



### 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>

#### **SCU | Explore your options webinar**

February 20, 2024

Join our Future Students Team for an online webinar that will unpack what's available to you at Southern Cross University.

We'll talk you through university life, our state-of-the-art facilities, scholarships, student services and more. You will also have the chance to chat to current students and ask any questions about your future studies.

[Find out more](#)

#### **NIE | Pathways into Medicine and Dentistry Live Webinar**

February 20, 2024

This forum is an excellent opportunity for teachers, students and their parents to find out about the UCAT, pathways into medicine, and have all questions answered by an expert teacher who has been working in the field since 1999.

The session is packed with invaluable information during which we will be covering the following topics, and more:

- What is UCAT? UCAT scores? UCAT Sub-tests?
- Year 10, 11 and 12 – things to consider now.
- The Undergraduate Selection Criteria
- Application process into universities for medicine and dentistry
- When and who can sit the UCAT
- GAMSAT
- Can you prepare for the UCAT?
- Undergraduate interview process
- What, how and why about Gap Year?
- Alternative degrees and career choices
- Work experience advice
- Q & A

[Find out more](#)

#### **UniMelb | Hansen Scholarship Program online information evening**

February 21, 2024



Are you a high achiever completing Year 12 in 2024?

The Hansen Scholarship Program is the University of Melbourne's most generous undergraduate accommodation scholarship, valued at up to \$108,000.

The program rewards high-achieving Year 12 students from across Australia who have faced adversity and are committed to helping others. Hansen Scholars receive free accommodation at Little Hall, generous financial support, tailored academic mentoring and more throughout their undergraduate degree at Melbourne. Applications for the 2025 program will open on 5 February 2024. In this online information session, you'll discover more about the range of benefits on offer, as well as the eligibility criteria and tips on submitting a competitive application. You'll also hear from a current Hansen Scholar and have the chance to ask any questions.

[Find out more](#)

### **University of Sydney | Why study environmental engineering?**

February 21, 2024

Join our webinar to learn about our new environmental engineering stream, launching in 2025. If you want to develop solutions to minimise chemical emissions, air pollution control or global warming, environmental engineering is for you. Gain the skills to reduce the carbon footprint of manufacturing processes and choose to specialise in advanced water treatment and purification technologies, energy optimisation, or geotechnical engineering.

[Find out more](#)

### **UOW | 2024 Languages Day**

From February 23, 2024

Being able to converse in more than one language is a highly regarded skill. It can open doors into other cultures and communities and expand your knowledge of the world.

This free, interactive event offered by the Faculty of Arts, Social Sciences & Humanities is designed specifically for students studying languages in Years 9-11 in 2024. Participants will spend the day at UOW learning valuable skills from academic staff and students. The day includes fun and engaging activities which will invigorate their passion for languages, plus the opportunity to learn about languages degrees offered at UOW.

[Find out more](#)

### **WSU | Discover Western Webinars - What Can I Study?**

February 27 to April 11, 2024

Want to know more about careers and degrees in the fields of most interest to you? Not sure what subjects to select for your senior years? Let us support you to make informed decisions and discover more about why you should study at Western.

- Tuesday 27 February, 5pm: Communication, Music, Visual Design, Screen Media, Creative Industries
- Wednesday 28 February, 5pm: Criminology, Criminal and Community Justice, Policing, Law
- Thursday 29 February, 5pm: Business, Accounting
- Wednesday 6 March, 5pm: Information Technology, Data Science, Mathematics
- Tuesday 12 March, 5pm: Engineering
- Wednesday 13 March, 5pm: Nursing, Midwifery
- Tuesday 19 March, 5pm: Psychology
- Wednesday 20 March, 5pm: Physiotherapy, Occupational Therapy, Health Science, Sport and Exercise Science
- Thursday 21 March, 5pm: Speech Pathology, Podiatry, Paramedicine, Traditional Chinese Medicine



- Tuesday 26 March, 5pm: Science, Medical Science
- Wednesday 27 March, 5pm: Social Science, Social Work
- Wednesday 3 April, 5pm: Teaching, Education
- Thursday 4 April, 5pm: International Studies, Tourism and Event Management, Humanitarian and Development Studies
- Tuesday 9 April, 5pm: Arts, Languages, Interpreting and Translation
- Wednesday 10 April, 5pm: Architecture, Industrial Design, Construction Management, Planning
- Thursday 11 April, 5pm: Medicine

[Find out more](#)

### **STEM + X Webinar Series: Science**

February 28, 2024

Science careers are more than just lab coats and experiments. The truth is, science is a really broad area to work in. People who have a science degree can work in government, in business, with the environment, or anywhere. Often without a lab in sight.

