



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.

To contact Mr Madani please email jmadani@stpiusx.nsw.edu.au or call 9414 4733.

JobJump - Parents and students please watch YouTube video below 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>

TAFE NSW Open Week

Organisation: TAFE NSW

Location: Online

Date: November 17 to November 23, 2025

Our Open Week is happening from 17 to 23 November 2025 – and the best part is, you can join us from anywhere. Jump online and explore our digital hub that's packed with live info sessions, on-demand videos, and a fun career quiz to help you find your path. It's all in one place, super easy to access, and designed so you can get involved wherever you are.

Whether you are finishing high school, looking to change your career, wanting to upskill in your current job, or a parent supporting a student, you will find valuable information here to help plan your next step.

[Find out more](#)

National Art School In Person Portfolio Review Session

Organisation: National Art School

Location: National Art School

Date: November 18, 2025

Receive one-on-one feedback on your portfolio from a member of the NAS Academic Team.

Putting together a strong portfolio is one of the most important parts of your application to the National Art School. In this session, NAS lecturers will offer helpful advice to guide you through your portfolio preparation, plus provide personal feedback on your portfolio.

[Find out more](#)

Explore the World of Nursing at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: November 19, 2025



Discover what makes nursing at the University of Sydney truly unique. Our accomplished educators bring rich, real-world experience into the classroom, shaping the next generation of nurses with insight, compassion, and innovation.

Join this inspiring webinar to hear from leading voices in nursing as they share their diverse career journeys and how they're preparing future nurses for a dynamic healthcare landscape. You'll also gain an overview of our Nursing degrees, hands-on work placements, with further study and career options.

If you're curious about a career in Nursing, this session is for you.

[Find out more](#)

University of Newcastle Nursing Insights Evening for Future Students in Newcastle

Organisation: University of Newcastle

Location: University of Newcastle, Callaghan Campus

Date: November 19, 2025

Join us for a night of deep discussions and fresh insights into the world of nursing at the University of Newcastle. The School of Nursing and Midwifery invites Year 11 and 12 students, teachers, and parents to attend the Nursing Insights Evening to learn more about the Bachelor of Nursing program. Hear from academic staff and current students about:

- Why study Nursing at the University of Newcastle?
- What you will study?
- Key highlights of our state of the art medical facilities
- Opportunities within the program
- Student life
- Entry schemes and pathways
- Q&A with students and academics

You'll also tour our brand new Health Education and Research Building, featuring cutting-edge simulation labs, modern teaching spaces, and vibrant communal areas.

[Find out more](#)

Career Conversations @ Home – Helping Parents Have Positive Career Convos!

Organisation: Arrive & Thrive

Location: Online

Date: November 19, 2025

Come join Tyson Day, the Co-Founder and Lead Facilitator of Arrive & Thrive, as he shares the best way to have impactful career conversations in and around your home environment that produce clarity, career discovery, and momentum. Tyson will share concepts and practices that he has learned through his 10+ years of experience in career education and the 85,000 students who have attended Arrive & Thrive workshops since 2019.

In our webinar, you can expect to learn:

- How can you positively influence your young person in their career decisions.
- How can you effectively navigate the future of work and understand your young person's options.
- How to communicate effectively through the GROW model to support your young person in career exploration.

We can't wait for you to join us!

All participants will receive a Career Conversation Kit to kick off conversations with their young person as soon as possible!

[Find out more](#)

International College of Management Sydney Parents' Information Evening

Organisation: International College of Management Sydney

Location: International College of Management, Sydney

Date: November 20, 2025



As a parent, you play a vital role in your child's successful transition from school to higher education. We understand that choosing where and what to study can be a daunting and stressful decision – and not just for your school leaver.

The ICMS Parents Information Evening will help you to support your school leaver as they navigate the complex tertiary admissions process.

[Find out more](#)

Camden Careers and Jobs Expo 2025

Organisation: Camden Council

Location: Camden Civic Centre

Date: November 20, 2025

Hosted by Camden Council, this exciting event brings together job seekers, exhibitors, students, and industry leaders for a day packed with opportunities. Whether you're launching your career, switching industries, or looking to advance your skills, this is the event you don't want to miss!

- For Job Seekers: Discover a wide range of job opportunities, connect with employers, and explore career paths that could change your future.
- For Exhibitors: This is your chance to showcase your business, engage with potential candidates, and promote your training programs to an eager audience.
- For Students/Schools: Explore endless career pathways, network with employers, and find out about study and training options to kickstart your journey post school.

[Find out more](#)

University of Newcastle Nursing Insights Evening for Future Students in the Central Coast

Organisation: University of Newcastle

Location: University of Newcastle, Gosford Campus

Date: November 20, 2025

Join us for a night of deep discussions and fresh insights into the world of nursing at the University of Newcastle. The School of Nursing and Midwifery invites Year 11 and 12 students, teachers, and parents to attend the Nursing Insights Evening to learn more about the Bachelor of Nursing program. Hear from academic staff and current students about:

- Why study Nursing at the University of Newcastle?
- What you will study?
- Key highlights of our state of the art medical facilities
- Opportunities within the program
- Student life
- Entry schemes and pathways
- Q&A with students and academics

You'll also tour the Central Coast Clinical School, featuring cutting-edge simulation labs, modern teaching spaces, and vibrant communal areas.

[Find out more](#)

Architecture Club at Sydney Opera House – Experiment Like an Architect

Organisation: Sydney Opera House

Location: Sydney Opera House Centre for Creativity

Date: November 22, 2025

Inspired by the unique design genius of architect Jørn Utzon and the Sydney Opera House, get creative through a series of fun and playful design exercises for beginners or design lovers, whilst learning about the architectural history of the Sydney Opera House.

This workshop will consider the way new materials can create new models and functions in architecture. Participants will learn to play and test just like Utzon. What results can we create?



Recommended for both adults and young people 12 and over. Children aged 15 years and under must be accompanied by an adult at all times.

[Find out more](#)

HSC Kickstart Seminars for Year 10 & 11 Students at the University of Sydney

Organisation: InspirationED

Location: University of Sydney, Camperdown/Darlington Campus

Date: November 23, 2025

Join InspirationED for a free day of HSC sessions to help you get ahead in 2026.

Our seminars are presented by senior HSC Markers and qualified counsellors.

Designed for both parents and students, in each 45 minute session we cut straight to the chase, leaving you equipped for the year ahead.

Learn simple study strategies, assessment techniques, and tips and tricks to managing stress and encouraging communication.

Hosted at the University of Sydney, you'll have the opportunity to explore campus and get a feel for uni life.

[Find out more](#)

Find Your Fit in Information Technology with UTS

Organisation: University of Technology Sydney

Location: Online

Date: November 24, 2025

At UTS, IT is so much more than just programming, it's a field that embraces creativity through degrees like Interaction Design, offers highly technical pathways such as Quantum Computing, and opens doors to exciting careers in areas like cybersecurity with major global firms.

Our Find Your Fit in Information Technology webinar will guide you through the wide range of IT courses on offer and answer your questions. You'll also hear directly from a current IT student about their study experience, plus get career insights from an IT alum now thriving in industry.

If you're weighing up your choices, exploring ideas, or simply want to feel confident about your final preferences, this session is not to be missed.

Who can attend?

- Open to all high school students, with a focus on Year 12 students (all years welcome)
- Gap year students and non-recent school leavers
- Parents and guardians are also encouraged to join

[Find out more](#)

TPC and STAT Entry Schemes to the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: November 25, 2025

If you left school in Year 10 or finished Year 12 without an ATAR (or equivalent), this information session will cover our new Tertiary Preparation Certificate and STAT entry schemes. It will also cover other potential pathways that can support your transition to university.

This presentation is suitable for domestic applicants who would like to apply for a bachelor's degree.

[Find out more](#)

Find Your Fit in Engineering with UTS

Organisation: University of Technology Sydney

Location: Online

Date: November 25, 2025

Our Find Your Fit in Engineering webinar is designed to make that journey clearer and more inspiring. We'll walk you through all the Engineering majors offered at UTS, answer your questions, and show you why your ATAR doesn't define your future.



You'll also hear first-hand from a current UTS Engineering student about their experience and gain insights from a UTS Engineering alum on the career opportunities that await after graduation.

Whether you're still exploring your options or want to feel confident about your final preferences, this session will help you find the degree — and the future — that fits.

Who can attend?

- Open to all high school students, with a focus on Year 12 students (all years welcome)
- Gap year students and non-recent school leavers
- Parents and guardians are also encouraged to join

[Find out more](#)

UCAT, GAMSAT and Pathways into Medicine – Webinar for Students, Teachers & Parents

Organisation: National Institute of Education

Location: Online

Date: November 26, 2025

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](#)

Western Sydney University Wednesday Online Drop-In Session

Organisation: Western Sydney University

Location: Online

Date: November 26, 2025

In 2025, Western is hosting a series of online drop-in sessions for you to chat with our Future Student Engagement Team. Drop in during any of our sessions to get your burning questions answered.

