

Weekly Careers News

For Victoria

Monday 17 June, 2024

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What's On

Upcoming Events

Chisholm | Sports Academy 2025 - Online Information Session

June 18, 2024

Learn more about what it's like to be a student-athlete at the Chisholm Academy and train under the expert eye of Chisholm Sports Academy's coaches.

If you're an aspiring athlete passionate about sport and studying Year 11 or 12 in 2024, or you're currently completing your senior secondary program and looking to complete a Fitness industry qualification or Diploma of Sport (course code SIS50321), our Academy might just be for you!

During this session, you will discover more about:

- the Chisholm Sports Academy and what its like to be a student athlete
- how you reach your sporting potential and achieve your educational goals
- success stories from past students
- facilities and student support available
- eligibility criteria
- key dates and how to enrol

[Find out more](#)

AIE | Information Evening

June 19, 2024

Discover the courses designed to get you started in game development, film, 3D animation and visual effects at the AIE Information Evening. The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. We will be showing off AIE student work and our staff and teachers will be available to chat with you about our courses and how AIE can get you into a creative career.

[Find out more](#)

VU | Careers for Young Women in Sport Forum

June 21, 2024

Keynote speaker Bianca Chatfield, alongside industry panel members including Susan Alberti AC and Kate Price, will help guide girls towards thriving sport careers. Be inspired by masterclasses covering Sport Performance & Rehabilitation, Sport Management & Business, and more.

This free event is designed for girls in Year 10 – 12 who aspire towards a career in sport.

[Find out more](#)

The Hotel School | Melbourne Open Campus 2024

June 22, 2024

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

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

[Find out more](#)

CAA | 2024 Tertiary Update Day Webinar

June 25, 2024

Hear from over 20 tertiary providers about what's new and what's changed in 2024. This event is free for all CAA members.

[Find out more](#)

Chisholm | Sports Academy 2025 - Discovery Day, Casey Stadium

June 26, 2024

Learn more about what it's like to be a student-athlete at the Chisholm Academy and train under the expert eye of Chisholm Sports Academy's coaches.

If you're an aspiring athlete passionate about sport and studying Year 11 or 12 in 2024, or you're currently completing your senior secondary program and looking to complete a Fitness industry qualification or Diploma of Sport (course code SIS50321), our Academy might just be for you!

Come along to our discovery day which combines both practical skills training with our coaching team as well as information about what it is like being a student athlete.

[Find out more](#)

Important Future Events

NYSF STEM Hub, Melbourne

July 1 to July 4, 2024

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

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

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

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

Registrations will close at 12pm on 19 June 2024.

[Find out more](#)

Discover ACU Melbourne

July 1 to July 4, 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.

[Find out more](#)

Enter the World of Le Cordon Bleu Careers Residential, Melbourne

July 3 to July 5, 2024

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like.

Meet lecturers and Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary arts with our chefs.

[Find out more](#)

RMIT | Tech and Trades Experience Day 2024

July 4, 2024

Come and discover RMIT – Register your interest for a spot at our free exclusive Hands-On Experience Day in your July school holidays!

You will have the opportunity to choose two interactive workshops from a Trades and Future technology areas in our Vocational Education programs.

Tailored for students in years 10, 11, and 12, along with their parents and guardians, this event promises an immersive day of exploration. Uncover your passions, gain valuable insights, and pave the way for a future filled with endless possibilities.

[Find out more](#)

SAE | Create for a Day

July 6, 2024

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

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

[Find out more](#)

AIE | Industry Experience Day

July 10, 2024

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

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

[Find out more](#)

AIT | Open Day

July 13, 2024

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

On the day you can expect to:

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

[Find out more](#)

AIE | Film Production Workshop

July 20, 2024

Learn what it takes to plan and produce a film shoot in this intensive film production workshop. You will get hands-on with cameras, lighting, and the latest in virtual production LED screens. Industry-experienced filmmakers will guide you in taking your script through the various production stages. In this workshop, we will fast-track the film production process by choosing one scene and taking it through the pipeline from idea to finished shots. As part of this process, participants will be leveraging virtual production sets! This is an exclusive opportunity to learn more about this revolutionary technology which is empowering filmmakers.

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

[Find out more](#)

Marcus Oldham College | Open Day 2024

July 21, 2024

Join us for our Open Day on July 21st 2024, either online or in-person, and discover the world of opportunities in the agriculture, agribusiness and equine industries.

Explore the campus, learn all about the courses we offer, tap into free career advice and meet staff and students.

[Find out more](#)

Swinburne | Open Day 2024

July 28, 2024

Open Day is your chance to see what's possible at Swinburne and find where you fit in.

Hear success stories from real Swinburne students. Discover a range of courses that combine your passion with a purpose. Learn about the research and tech that are changing the world – and meet the people behind it all. Expand your knowledge, and your horizons.

[Find out more](#)

Monash | Opens Day 2024

Caulfield: August 3, 2024

Peninsula: August 3, 2024

Clayton: August 4, 2024

Parkville: August 18, 2024

Get ready to discover more at Monash Open Day! This is your chance to learn more about your future at Monash. With more activities repeated throughout the day, you can explore Open Day at your own pace and access key information at any time. You may even discover things you hadn't previously considered.

Visit a study area zone to hear from the course experts, tour facilities, chat with students, and take part in interactive and fun activities. Plus, get all your questions answered about our support services and how you can get involved in campus life as a student. Don't forget to explore the campus and enjoy the food, giveaways and entertainment too!

[Find out more](#)

RMIT | Open Days 2024

Bundoora: August 4, 2024

Brunswick: August 11, 2024

City: August 11, 2024

Explore your future university at RMIT Open Day.

- Take a tour of our campuses, you'll see everything from inspiring labs to tech-integrated learning spaces
- Catch a glimpse of what student life is like at RMIT
- Attend presentations, Q&As and more where you'll learn what it's like to study your dream course
- Meet your future employers, lecturers and current RMIT students

[Find out more](#)

Deakin | Open Days 2024, Warrnambool

Warrnambool: August 4, 2024

Geelong: August 18, 2024

We're opening our campuses in August and can't wait to see you there. Get course information, chat with your future teachers and current students, and enjoy fun entertainment.