Join this free webinar to explore how you can combine a science degree with your 'X', which is your passion, another area or a big goal.

It's Careers with STEM's winning formula: STEM + X, where STEM is science, technology, engineering or maths, and X is up to you!

Brought to you with the support of QUT, this webinar unlocks the next-level potential of a science degree.

[Find out more](#)

### **University of Sydney | The Bachelor of Advanced Studies**

February 28, 2024

Learn about the Bachelor of Advanced Studies and find out how this degree can give you the flexibility to pursue multiple areas of interest and graduate with specialisation in two specific fields of study.

[Find out more](#)

### **University of Sydney | Electrical engineering**

February 28, 2024

If it excites you to know how electricity can benefit our lives, then Electrical Engineering could be for you.

Electrical engineers design the electronic devices, computers, communications systems and power systems that have, and continue to, transform society. This covers everything from the computers and networking equipment enabling the internet to the power stations providing electricity to your home.

Our degrees emphasise practical learning, industry experience, and ensure that you graduate as a job-ready engineer for the digital age with full accreditation. Join our webinar to find out more about Electrical Engineering at Sydney.

[Find out more](#)

### **Charles Sturt | Explore Day**

March 5 to March 26, 2024

Are you in Year 10, 11 or 12? Then Explore Day is your chance to check out what life at Charles Sturt University is like.

Keen to check out where you'll be staying? Take a look at our accommodation and tour our campus, chat with students and get the lowdown from lecturers. There's even a free lunch and a swag bag of goodies. But the best bit about Explore Day? It's all about you! Pick which interactive session/s interests you, book your spot and then get set for some hands-on learning – and a whole lot of fun.

Each of our Explore Day campuses will run different sessions on everything from arts to vet science, so there's lots for you to explore.



[Find out more](#)

### **UNSW | Year 12 Medicine Information Evening**

March 12, 2024

Are you interested in a career in medicine?

Start your medical career at one of the top medical schools in the world. Studying the Bachelor of Medical Studies/Doctor of Medicine at UNSW will provide you with the theoretical understanding and practical experiences you need to launch your career as a medical professional.

UNSW's Medicine Information Evening, for current year 12 students, will provide insight into the dynamic blend of hands-on clinical experiences and research-focused learning that you will be immersed in as a UNSW Medicine student. You'll also find out detailed information on the application and admissions process for 2025 entry, including special entry schemes such as Rural, Gateway and Indigenous Entry Schemes.

Join us online where you will hear from our expert panel of academic staff, current students and advisors, and get all of your UNSW Medicine questions answered.

[Find out more](#)

### **Charles Sturt | Medicine Information Night**

March 20, 2024

Join our online Medicine Information Night to discover our five-year Doctor of Medicine.

Charles Sturt University offers the Joint Program in Medicine in partnership with Western Sydney University.

The two-year program runs on our Orange campus in regional New South Wales and is followed by three years of regional placements.

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

[Find out more](#)

### **BiG Day In, UTS**

March 20 to 21, 2024

Join us in the Great Hall at UTS for the 2024 BiG Day In – hear from organisations such as Australian Signals Directorate, Microsoft, Google, Westpac, Woolworths, Wisetech Global, Avana, TCS and loads more to come to learn where a STEM career could take you.

[Register for Day 1](#) or [Register for Day 2](#)

### **AIM | School Holiday Workshops**

April 8, 2024

Created for students in Years 9-12, AIM's new high school music workshops provide incredible opportunities to explore performance and songwriting, mentored by AIM's own accomplished musicians and educators.

[Register for the Performance workshop](#)

[Register for the Songwriting workshop](#)

### **AIE | Industry Experience Day**

April 11 to April 17, 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](#)

### **AIM | School Holiday HSC Masterclass**

April 12, 2024

AIM's HSC Performance Workshop is designed exclusively for Year 12 Music 1 and 2 students who are interested in improving and polishing their performance works for their assessments, trial performances and HSC.