Ask about your dream degree, alternative entry pathways, scholarships, support services or any other Western-related topics.

[Find out more](#)

Explore the Bachelor of Media and Communications at the University of Sydney – Webinar for Future Students

Organisation: University of Sydney

Location: Online

Date: November 26, 2025

Dive into the exciting world of media and communications with our Bachelor of Media and Communications degree. Discover how this degree can help you turn your passion for media, storytelling, content creation, journalism, marketing and public relations into a dynamic career.



In this session we will discuss the entry requirements, course structure, career opportunities and the hands-on learning experiences that prepare students for the real world.

[Find out more](#)

Navigating the New Normal: Social Media, Your Teen and the Law

Organisation: University of New England

Location: University of New England, Tamworth Campus

Date: November 26, 2025

Is your household ready for Australia's new social media age restrictions?

Join the University of New England for an essential conversation with two experts as they unpack the landmark legislation that will change how young Australians engage online.

Dr Julia Day, UNE Law Academic, will help you make sense of what's happening and why. She'll walk you through the events that sparked this major change, break down what the amendments to the Online Safety Act actually mean for your family, and explain which platforms are (and aren't) affected. You'll also hear about how social media companies are responding and what Australia's long-term vision for digital duty of care looks like. Most importantly, Julia will help you understand what all of this means for you and your under-16s.

Dr Amanda Jefferys, Acting Director of the Clinical Psychology Program at UNE, knows that policy is one thing - but helping your child navigate this change is another. Amanda will talk honestly about why this ban matters, from online bullying to mental health concerns. She'll share practical, compassionate strategies for helping your child cope with the changes, maintain their friendships in healthy ways, and recognise when they might need extra support. This is about equipping you with real tools for real conversations.

Whether you're feeling anxious, curious, or just want to be prepared, this session is for you.

Come with your questions, your concerns, and an open mind. We're all figuring this out together.

[Find out more](#)

Discover Nursing: Clinical Lab Tours at UTS for Future Students

Organisation: University of Technology Sydney

Location: University of Technology Sydney, City Campus

Date: November 27, 2025

If you're applying to UTS in 2026, here's your chance to tour our world-class clinical lab facilities, meet with current Bachelor of Nursing students and ask them what it's really like to study nursing at UTS.

Your registration includes a clinical lab tour and meet-and-greet experience with a UTS Nursing Student Ambassador, approximately 45-60 minutes in duration.

[Find out more](#)

ANSTO Science Discovery Tour

Organisation: Australian Nuclear Science and Technology Organisation

Location: ANSTO Discovery Centre

Date: November 29, 2025

This tour provides an in-depth look into the world of nuclear science and the work ANSTO does in the areas of health, the environment and delivering solutions for industry.

Subject to availability, we will visit Australia's only nuclear reactor OPAL, the Australian Centre for Neutron Scattering, the ANSTO Nuclear Medicine facility and the Centre for Accelerator Science.

[Find out more](#)

University of Newcastle – Tour the New Campus in Gosford Central

Organisation: University of Newcastle

Location: University of Newcastle, Gosford Campus

Date: December 1, 2025

Join us for a sneak peek of the University of Newcastle's new Central Coast Campus - Gosford Central building before it officially opens for Semester 1 in 2026.



This sneak peek offers our community a chance to explore our state-of-the-art facility, meet our University staff and students and discover our exciting study opportunities.

Discover where your university journey could begin on the Central Coast in 2026.

[Find out more](#)

Unlocking Careers in Innovation and Creativity – Aboriginal and Torres Strait Islander Student Experience Day

Organisation: Western Sydney University

Location: Western Sydney University, Parramatta South Campus

Date: December 5, 2025

Hear from Indigenous professionals working in Science, Technology, and Creative Industries. Speakers will share about their study and career journey before the opportunity for student questions.

These on campus events for Aboriginal and Torres Strait Islander high school students in grades 9-12 explore the wide variety of study career options in specific areas of study. Students will also attend a Yarn-Up Q&A session and hear from inspiring Indigenous professionals working in those fields.

Registrations close Friday 28th November.

[Find out more](#)

National Fashion College Open Day, Sydney

Organisation: National Fashion College

Location: National Fashion College, Sydney Campus

Date: December 6, 2025

Unlock a world of limitless possibilities at National Fashion College, where your fashion journey begins at our iconic Sydney Campus!

Step into a realm of unmatched creativity and immerse yourself in the forefront of fashion innovation. Our pioneering courses, dynamic internship opportunities, and exclusive access to the buzz of Australian, New York, and London Fashion Weeks will propel you into the heart of the global fashion scene. Get ready to be inspired, challenged, and transformed - we can't wait to welcome you!

If these times don't suit you, you can always [book in for a private appointment or tour instead](#).

[Find out more](#)

University of Newcastle Q Building Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, Q Building

Date: December 12, 2025

Join us for an exciting tour of the Q Building at the University of Newcastle! Explore the state-of-the-art facilities and immerse yourself in the vibrant campus atmosphere.

This in-person event is your chance to discover the cutting-edge technology and innovative spaces that make the Q Building a hub of creativity and learning.

Don't miss out on this unique opportunity to get a firsthand experience of the Q Building. Whether you're a prospective student or simply curious about the university, this tour is the perfect chance to see what makes our campus special.

[Find out more](#)

University of Newcastle Central Coast Clinical School Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, Central Coast Clinical School

Date: December 12, 2025

Join us for an exciting in-person tour of the Central Coast Clinical School. This event is a fantastic opportunity to explore our state-of-the-art facilities and learn more about the cutting-edge medical education and research happening on campus.



During the tour, our Student Ambassadors will take you through the various labs, study spaces, library and much more.

Don't miss out on this exciting opportunity to explore our Central Coast Clinical School. We look forward to welcoming you!

[Find out more](#)

University of Newcastle Ourimbah Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, Ourimbah Campus

Date: December 12, 2025

Come and explore the vibrant atmosphere of the University of Newcastle's Ourimbah Campus on the Central Coast. This in-person event is a fantastic opportunity to get a firsthand experience of our beautiful campus.

During the tour, you will explore the cutting-edge facilities, including modern classrooms, research labs, and collaborative spaces. Our knowledgeable guides will share insights about the various academic programs, student support services, and extracurricular activities available at Ourimbah Campus.

Whether you are a prospective student, a parent or carer, or simply curious about the university experience, this tour is an ideal way to get a firsthand look at everything Ourimbah Campus has to offer.

[Find out more](#)

University of Newcastle NUSpace Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, NUSpace Campus

Date: December 12, 2025

Join us for an exciting in-person tour of NUSpace, at the University of Newcastle. Get ready to explore the state-of-the-art facilities and vibrant campus atmosphere.

During the tour, you'll have the opportunity to discover the latest technologies, interactive classrooms, and collaborative study areas that make NUSpace a hub of creativity and learning. Our knowledgeable staff will be available to answer any questions you may have.

Located on Auckland Street, NUSpace is easily accessible and offers a vibrant and inclusive community. Whether you're a prospective student, parent, or simply curious about the future of education, this tour is perfect for you.

[Find out more](#)

SAE University College Change of Preference Online Session

Organisation: SAE University College

Location: Online

Date: December 12, 2025

No matter where SAE University College lands on your higher education preference list, our Change of Preferences Online Session will help you figure out exactly where you want to be. Come vibe with us to uncover the real deal about who we are, what sets us apart, and where a degree from SAE could take you!

- Explore the hands-on work placement opportunities available throughout your studies.
- Discover the endless career paths available after graduation.
- Learn more about our scholarship opportunities, student services, upcoming Info Night and more.
- Ask all your questions about our application and enrolment process (no ATAR required!).

[Find out more](#)

University of Newcastle Callaghan Campus Tour

Organisation: University of Newcastle

Location: University of Newcastle, Callaghan Campus

Date: December 12, 2025

Come and explore the vibrant atmosphere of the University of Newcastle's Callaghan Campus in Australia. This in-person event is a fantastic opportunity to get a firsthand experience of our beautiful campus.



During the tour, our Student Ambassadors will take you through the various facilities and landmarks, showcasing the state-of-the-art classrooms, modern libraries, cutting-edge research centers, and stunning outdoor spaces. Whether you are a prospective student, a parent or carer, or simply curious about our university, this tour will give you an insight into the vibrant campus life and the endless opportunities that await you at The University of Newcastle.

[Find out more](#)

Find Your Fit in Information Technology with UTS

Organisation: University of Technology Sydney

Location: Online

Date: December 15, 2025

At UTS, IT is so much more than just programming, it's a field that embraces creativity through degrees like Interaction Design, offers highly technical pathways such as Quantum Computing, and opens doors to exciting careers in areas like cybersecurity with major global firms.

Our Find Your Fit in Information Technology webinar will guide you through the wide range of IT courses on offer and answer your questions. You'll also hear directly from a current IT student about their study experience, plus get career insights from an IT alum now thriving in industry.

If you're weighing up your choices, exploring ideas, or simply want to feel confident about your final preferences, this session is not to be missed.

