out more

If you want to know more about adjustment factors, the best place to head is the university's website, or get in touch with them directly. They will be able to tell you exactly what you can earn bonus points for, and whether or not a separate application is necessary. Also check out your state or territory's Tertiary Admissions Centre (TAC) website, as they are also responsible for issuing some adjustment factors.

You can also find more tips on uni applications on our website [here](#).

## [7 Effective Study Techniques for High School Students](#)

As a high school student, you may be facing a lot of pressure to perform well academically. With so much material to learn, it can be overwhelming to figure out the best way to study effectively. Luckily, there are many tried-and-true study techniques that can help you make the most of your study time. Let's take a look at some, and see if there are any you might like to try.

### Spaced Repetition

One of the most important study techniques to keep in mind is spaced repetition. Rather than cramming everything into one study session, spacing out your learning over a period of time can help reinforce your understanding of the material and improve your retention. You can achieve this by breaking up your study sessions into shorter, more frequent sessions over a few days or weeks leading up to an exam.

### Active Recall

This technique involves testing yourself on the material you've learned, rather than just re-reading it. Examples of active recall include flashcards, practice questions, and quizzes. By actively engaging with the material, you'll be able to identify areas where you need to focus your attention, and improve your understanding of the concepts.





## **Interleaving**

Interleaving is another technique that can be effective. This involves mixing up different topics or types of problems during a study session. For example, if you're studying for a history exam, you could alternate between studying different historical events, rather than just focusing on one topic at a time. This technique helps to strengthen connections between different pieces of information and improve retention.

## **Elaboration**

Elaboration is another technique that can be helpful for retaining information. This involves expanding upon the information you've learned by making connections to other knowledge, asking questions, and explaining concepts in your own words. By elaborating on what you've learned, you'll be able to better understand the material and retain it more effectively.

## **Using Visual Aids**

Visual aids can also be a helpful study technique. Using diagrams, mind maps, and graphs can help you better understand and remember complex information. These visual aids can help you organize information in a way that makes sense to you and identify key connections between different pieces of information.

## **Teaching Others**

If you can find someone willing to listen and learn, teaching them what you know can be an effective way to give your studies a boost. By explaining concepts to others, you'll be able to identify areas where you need to focus your attention and reinforce your own understanding of the material.

## **Look After Yourself**

OK, while this isn't *technically* a study technique, it's still very important to take care of your physical and mental health. Getting enough sleep and exercise can have a big impact on your ability to learn and retain information. Make sure to take breaks when you need them, and don't be afraid to ask for help if you're struggling with a particular subject.

There are heaps of effective study techniques out there that can help you improve your academic performance. By experimenting with different techniques and finding what works best for you, you can make the most of your study time and achieve your academic goals. Find more study tips on our website [here](#).

## **What is it Like to Work in a Hotel?**

Hotels are places where people on trips and holidays can stay for short or extended periods of time. There are hotels across the world to suit different budgets and needs, and they need a large suite of staff to ensure they run effectively and provide a great service.

Here are some common things you can expect to find at hotels:

1. Lots of flexibility – hotels are open 24/7, so you can expect to work a variety of shifts, and flexibility with your work schedule is a must.
2. Customer service is important – making sure guests have a pleasant and enjoyable stay is one of the key considerations of any worker at a hotel.



3. They're always busy – hotels are busy places and there is always a lot going on at once, so being adaptable and organised is key.

## **Key Outcome**

### **Provide a place for people to stay**

The key outcome for a hotel is to provide guests with a positive and memorable experience during their stay, encouraging them to return in the future and recommend the hotel to others. This involves providing excellent customer service, comfortable accommodations, quality amenities, and a safe and secure environment.

## **Key Tasks**

- Check guests in and out
- Clean and maintain rooms
- Keep premises safe and secure
- Provide leisure facilities and services
- Manage budgets and staffing
- Handle guest inquiries and complaints

## **Industry**

### **You can find hotels in the accommodation and food services industry**

Hotels are generally found in the accommodation and food services industry. There are lots of different types of hotels for all kinds of travellers, including luxury hotels, resorts, boutique hotels, budget hotels, and extended-stay hotels.