[Find out more](#)

### **Discover Health Sciences at ACU North Sydney**

April 16, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Take part in hands-on workshops, tour our facilities and hear from current students about a rewarding career as a health professional.

[Find out more](#)

### **Discover Teaching and Social Work at ACU Strathfield**

April 17, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Take part in hands-on workshops, tour our facilities and hear from current students about a rewarding career as a teacher or social worker.

[Find out more](#)

### **UTAS | Maria Island Marine Biology Experience**

April 22 to April 28, 2024

A practical learning experience on Maria Island for year 11 and 12 students.

This predominately field-based unit consists of 5 days on picturesque Maria Island on the Tasmanian East Coast. The unit is open to 24 students and is designed to engage, challenge, excite and inspire you through a hands-on marine science program. It will encourage you to explore issues threatening biodiversity as well as the productivity of the marine system. Climate change, invasive species, pollution, debris and their associated social and economic impacts will be covered.

To help with the cost of getting to Tasmania, year 11 and 12 students currently living interstate will automatically go into the running to receive one of five fully funded packages.

**Please note, applications close at 11.59pm on Monday, 26 February.** Applications received after this date and time will not be accepted.

[Find out more](#)

### **UNE | Open Day 2024**

May 3, 2024

Open Day is a great opportunity to visit our Armidale campus, chat with staff and students to learn more about the courses on offer, check out the facilities, attend talks and information sessions, and get taste of uni life.

Talk one-on-one with lecturers, unit coordinators and students about your study options and career pathways, and learn everything you need to know about applying to UNE, the Early Entry program, and scholarships from



our friendly Future Students Team.

[Find out more](#)

### **BiG Day In, Parramatta**

May 15, 2024

Join us on Wednesday 15 May for 2024 BiG Day In Parramatta. Bring your Year 9-12 students along to WSU CBD Campus to hear from presenters from Westpac, Microsoft, Google, Wisetech Global & more to come so they can learn where a STEM career can take them.

[Find out more](#)

### **University of Melbourne Hansen Scholarship**

**Opens:** February 5, 2024

**Closes:** April 3, 2024

The Hansen Scholarship Program aspires to nurture and significantly expand the horizons of Australian students who may otherwise struggle to access a high-quality university education.

[Find out more](#)

### **ANU Tuckwell Scholarship Program**

**Opens:** March 7, 2024

**Closes:** April 11, 2024

The Tuckwell Scholarship Program is the most transformational undergraduate scholarship program in Australia. Every year, we offer 25 talented school-leavers the opportunity to fulfil their potential by actively participating in the very best that ANU has to offer.

[Find out more](#)

### **Bond Business School Year 12 Extension Program**

Get a head start on your studies with the Bond Business School Year 12 Extension Program, which comprises fast-paced and fun two-day workshops designed to prepare you for university life. Facilitated by our world-class academics, the Extension Program offers an enriching opportunity that supports the existing Year 12 curriculum across areas such as business and maths. Faced with real-world situations, participants will hone their skills, problem solve, and work collaboratively with their peers. The Extension Program is free of charge to students.

The Extension Program tangibly supports students on their journey to Bond University through the following initiatives:

- Upon successful completion of the program, students will receive an early offer into their chosen degree, subject to meeting the academic entry requirements.
- Top performing students from the days will be awarded one of ten part-fee scholarships exclusive to the Year 12 Extension Program, offering 25% and 50% reductions in tuition fees for an undergraduate degree at Bond University\*. (\*Excludes Medical Program)
- There are also bursaries valued at \$5,000 available to participating schools who contribute four or more students to the program, and to individual students who receive a high distinction in the program. Bursaries will be credited towards university tuition fees.

### **Who is eligible?**

The Year 12 Extension Program is run in partnership with a number of schools across South East QLD and Northern NSW. Partner schools can nominate up to eight students per year for the program as long as they



fulfil the following criteria:

- Be completing Year 12
- Be nominated and supported by a teacher or career advisor and parent
- Be able to participate in the program over two days
- Possess an interest in studying at Bond University
- Have achieved at least a B in English and/or Maths (excluding Applied subjects) in Year 11

#### Upcoming dates:

- **Maths 1:** Monday, 8 April and Tuesday, 9 April, 2024.
- **Maths 2:** Friday, 19 April and Saturday, 20 April, 2024.
- **Business 1:** Thursday, 11 April and Friday, 12 April, 2024.
- **Business 2:** Friday, 26 April and Saturday, 27 April, 2024.
- **Business 3:** Tuesday, 7 May and Wednesday, 8 May, 2024.