[Find out more](#)

La Trobe | Open Days 2024

Melbourne: August 4, 2024

Albury-Wodonga: August 11, 2024

Mildura: August 14, 2024

Shepparton: August 24, 2024

Bendigo: August 25, 2024

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more](#)

Torrens | Open Day 2024, Melbourne

August 8, 2024

Come and meet our academics and Future Student Advisors, who will be able to answer all your questions about scholarships, entry pathways and our world-class facilities. Explore our campus and find out firsthand how exciting studying in Melbourne can be.

[Find out more](#)

Fed Uni | Open Days 2024

Gippsland: August 11, 2024

Berwick: August 18, 2024

Mt Helen, Camp St & SMB: August 25, 2024

Open Day is your opportunity to explore all that Federation University and Federation TAFE has to offer you in your education journey, from extracurriculars to industry placements and everything in between.

Experience our stunning campuses and awesome facilities, join a campus tour and get the full student experience from our current students and staff.

[Find out more](#)

AIE | Open Day

August 11, 2024

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

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

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

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

[Find out more](#)

ACU | Open Days 2024

Melbourne: August 11, 2024

Ballarat: August 25, 2024

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more](#)

Charles Sturt | Open Day 2024, Albury-Wodonga

August 11, 2024

What is Open Day? It's your opportunity to discover what life at Charles Sturt is all about. Open Day isn't just for students – parents and carers are welcome too!

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

[Find out more](#)

Whitehouse Institute of Design | Open House 2024, Melbourne

August 17, 2024

Are you excited by design and dreaming of a creative career? Whitehouse Institute of Design, Australia invites you to Open House, a day where you can explore our courses and the endless possibilities within the world of design.

Explore your study options, meet our incredible team, and tour Whitehouse's unique facilities. Whether you're interested in Fashion Design, Interior Design or Creative Direction and Styling, this is your chance to see what makes Whitehouse has to offer.

[Find out more](#)

2024 NYSF National Youth STEM Summit

August 17 to August 19, 2024

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

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

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

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

[Find out more](#)

VU | Open Days 2024

Footscray Park: August 18, 2024

Sunshine: August 18, 2024

City: August 25, 2024

We can't wait to see you at one (or more) of our three exciting Open Day events!

Whether it's meeting our students and staff, finding the perfect course for you, or exploring one of our campuses, bring your whole self to VU – starting at our Open Day.

[Find out more](#)

University of Melbourne | Open Day 2024

August 18, 2024

Save the date for Open Day 2024, where you can experience university life for yourself through an exciting program of information sessions, interactive workshops and tours.

What's on at Open Day:

- Chat to our academics, Future Student teams and current students to learn more about your study options and the exciting careers they could lead to
- Get a feel for campus life by exploring the spaces you'll be learning in, including our labs, libraries, galleries and other specialist facilities
- Learn how our curriculum works, including how you can combine your passions and strengths to set yourself apart for whichever career you choose
- Explore our range of student accommodation facilities and the social activities and study support on offer.

[Find out more](#)

ACAP | Open Day 2024, Melbourne

August 24, 2024

Open Day is your chance to experience the ACAP difference, and find your path in the applied professions. Whether you're interested in Counselling, Psychology, Social Work, Criminology, Law, or Business, ACAP is your pathway to making a difference.

Be part of a workshop, meet our industry-renowned facilitators, and hear all about life as an ACAP student. Join us for a day of exploration and inspiration!

[Find out more](#)

SAE Institute | Open Day 2024, Melbourne

August 24, 2024

Come along to SAE's Open Day and find your future in creative media!

Open Day is your ticket to everything SAE – get a taste of our courses in workshops, explore activations on campus and get some hands-on experience with our state of the art facilities.

[Find out more](#)

AIM | Open Day 2024, Melbourne

August 31, 2024

Join us for Open Day, and experience everything AIM has to offer!

See our campus, get course advice, experience live performances, meet our teachers and students, and take part in activities that will give you a taste of student life here at AIM.

Whether you're ready to study now, or in five years' time, Open Day is open to all and a fantastic opportunity to discover how the Australian Institute of Music can help turn your passion for music into a career.

[Find out more](#)

Collarts | Open Day 2024

August 31, 2024

At Collarts, our Open Day is all about making this process simple and hands-on. Information sessions, workshops and the chance to chat with students, teachers and leaders are an important part of learning more about what sets us apart from the rest.

We invite you to come and experience life at Collarts: from our passion for creativity, close community, state-of-the-art facilities, expert faculty, and more.

[Find out more](#)

NIE | Future Doctors Australia, Melbourne

September 27 to September 30, 2024

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

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

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

[Find out more](#)

It Takes a Spark STEM Conference, Melbourne

October 24, 2024

Most conferences currently being offered on STEM, STEAM and Entrepreneurship tend to be targeted towards teachers and involve a series of speakers and the occasional mini-workshops. This conference is designed to be different. This conference is designed by students and teachers for students and teachers.

The intent of the It Takes a Spark STEM Conference is to bring together Students (Year 4 to 10) and Teachers to connect with inspiring industry role models, share their current school based activities and projects using an authentic sharing and experiential model, create networks of teachers and student teams, and solve social justice design challenges.

The participation of the students is as important as teachers as our intent is to ignite, empower and nurture both to be leaders of STEM and Entrepreneurship within their schools. This is a conference designed and led by students and teachers for students and teachers.

Teachers will have both formal and informal opportunities to speak to other teachers who have enacted programs and activities in their schools and get their questions answered.

The workshops and social justice design challenges are all hands-on so students and teachers will experience first-hand what it is like to be part of great STEM and entrepreneurial learning. This will spark new ideas about curriculum and pedagogy.