Who can attend?

- Open to all high school students, with a focus on Year 12 students (all years welcome)
- Gap year students and non-recent school leavers
- Parents and guardians are also encouraged to join

[Find out more](#)

Find Your Fit in Engineering with UTS

Organisation: University of Technology Sydney

Location: Online

Date: December 16, 2025

Our Find Your Fit in Engineering webinar is designed to make that journey clearer and more inspiring. We'll walk you through all the Engineering majors offered at UTS, answer your questions, and show you why your ATAR doesn't define your future.

You'll also hear first-hand from a current UTS Engineering student about their experience and gain insights from a UTS Engineering alum on the career opportunities that await after graduation.

Whether you're still exploring your options or want to feel confident about your final preferences, this session will help you find the degree — and the future — that fits.

Who can attend?

- Open to all high school students, with a focus on Year 12 students (all years welcome)
- Gap year students and non-recent school leavers
- Parents and guardians are also encouraged to join

[Find out more](#)

UOW Options Day Live Online for School Leavers and Parents

Organisation: University of Wollongong

Location: Online

Date: December 17, 2025

Got questions about what comes next?

UOW experts will be ready to answer your questions about ATARs, UAC offers, scholarships, and study options live and in real time.

Whether you're a student exploring choices or a parent helping to plan the next step, this event will give you the clarity and confidence to plan the path ahead.



[Find out more](#)

UNSW Parents Online Info Evening

Organisation: University of New South Wales

Location: Online

Date: December 17, 2025

Empower yourself to support your child on their journey to university. At our Parents Info Evening, you'll understand your teen's options and learn how to provide the support they need to navigate their decision. The livestream will cover:

- Guiding your child through UAC preferences, the offer and admission process, and the support available to them
- How students can make the most of their uni experience
- Live FAQ: get your questions answered and understand what other parents and caregivers are curious about.

[Find out more](#)

Discover the Path to Becoming Cabin Crew: Free Online Info Session

Organisation: Aviation Australia

Location: Online

Date: December 17, 2025

Are you curious about what it takes to work as cabin crew or flight attendant? Our 45-minute online information session (plus 15 minutes Q&A) will give you insider insight into the world of cabin crew, the training process, and how our course at Aviation Australia can set you up for success.

By the end of this session, you will:

- Understand the full structure of the Aviation Australia Cabin Crew Essential Course, and how it differs from other training options
- Learn the skills and certifications you will gain (e.g. first aid, customer service, emergency procedures)
- See real classroom and simulation facilities, and hear from instructors with industry experience
- Explore potential career pathways with major airlines
- Get your questions answered live during our Q&A

Who should attend?

- Aspiring cabin crew candidates aged 18+
- Recent school leavers looking for a unique career path
- Individuals wanting to pivot into aviation or customer service roles
- Anyone who wants a realistic view of what it takes to become cabin crew
- Anyone who wants to learn about our graduate outcomes

Whether you're just exploring or ready to commit, this session is your opportunity to see if cabin crew training is for you.

[Find out more](#)

Australian Catholic University – Change of Preference Guided Campus Tours, Strathfield

Organisation: Australian Catholic University

Location: Australian Catholic University, Strathfield Campus

Date: December 17 to December 18, 2025

Attend a guided campus tour to explore what ACU has to offer, discuss your study options and pathways into ACU, and get personalised change of preference advice.

General guided tours typically last 30 to 60 minutes. Registrations are essential as places fill quickly.

[Find out more](#)

Australian Catholic University – Change of Preference Guided Campus Tours, North Sydney

Organisation: Australian Catholic University

Location: Australian Catholic University, North Sydney Campus



Date: December 17 to December 18, 2025

Attend a guided campus tour to explore what ACU has to offer, discuss your study options and pathways into ACU, and get personalised change of preference advice.

General guided tours typically last 30 to 60 minutes. Registrations are essential as places fill quickly.

[Find out more](#)

Australian Catholic University – Change of Preference Guided Campus Tours, Blacktown

Organisation: Australian Catholic University

Location: Australian Catholic University, Blacktown Campus

Date: December 17 to December 18, 2025

Attend a guided campus tour to explore what ACU has to offer, discuss your study options and pathways into ACU, and get personalised change of preference advice.

General guided tours typically last 30 to 60 minutes. Registrations are essential as places fill quickly.

[Find out more](#)

University of Newcastle ATAR Info Day for School Leavers

Organisation: University of Newcastle

Location: Online

Date: December 18, 2025

With ATARs being released and close of UAC main round preferences day on the 18th of December, if you have any questions or need advice, call our helpful staff on 02 4921 5000 between 9am and 5pm.

Remember, your ATAR isn't everything and there's a place for you at the University of Newcastle.

[Find out more](#)

UNSW Info Day for School Leavers and Parents

Organisation: University of New South Wales

Location: University of New South Wales, Kensington Campus

Date: December 18, 2025

Prepare to finalise your path to UNSW on Info Day.

Your ATAR isn't everything, it's one indication of how your next steps could look.

Join us on campus to get personalised advice on which UNSW degree or pathway is best for you. Info Day is the perfect opportunity to get all of your last minute questions answered, the day ATARs are released. Get a taste of life as a UNSW student before you make your decision:

- Attend lectures on your area of interest
- Explore UNSW on a campus tour
- Chat with academics and current students in our advisory zones

[Find out more](#)

JMC Academy Change of Preference Night, Sydney

Organisation: JMC Academy

Location: JMC Academy, Sydney Campus

Date: December 18, 2025

Join us for an exclusive evening for Year 12 students to discover what makes JMC Academy one of Australia's leading creative institutions. Hear from current students and alumni about their study experiences, career journeys, and how they turned their passion into a creative career they love.

What's on:

- Enjoy performances from current JMC students while connecting with our community of emerging talent.
- Hear first-hand from graduates and current students about their study experiences, career journeys, and what makes JMC different.
- Find out everything you need to know about courses, campus life, and career outcomes.



- Chat with our Admissions Team about the application process and how to preference JMC through UAC to secure your offer.

[Find out more](#)

University of Sydney Info Day for School Leavers

Organisation: University of Sydney

Location: University of Sydney, Camperdown/Darlington Campus

Date: December 18, 2025

This year, Info Day will be held on the same day that HSC results and ATARs are released. Save the date to get your last-minute questions answered before UAC preferences close at midnight.

Explore our program of events to help make the most of your ATAR.

[Find out more](#)

Australian College of Physical Education Experience Day for Future Students

Organisation: Australian College of Physical Education

Location: Australian College of Physical Education

Date: December 19, 2025

Join us for Experience Day 2025! Finding the perfect study option for you is a big decision—but we're here to make it easier!

Take part in taster sessions and bite-sized workshops in Sports, Dance, Health, Football and PDHPE Education, hear from sports professionals, explore everything about your personalised study plan, and get a glimpse of what your studies will look like. Most importantly, uncover the secrets to kick-starting your sports career from day one!

- Participate in the taster classes conducted by industry experts
- Speak with our amazing lecturers and like-minded current students
- Enjoy a 1-on-1 personal consultation with our expert advisor to explore your study options, step-by-step enrolment guide, and scholarship opportunities
- Take a tour of our state-of-the-art campus and facilities

[Find out more](#)

Outward Bound Junior Adventure for Young Adults Aged 12-15 in Tharwa, ACT

Organisation: Outward Bound

Location: Outward Bound Tharwa

Date: January 12 to January 16, 2026

Get outdoors on a 5-day school holiday adventure with likeminded young adults, 12-15 years, from across the country.

Be introduced to authentic adventure the Outward Bound way. Embrace the peak activities including overnight journeying and camping, abseiling, climbing, and high ropes. Discover there is more in you than you thought possible, and bring home knowledge and skills that will support you in your future pursuits, no matter where you go.

[AOBDF Scholarships](#) are available to individual participants wanting to attend School Holiday Adventures, Duke of Ed or for Schools seeking funding assistance for individual students.

[Find out more](#)

SAE University College Info Night in Sydney

Organisation: SAE University College

Location: SAE University College, Sydney Campus

Date: January 15, 2026

Just make the first move in your dream career – join us at your local SAE campus this January for Info Night!

This is your chance to get a feel for the vibe at an SAE campus. Explore our creative and technology courses, meet industry experts and chat to the campus teams about student life. You can even take a tour of our facilities and check out some of the awesome student projects on display.

At Info Night, you'll have the opportunity to:



- Get the Full Lowdown: Dive into everything you need to know about SAE – from student support services and real-life experiences to industry placements and career pathways – all in a single, streamlined session.
- Go Behind-the-Scenes: Ever wondered what it's like to work with professional, industry-standard software and equipment? Tour SAE's state-of-the-art facilities and get a feel for the real-world tools and spaces you'll use as a student.
- Meet Your Mentors: Chat with our dedicated teachers, each a master in their craft. Gain valuable insights into our courses – not only from our expert staff, but also our alumni, who have been exactly where you are and now work in their dream creative and technology fields.
- Chat 1:1 with SAE Experts: Have questions about courses, financial assistance, early entry programs or scholarships? Chat with our SAE Course Advisors about the type of career you've had your sights set on – and how we can help you get there.
- See What Can Create: Get inspired by the incredible projects and creative work of current SAE students. This is where your own talent and vision can take you when you let curiosity lead!
- Feel the SAE Vibes: Enjoy an environment that's all about creativity and connection. This is your perfect chance to experience the SAE vibes up close and personal.