Find out more and register your interest for the program [here](#).

#### [Future Leaders Academy – Student Leaders Programme](#)

Are you a:

- Prefect
- School Captain
- Peer Leader
- Community Leader
- Another type of leader
- ...Or aspiring to be?

Join other young leaders, from all ethnicities, on a week long advanced leadership course hosted at different locations across the Pacific, having an adventure with new life-long friends.

Each course is open to 40 New Zealand and Australian senior high school students, joined by 15 local Pacific Nation equivalent students.

There are four courses available in 2024, with some applications open now and others opening soon.

You can find out more about the programme and apply [here](#).

#### [Learn for free with Skill Finder](#)

Looking to explore a potential career pathway, boost your skills, or just learn something new? Skill Finder is an online course marketplace that features over 3,000 free courses provided by some of the world's leading tech companies. They offer courses in a wide variety of categories, including computing, design, business, and more. You don't need any previous knowledge to jump into a course – they're available to anyone at any time. There are heaps of different course levels, from complete beginners to pros looking to refine their skills.

They also have a [Career Pathways](#) tool where you can explore the skills and knowledge you'll need for your dream job, then find suggested courses to get you started on your journey.

Learn online, at your own pace, and at no cost.

Take a look at the courses on offer and find out more [here](#).

#### [6 alternative study tips](#)

Even though you know it's something you have to do, study can sometimes feel like a never-ending slog. So we've come up with 6 alternative study tips that might help refresh your revision and prepare you effectively for your next important exam.

#### **Have a post-it note frenzy**

Write facts, figures, equations, or anything useful at all on a stack of post-it notes and stick them *everywhere*.





You could have them in your room, on your desk, on mirrors, on doors, on windows, in the kitchen, on the stairs, in the shower, on the back of the toilet door – anywhere you'll see them. They'll act as constant little reminders for you throughout the day (just try not to annoy the other members of your household with your flurry of notes).

### **Record yourself**

Why not have a bit of fun with your revision and sing your notes to the tune of your favourite song? It really doesn't matter how good or bad you are – in fact, if your singing is particularly off-key, it might be even more memorable (and funny too).

If you're not quite up for that, you could just record yourself reading your revision notes out loud. It can help cement some of the facts, and you can listen back to them over and over, even when you don't feel like studying. Even if you have them just playing in the background, you might find that information is subconsciously cementing itself in your brain.

### **Make a mind map**

If note taking isn't your thing, you might like to try using more visual methods – that's where [mind maps](#) come in. Using a blank sheet of paper, put the main topic in the centre, then "branch" out to subtopics. You can then add more detail to each subtopic by adding more branches. You can use colours to group similar topics or differentiate between ideas, add pictures to help you recall details at a glance, make them as fancy or as simple as you like – your options are nearly endless, so there's bound to be something that will work for you.

### **Watch YouTube tutorials**

Search on YouTube for videos and tutorials about your subjects and topics. Although it's probably not the best idea to use this method as a complete revision model, it can add a bit of interest to your study schedule – and if you stumble across some really good ones, you might like to share them with your friends and compare notes.

### **Smell of success**

Studies show that [smells can affect our emotions and moods](#), and even [help us remember things](#). So get a noseful of your favourite aroma before you hit the books, and then hopefully next time you come across the scent, it evokes memories from your study session. You could use candles, diffusers, essential oils, flowers, or even fresh fruit (if you have pets, just keep in mind that [some scents and oils can be dangerous for your furry friends](#)). And hey, even if doesn't work, at least your study area will smell nice.

### **Make up mnemonics**

Mnemonics are memory strategies to help you recall large chunks of information. Do you remember singing a tune to help you remember the order of the colours in the rainbow? Or using the phrase 'My Very Excellent Mother Just Served Us Nachos' to remember the order of the planets? These are both mnemonics. There are nine main types of mnemonic:

- **Music** – using tunes and jingles to remember things, like the alphabet song.
- **Name/acronym** – using the first letter of each word in a list of items to make a new word. This new word then helps you remember the full list. For example, the 7 coordinating conjunctions are For, And, Nor, But, Or, Yet, So = FANBOYS.
- **Acrostic** – a sentence or phrase where the first letter of each word represents a thing that you're trying to memorise. For example, to remember the classifications of life, you could use Dear King Philip Came Over For Good Soup = Domain, Kingdom, Phylum, Class, Order, Family, Genus, Species.