[Find out more](#)

Free Money

Scholarships

Westpac Young Technologists Scholarship

Opens: September 2, 2024

Closes: January 13, 2025

The Westpac Young Technologists Scholarship was made for talented and inquisitive high school graduates looking to strengthen their passion and expertise in technology to innovate and create new opportunities and inspire good in the world of STEM.

[Find out more](#)

PEF National Regional & Remote Tertiary Scholarship

Opens: June 1, 2024

Closes: August 13, 2024

The Public Education Foundation National Regional & Remote Tertiary scholarship is open to current Year 12 students who attend public high schools in regional, rural or remote regions in all states and territories across Australia. The scholarships seek to support motivated individuals with demonstrated merit, who are facing hardship, to realise their career goals.

[Find out more](#)

Competitions

Acknowledgement of Country Poster Competition 2024

Opens: May 27, 2024

Closes: August 2, 2024

Find out the Indigenous language of your local area, and then [work with your local Indigenous community](#) to translate an Acknowledgement of Country into that language. Finally, use your visual art skills to create an eye-catching poster featuring the translated Acknowledgement of Country. In

your poster, please use imagery that reflects your local area. For example, don't include a picture of Uluru if your school is in Canberra.

[Find out more](#)

Young Geographer of the Year Competition 2024

Opens: June 1, 2024

Closes: October 4, 2024

The Royal Geographical Society invites you to create your own #ChooseGeography poster to promote the value of choosing geography at school, in further study and in the workplace, linking geographical skills to real people and jobs that make a difference. We are looking for eye catching, creative and informative posters that promote geography as an excellent choice, highlighting its relevance and demonstrating how studying geography can help you understand the world we live in and the 'big issues' that we face as a society.

[Find out more](#)

Study

University

[How to get in touch with universities](#)

Sometimes at this time of year, the questions we have swirling around in our heads about this new chapter of life aren't answered as well as we'd like by the 'about' page on a universities main site. Luckily, there are plenty of ways you can get in touch with universities directly and get that one-on-one support you might need.

Whether you've already decided to head off to university after high school or you're still unsure, it can be really valuable to reach out and utilise their student support services for existing and prospective students.

Best of all, they've made it really easy to get in touch with them, and there's a couple of ways you can go about it.

Ways to contact universities

Wondering how you can get in touch with your dream university? Let's take a look.

Call them

Universities make it easy to call them, and it's a quick and accessible way to make that contact. Lots of institutions have a free phone number available, and you can always make use of the fact that [Telstra](#) have made calls from phone boxes free across Australia.

Look for the phone number listed on the university's website or social media page. On their website, navigating to the 'Contact Us' page usually returns these results. You may have a few

options to choose from, but a good place to start is with any type of *student recruitment* or *prospective students* directory.

Messaging

If you don't have time to make a call or just don't like the idea of talking on the phone, there are also plenty of messaging options available now. You could:

- Send a **text message**
- Submit an **online enquiry form**
- Sign up for **live chat**
- Make use of any **chat bots**
- Send a message through their **social media** accounts

Send them an email

All university websites will either have an email address listed that you can write to, or they'll have a form on their contact page that you can submit with your queries.

It's super simple and quick to do, and you'll usually receive a response within a few days (if not sooner). If it's instant answers that you need, you might be better calling them, or having a look at the **FAQ** section of their website.

Speak with someone face-to-face

It's always nice to have a conversation in person, and there's a few ways you can get face-to-face with a uni representative before you enrol. You could:

- Go along to an [Open Day](#)
- Embrace doing things [online](#) and register for a **video consult**
- Make an appointment to have an **in-person consultation**

Get the answers you're looking for elsewhere

Don't forget that you might be able to find the answers you need by doing a quick internet search, or using the search function on the university's own website. Most unis have a knowledge base or FAQ section you can access.

You might even find separate student-run channels online, where you can connect with current students or browse some common questions – just keep in mind that these might not be supported by the university itself. When in doubt, go straight to the source.

We also have lots of other resources you can access to support your upcoming transition to university, from tips on [completing an application](#) to finding [scholarships](#) to apply for.

[What are impact rankings?](#)

If you're considering going to university, you might like to know about impact rankings and why they matter.

You may have seen or heard about the [Times Higher Education \(THE\) Impact Rankings](#) lately – in fact, they come out around this time every year. It might just look like a bunch of words and

numbers right now, but if you want to make a balanced comparison about the best university to go to, then the *THE Impact Rankings* are the way to go about it.

What is THE?

THE stands for [Times Higher Education](#): it's a definitive source of data for higher education, worldwide. Basically, it's a British magazine that reports specifically on news and issues related to tertiary study – and it's the real deal. It's mostly known for publishing the annual [Times Higher Education – QS World University Rankings](#), which is what we're interested in right now.

Impact Rankings means a sum of indicators that are weighted to cover all the different dimensions of the impact something has. In this case, it refers to where a university sits in relation to other universities, measured on a universal set of criteria.

What's the criteria?

The methodology used to judge universities is supposed to be periodically updated, but the main criteria revolve around teaching, research, knowledge transfer, and international outlook.

This year, *THE* updated their performance indicators from 13 to 18 criteria. Even though there's now 18 different performance indicators, they are still grouped into 5 main areas:

- **Teaching** – the learning environment
- **Research environment** – volume, income, and reputation
- **Research quality** – citation impact, research strength, research excellence and research influence
- **International outlook** – staff, students, and research
- **Industry** – income and patents

By judging all universities against the same set of criteria, *THE* aims to provide a fair and accurate ranking list of universities worldwide. It's also important to note that this criteria is all related to the [United Nations' Sustainable Development Goals](#), and that this list ranks universities based on how well they are working to reach these goals.

Why should I care?

Choosing which university to study at is a big deal – you'll be spending lots of time on campus, using their resources, socialising with other students, and when you graduate as alumni, you'll be associated with that university.