[Find out more](#)

Sydney Design School Interior Decoration Workshop

Organisation: Sydney Design School

Location: Sydney Design School

Date: January 19 to January 20, 2026

Be inspired. Be creative. If you love interiors magazines and beautifully styled spaces, this fun two day workshop is for you. It's perfect for any interiors enthusiast who wants to decorate their home with skill and confidence.

Perhaps you're considering a career in interiors? This beginners workshop will give you a taste of the Certificate IV in Interior Decoration course and you'll get a feel for our School and the passion of our Educators.

Get hands on as you learn how to put together a full interior decoration scheme for a living space in your own home. Plan the layout, select furniture and lighting, explore colour schemes and create a sample board of your ideas.

[Find out more](#)

Outward Bound Leadership Program for Emerging Adults Aged 16-24 in Tharwa, ACT

Organisation: Outward Bound

Location: Outward Bound Tharwa

Date: January 19 to January 23, 2026

Get outdoors with hands-on learning on a 5-day school holiday adventure with likeminded emerging adults, 16-24 years, from across the country.

Using authentic adventure the Outward Bound way, explore and develop your leadership knowledge and skills to replicate the successes of high performing small teams. Embrace the peak activities including abseiling, Giant Ladder and overnight Fire Watch. Discover there is more in you than you thought possible, and bring home knowledge and skills that will support you in your future pursuits, no matter where you go.

Leadership ACT meets the requirements of the Gold Residential Project for the Duke of Edinburgh's Award.

[AOBDF Scholarships](#) are available to individual participants wanting to attend School Holiday Adventures, Duke of Ed or for Schools seeking funding assistance for individual students.

[Find out more](#)

Year 12 & Beyond with ADHD – Webinar for Students & Parents

Organisation: Claire Pech Careers

Location: Online

Date: February 26, 2026

Targeted to parents of students with ADHD in Year 12, this webinar will share insights and practical solutions for managing this critical year and beyond and making meaningful career decisions.



Hosted by [Claire Pech](#), CICA-Accredited Careers Practitioner, and [Amanda Krulis](#), endorsed Organisational Psychologist.

View the [full series of webinars](#) for the ADHD community on all things careers, schooling and the workforce.
[Find out more](#)

MySydney Entry and Scholarship Scheme

Organisation: University of Sydney

Location: Australia

Value: AU\$8,500 per year

Open Date: April 1, 2025

Close Date: February 6, 2026

[Find out more](#)

ACU All Points to Teaching (APTT) Scholarship

Organisation: Australian Catholic University

Location: Australia

Value: See details

Open Date: July 8, 2025

Close Date: February 20, 2026

[Find out more](#)

Digital Boss Scholarships for Schools in 2026

Organisation: Young Change Agents

Location: Australia

Value: AU\$5,000

Close Date: December 31, 2025

[Find out more](#)

UNSW School Mathematics Competition

Organisation: University of New South Wales

Location: Australian Capital Territory, New South Wales

Value: See details

Close Date: May 6, 2026

[Find out more](#)

University of Queensland Sunflower Competition for High Schools

Organisation: University of Queensland

Location: Australia

Value: Up to AU\$300

Close Date: February 13, 2026

[Find out more](#)

A parents guide to understanding Australia's new social media restrictions for under 16's

If you're a parent of a child under 16 with social media accounts, you've probably heard about the changes coming to Australia on 10 December 2025 with the [Online Safety Amendment \(Social Media Minimum Age\) Bill 2024](#). The Bill states you must be aged 16 or over to hold an account on some social media platforms.

It's natural to feel a mix of emotions, perhaps relief that there's official recognition of the challenges young people face online, alongside concern about how this will impact your child. Let's break down what these changes mean for your family and how you can navigate them together.



What's actually happening?

From 10 December 2025, age-restricted social media platforms must take reasonable steps to prevent Australians under 16 from creating or keeping accounts according to the [eSafety Commissioner](#). Think of it less as a "ban" and more as a pause, and a chance for young people to develop digital literacy and resilience before diving into the deeper end of the social media pool.

The platforms currently identified as age-restricted include [Facebook, Instagram, Snapchat, Threads, TikTok, X, YouTube, Kick, Reddit and YouTube](#). However, messaging apps like WhatsApp and Messenger, gaming platforms like Roblox, and educational tools like Google Classroom, as well as YouTube Kids are not included so far.

Who will be affected?

If your child is under 16 and currently has accounts on any of the restricted platforms, they won't be able to keep them after 10 December. The government states that platforms "[will have to take reasonable steps to find and remove or deactivate](#)" existing accounts held by under-16s.

There won't be penalties for children or parents if young people still end up accessing these platforms. [The responsibility and potential fines fall entirely on the social media companies](#) themselves. (With platforms could facing penalties of up to \$49.5 million if they don't comply).

How will it work in practice?

You might be wondering [how platforms will actually verify ages](#) without invading privacy. The good news is that the government has specified that platforms must avoid relying on users giving honest feedback, meaning they can't simply ask users to tick a box confirming their age. Each platform will need to develop its own age assurance technology and provide clear guidelines on how that will work.

Some platforms may elect to deactivate accounts rather than permanently deleting them. Which would allow them to be reactivated, with all the content still there, when the user turns 16. However, it's worth noting that platforms aren't required to offer this option, so it's wise to prepare.

Practical steps for your family

Before 10 December

Any photos, videos, messages, files etc which your teen would like to keep should be downloaded or emailed elsewhere for safe keeping.

Have honest conversations

Use this as an opportunity to discuss why these changes are happening. Social media access:

- encourages excessive screen time
- increases the likelihood of exposure to content that might negatively impact their immediate and long-term health and wellbeing
- could open them up to online bullying or grooming

Explain that this isn't a punishment, but is providing protection whilst your child develops the skills to navigate these spaces more safely.

Explore alternatives together

Your child can still stay connected with their friends and networks through messaging apps, participate in online gaming communities, and use educational platforms. The restriction is specifically about the features of social media that research has linked to anxiety and other mental health concerns in young people.

Alternatives include:

- Messaging apps including [WhatsApp](#), [Messenger](#), [Steam Chat](#)
- Gaming such as [Roblox](#) and [Discord](#)
- Educational and health services including Google classroom, Headspace, Kids helpline, and Reach Out. [HeadSpace](#) have also set up [online communities and group chats](#).

As always, we recommend you do your research and check that you're happy with any alternatives, then continue to monitor your children's devices or accounts as you would usually.



Set expectations

If you are concerned about some young people finding workarounds, like using VPNs or false information, remind them that doing undermines the protection these rules are designed to provide. It's similar to why we don't let children drive before they're ready; not because we don't trust them, but because certain activities require maturity and experience.

Looking ahead

Remember, this isn't about cutting your child off from the digital world entirely. They'll still be able to message friends, play online games, and access educational resources. The delay until 16 provides time for young people to develop digital literacy, critical reasoning, impulse control, and greater resilience before facing the particular pressures that might come with social media accounts.

Getting support

The eSafety Commissioner has developed resources to help families navigate these changes. You're not alone in figuring this out many Australian families are in the same boat, working through what these new rules mean for their households.

If you're looking for more guidance on supporting your child's digital wellbeing, [Reach Out's Parents Guide](#), [Raising Children's resources](#), and of course the [eSafety Commissioner videos and FAQs](#) are great places to start.

You can also explore our [Health & Wellbeing resources](#) where you'll find practical advice on everything from managing screen time to building resilience. You might also find our [Human Skills section](#) helpful for supporting your child in developing the critical thinking and emotional intelligence that will serve them well both online and off. These changes represent a significant shift in how we approach young people's relationship with social media. By staying informed and maintaining open communication with your child, you can help them navigate this transition and emerge with a healthier, more balanced approach to digital life.

Free and low-cost TAFE micro-credentials you can do while you're still at school

If you're looking to build practical skills while still in high school, TAFE micro-credentials might be worth exploring. These are short, focused courses that give you something tangible to show for your effort – usually a certificate or digital badge. Many are online and self-paced, and some are fully funded depending on where you live. Below you'll find a state-by-state guide to help you get started. Think of these as entry points rather than an exhaustive list – once you've had a look at what's available in your state, you can dig deeper into the full catalogues to find courses that match your interests.

One important note: details and eligibility can change throughout the year, so always check the age requirements and funding criteria on the provider's page before you get too excited about a particular course.

New South Wales

Start with the [TAFE NSW Microcredentials hub](#) and their [Microskills catalogue](#).