- **Model** – a visual representation to help with understanding and recalling important information, e.g. a pyramid model, circular sequence model, or pie chart.
- **Ode/rhyme** – reciting information in the form of a poem, e.g. “i before e except after c, or when sounding like a in neighbour and weigh”.
- **Note organisation** – includes the use of things like flash cards and lists.
- **Image** – these work by associating an image with characters or objects whose name sounds or looks like the item that has to be memorised. For example, you can remember the two different camel species by remembering that a **B**actrian camel’s back is shaped like the letter **B**, while a **D**romedary camel’s back is shaped like the letter **D**.
- **Connection** – the method of remembering facts by connecting something new with something you already know well.
- **Visualisation** – using techniques like the [method of loci](#) to remember things.

### Even more study tips

If these alternative study tips aren’t quite your style, we have heaps of other tips and tricks on our website [here](#).

### [How to become a Medical Technician](#)

Medical technicians play a crucial role in the healthcare industry. They are responsible for performing a variety of laboratory tests and procedures to help diagnose and treat patients. You’ll use cutting-edge technology and equipment and work closely with other healthcare professionals, such as doctors and nurses, to provide the best possible care for patients.

Being a medical technician is a fulfilling and exciting career choice for those who are passionate about healthcare and helping others – see if it might be right for you.

### What skills do I need as a medical technician?

- Hands-on
- Excellent team worker
- Great communicator
- Patient and kind
- Analytical and thorough
- Adaptable and flexible
- Highly resilient
- Good with technology

### What tasks can I expect to do?

- Collect and prepare samples for laboratory testing
- Operate and maintain laboratory equipment
- Analyse test results and report findings to medical professionals
- Keep accurate records of laboratory procedures and results
- Adhere to safety and sterilisation protocols
- Report faults with important equipment
- Maintain a clean and organised laboratory environment
- Stay up-to-date with the latest advancements in the field

### What industries do medical technicians typically work in?

- Health Care and Social Assistance
- Retail Trade
- Professional, Scientific and Technical Services



### **What kind of lifestyle can I expect as a medical technician?**

There are lots of part-time opportunities available for medical technicians, and the work can be quite flexible. This also means you may need to work late nights, weekends, and holidays too. It's a medium-sized field that is expecting very strong growth, so jobs are typically plentiful and secure.

Most of your work will be done indoors, in hospitals, private clinics, and other healthcare settings. Because of the hands-on nature of the job, remote work is very rare, though sometimes basic consultations can be done over the phone or via video conferencing.

Most medical technicians earn an average wage.

### **How to become a medical technician**

To become a medical technician, you typically need to complete a post-secondary program in medical laboratory science or a related field. This includes coursework in biology, chemistry, anatomy, and medical terminology, as well as hands-on training in laboratory techniques and procedures.

Many programs also require clinical rotations or internships to provide practical experience in a healthcare setting. Additionally, certification is available to demonstrate your expertise and commitment to the field.

If you're in high school now and are thinking of becoming a medical technician, here are some steps you could take:

- Study English, Mathematics, and Sciences at high school. Completing these subjects will equip you with the basic knowledge you need for further study.
- Contact hospitals and clinics near you and ask about work experience or volunteering opportunities to get a taste of the field and start making connections.
- See if there are apprenticeship or traineeship pathways into this career.
- Be prepared to engage in lifelong learning throughout your career.

Find out more here:

- [Australian Institute of Medical and Clinical Scientists](#)
- [Medical Sciences Council of New Zealand](#)
- [Academy for Healthcare Science](#) (UK)
- [Medical Laboratory Scientists Association](#) (Ireland)
- [American Medical Technologists](#)
- [Canadian Society for Medical Laboratory Science](#)

### **Similar careers to medical technician**

- [General Practitioner](#)
- [Aged Care Worker](#)
- [Registered Nurse](#)
- [Physiotherapist](#)
- [Social Worker](#)
- [Medical Engineer](#)
- [Orthotist](#)

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

### **Online job application tips**

Online job applications are really common these days. Chances are you'll need to submit an online application when you apply for your first job. If you've never done it before, it can seem a bit confusing. But don't worry – we're here with some online job application tips to help you apply with confidence and snag an interview. Let's



take a look.