That's why the Impact Rankings can be useful – they can help you find the university that best meets your needs and advocates for the causes that you care about. The *THE* website has a really cool [feature](#) where you can search different universities by name or by country and subject, and the search results show the Impact Ranking and which individual sustainable development goals they are best at. There are also sections for [reputation](#), [subject](#), and [country](#) – just pick what matters to you and view the rankings from there.

There are also articles you can explore like the [top universities for tackling gender equality 2024](#), which collates the rankings relevant to topics you care about.

This year for 2024, [Western Sydney University](#) in Australia ranked number one, which means they came first overall worldwide in how well they're committed to the UN's Sustainable Development Goals across those 5 criteria.

Learn more

You can access the full list of *THE* Impact Rankings directly on their [website](#), but they also have lots of great resources to check out, like a [global job board](#), info about [study abroad](#), and an [events board](#).

If you want to learn more about university, work, or study, we also have heaps of helpful articles on our website [here](#).

Study Tips

[ATAR calculators – What are they?](#)

If you're in Year 12 in Australia, the biggest thing on your mind at the moment is probably your upcoming ATAR result. You won't receive it until [December](#), but most universities start taking applications before your exams are even over. So when you haven't received your ATAR yet, how can you know if you're on the right track?

That's where ATAR calculators come in.

ATAR calculators take the results of any assessment you've done so far and use this raw information to estimate what your final ATAR might be. It's an easy way of seeing whether you're on track to get the ATAR you need for your course or future pathway.

Are the results from ATAR calculators accurate?

Most of the ATAR calculators out there use data gathered from previous years to give you an idea of where you might fall on the scale.

Because [assessment results and scaling change](#) from year to year, it's important to remember that the predicted ATAR you're given from a calculator **most likely won't be the same as your actual final ATAR**. However, they're still good to get a *general* idea of what to expect.

It also depends on the calculator you use. We put the same subjects and same scores into four different calculators, and they all came out with slightly different results:

Calculator	95 Score	90 Score	80 Score	70 Score	65 Score
ATAR Notes HSC	99.40	95.35	81.20	64.95	58.50
HSC Ninja	99.60	96.00	80.55	62.75	55.25
Matrix	99.55	95.40	80.85	64.10	57.00
UAC ATAR Compass	99.55	95.70	81.00	64.35	57.35

Subjects used: English Advanced, Mathematics Advanced, Biology, Physics, Drama, Ancient History.

They might not seem like huge differences, but particularly if your results are lower, there is a larger gap between estimates using different calculators.

What else are they useful for?

ATAR calculators can also be handy to see [how different subjects scale](#). We used the same results and subjects as above, but this time with only Standard English and Mathematics, to see how the estimated ATAR would change:

Calculator	95 Score	90 Score	80 Score	70 Score	65 Score
ATAR Notes HSC	99.25	94.00	76.60	57.90	50.55
HSC Ninja	99.50	95.65	79.50	59.30	49.00
Matrix	99.50	95.30	80.15	59.65	50.30
UAC ATAR Compass	99.50	95.35	80.10	60.70	51.30

By using the calculator, you get a good visualisation of how taking subjects that scale higher can raise your ATAR.

Where can I find one?

Here are some ATAR calculators we've found that you might want to take a look at:

- [UAC's ATAR Compass](#) (HSC)
- [ATAR notes ATAR Calculator](#) (QCE)
- [Deakin University ATAR Calculator](#) (VCE)
- There are a heap more you can check out [here](#).

Important: We don't endorse any particular calculator here at Study Work Grow, and keep in mind that the result you get **might not be accurate and shouldn't be exclusively relied on**.

A final note

Remember that **[your ATAR isn't everything](#)**! If your ATAR isn't quite enough to get into your dream course, this doesn't mean you have to give up. There are lots of [alternative pathways](#) you can take to reach your goals.

You might even like to consider a pathway that doesn't require an ATAR, like studying a [VET course](#), doing an [apprenticeship or traineeship](#), or even jumping into a [job](#).

Want more [study tips](#) or [career pathways](#)? We have all that and much more on our website [here](#).

Work

Job Spotlight

How to become a Teacher's Aide

Teacher's aides help teachers in the classroom by preparing resources, setting up equipment for learning, supervising, and supporting student wellbeing. Their main role is to help students work towards their learning goals and make sure the lessons are understandable by all students. They do this by keeping students on task and ensuring they get the most out of the learning time.

Do you enjoy working with children? Are you patient, organised and fun-loving? If the answer is yes, then this career could be a great fit for you.

What skills do I need as a teacher's aide?

- Patient & trustworthy
- First aid & [CPR certification](#)
- Behavioural management skills
- Approachable & encouraging
- Creative & interactive
- Collaborative mindset & multitasking ability
- Good conflict resolution
- Excellent communication skills

What does the job involve?

- Organising, maintaining and preparing classroom resources for each lesson
- Helping individuals or small groups of students with activities, additional learning support, or testing
- Providing one-on-one assistance to children with special needs, disabilities, or those who have English as their second language
- Carrying out basic administrative tasks including photocopying, filing, distributing information and ordering supplies
- Attending staff and parent-teacher meetings if required
- Support student behaviour by building rapport and close proximity
- Help students by using prompting and questioning techniques
- Assist the classroom teacher with behaviour management
- Grade homework, update student records, and prepare the classroom for learning

What industries do teacher's aides typically work in?

- Education and Training.
- Public Administration and Safety.
- Health Care and Social Assistance.

What Career Cluster do teacher's aides belong to?

Teacher's aides tend to fit into the [Informer](#) Career Cluster, because they use their skills and knowledge to support and guide other people. Because of the kind of work they carry out, [Coordinators](#) who are good at planning, managing and administering also thrive in this role. You will also often find [Guardians](#) as teacher's aides, because they have great people skills to support the people they work with.

What kind of lifestyle can I expect?

It's very common for teacher's aides to work part-time. For full-time employees, the work load averages around 40 hours per week, and most jobs are school hours and term time only – so you'd have holidays and weekends off.