Courses worth checking out:

If you're interested in emerging technologies, have a look at their [Electric Vehicles, Batteries and Charging Stations](#) cluster – it's a solid introduction to this growing field. There are also several renewable and clean-energy themed microskills that offer short, practical tasters of the industry.

The full catalogue includes business, digital and visitor-economy microskills that are designed to be approachable for school-aged learners. It's worth browsing to see what catches your eye.

Queensland

Queensland has a decent range of options. Start at the [TAFE Queensland Micro-credentials hub](#) – many courses are self-paced and come with digital badges. You can also check the [Queensland Skills Gateway](#) for information about funding.

Courses worth checking out:

If agriculture or sustainability interests you, there are [agriculture technologies micro-credentials](#) and related sustainability tasters worth exploring. For those keen on automotive technology, the [Battery Electric Vehicle Inspection and Servicing Skill Set](#) is available, though you'll need to check the age requirements and delivery details.



Queensland periodically runs fee-free promotions through statewide initiatives, so it's worth checking back each term to see what's newly available.

South Australia

Begin with the [TAFE SA micro-credentials page](#) and the [SA Skills Commission's public register](#) of endorsed micro-credentials.

Courses worth checking out:

The [Cyber Security for Small Business](#) micro-credential is online and has a practical focus that's quite accessible. TAFE SA also offers introductory AI and tech awareness courses that appear in their catalogue periodically – these are worth keeping an eye on as they're updated fairly regularly. The SA register is particularly useful for spotting new, industry-endorsed options as they become available throughout the year.

Western Australia

WA TAFE short courses are scattered across different institutes. [North Metropolitan TAFE](#) tends to have the most engaging options for school students.

Courses worth checking out:

[Learn to Fly Drones](#) is a popular introductory course, and there's also a [Drone Photography and Video Skill Set](#) if you're interested in the creative side of drone work.

If you'd like to learn some basic sign language, [Auslan Basic 1](#) through South Regional TAFE covers beginner communication skills and builds community awareness.

Many WA courses run in short bursts throughout the year rather than continuously, so check dates and delivery modes before planning too far ahead.

Victoria

Victoria's approach is a bit more networked. Start with the [Victorian TAFE Network micro-credentials overview](#) and their [clean-economy training prospectus](#). These pages will point you toward courses across multiple TAFEs.

Courses worth checking out:

The Victorian TAFE Network has been developing clean-economy tasters – things like sustainability modules and energy-transition courses – which are distributed across different institutions. You'll need to use the network pages to work out which TAFE is actually delivering the course you're interested in, then check their specific age requirements and whether it's available online.

Tasmania

Check [TasTAFE](#) announcements and course hubs. The system has been building out specialised schools, including the School for the Visitor Economy, which often publishes short, skills-based courses suitable for teenagers.

Look particularly for short hospitality, tourism and service-skills courses – these are often well-suited to first jobs and regional work, which makes them practical if you're already thinking about part-time employment.

Northern Territory

Start with [CDU TAFE short courses](#) and their [micro-credentials pages](#). Also keep an eye on [NT Government fee-free training announcements](#).

Courses worth checking out:

CDU releases various short TAFE skill sets and micro-credentials, including digital and community-facing units. As always, check the age requirements and delivery details for each specific course before getting too committed.

Australian Capital Territory

In the ACT, head to the [Canberra Institute of Technology](#) course search and enrolment pages. While not everything is labelled as a "micro-credential", CIT does offer short courses and skill sets that function similarly and will give you something worthwhile for your portfolio.



Look for short, introductory offerings in creative, service or digital areas. The most useful ones will give you a clear statement of attainment or certificate of participation that you can actually use when applying for jobs or further study.

How to choose what's right for you

With so many options across different states, it helps to have a few filtering criteria in mind when you're browsing.

- **Check what evidence you'll get.** Prioritise courses that issue a digital badge, certificate or statement of attainment – something you can actually add to a portfolio or mention on a resume. The NSW and Queensland hubs make this quite clear on each listing, which is helpful.
- **Consider the time commitment.** Look for courses that can be completed in a few hours or weeks so they fit alongside your schoolwork. The WA drone courses and Auslan introduction are good examples of realistic time commitments for busy students.
- **Follow the money.** Search each state hub for terms like "fee-free", "funded" or "micro-credential" to find what you might be eligible for. Queensland and the NT maintain public pages that clearly explain eligibility criteria, which takes some of the guesswork out of it.
- **Keep checking back.** Micro-credentials are updated regularly as industries change and new skills become relevant. The national [MicroCred Seeker](#) site can help you compare options across providers and discover new courses as they're listed (but not all are listed on there)

Making it work alongside school

The appeal of micro-credentials is that they're designed to be manageable – short enough to complete without derailing your other commitments, but substantial enough to actually teach you something useful. They can be particularly valuable if you're trying to explore a potential career direction without committing to a full qualification, or if you want to build some practical skills that complement what you're learning in school.

That said, be realistic about your capacity. Even a short course requires some time and mental energy, so it's worth thinking about when in the school year makes most sense to take one on. School holidays, lighter assessment periods, or times when you're genuinely curious about a topic are usually better bets than trying to squeeze one in during your busiest weeks.

You can find more information about pathways and training options on [our website](#).

How to prove you're a great team player (even if you've never had a job)

If you've ever been asked in an interview to "give an example of when you worked well in a team" and drawn a complete blank, you're not alone. Many people assume that teamwork examples need to come from paid employment, but that's simply not true. You've probably got dozens of solid examples already – you just haven't thought about framing them the right way.

The ability to work effectively with others is one of the most sought-after skills by employers, and the good news is that you've likely been developing this skill throughout your teenage years without even realising it. Whether you've been playing sport, participating in school activities, helping out at home, or involved in community groups, you've been building valuable teamwork experience.

Here's how to recognise and articulate the teamwork skills you already have.

Team sports and physical activities

Playing team sports is one of the most obvious examples of collaboration, but it's worth thinking beyond just "I played netball". Consider what you actually learned from the experience. Did you have to work with teammates who had different skill levels? Did you learn to communicate quickly during games? Were you part of developing strategies or supporting teammates who were having a tough match?

Even if you weren't the star player, being a reliable team member who turns up to training, encourages others, and follows the game plan demonstrates excellent teamwork qualities. Don't forget that being part of a training squad, helping to organise team events, or supporting your team from the sidelines when injured all count as teamwork experience.

Music, drama, and creative groups



Being part of a band, choir, orchestra, or drama production requires intense collaboration. You're working towards a shared goal where everyone's contribution matters, and individual mistakes affect the whole group. If you've performed in a school musical, played in a concert band, or sung in a choir, you've experienced the need for timing, listening to others, adapting your performance to complement the group, and managing the pressure of collective responsibility.

These experiences are particularly valuable because they demonstrate your ability to work towards a deadline (the performance date), handle pressure as a team, and create something that's greater than the sum of its parts. You've also learned to accept direction from conductors or directors, collaborate on creative decisions, and support fellow performers.

School clubs, groups, and committees

Regular participation in school clubs shows commitment to group activities. Whether you're part of the debating team, student council, environmental club, or book club, you're demonstrating that you can contribute to a group with shared interests and work towards common goals.

If you've held any kind of position within these groups – even if it's just helping to organise a single event or taking responsibility for a specific task – that's leadership within a team context. Think about times when you've had to coordinate with others, share responsibilities, or compromise on decisions to move the group forward.

Group projects and assignments

School group projects might feel frustrating at times, but they're genuine teamwork experience. You've had to negotiate roles, manage different working styles, deal with conflict, meet deadlines collectively, and produce work that reflects the whole group. These projects teach you about communication, delegation, accountability, and the reality that teams don't always function perfectly – which is exactly what happens in workplaces.

Even challenging group projects where someone didn't pull their weight can demonstrate teamwork skills. How did you handle it? Did you step up to fill the gap? Did you find ways to motivate team members? Did you communicate concerns effectively? These are all valuable examples of teamwork in action.

Religious and community organisations

Being an active member of a church, temple, mosque, or other religious community often involves significant teamwork. You might help organise events, participate in community service projects, work with youth groups, or contribute to religious ceremonies and celebrations. These experiences show your ability to work with diverse age groups, respect different perspectives, and contribute to something larger than yourself.

Similarly, involvement in community groups like Scouts, Guides, volunteer organisations, or local clubs demonstrates your commitment to collaborative work. The fact that you've chosen to participate in these groups in your spare time actually strengthens your examples, as it shows intrinsic motivation to work with others.

Group travel and expeditions

If you've been on a school trip, camp, exchange program, or organised tour, you've experienced teamwork in an intense environment. Travelling in a group requires cooperation, compromise, consideration for others, and the ability to navigate conflicts when everyone's tired or stressed. You've had to coordinate timing, make group decisions, accommodate different preferences, and maintain positive relationships even when things don't go to plan.

Duke of Edinburgh expeditions, school camps, or even a week-long tour with your music group all demonstrate your ability to work effectively with others under challenging circumstances.

