

Careers Corner Weekly

Events 30th October to 12th November



Tuesday 31 October 2023

Defence Careers Australia - Perth: Army Reserve Information Session

Experience flexible commitment in an Army Reserve role with new challenges, experiences and friendships - and tax-free pay!

Come to the upcoming information session to speak with current serving members about their own experiences and advice.

Time: 07:30 PM - 09:00 PM

Location: Irwin Barracks

[Click here for Details and Registration](#)

In this Issue

Events 30th October to 12th November

- Defence Careers Australia - Perth: Army Reserve Information Session
- Curtin University - Curtin MBA Information Evening
- Endeavour College - Campus Tour
- Defence Careers Australia - Perth: Defence Careers Information Session
- Tabor College - Discover Tabor College - Book a Dean's Tour
- Defence Careers Australia - Gap Year Virtual Information Session

Career Development Boosts Wellbeing

Psychologists & Psychiatrists

Mental Health Nurses & Occupational Therapists

Social Workers & Counsellors

Competitions Open Now!

Wednesday 01 November 2023

Curtin University - Curtin MBA Information Evening

Discover how a Curtin MBA can advance your career.

This event gives an overview of our internationally accredited MBA program, including course specialisations and career outcomes.

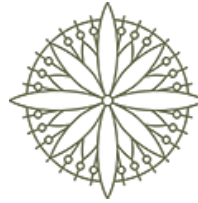
You'll also learn about entry pathways, fees, scholarships and our flexible study options that help you to balance work, life and study.

Time: 5:45 PM - 7:00 PM

Location: Curtin Perth

[Click here for Details and Registration](#)

Thursday 02 November 2023



ENDEAVOUR

College of
Natural Health

Endeavour College - Campus Tour

If you haven't been to Campus yet, join us for our monthly Campus Tour!

Meet us at 10am sharp at your local Student Services desk for a tour of your campus. Whether you're new to your studies or you haven't been on campus in a while; we would love to show you around!

Time: 10:00 AM - 10:30 AM

Location: See link below

[Click here for Details and Registration](#)

Monday 06 November 2023

Defence Careers Australia - Perth: Defence Careers Information Session

Are you interested to learn about the wide range of roles available in the Navy, Army and Air Force?

Join us at an upcoming info session and speak with current serving members about their own experiences. You'll have the chance to ask any questions you have about Australian Defence Force careers and opportunities.

It is highly recommended you book as soon as possible to avoid missing out as places are strictly limited!

Time: 06:00 PM - 07:30 PM

Location: Perth ADF Careers Centre

[Click here for Details and Registration](#)



Wednesday 08 November 2023

Tabor College - Discover Tabor College - Book a Dean's Tour

Join Us for a Campus Tour and Meet-and-Greet with Faculty

We have two upcoming Dean's Tours where you can attend talks from various Deans and Tabor's CEO. These events will provide valuable insights into the academic programs and opportunities available at Tabor. After the one-hour campus tour, you'll have a chance to enjoy light refreshments and engage in discussions and questions about your future at Tabor.

Time: 4:00 PM - 5:00 PM

Location: Tabor College Adelaide (Meet at Reception):
181 Goodwood Road Millswood SA 5034

[Click here for Details and Registration](#)

Saturday 11 November 2023

Defence Careers Australia - Gap Year Virtual Information Session

Spend an exciting 12 months in the Navy, Army or Air Force, where you'll get paid for meaningful work while travelling Australia, gaining skills for life and making lifelong friends.

Join us for a virtual info session to speak with current serving personnel about the Australian Defence Force Gap Year.

Time:

05:30 PM - 07:30 PM (ACDT)

04:30 PM - 06:30 PM (ACST)

06:00 PM - 08:00 PM (AEDT)

05:00 PM - 07:00 PM (AEST)

03:00 PM - 05:00 PM (AWST)

Location: Online

[Click here for Details and Registration](#)

TABOR



NAVY



ARMY



AIR FORCE





Around Australia, October is Mental Health month, so let's look at how active participation in your career development helps support your mental wellness.

Has anyone ever told you your high school years are 'the best years of your life'? If you're feeling the pressure to excel or you're overwhelmed about your options, it's pretty hard to believe them. Sometimes facing an uncertain future may even affect your mental health, but it doesn't have to.