Because it is such an interactive job, it is highly unlikely you'll be employed remotely, so you'll probably need to work on-site. Teacher's aides work in kindergartens, primary schools, secondary schools, and other training or education organisations.

Most teacher aides earn an average salary per year, but this can vary depending on experience and location.

How to become a teacher's aide

Formal qualifications aren't always necessary for this job, but because applications are often highly competitive, having one could help you find a job more easily. Also, once you secure a job, you may be eligible to earn a higher salary bracket if you have some qualifications.

If you're interested in becoming a teacher's aide, it could be worthwhile to undertake a qualification relevant to education, or look for a traineeship. Some examples of entry level certificates you could get that might help with a career as a teacher's aide are:

- [Certificate III in Education Support](#)
- [Certificate IV in Education Support](#)
- [Diploma of School Age Education and Care](#)

Because you will be working with children, you'll also need a [Working With Children Check](#), and some employers also require you to have a [first aid certificate](#).

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

- Work towards obtaining your driver's licence
- Apply for a [National Police Check](#)
- Consider doing [anaphylaxis training](#)
- Enrol in an [e-learning course](#) for working with disabled children
- [Familiarise yourself](#) with the cultural background of your country's migrant populations
- Consider taking a [neuro-Linguistic course for teachers](#) to help with different kinds of communication
- Take some [teaching courses](#) online

Find out more here:

- [Australian Teacher Aide](#)
- [Australian College of Teacher Aides and Childcare \(ACTAC\)](#)

- [Teach Queensland](#)
- [TAFE QLD](#)
- [Department of Education](#)

Similar careers to teacher's aide

- Teacher
- Youth Worker
- Online Tutor
- Auslan Interpreter
- OSHC Coordinator
- Early Childhood Educator
- Carer
- Special Needs Teacher
- Aged Care Worker

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

Skills for Work

[How to handle an uncomfortable work environment](#)

Most of us go to work hoping for a positive environment, where we get along well with everyone we work with – and most of the time that's the case. But what do you do if something goes wrong, and you start feeling uncomfortable in your work environment?

Dealing with any type of workplace harassment or safety violation is a serious issue that is not to be taken lightly. The impact it can have on you – both mentally and physically – can be monumental, so it's important to remember that there are places you can get help if something goes wrong at work.

What if I'm in danger?

If you ever feel like you're in danger at work, you can always call [emergency services](#) – 000 in Australia – and ask for assistance. If you're not comfortable contacting the police, that's OK; there are lots of other places you can get help as well. If the situation is not an immediate emergency, you can call the Police Assistance Line on **131 444** for all states and territories (except for Victoria, where you will need to visit your local police station).

Here are some other places you can contact if you don't feel comfortable talking to police:

[Kids Help Line](#)

- Free, confidential phone help line for young people aged 5 – 25
- You can have a chat by phone, [online](#), or by email about anything that's worrying you
- Phone: 1800 55 1800

[Lifeline](#)

- Free and confidential phone calls
- Staffed by trained telephone counsellors to assist people in crisis
- Open to people of all ages
- Phone: 13 11 14

[ReachOut.com](#)

- An anonymous, 24/7 chat service
- Heaps of facts and info, stories, videos, blogs and forums

[Headspace](#)

- National youth mental health foundation
- Help with mental health, work and study, or any issues you may be having
- Chat one-on-one to a clinician [online](#), or email
- [Find a centre](#)
- Phone: 1800 650 890

What are my rights?

It's important to remember that you are entitled to a safe working environment in the workplace. It's your employer's responsibility to look after you, and they are required by law to ensure certain systems are in place to keep you protected.

Employers are obliged to:

- Create a **safe** work environment
- Assess risks and instruct on ways to avoid them
- Provide rest breaks for workers
- Provide suitable facilities for employees
- Ensure safe handling of dangerous goods or machinery
- Have insurance and workers compensation insurance
- Provide information about how to report unsafe conditions
- Have policies in place to deal with harassment, discrimination or bullying

It is important that all employers abide by these standards, and if they aren't, there are ways you can [report](#) their neglect.

What if I'm dealing with sexual assault?

Sexual assault is *against the law*, and it is *never* OK. It's an issue everyone needs to be aware of, and unfortunately, sometimes this [crime](#) can occur in the workplace. If this happens to you or someone close to you, there are [steps you can take](#) and [people you can talk to](#).

Sexual assault can include physical assault, but also includes things like inappropriate comments, intimidation, and emotional abuse. It's *never* something anyone should have to put up with.

If you feel safe to, you can talk to your manager about what's happened, and they may be able to help. There are also tonnes of safe and confidential services available if you ever need to talk or need help or advice.

- Anywhere in Australia – 1800respect.org.au or call 1800 RESPECT (1800 737 732)
- LGBTQIA+ community (Australia) – [Rainbow Sexual, Domestic and Family Violence Helpline](#) or call 1800 497 212
- ACT – [Canberra Rape Crisis Centre](#) – call 02 6247 2525
- New South Wales – [NSW Rape Crisis Centre](#) – call on 1800 424 017, or visit [NSW Health Sexual Assault Services](#) to find a number in your local area
- Northern Territory – [Department of Health, Sexual Assault Referral Centres](#)
- Queensland – [Sexual Assault Helpline](#) – call 1800 010 120
- South Australia – Yarrow Place Rape and Sexual Assault Service – call 08 8226 8777 or 1800 817 421
- Tasmania – [Sexual Assault Support Service](#) – call 1800 697 877
- Victoria – [Sexual Assault Crisis Line](#) – call 1800 806 292
- Western Australia – [Sexual Assault Resource Centre](#) – call 08 6458 1828 or free call 1800 199 888
- Worldwide – [NoMore Global Directory](#)

[Healthdirect](#) also provides some advice on what you can do if you've been sexually assaulted, including your options if you decide to go to the police.

What if I'm being bullied?