## **Work Environment**

### **You can expect shift work and on-site work**

*Shift work | Work on-site | Jobs in metro, regional, and rural areas | Strong job growth*

Hotels need to operate 24/7 and always need staff on-hand. Because of this, shift work is common, and some workers might find themselves working overnight. They also operate over all holidays, so you will be expected to work then too. Work can also fluctuate during different seasons and during holidays, with certain times of the year being much busier than others.

A lot of the work in hotels needs to be done in-person, so opportunities to work from home are limited. But some roles (particularly in management and administration) may be able to be done remotely.

You'll find hotels in almost any location around the world, particularly in destinations popular with tourists, so there's generally always work to go around.

## **The Career Clusters you'll find in a hotel**

People from all Clusters are needed for a hotel to run effectively, but the most common Clusters you'll find are Linkers, Makers, and Coordinators. As in any role, you might find yourself performing tasks across multiple Clusters.

### **What do Makers do in a hotel?**

The Makers are responsible for keeping hotel rooms clean and tidy, both doing minor cleaning while people are staying in a room and deep cleaning before the next person comes to stay. They will also clean and provide linen (bedsheets, towels, etc.). Hotels also need people to ensure fittings in rooms are working properly and maintain the property and gardens. Some hotels might have a restaurant attached or offer room service and need



people to make the food.

- Cleaners/Housekeepers
- Maintenance Workers
- Chefs/Cooks

### ***The role of a Linker in a hotel***

Linkers in hotels are responsible for taking bookings and answering questions from guests. They will also assist guests with checking in and out of the hotel at the beginning and end of their stay, and provide guests with information on the local area and tours. Other Linkers will help promote the hotel via television, radio, or social media. Some hotels have people to help organise and run events happening at the hotel (such as weddings and conferences).

- Receptionists/Concierges
- Event Planners
- Marketing Managers

### ***Where you'll find Coordinators in a hotel***

Coordinators are responsible for a lot of the behind the scenes work at a hotel. This can include things like managing budgets and finances, supervising other workers and day-to-day operations, managing bookings and reservations, and ensuring the hotel meets any required standards or regulations.

- Hotel Managers
- Operations Managers
- Finance Managers

### ***How do Informers work in a hotel?***

Informers in hotels are responsible for training hotel staff on various topics, such as guest services, safety protocols, and housekeeping procedures. Some Informers may even come from external agencies to provide expert advice to hotel management, such as providing recommendations for improving guest satisfaction, developing new service offerings, or improving operational efficiency.

- Staff Trainers
- Consultants

### ***What types of Innovators work in a hotel?***

Most Innovators don't work in the hotel itself but are contracted from external companies. Some Innovators might work on the construction, design and layout of the building and facilities. Other Innovators will pick out appropriate furnishings and fittings for individual rooms or create logos and branding elements for the hotel.

- Engineers/Architects
- Interior Designers
- Graphic Designer

### ***Where you'll find Guardians in a hotel***

Guardians are needed in hotels to keep the building safe and secure, particularly as guests will often leave valuable items in their rooms. Guardians also help to ensure the hotel complies with any relevant health and safety regulations. If the hotel has a spa, they may also need people



to perform therapies and services for guests.

- Security Officers
- Health & Safety Officers
- Massage Therapists

### **How do we expect working in a hotel to change in the future?**

A major trend that is already emerging in the hotel industry is the increased use of technology. With advancements in AI and automation, hotels are looking to streamline their operations and reduce their reliance on human labour. We can expect to see more hotels using self-check-in kiosks, robot concierges, and other automated systems to improve efficiency and reduce costs.

Another trend is the focus on sustainability and environmental responsibility. Hotels are becoming more aware of their impact on the environment and are taking steps to reduce their carbon footprint. This might involve implementing green initiatives such as using renewable energy, reducing water usage, and incorporating sustainable materials in hotel design and construction.

As travel continues to become more accessible and affordable, hotels will need to adapt to the changing needs of their guests. This might involve offering more personalised experiences, catering to specific demographics, or providing more facilities and services to differentiate themselves from competitors.

Overall, the hotel industry is likely to continue evolving as new technologies and trends emerge. However, one thing that will remain constant is the need for excellent customer service and hospitality, which will always be at the heart of the hotel experience.

Mr Madani