### **Read the application instructions carefully**

Even if you are familiar with the process, don't make the mistake of assuming you know what to do.

Applications are specific to the job and the employer, so even though they might look the same, the wording and processes might differ.

For example, the application process through an online job board can be totally different to the process through the employer's site directly. Whenever you apply for a job, carefully read the instructions before you start – it could save you a lot of time and effort down the track.

### **Check you're applying in the right place**

Sometimes you can submit "one click" or "quick" application options through a third party (like [SEEK](#), [Indeed](#), or [LinkedIn](#)). Other times the company might take direct applications via their website. Some employers may even ask you to email your resume and cover letter directly to them.

If you find a job that's being advertised across multiple platforms, read the details carefully and see if the employer has specified a place they would prefer to receive applications. If they don't have a preference, it's usually best to apply directly through the employer's website. This will show you've done your research – plus, your application will go exactly where it needs to be straight away.

### **Fill out every field**

There's no getting away from it, online job applications can be *long*. Sometimes it feels like they want every little detail, down to the name of your first family pet. But it's definitely worth your time to make sure you fill out every field before you hit submit (yes, even the optional ones).

This is your chance to make a good first impression on the employer, showing that you care enough about the job to put in the time and effort to fill in every detail. Plus, some online applications won't submit at all if you haven't put something in every box.

### **Polish your digital presence**

Some online job applications might ask you to link to any social media accounts you have. Even if they don't, it's really common these days for employers to do a quick Google search for potential candidates to scope out whether they'll be a good fit.

Before diving into applications, take a moment to review your online presence. Clean up your social media profiles and ensure they reflect the image you want to portray to potential employers. Remember, anything you post online can be out there forever, so make sure it's something you'd be OK for an employer to see.

If you want some tips on curating a professional online presence, you can take a look at [this blog](#).

### **Don't wait**

Some people believe there's a "perfect time" to apply for jobs online. It could be a Monday morning, a particular time of day, or right before applications close (to be the last application the recruiter sees). The truth is, the internet never sleeps, so your application is just as likely to be seen if you send it in the morning versus the evening. Most employers also tend to wait until applications are closed and read them in bulk, rather than pick through one-by-one as they trickle in.

Plus, job opportunities usually don't last long; and employers sometimes even stop accepting applications early if they receive a lot. So it's always better to apply straight away, rather than waiting for the "right time" only to find out you missed the deadline.

### **Other online job application tips**

Here are some other quick online job application tips to help your submission shine:

- Make every response professional and polite.



- Don't use abbreviations or emojis.
- Don't use sloppy grammar or [poor etiquette](#).
- Never use autofill – it could get things incorrect or in the wrong order. Take the time to complete applications manually.
- Always tailor your replies to the specific job you're applying for.
- Don't forget to proof read your application.

### Find out more

We have heaps of other tips on applying for jobs, preparing for work, and more on our website [here](#).

### [Extra-curriculars aren't just for kids](#)

When you're a kid, you have plenty of opportunities to be involved in extra-curricular activities outside the classroom. Lots of children are encouraged by their parents to learn an instrument, play a team sport, take dance or drama lessons, and more. But once you hit senior school, head off to university, or start working, it can be trickier to do things outside of your study or work commitments. You might find that with less time and less external pressure, you just...don't do it.

But there is great value in doing things outside of work and study – [even more so if your hobbies are totally unrelated to your job](#). So in this blog, we're going to explore why extra-curriculars aren't just for kids, and go through some ideas to get you thinking.

### The benefits of extra-curricular activities

Lots of people associate extra-curricular activities with academic pursuits, but the reality is you don't necessarily need to be learning for something to be worthwhile. Doing things outside of work and study is beneficial for a number of reasons:

- Meet new people
- Get healthy (physically and mentally)
- Experience new things
- Potentially discover a new passion
- Build a routine
- Reduce stress levels
- Be involved in your community
- Maybe add a couple of things to your resume too

### Post-school extra-curriculars to consider

When your free time is so limited and precious, making sure you find the best way to spend it is key. There's no harm in trying a few things until you find the right fit, and different things will work for different people. Here are some ideas of extra-curricular activities that can keep you engaged and happy, and maybe even benefit your professional life too.