Bullying in the workplace is also something you need to be aware of. Bullying can include things like harassment, intimidation, repeated teasing, or being made to feel uncomfortable. Everyone has the right to go to work without being bullied or harassed.

If you feel like you're being bullied at work, you can try to talk with your manager and they might be able to help. There are also lots of other places you can visit or call to ask for help, or even just check out their website for more resources.

- [Empower Work](#) – text 510 674 1414 or start a [webchat](#)
- [Lifeline](#) – call on 13 11 14
- [Kids Helpline](#) – call on 1800 55 1800
- [Headspace](#) – service for young people with centres across Australia
- [Safe Work Australia](#) – (02) 6240 0303

What if I feel like my concerns are being ignored?

If you've talked to your manager but feel like your concerns are being ignored and things aren't getting any better at work, there are other places you can go to take action.

- Lodge a complaint with the [Fair Work Commission](#) or call on 1300 799 675
- Make a complaint to the [Australian Human Rights Commission](#) – call on 1300 656 419
- Contact the [Fair Work Ombudsman](#) for advice on 13 13 94
- Contact the [Work Safe Authority](#) in your state or territory
- Get advice from [Australian Unions](#) on 1300 486 466

- Get legal help from a [Community Legal Service](#) near you

Remember that everyone has the right to feel safe and respected at work. You can *always* speak out if you feel like something's wrong at work – it doesn't matter how old you are, how long you've been in the job, or if the harassment is coming from someone in a position of power.

Want more health and wellbeing tips?

If you want to prioritise your health and wellbeing, we have loads of tips and helpful discussions you might like on our website [here](#).

[How your social media affects your work life](#)

Let's face it, most of us love social media. And even if you don't love it, you probably use it. It can be a great way of keeping in touch with friends and family, finding news and events, or even just entertaining ourselves. But as social media becomes even more a part of our lives and identity, there's something else we need to consider – does it affect our work life? Let's find out.

How employers use social media

[According to a LinkedIn survey](#), 73% of Australian organisations actively use social media for recruitment – that means recruiters and employers could be seeing what you post.

And that's not all. What you post on the internet could potentially be seen by *anyone* – whether it's employers, co-workers, or customers. And with more and more professions introducing social media policies that staff need to follow, there could be serious consequences to how normalised posting has become.

But don't start stressing yet – we're here to explain the dos and don'ts of social media so you can maintain a good reputation online and a clean digital footprint, while still enjoying the [benefits](#) social media has to offer.

What counts as “social media”?

What can be defined as “social media” is actually quite broad, and includes more sites than you'd think- it's not just Facebook and Instagram. In fact, almost any online platform where content can be shared could potentially be considered social media. Some common examples include:

- Social networking platforms (Facebook, Twitter, WEChat, WhatsApp, etc.)
- Professional networking platforms (LinkedIn, etc.)
- Discussion forums (Reddit, Whirlpool, etc.)
- Media sharing platforms (YouTube, TikTok, Flickr, Instagram, Pinterest, etc.)
- Content production and blogs (Tumblr, WordPress, etc.)
- Wikis (Wikipedia, etc.)
- Gaming platforms and environments (Online games, Discord, Steam, etc.)

While many of these sites and platforms allow you to post under a username or anonymously, [it's likely that it can still be tracked back to you in some way](#).

Take this as a general rule of thumb: if you're putting something on the internet where other people can potentially see it, *think twice before you hit post*.

What's good social media conduct?

While rules and policies can vary between job areas and individual organisations, there are some basic rules that are fairly common between them all. Even if the place you work or study has no *specific* social media policy, these are some good guidelines to follow to make sure your online presence doesn't cause any conflict with your job or studies.

Appropriate behaviour

This one's fairly obvious: make sure you behave appropriately online. There are real people behind the screens, so treat people online like you would treat them in person. And maybe think twice before letting your mate post those embarrassing photos! Other things that could get you in hot water include:

- Cyberbullying and harassing others online
- Posting obscene or offensive things
- Spreading information that is false, misleading, or deceptive

Can I post about my job?

Be *extremely careful* if you make any sort of post or reference about your job (even if it's to say something nice). If you're posting a photo or video wearing a company uniform or on work premises, make sure this is okay according to your workplace's policy. And if you're unhappy with something that's happened with work, don't vent about it online; we know it can be tempting to badmouth your annoying colleague or a frustrating customer experience, but this can get you in a lot of trouble. Your workplace should have an appropriate channel you can take these concerns, like talking to your manager.

There are even some cases where posting about your job on personal social media sites is not allowed *at all* – you'll see more about this below.

Can I post about my school?

Remember, policies and rules surrounding social media aren't just for workers to follow.

Universities, schools, and other education providers usually also have social media policies that are strict about what you post that might be associated with them as well. Your behaviour online could potentially lead to some serious consequences, like having your enrolment cancelled.

If you'd like to take a look at an example, here's [Bond University's Social Media Policy](#) – it applies to both staff and students at Bond.

Social media: Are there profession-specific rules?

As well as the general rules above, different career areas and employers can also have specific rules that their employees need to follow in regards to social media. Here are some common ones, so if your [dream job](#) appears below, you might want to take a look.

Healthcare professionals

This includes almost everyone working in health, including doctors, nurses, midwives, aged carers, disability support workers, surgeons, and more.

One of the big things to consider as a healthcare professional is privacy and patient confidentiality. You need to be really careful not to post any identifying details about one of your patients. An example includes uploading pictures that might have things in the background, like scans and reports, that could potentially contain confidential information.

As a healthcare worker, your views and opinions on some matters can also be influential. Be careful when expressing opinions about social issues online. Maintaining appropriate boundaries and relationships with patients online is also very important.

You can see the Australian Health Practitioner Regulation Agency's guide to social media for healthcare professionals [here](#).

Police officers

As a police officer, your reputation as well as the reputation of the force as a whole is taken extremely seriously. So it's not surprising that they have some pretty strict rules when it comes to social media.