Career development supports your mental health by providing clarity and purpose, boosting your confidence, helping you set tangible goals, allowing for self-discovery, and fostering a sense of empowerment and control over your future, even if you're not sure what it's going to look like.

Boost Your Confidence with a Plan

Creating a career plan helps boost your confidence. If you know what you want to do after school, map out several routes to get you to your destination. This way, you have a clear direction and multiple backup plans in place. Even if you don't have a clue about what you want to do, don't be discouraged. Make your plan about how you can get involved in the things you enjoy and that interest you, and let it unfold from there. This can help you feel empowered and more in control. Having a roadmap - even if it changes - reduces anxiety about the unknown.

Discover Yourself

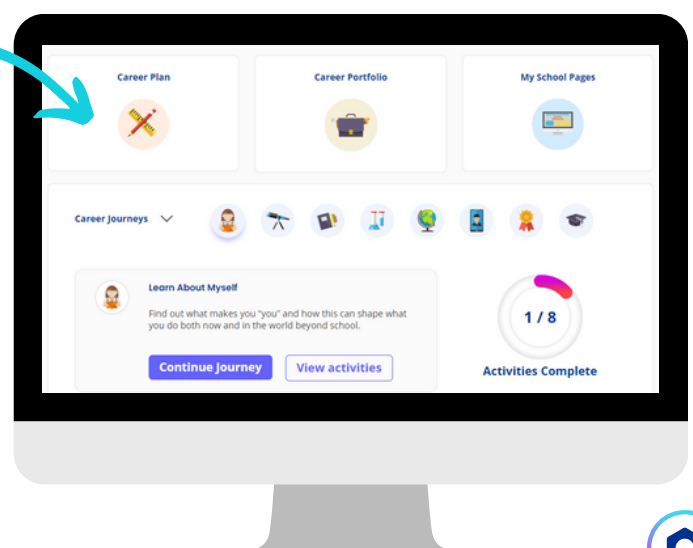
Active career planning is more than just picking a job; it's a journey of self-discovery. Use your experiences at school to delve into your interests, values, and strengths. Understanding these helps you to choose better study options and closer career matches, all while contributing to your well-being.

Build Resilience

Remember it's okay not to have all the answers and that no one does (even if they seem to)! Discovering yourself and exploring careers uses skills that help you adapt, face challenges confidently, and bounce back from setbacks.

Start Now

Log into your student secure area to start exploring and planning now.





Psychologist

Psychologists work to understand how our thoughts, feelings, and behaviors are connected. They use a wide range of theories and techniques to help people navigate life's challenges. They treat psychological disorders and cognitive functions and can diagnose some conditions. However unlike psychiatrists, they cannot prescribe medication.

Key Qualities

Curiosity about human behavior, listening skills, analytical skills, empathy, strong ethics.

School Subjects

Psychology, biology, sociology. Maths is useful for understanding research methodology and English supports communication skills.

Post-school

Undergraduate science degree: The most direct pathway is a 4-year undergraduate degree in Psychological Science (with Honours). Alternatively, you could study a different undergraduate degree and complete a Masters degree in Psychology.

Workplace learning: To work as a Psychologist, you need to do supervised practice under a licensed psychologist and sit a final exam. Once qualified, you can choose to specialise in a variety of areas such as sports, child, organisational psychology and so on, through further study.

Psychiatrist

Psychiatrists are specialist medical doctors that diagnose, treat, and prescribe medication for mental health conditions. They often work across settings like hospitals and private practice.

Key Qualities

Patience, strong communication skills, critical thinking, commitment to medical ethics.

School Subjects

Biology and Chemistry form the foundational knowledge for the medical side of psychiatry. Studying psychology provides insights into human behavior, while English refines communication skills, vital for patient interactions. Maths is helpful for understanding medical research and statistics.

Post-school

Medical Degree: Begin with an undergraduate medical degree which usually takes 4-6 years, then obtain medical registration.

Hospital Training: Complete 1-2 years working in a hospital.