Family responsibilities and caring roles

Managing a busy household with siblings requires constant teamwork and negotiation. If you're part of a large family, particularly if you help care for younger siblings, you've developed skills in coordination, communication, responsibility-sharing, and conflict resolution. You've learned to consider others' needs, adapt to different personalities, and work towards the smooth functioning of your household.



Similarly, if you've been a young carer for a family member with illness or disability, you've developed sophisticated teamwork skills through coordinating with parents, medical professionals, or other family members. These are powerful examples of collaboration under pressure.

Part-time work and volunteering

Even if you've only had a few shifts at a café or helped out at a local charity shop, you've got workplace teamwork experience. Think about how you coordinated with other staff members, supported colleagues during busy periods, or learned new tasks from team members. Every workplace requires collaboration, and any experience you have is valid.

How to talk about your examples

When describing your teamwork experience, focus on specific situations rather than general statements. Instead of saying "I'm a good team player because I play football", explain a situation where teamwork was crucial. For example: "In our semi-final match, we were a goal down at half-time, and our usual captain was injured. I worked with my teammates to reorganise our defensive strategy and communicated constantly throughout the second half to maintain our positions. We ended up winning 2-1, and it taught me how important clear communication and adaptability are when working under pressure."

The key is being specific about what you did, what the outcome was, and what you learned from the experience.

Your teamwork skills matter

You've probably been developing teamwork skills for years without recognising them as valuable experience. The next time someone asks you about working in a team, you'll have plenty of genuine examples to share. Remember that employers aren't necessarily looking for perfect teamwork stories – they want to understand how you approach collaboration, handle challenges, and contribute to group success.

If you'd like to develop more skills that employers value, check out our other blogs on [personal and human skills](#).

5 things to remember before your next interview

You've got an interview coming up. You've researched the company, prepared answers to common questions, and chosen an appropriate outfit. But before you walk into that room (or log into that video call), there are some important mindset shifts that can completely change how you approach the conversation.

Interviews can feel intimidating, especially when you're newer to the workforce or really need the job. But understanding what's actually happening during an interview - and what you should be paying attention to beyond just trying to impress - can help you make better decisions and present yourself more confidently.

Here are five crucial things to keep in mind before your next interview.

Assess them as they're assessing you

It's easy to fall into the trap of thinking an interview is a one-way evaluation where the employer decides if you're good enough. In reality, you're also deciding whether they're good enough for you. This isn't arrogance - it's sensible.

You're potentially going to spend a significant portion of your life working for this organization. The interview is your chance to gather information about whether that's actually something you want to do. Pay attention to everything, not just the formal questions and answers.

What to watch for

Notice how they treat you from the moment you arrive or log on. Are they on time, or do they keep you waiting without explanation? When they're late, do they apologize or just launch straight in as though your time doesn't matter? These small interactions tell you a lot about workplace culture.

Pay attention to how they answer your questions. Do they give you straight, detailed responses, or do they become vague and use corporate language that doesn't actually tell you anything? Good employers want you to have the information you need to make a decision. Evasive employers are often hiding something.

If you're interviewing in person, look around. What's the office environment like? Do people seem engaged and reasonably happy, or does everyone look stressed and miserable? Can you hear how people interact with each other? Trust your instincts about whether this seems like a place where you could thrive.



Notice who interviews you and how they conduct themselves. Are they professional and respectful, or do they seem disorganized and unprepared? Do they listen to your answers, or are they just waiting for their turn to talk? The way they run the interview is probably similar to how they run the workplace.

Ask yourself whether they seem genuinely interested in you as a person who could contribute to their team, or whether they're just checking boxes on a list of requirements. The best working relationships start with mutual interest and respect, not just one party being desperate to impress the other.

Remember your value (and try not to get desperate)

When you're job hunting, especially if you've been searching for a while or really need the income, it's easy to slip into a mindset where you feel grateful for any opportunity. This can lead you to undersell yourself or accept conditions you shouldn't.

You have skills, experience (even if it's not extensive yet), potential, and the ability to contribute value to an organization. That's worth something. Employers aren't doing you a favour by interviewing you - they're investing time because they think you might be able to help them solve problems or achieve goals.

How this shows up in practice

Desperation changes how you present yourself. It can make you agree too quickly to vague terms, accept lowball offers without negotiation, or overlook red flags because you're just relieved someone wants to hire you. Employers can often sense this, and whilst good employers won't take advantage, others absolutely will.

Remembering your value doesn't mean being arrogant or demanding. It means recognizing that employment is an exchange - your time, skills, and effort in return for compensation, development opportunities, and reasonable working conditions. Both parties need to benefit from the arrangement or it won't work long-term.

If you're finding it hard to maintain this perspective because you're genuinely in a difficult financial situation, that's completely understandable. In those circumstances, you might need to accept an imperfect role temporarily. But even then, being clear-eyed about what you're accepting and why helps you avoid staying in situations that aren't serving you once you have other options.

This mindset also affects your body language, tone, and confidence during the interview. When you genuinely believe you have something valuable to offer, rather than feeling like you're begging for a chance, it changes the entire dynamic of the conversation. You come across as someone they'd be lucky to have rather than someone who's just desperate for any opportunity.

Be specific if you're not sure

One of the biggest mistakes you can make in an interview is leaving important details vague or assuming you'll sort them out later. If something isn't clear, or if you're getting answers that sound good but don't actually tell you anything concrete, this is the time to dig deeper.

Many people hesitate to ask direct questions about salary, working hours, conditions, or other practical matters because they worry it makes them seem difficult or not passionate enough about the role. This is exactly what some employers are counting on. Don't fall for it.

What to be specific about

If they mention "competitive salary," ask for the specific range for this role. Don't accept "we'll discuss that later" unless they can give you a reason why (for instance, if salary depends on experience level, they should be able to explain the range based on different scenarios). If they absolutely won't give you figures during the interview process, that's useful information - it often means the salary isn't actually very competitive.

When they talk about working hours or flexibility, ask exactly what that means. What are the core hours? Is there an expectation of availability outside these times? How are overtime or extra hours handled? "Flexible" can mean anything from genuine autonomy over your schedule to an expectation that you'll work whenever needed without clear boundaries.

If they mention opportunities for growth or development, ask for concrete examples. How long do people typically stay in this role before progressing? What does progression look like? Is there a budget for training or professional development? Can they give you an example of someone who's grown in this role? Vague promises of future opportunities often remain just that - promises.



Ask about the specifics of the role itself if the job description was unclear. What would your first three months look like? Who would you be working with most closely? What are the key priorities or challenges in this role? What does success look like? These questions help you understand whether the reality matches the job advertisement and whether you'd actually enjoy the work.

Don't be afraid to ask why the position is vacant. Is it a new role, or are you replacing someone? If replacing, why did they leave? How long was the previous person in the role? This can reveal useful information about turnover, role expectations, or organizational changes that might affect your experience.

How to ask without seeming difficult

Frame these questions as wanting to make sure there's a good mutual fit rather than being demanding. For example: "I want to make sure I understand the role clearly so I can consider whether it's a good match for both of us - could you tell me more about..." or "To help me consider this properly, it would be useful to know..." Good employers will appreciate thorough questions because they also want to avoid hiring mistakes. If an employer reacts badly to reasonable questions about basic terms and conditions, that tells you a lot about what working there would be like.

Expect to be put through your paces

Modern recruitment processes can be lengthy, demanding, and sometimes feel excessive. Understanding that this is increasingly normal helps you prepare appropriately and not be caught off guard when the process is more involved than you expected.

It's now common to face multiple interview rounds, assessment tasks, personality or skills tests, video interviews followed by in-person meetings, and requests to meet with several different people in the organization. This can feel exhausting, especially when you're job hunting and going through similar processes with multiple companies simultaneously.

What's reasonable and what's not

Multiple interview stages are fairly standard now, particularly for roles beyond entry-level. An initial phone or video screening, a more detailed interview with the hiring manager, and then a final round meeting other team members or senior leadership is typical. This is generally reasonable - both parties are making a significant commitment and want to be sure.

Assessment tasks that take an hour or two and genuinely test relevant skills are also within the bounds of normal practice. These might include writing samples, technical tests, problem-solving exercises, or presentations on hypothetical scenarios. Whilst they add to your workload, they can actually be useful for you too - they give you a sense of the work you'd be doing and whether you'd enjoy it.

However, there's a line between reasonable assessment and unreasonable demands. If you're asked to complete work that would take a full day or more, produce detailed proposals or strategies, or create multiple design concepts without compensation, you should question whether this is appropriate. Some companies try to get free work from candidates under the guise of assessment.

It's fair to ask about time expectations for any task and to clarify whether you'd be compensated if they use your work. For lengthy projects, you could ask if there's a simplified version of the task that would still demonstrate your abilities without requiring excessive time investment.

Managing the emotional side

Going through intensive recruitment processes whilst also managing other commitments is genuinely tiring. It's normal to feel drained by multiple rounds of proving yourself, especially if you're doing this with several companies at once. Don't beat yourself up if you find this difficult - it is difficult.