### Be part of a community

Team sports are a great way to meet new people and stay fit. There are clubs for music, dance, hiking, coding, arts and crafts, film, books, languages, and gaming. You might enjoy cooking, love gardening, or have a passion for woodworking. In fact, there are groups, communities, and societies out there for almost any interest imaginable.

By joining a community of people with common interests, you can make new friends while doing what you love. Depending on what you do and how good you are, you could get the chance to go on camps or compete



in tournaments and competitions. You might even make some unexpected connections that link you to job or study opportunities.

### **Volunteer**

There are so many places and causes in your local community that want your time. You could help tutor disadvantaged kids, work in the office of an international organisation, sort and sell clothes in an op shop, or help out at a soup kitchen. Find something you feel passionate about and give your time to make a difference. There are sure to be volunteer opportunities out there that relate to your future career aspirations. And even if they don't, you'll still be building valuable skills and helping a worthwhile cause.

### **Read**

Long days of work and study can be exhausting, and sometimes you just don't feel like adding more to your plate. But there's lots of value in more "passive" activities as well, particularly reading. Whether you enjoy a good romance novel or are more interested in historical accounts, reading (even just for pleasure) has [so many benefits](#), from improving your language skills to helping you relax.

### **Practice mindfulness and meditation**

Engaging in meditation, yoga, or deep breathing exercises is a great way to reduce stress and promote relaxation, while mindfulness techniques can improve focus and mental clarity. The best part is they can be done in as little as 10 minutes, so it's easy to fit these activities into even the busiest schedule.

You can practice mindfulness in various ways, such as [mindful walking](#), keeping a journal, or simply observing your thoughts and emotions without reacting to them. And there are heaps of videos and blogs out there (many of them free) that can walk you through basic yoga and meditation exercises.

### **Learn something new**

Education doesn't have to be a boring, formal process. There are heaps of different ways to discover new things, from watching videos online to taking a free short course. Many of them are free and can be done from the comfort of your own home.

Learning doesn't even necessarily involve picking up a new skill, like playing an instrument or speaking a language. You could learn more about your family history, research film-making techniques from the 1950s, or read fish keeping forums. Either way, you'll still benefit from broadening your perspective, deepening your understanding of the world, and just enjoying the process.

### **Life is about more than just work and study**

While we spend a lot of our lives working and studying, making sure we are fulfilled in our personal lives is just as important. There's nothing wrong with taking time for yourself to do something you love, [even if it has no monetary value](#) – as long as you are comfortable and happy, that's all that matters.

*"Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort."*

*– Franklin D. Roosevelt*

You can read more about personal growth, lifestyle, and wellbeing on our website [here](#).

### **[10 famous people who took gap years](#)**

There are lots of times you might want to take some time out, whether it's before further study, before starting your career, or in between jobs. And sometimes a break can be more beneficial than trying to push on when you're already burnt out or uninspired. In this blog, we'll look at some examples of 10 famous people who took gap years and went on to be hugely successful.



## 10 famous people who took gap years

If you or your parents need some convincing that a gap year isn't a bad thing, have a quick look at this list – it could help change your minds.

### Steve Jobs

The co-founder, chief executive, and chairman of Apple famously dropped out of college to spend a year in India. He spent months meditating in the mountains and learning how to tap into what was important to him, before returning home and revolutionising the world of technology with the invention of the Mac. Interestingly, the only class he ended up taking in his short time at college was a calligraphy class – and it did end up being useful to him later, as he describes:

*“Because I had dropped out and didn’t have to take the “normal” classes, I decided to take a calligraphy class ... It was beautiful, historical, artistically subtle in a way that science can’t capture, and I found it fascinating.*

*None of this had even a hope of any practical application in my life, but ten years later, when we were designing the first Macintosh computer, it all came back to me—and we designed it all into the Mac.*

*If I had never dropped out, I would have never dropped in on that calligraphy class and personal computers might not have the wonderful typography that they do.”*

– Steve Jobs, [2005 Stanford Commencement Address](#)

### Malia Obama

Feeling like she needed to spend some time out of the shadow of her dad, former US President Barack Obama's oldest daughter decided to take a gap year between finishing school and heading off to further study. She travelled South America and experienced real life first-hand: staying in local homestays, taking public transport, and volunteering wherever she could.