Common things include not sharing confidential information (such as information about ongoing investigations), making comments about the police force or government, and even posting pictures of yourself in uniform on private social media.

If you want to dive a bit deeper, take a look at NSW Police's social media policy [here](#).

Defence Force

Similar to the police, the Defence Force also has clear and enforceable guidelines when it comes to personnel posting information on social media. Again, it is mostly concerned with protecting confidential information, and upholding the reputation of the Defence Force.

An interesting thing to keep in mind is that these rules apply to young people as well, whether you're participating in a Cadet program or Defence Work Experience.

Read the ADF's policy on social media use [here](#).

Teachers

Teachers need to be careful when posting on social media, particularly around matters relating to students. Teachers are advised to not post anything work-related to personal social media accounts, particularly if it contains any identifying information about students or other staff.

It is also very important that teachers should *under no circumstances interact with students on social media*, other than through official school accounts.

See more about how teachers at public schools in QLD can use social media in the Department of Education's guide [here](#).

Lawyers

Once you finish your studies and want to become a practicing lawyer, there are certain things other than your education that can affect your hopes of being admitted. One consideration is that you are a "fit and proper person" to practice. In the days of social media, [what you post can be one of the things used to determine your fitness to practice](#).

As with many of the other professions above, client confidentiality is also incredibly important. Lawyers must make sure not to reveal any information about a client or case.

Using social media for work – Be professional

Social media can be used as an incredibly powerful tool to put yourself out there to potential employers. These days, it's becoming more and more common for people to find work through social media channels, so making a good impression is always important. [Studies show](#) that 91% of employers currently use social media as part of their hiring process, so you can be almost certain that prospective managers will take a peek at your social media profile before making a decision.

So, what's the long and short of it? If you are going to use social media, especially in your profession or career, *make sure you use it the right way*. Be considerate, positive, and mindful of what you put out there and the way you interact with the online world – it matters more than you might think.

Want more?

You can find heaps more resources about the world of work [here](#).

Grow

Personal Skills

[Why entering competitions is a good idea](#)

As a student, it can be easy to get caught up in the day-to-day routine of classes, homework, and extracurricular activities. But if you're good at something, why waste your talent when you could be benefiting from it and setting yourself up for success? 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 four reasons why it's a good idea to consider entering competitions.

You'll 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 are useful for a variety of important things, like [uni applications](#), [job interviews](#), and even [everyday life](#).

You could learn something new

Competitions can be a great way to explore an interest area outside of school or other formal methods of learning. There are often lots of competitions in areas that you can't study at school, and you might discover a passion for something you'd never considered before. By [taking away the](#)

[pressure](#) of exams and grades you get in a school environment, you might find that competitions can be a much more relaxed way to learn too.

They can build your 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. Plus, winning can also be a significant confidence booster and validation of your hard work and abilities.

You can 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. They can sometimes also provide access to unique opportunities, such as [internships](#), [scholarships](#), and [networking](#) events.

Ready to start?

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

Need more convincing? Check out 5 more reasons to enter competitions [here](#).

Health & Wellbeing

[Make study fun: Exercising your body and brain](#)

Feeling bogged down with schoolwork? Finding it tricky to balance study and fitness? We know it's important to [prioritise both](#): they contribute to your wellbeing and success. So why not combine the two?

To help you make the most of your time and achieve a healthy [work-life balance](#), we've come up with three effective ways you can combine study and exercise. With these tips, you won't just maintain an active lifestyle – you'll also [improve your focus](#) during study sessions.

Take active study breaks

Incorporating short physical activities during your study breaks can help refresh your mind and energise your body. Here are some ideas for quick body movement between study:

- 10-minute yoga session
- Taking your dog (or just yourself) for a short walk
- 3-minute dance to your favourite song
- Do some stretching
- Some light cardio – maybe a quick run
- Jump rope for 1 song
- Bike down the road

- A scientifically supported [7-minute workout](#)

These activities help increase blood flow to your brain, promoting better focus and retention when you return to your studies.

Listen to audiobooks and podcasts

Use your exercise time to listen to audiobooks or podcasts related to your studies. If you're a university student, this could be an awesome way to get through your recorded lectures.

By listening to something related to your studies while exercising, you can absorb new information while engaging in physical activities such as jogging, cycling, or walking. Plus, the combination of exercise and learning can help [enhance memory retention](#), and make your study (or exercise) experience more enjoyable.

Start an active study group

Organise a [study group](#) with your friends that incorporates physical activities into your study sessions.

For example, you could have a short discussion about a specific topic while walking or take breaks to play team sports like basketball or soccer. This approach will enable you to combine social interaction with both learning and exercise, making it more engaging and fun.

Want more?

We have loads more to explore on [our website](#), like this article on [10 ways to study that aren't boring](#).

You can also find more study and wellbeing tips [here](#).

[Talking about male mental health: No more "boys don't cry"](#)

It's [International Men's Health Week](#), and it's more important than ever to open up conversations about male mental health. As a guy, it can be a bit harder to accept feelings of depression or anxiety, or you might feel inclined to try and push down these emotions. Unfortunately, ignoring the state of your mental health will ultimately make it worse.

Whether you're already pretty comfortable with understanding mental health or you're just getting started on your journey, it's important to know there are resources out there and people who want to help you. No matter if it's dealing with school, stress, anger management, break-ups, anxiety, depression, or any of the factors that impact mental health, your emotions are **valid** and there are **always ways forward**.

Here are some tips for dealing with mental health, and some resources you might find helpful.

Why don't men talk about mental health?

[Studies show](#) that even though 77% of men suffer from mental health conditions, a massive 40% of men never speak to anyone about their issues. It shouldn't be the case, but it's true. So why is this? And what can we do to change it?

Mental healthcare provider [Priory](#) have made a list of the most common reasons men don't talk about their mental health. Here's some – and while we're at it, let's bust some myths.