Try to pace yourself where possible. If you're in late stages with one company and just starting with another, it's OK to ask the second company if they can schedule your interview slightly later to spread the load. Most reasonable employers understand that candidates have other commitments and responsibilities.

Remember that a demanding recruitment process isn't necessarily a bad sign about the workplace - sometimes it just means they're being thorough. However, pay attention to whether they're respectful of your time and efforts throughout. Being demanding is one thing; being disrespectful or disorganized is another.



Read between the lines

What employers say in interviews and what they actually mean aren't always the same thing. Learning to decode common phrases and understand what's really being communicated is a valuable skill that improves with practice. This isn't about being cynical or assuming everyone's lying to you. Most interviewers aren't deliberately trying to mislead you. However, corporate language and standard interview phrases can obscure important realities about the role and workplace, and it's worth understanding what you're actually being told.

Common phrases and what they often mean

When you hear "we're like a family here," this might mean a genuinely supportive environment, but it can also signal blurred boundaries between work and personal life, or an expectation that you'll accept poor treatment because "families stick together." Ask about specific support systems, work-life balance, and how conflicts are typically handled to get a clearer picture.

"Fast-paced environment" or "we move quickly here" often translates to busy, possibly understaffed, with frequently shifting priorities. For some people, this is energizing. For others, it's a recipe for constant stress. Ask what this means in practice - how often do priorities change? What does workload look like during peak times? How does the team manage competing demands?

"Wear many hats" or "you'll have diverse responsibilities" can mean interesting variety, but it can also mean doing multiple jobs for one salary. Ask specifically which responsibilities are part of the role, how priorities are determined when these conflict, and what support is available when the workload becomes overwhelming.

"We're looking for someone passionate about our mission" might seem positive, but it can indicate an expectation that you'll go above and beyond without additional compensation because you care about the cause. Passion is great, but it shouldn't be used to justify poor pay or unreasonable conditions. Your enthusiasm doesn't pay your rent.

"Opportunities for growth" needs clarification. Ask for concrete examples of how people have grown in this organization. What does career progression typically look like? Is there a training budget? How often do people get promoted? Vague promises about future development often remain just that - vague.

"Work hard, play hard" often means long hours followed by social events that you're expected to attend. If socializing with colleagues outside work hours doesn't appeal to you, this might not be the right culture. Ask about typical working hours and what the social culture is actually like.

Pay attention to what they don't say

Sometimes what's missing from the conversation is as informative as what's included. If they talk extensively about the exciting projects and opportunities but gloss over basic conditions like pay, hours, or leave entitlements, that's worth noting. If they can't give you concrete examples when you ask about growth or development, the opportunities might be more theoretical than real.

Notice whether they answer your questions directly or deflect to different topics. If you ask about work-life balance and they start talking about the company's mission instead, they've probably just told you that work-life balance isn't great and they don't want to say so explicitly.

Pay attention to how they describe challenges in the role. Do they acknowledge genuine difficulties and explain how the team handles them, or do they pretend everything is perfect? The latter suggests either they're not being honest or they're not aware of the realities of the role - neither is encouraging.

Putting it all together

These five things - assessing them back, remembering your value, getting specific details, expecting a thorough process, and reading between the lines - all work together to help you approach interviews more strategically and make better decisions about your career.

None of this means you should be suspicious or adversarial in interviews. The best interviews are genuine conversations where both parties are trying to determine if there's a good mutual fit. But going in with your eyes open, asking good questions, and paying attention to what you're seeing and hearing gives you much better information to work with.



You're not just looking for someone who'll hire you - you're looking for somewhere you can do good work, develop your skills, and be treated reasonably. That requires you to be an active participant in the assessment process, not just someone trying desperately to pass a test.

Remember, an interview where you ask thoughtful questions, seek clarity on important details, and assess whether this is right for you isn't a failed interview - it's a successful one, regardless of whether you get an offer. You're gathering information to make good decisions about your future, and that's exactly what interviews are supposed to be for.

Student exchanges vs gap years vs immersion programs: What's the difference?

If you're thinking about heading overseas during high school, you've probably come across terms like "student exchange", "gap year", and "immersion program". They all involve travelling overseas, but they're actually quite different experiences with different time commitments, costs, and outcomes. Here's a quick guide to help you understand which option might suit you.

Short immersion programs (2-8 weeks)

These are intensive programs that happen during your school holidays, typically over summer break. You might attend language classes in France, join a sports camp in the USA, participate in a leadership program in Singapore, or volunteer on a conservation project in Fiji.

The appeal of immersion programs is that they don't disrupt your schooling. You get international experience without missing classes or falling behind in your subjects. They're particularly good if you want to test whether you enjoy travelling and living away from home before committing to something longer.

The downside is that they're usually expensive for the amount of time you're away. You'll pay for the program itself, plus flights, insurance, and spending money. Because they're short, you also don't get the same depth of cultural understanding that comes from longer experiences. You're clearly a visitor rather than truly living in the place.

Student exchange programs (3 months to 1 year)

Student exchanges mean attending school in another country and living with a host family. You're not a tourist – you're attending classes, making local friends, and experiencing daily life as a teenager in another culture. This might happen through your school's partnerships with overseas schools, or through organisations like [Rotary Youth Exchange](#).

Exchanges typically happen in Years 9-11, with Year 10 being particularly common since it avoids final year assessments. You'll need your school's support because you'll miss normal classes, though many schools incorporate exchange grades into your academic record.

The experience is incredibly immersive. Living with a host family means navigating cultural differences, perhaps speaking another language daily, and genuinely understanding life in another country rather than just visiting tourist spots. You develop independence, adaptability, and often lifelong friendships.

However, exchanges require a significant commitment. You're away from your own family and friends for months, and you need to be emotionally mature enough to handle homesickness, cultural adjustment, and living with strangers. Some students find this challenging, particularly if things don't go smoothly with their host family or school placement.

Gap year experiences (typically 3-12 months)

Gap years happen after you finish Year 12, before starting university. Unlike exchanges or immersion programs, you're not connected to any school structure. This might involve structured programs through organisations like [Global Work and Travel](#), independent backpacking, au pair placements, or working holidays.

The big difference is flexibility and independence. You decide where to go, how long to stay, and what to do. Many students combine multiple experiences – perhaps volunteering in Southeast Asia, working in a European hostel, and travelling through South America all in one year.

Gap years suit students who've finished school and want a break before university, particularly if you're unsure about what to study or need time to mature and gain perspective. They're also popular with students who want to earn money while travelling through working holiday visas.



The challenge is that gap years require serious planning and self-discipline. You're responsible for everything – visas, budgets, safety, accommodation, and making the most of the experience. Some students thrive on this freedom, while others find it overwhelming without structure.

Which should you choose?

If you want international experience without disrupting school, immersion programs work well. If you're ready for deep cultural immersion and your school supports it, exchanges offer incredible value. If you've finished Year 12 and want freedom to explore, gap years provide maximum flexibility. There's no single "best" option – it depends on your age, goals, resources, and readiness for independence.

Learn [more about travel here](#).

Five tips for creating a study schedule you'll actually stick to

You've probably created the perfect study schedule at least once in your academic life – colour-coded, beautifully organised, with every hour accounted for and ambitious goals mapped out week by week. And if you're like most students, that perfect schedule lasted about a week before real life got in the way and it became another piece of paper gathering dust in your drawer.

The problem isn't usually with your good intentions or even your planning skills. It's that most study schedules are created as if you're a study robot who never gets tired, never has competing priorities, and never needs a break. They're designed for an ideal world rather than the messy, unpredictable reality of actually being a human trying to balance multiple responsibilities.

Creating a study schedule you'll actually stick to requires a different approach – one that acknowledges your real life, builds in flexibility, and treats your academic year like the endurance event it actually is. Just like training for a marathon, successful long-term study requires periods of intensity, recovery, and strategic pacing rather than trying to sprint for months on end.

Think like an endurance athlete

The most successful students approach their academic year like athletes preparing for a major competition. They understand that peak performance requires strategic planning, periods of intense training, deliberate recovery, and sustainable pacing that can be maintained over the long term.

Ramp up periods are when you gradually increase your study intensity leading up to major assessments or exam periods. Rather than suddenly jumping from minimal study to intensive cramming, you slowly build your daily study time and focus over several weeks. This might mean starting with an extra 30 minutes per day six weeks before exams, then adding another 30 minutes each week until you reach your peak intensity.

Taper periods happen in the few days immediately before major exams or assessments. Just like athletes reduce their training intensity before competition day, you should scale back the volume of new learning and focus on light review, confidence-building activities, and ensuring you're mentally and physically ready to perform.

Recovery periods are essential after intense assessment periods. This might mean taking a complete break from study during school holidays, or simply returning to a lighter maintenance schedule once major exams are finished. Recovery isn't laziness – it's a necessary part of sustainable performance.