### Emma Watson

Probably known best for her role in the wildly successful *Harry Potter* film series, a less-known fact about Emma Watson is that she decided to move away from acting in 2016 to focus on personal development and her interest in gender issues instead. What started as a gap year turned into several gap years, but during this time she accomplished many incredible things, including starting a feminist book club, launching a legal helpline for people who have suffered sexual harassment in the workplace, travelling internationally to advocate for the education of girls, investing in sustainable alternatives to petrochemical products, and more.

### Prince William

Even royalty need a break sometimes! While his father didn't really approve, Prince William was determined to experience life outside the palace. His gap year consisted of British Army training exercises in Belize, working on dairy farms in England, visiting charities in Africa, and ten weeks teaching children in southern Chile. He also spent a fair bit of time scrubbing toilets (true story) and even had a go at being a local DJ.

### Benedict Cumberbatch

British actor Benedict Cumberbatch has had a varied and successful career, which he attributes not to his education, but to the year he spent teaching English to Tibetan Buddhist monks in India. While there he threw himself into the culture and lifestyle, learning to meditate and tapping into his spiritual side. This is what he



had to say about his gap year:

*“They were amazingly warm, intelligent, humorous people. Hard to teach English to. I built a blackboard, which no previous teachers seem to have done. With twelve monks in a room, with an age range of about eight to forty, that’s quite important. But they taught me a lot more than I could possibly ever teach them.*

*They taught me about the simplicity of human nature, but also the humanity of it, and the ridiculous sense of humour you need to live a full spiritual life.”*

– Benedict Cumberbatch, [Interview with Lion’s Roar](#)

Amazingly, he would return to the Himalayas many years later to film *Doctor Strange*, where he took some time off filming to reconnect with the culture and tradition that had inspired him.

### **Hugh Jackman**

After finishing school, Hugh Jackman decided to delay going to university to instead work as a teaching assistant in the UK. At one point, he was even in the classroom teaching 14 year olds. He returned home to study a Bachelor of Communications at UTS. In his final year he enrolled in a drama class because he’d heard it was “easy to pass” – but it ended up changing the trajectory of his career. “In that week I felt more at home with those people than I did in the entire three years at university,” he said.

### **Ed Sheeran**

When you’re topping charts with your music, touring the world, and have just been named artist of the decade, it might seem a bit strange to want to leave it all behind. But that’s exactly what Ed Sheeran did in 2016, announcing that he was taking time off from music and public life to simply “travel, write and read”. He spent time roadtripping in Australia, bungy jumping in New Zealand, white water rafting in Fiji, and watching the northern lights in Iceland.

### **Bradley Cooper**

Many years before his acting career took off, Bradley Cooper decided to spend 6 months as an exchange student in Aix-en-Provence in the south of France. Why? Just to learn French, of course!

*“When I was a kid, I remember watching Chariots of Fire. And French is the official language of the Olympics. So there’s a scene where a guy was speaking French and I thought, ‘Man, that sounds so cool. I want to learn French.’”*

Bradley Cooper, [Interview with PEOPLE](#)

### **Mark Zuckerberg**

It’s one of the most successful social media sites in history, but it wasn’t always smooth sailing at Facebook. Amidst tough competition and intense buyout pressure in 2008, Mark Zuckerberg took some advice from his friend and fellow tech entrepreneur Steve Jobs – do what I did and take some time off to travel. So he spent a month travelling India and reflecting on his career, before returning to make Facebook bigger than ever.

### **Charles Darwin**

After dropping out of medical school and neglecting his studies to become a clergyman, Charles Darwin received an invitation to an expedition around the coast of South America that would change the course of history. Despite his father’s objections, Darwin decided to go anyway, and it was on this voyage that he formed his theory of evolution. He described the trip as “by far the most important event in my life. It determined my whole career.”





### **Taking a gap year could pay off**

Remember, a gap year isn't a break from learning altogether; it's just a break from traditional forms of learning like school and university. Spent the right way, a gap year can have great benefits for you professionally, academically, and personally.

If the stories of these 10 famous people who took gap years still didn't quite win you over, you can read more about the advantages of a gap year on our website [here](#).