Psychiatry Training: Enrol and pass the exams for the Royal Australian and New Zealand College of Psychiatrists training program. It typically takes 5 years to complete the theoretical learning and supervised clinical practice.





Mental Health Nurse

Mental health nurses provide care, support and treatment to people with mental health conditions. They assess patients, develop care plans, administer medications and work in multidisciplinary teams to promote mental wellbeing and improve quality of life.

Key Qualities

Empathy, excellent communication and interpersonal skills, resilience, strong observational and assessment skills, good problem-solving and critical thinking abilities.

School subjects

English for communication skills and maths for calculation skills. Biology for understanding human anatomy and physiology. Psychology provides insights into human behavior.

Post-school

Nursing Degree: You will need to become a Registered Nurse (either through a VET pathway), or directly through a Bachelor of Nursing. Some institutions offer a Bachelor of Mental Health Nursing.

Further study: You can opt to pursue postgraduate studies in mental health to deepen your knowledge and skills.

Occupational Therapist

Occupational therapists (OTs) assist people to improve their ability to perform daily activities. For those with mental health conditions, OTs might work on skills for independent living, stress management, or social integration.

Key Qualities

Creativity, patience, adaptability, strong interpersonal skills, and a solution-focused approach.

School subjects

Biology to understand the physical aspects of rehabilitation while Chemistry and Physics are also useful. Psychology for insights into behavior. English aids in report writing and patient communication, and maths for analytical tasks.

Post-school

Degree: Begin with a Bachelor of Occupational Therapy or if you study a different undergraduate degree you could complete a Masters in OT afterwards. You will need to register with the Occupational Therapy Board of Australia.

Continued Learning: OTs often take additional courses in specific areas like mental health or pediatrics to enhance their expertise.





Social Worker

Social workers are interested in challenging the structural barriers that contribute to inequality, discrimination, exploitation and oppression within communities that may cause or worsen mental health conditions. They can work in schools, hospitals, community organisations, and more, providing counseling, advocacy, and resources.

Key Qualities

Emotional maturity, analytical abilities, objectivity, organisational and communication skills, commitment to social justice.

School subjects

Psychology and sociology for understanding human behaviour and societal structures. English supports report writing and clear communication. History can provide context for social issues.

Post-school

From school you will need a Bachelor of Social Work or if you study another discipline first, you can then do a Master's degree. Depending on where you live, you may need to register with the Australian Association of Social Workers (AASW) or obtain a practicing certificate. Social workers do lots of continuous professional development to stay updated in their field.

Counsellor

Counsellors help people to better understand themselves and support them to take action to improve their lives. Counsellors can specialise in many areas such as young people, couples, addiction, health, drug and alcohol problems, accommodation, relationships, employment, grief and loss, stress management, child development and so on.

Key Qualities

Empathetic and caring, good communication and listening skills, maturity.

School subjects

Psychology offers foundational knowledge about human behaviour and English aids in communication, essential for therapy.

Post-school

If you have lived experience, you may be a suitable peer mentor which doesn't require a formal qualification to get started. You can opt for a VET course like a Cert. IV in Youth Work, or a Diploma of Counselling. If you want to go to university, choose a Bachelor's degree in Counselling, Psychology, or a related field. Many counsellors pursue postgraduate studies and ongoing professional learning.





GET INVOLVED

All competitions and challenges are free/have low entry fees and are open to students nationwide unless otherwise stated.

Competition	Open To	Closing Date
<p><u>ANU STEM Challenges</u> Fun and hands-on weekly challenges on a range of STEM topics organised by the Australian National University.</p>	All high school students	Events run 2 - 29 October 2023
<p><u>Wombat Book Illustration Challenge 2023</u> Win the opportunity to be published in a professionally produced children's book!</p>	5 - 18 year olds	1 November 2023
<p><u>The Simpson Prize</u> A competition that focuses on the service of Australians in World War I. Enter an essay or video in response to the set topic.</p>	Year 9 and 10 students	November 3 2023
<p><u>Storyfest National Novella Writing Competition</u> For serious student writers with fantastic prizes on offer!</p>	All high school students	1 December 2023
<p><u>Junior Water Prize 2023</u> Create solutions for current and future water challenges.</p>	15 - 20 year olds	1 March 2024