Maintenance periods make up the majority of your academic year. These are your baseline study habits that keep you on track with coursework, homework, and gradual skill building without pushing you to exhaustion. A good maintenance routine should feel challenging but sustainable over many months.

1. Be realistic and accurate about your time

The foundation of any sustainable study schedule is brutal honesty about how you actually spend your time and what you can realistically achieve. Most students overestimate their available time and underestimate how long tasks actually take, which sets them up for failure before they even start.

Track your current patterns for at least two weeks before creating any new schedule. Note when you naturally feel most alert, how long different types of study actually take you, and what other commitments are genuinely non-negotiable in your life. This data becomes the foundation for realistic planning.

Use a proper scheduling tool – whether that's a physical planner, phone app, or online calendar – and block out all your existing commitments first. This includes:



- School hours and travel time
- Work shifts and travel time
- Regular activities and sports
- Family commitments and household responsibilities
- Essential personal care time (meals, sleep, exercise)
- Social time that's important for your wellbeing

Only after you've mapped out these commitments can you see your genuinely available study time. This might be less than you hoped, but working with accurate information is always better than creating fantasy schedules based on wishful thinking.

Build in buffer time for the unexpected. If you think a task will take two hours, schedule two and a half. If you have four hours available on Saturday afternoon, only plan three hours of study. This extra time absorbs the small disruptions and delays that are part of normal life.

2. Reward yourself for success

One of the biggest mistakes students make is treating study success as its own reward, then wondering why they lose motivation after a few weeks. Your brain needs positive reinforcement to maintain challenging behaviours, and academic success is often too distant and abstract to provide sufficient motivation in the moment.

Identify what actually motivates you rather than what you think should motivate you. Some students are energised by social rewards – time with friends, family activities, or social events. Others prefer personal rewards like new purchases, special meals, entertainment, or time spent on hobbies. Still others are motivated by achievement-based rewards like ticking things off lists, earning recognition, or reaching specific milestones.

Match rewards to effort levels with different types of recognition for different achievements:

- Daily study goals might earn small rewards like favourite snacks, extra screen time, or a relaxing bath
- Weekly targets could unlock bigger rewards like social outings, new purchases, or special activities
- Major milestones like completing exam periods deserve significant celebrations that acknowledge the sustained effort involved

Don't push through indefinitely without breaks or rewards. Even the most motivated students need regular positive reinforcement to maintain challenging routines. If you're constantly telling yourself "just one more week" or "after this assignment" without following through on promised breaks, you're training your brain not to trust your planning.

Plan recovery time as carefully as you plan study time. This might mean scheduling complete days off, planning social activities you're genuinely excited about, or dedicating time to hobbies and interests that energise you rather than drain you.

3. Be organised with your materials and environment

Chaos kills motivation faster than almost anything else. When you can't find your notes, don't have the right materials, or waste time looking for information, study sessions become frustrating rather than productive. Good organisation removes friction and makes it easier to start and maintain study habits.

Create systems for your materials that work with your natural habits rather than against them. This might include:

- Physical folders or binders for each subject with clear labelling
- Digital folders with consistent naming conventions
- An index system so you can quickly find specific topics or notes
- Regular clean-up sessions to prevent accumulation of clutter

Set up dedicated study spaces that have everything you need within arm's reach. This doesn't require a perfect desk setup – it just means having pens that work, paper or devices ready to go, textbooks accessible, and basic supplies like calculators or rulers where you can find them quickly.

Establish routines that reduce the mental energy required to start studying. This might mean always studying in the same location, keeping a standard set of materials in your study space, or following the same sequence of setup activities that signal to your brain it's time to focus.

Prepare for study sessions in advance rather than trying to organise materials when you're supposed to be learning. Spend a few minutes at the end of each study session setting up for the next one, or use travel time or breaks to gather what you'll need later.



4. Join a study group or find accountability partners

Studying alone requires enormous self-discipline and motivation that can be difficult to maintain over long periods. Having other people involved in your study routine provides external accountability, social connection, and shared motivation that makes challenging routines more sustainable.

Find people with similar goals and timelines who are working towards comparable objectives. This might be classmates taking the same subjects, friends with similar academic ambitions, or even family members who can provide support and accountability even if they're not studying the same material.

Establish regular check-ins where you share progress, discuss challenges, and celebrate successes together. This could be weekly study group sessions, daily text updates about completed tasks, or regular phone calls to discuss what's working and what isn't.

Share the load by studying together when possible. Group study sessions can be more engaging than solo work, allow you to learn from different perspectives, and provide natural breaks through discussion and explanation. They also create social pressure to actually show up and be prepared.

Support each other through difficult periods by recognising that everyone has ups and downs in motivation and performance. Good study partners help each other through challenging times rather than creating additional pressure or competition.

5. Use tools and technology strategically

The right tools can dramatically reduce the effort required to maintain good study habits and make your learning more efficient and effective. However, the key is choosing tools that genuinely solve problems in your routine rather than adding unnecessary complexity.

Leverage AI and online resources to supplement your learning:

- Use AI tools to create practice questions, explain difficult concepts, or provide feedback on your understanding
- Watch tutorial videos online to get different explanations of challenging topics
- Use language learning apps or subject-specific platforms that gamify practice and review

Consider getting additional support when you're struggling with particular subjects or topics:

- Tutors can provide personalised instruction and accountability
- Study groups or peer tutoring can offer collaborative learning opportunities
- Teachers and school counsellors often have additional resources or strategies to suggest

Apply proven study techniques that research shows are effective:

- The Pomodoro Technique for maintaining focus during longer study sessions
- Spaced repetition for memorising information over time
- Active recall methods that test your knowledge rather than just reviewing notes
- The Feynman Technique for ensuring deep understanding of complex concepts

Use productivity and organisation apps that match your natural working style:

- Calendar apps that sync across devices and send reminders
- Task management tools that help you break large projects into manageable steps
- Note-taking apps that allow you to search and organise information easily
- Focus apps that block distracting websites during study time

The most important thing to remember about tools is that they should make your life easier, not more complicated. Start with one or two tools that address specific problems you're facing, get comfortable with them, and only then consider adding additional resources to your toolkit.

Remember that creating a sustainable study schedule is a process of continuous adjustment rather than a one-time planning session. What works at the beginning of the term might need tweaking as your workload changes, and what serves you well in one subject might not work for another. The key is building flexibility and self-awareness into your approach so you can adapt your methods while maintaining your overall commitment to your academic goals.

How to become a Climate Scientist

Climate scientists play a crucial role in understanding and addressing the changes happening in the environment. They study various aspects of the Earth's climate system, including temperature patterns, atmospheric conditions,



ocean currents, and more. By collecting and analysing data from all over the world, they try to understand how both man-made and natural phenomena affect the climate.

If you're a great problem solver who wants to help make the world a better place for future generations, becoming a climate scientist could be perfect for you.

What skills do I need as a climate scientist?

- Fantastic problem-solver
- Adaptable and resilient
- Great attention to detail
- Good teamworker
- Committed to lifelong learning
- Analytical and data-driven
- Great communicator
- Passionate about the environment

What does the job involve?

- Gathering data from a wide range of sources
- Analysing climate data and identifying trends, patterns, and anomalies
- Developing computer models that simulate climate processes
- Conducting in-depth research on specific aspects of the climate system
- Undertaking field studies, which may involve collecting data directly from the environment
- Compiling findings into reports and scientific papers
- Presenting research at conferences, seminars, and workshops
- Providing advice and insights to governments and businesses

What industries do climate scientists typically work in?

- Professional, Scientific, and Technical Services
- Public Administration and Safety

What Career Cluster do climate scientists belong to?

Most climate scientists belong to the [Informer Cluster](#), using their specialised knowledge and skills to advise others and solve problems.

What kind of lifestyle can I expect?

Most climate scientists work full-time, and part-time and casual roles aren't very common. They often work for universities and research institutions, government, and private organisations. You can work in a variety of environments, from offices and laboratories to out in the field.

Many climate scientists earn an above average salary throughout their career.

Climate scientists can work in both metropolitan and rural areas, and may travel to conduct field research. However, larger cities often provide better access to resources, funding, and collaboration opportunities.

How to become a climate scientist

To become a climate scientist you will need to complete a relevant university degree, usually in climate science, physics, or environmental science.

Many aspiring climate scientists also complete postgraduate studies, particularly if they offer research opportunities.

What can I do right now to work towards this career?

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

- See if you can find work experience with STEM or environment-related organisations or businesses.
- Focus on Maths and Physics subjects in senior school - this knowledge will form the foundation for the rest of your career.



- Talk to a climate scientist about what a day in their life is like, or watch interviews if you don't know a climate scientist in real life.

Where can I find more information?

- [21st Century Weather](#)
- [Probably Good](#)
- [National Careers Service](#) (UK)
- [EnvironmentalScience.org](#)

Similar careers to climate scientist

- [Data Scientist](#)
- [Conservationist](#)
- Geologist
- [Marine Biologist](#)
- [Park Ranger](#)
- [Agronomist](#)
- [Surveyor](#)
- [Wildlife Biologist](#)