“I've learnt to deal with it” (40%)

Note to self: ignoring emotions does **not** mean “learning to deal with it”. Unless you've learnt to deal with your mental health with direction and support from a [mental health professional](#), chances are that what this really means is “I've tricked myself into bottling up dangerous emotions.”

You probably won't be surprised to learn that this never works – in fact, [it can make things worse](#). Instead of pretending everything is OK, talking to friends, family, a trusted adult, or a health professional can be a great first step to tackling your mental health issues head-on.

“I don't want to be a burden” (30%)

First things first: you are *never* a burden. Think about it – if your mate didn't talk to you about his issues because he thought you might think he was annoying or it might put extra pressure on you, you'd be horrified, right? Now reverse the roles. Your family and friends should never treat you like a burden.

If you're really worried about that, why not talk to a mental health professional, or reach out to the places created specifically for anonymous or online conversations? There are loads of resources out there – here are a few to get started:

[Kids Help Line](#)

- Free, confidential phone help line for young people aged 5 – 25
- You can have a chat by phone, [online](#) or by email about anything that's worrying you
- Phone: 1800 55 1800

[Lifeline](#)

- Free and confidential phone calls
- Staffed by trained telephone counsellors to assist people in crisis
- Open to people of all ages
- Phone: 13 11 14

[ReachOut.com](#)

- An anonymous, 24/7 chat service
- Heaps of facts and info, stories, videos, blogs and forums

[Headspace](#)

- National youth mental health foundation
- Help with mental health, work and study, or any issues you may be having
- Chat one-on-one to a clinician [online](#), or email
- [Find a centre](#)
- Phone: 1800 650 890

You can also check out our blog on [5 ways to get mental health support without talking on the phone](#).

“I’m too embarrassed” (29%) or “there’s negative stigma” (20%)

Mental health stigma is a huge reason why people don’t seek help. Would you be embarrassed about trying to improve your physical health? Probably not, because it’s a healthy, positive improvement to your life – and same goes for bettering your mental health.

Mental illness is just as valid as physical illness, and talking about it can help you connect with others who are going through the same thing (trust us, you’ll be surprised at how many there are). There is absolutely no shame in recovery, and seeking help is important for everyone.

“I don’t want to appear weak”(16%) or “I don’t want to admit I need support” (17%)

News flash: mental health issues are *not* a sign of weakness.

A sign of weakness is not reaching out because you’re scared of what others might think. A sign of **strength** is having the **bravery** to talk about your issues and ask for the help you need.

Think about your favourite role-model – whether it be an athlete, musician, or someone you know. We can guarantee they would have had to ask for help at some point in their life, and you wouldn’t think less of them for that, would you? Be kind to yourself, and be empowered to make the changes you need in your life.

“I have no-one to talk to” (14%)

Another huge misconception. There is *always* someone you can talk to about the way you’re feeling. Even if you feel like you can’t talk to someone in your current every-day life, there are [helplines](#), [online communities](#), [mental wellbeing apps](#), [free counselling](#), local community health centres, and [social support resources](#) out there.

Everyone feels lonely sometimes, but it’s important to recognise that there are always ways to connect with others and break out of self-isolation.

What should I do if I’m feeling down?

There are a few signs that might help you notice that you’re feeling down. You could be feeling sad, hopeless, or empty; you could feel very tired, or be sleeping too much; you could have trouble sleeping; or you could find that you’re not getting pleasure from activities you usually enjoy. There are lots of symptoms of depression, and these are just some of them. It’s important to get help when you need it, and it’s best to talk to a trusted adult or reach out to your doctor about these feelings.

If you, or someone you know, is having suicidal thoughts and is in immediate danger, call emergency services -triple zero (000) in Australia. To talk to someone now, call [Suicide Call Back Service](#) 1300 659 467 or [Lifeline](#) on 13 11 14.

Some self-help strategies you can try at home include:

- Talking about it
- Seeking help from an [online community](#)
- Practising meditation and mindfulness

- Exercising regularly
- Eating healthy
- Avoiding alcohol and drugs
- Enjoying plenty of sunshine and outdoor activity
- Getting enough sleep
- Making time for things you enjoy
- Socialising in-person with supportive friends
- Trying a creative outlet
- [Journaling for men](#)

Where can I get help?

There are loads of resources in place targeted specifically for male mental health. As well as talking about it with your friends, family, and [a mental health professional](#), we've put together some places you can seek help:

[MensLine Australia](#)

- Free telephone service – call [1300 78 99 78](#)
- Online chat and video counselling
- Information and articles about mental health, for men
- Assisted referrals
- 24/hour support

[HealthDirect](#)

- Male-targeted mental health resources
- Health service locator
- Tips and support

[Our GP Complex](#)

- Men's mental health and suicide prevention
- Anxiety and depression checklist
- Mental health resources

[Lifeline](#)

- Lifeline toolkit for men
- Real experiences
- [Online chat](#)
- Trained crisis supporter – call [13 11 14](#)
- Text message support – text [0477 13 11 14](#)

[Heads Up Guys](#)

- Recommended resources for men
- Mental health self-check

- Find a therapist
- Self-help articles and stories
- Self-guided courses
- Roadmap to recovery

[Man Therapy](#)

- Crisis support
- Humour to get men thinking and talking about mental health
- Provider directory
- National resources hub
- Mental health check

[Men's Minds Matter](#)

- Suicide prevention and intervention
- Face-to-face and online intervention
- Men's mental health blog
- Resources
- Self-help

Does the conversation end after IMHW?

Short answer: no way! Male mental health is a widespread issue that doesn't just go away, and mental health among young people in particular is something we need to bring to the forefront of our discussions. There is always help out there, no matter when you decide to reach out.

We also have loads more health and wellbeing tips [here](#), and are dedicated to keeping the conversation going about how we can better help young people in all aspects of life.

Whether you're interested in [studying](#), [working](#), or [growing](#), here at SWG we have it all.

To keep with the theme of wellbeing, you might like to check out [how to handle an uncomfortable work environment](#) or [the importance of self-care for high school students](#).

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