



# Stewards of Creation

## Careers Newsletter

No 1 ● 31 January 2018

**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 Ms Janes please call 9414 4310 or email [djanes@stpiusx.nsw.edu.au](mailto:djanes@stpiusx.nsw.edu.au)\*\*\*

### ➤ **JOBJUMP - PARENTS AND STUDENTS PLEASE WATCH YOUTUBE VIDEO AND SIGN UP**

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

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

Search school – St Pius X Chatswood

Register with an email address

Password – pius (lower case)

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

### ➤ **CQUNI ONLINE CHAT SESSION**

Thursday, 1 February from 3 – 6pm

CQUniversity offers you the choice to study what, where and how you like because we're focused on helping you be what you want to be with the confidence of knowing you've chosen a world-class education.

Explore your options at CQUniversity with [courses available both on campus and online](#).

[Register now to attend our online chat session](#)

Find out more - [https://www.cqu.edu.au/calendar/event-items/information-session/online-chat-session19?SQ\\_CALENDAR\\_DATE=2018-02-01](https://www.cqu.edu.au/calendar/event-items/information-session/online-chat-session19?SQ_CALENDAR_DATE=2018-02-01)

### ➤ **DEFENCE CAREERS EVENTS**

January 30th

Canberra: Defence Careers Information Session

Find out more - <https://www.facebook.com/DefenceJobsAustralia/>

### ➤ **REMINDER – DESIGN CENTRE ENMORE INFO DAY 31 JAN**

Find out more - <https://www.facebook.com/events/155878185001144/>

### ➤ **SYDNEY TAFE MUSIC INFO NIGHT**

January 30, 6.30pm @ Ultimo Campus

[Register here](#)

Find out more - <https://www.facebook.com/events/164237887530979/>



➤ **UNIVERSITY OF NEWCASTLE WALKING CAMPUS TOURS – DATES FOR 2018**

Tours start at 10am and are for individuals and families.

- 6 April
- 11 May
- 8 June
- 13 July
- 20 July
- 7 September
- 5 October
- 12 October
- 9 November
- 23 November
- 7 December

Book here - <https://www.newcastle.edu.au/study/forms/campus-tour-booking-form>

➤ **BILLY BLUE INFO NIGHT**

Wednesday 6 February 6pm – 8pm @ [Sydney Campus](#)

Dip your toe in, or immerse yourself completely by coming along to one of our exciting events designed to show you what life at a Billy Blue campus is all about. Or find a new opportunity that might help open up that door to the next chapter in your life

Find out more and register - <http://www.billyblue.edu.au/news-events/upcoming-events/sydney/information-night-sydney-feb-2018>

➤ **VET, APPRENTICESHIPS & TRAINEESHIPS - CITI NEW RECRUITS PROGRAMS START SOON**

Pre-Apprenticeship and Job Ready Programs for **school leavers only**

Launched in October 2013, the Citi New Recruits Program (CNRP) develops the skills of disadvantaged young Australians in NSW and Victoria aged 17-24. The program specifically targets youth who are unemployed or at risk of becoming unemployed following school from lower socio-economic communities.

Find out more – <http://saf.org.au/citi-new-recruits-program/>

➤ **WHY YEAR 12 STUDENTS SHOULDN'T FEAR FEELING LOST – MIGAS APPRENTICESHIPS**

Read the article - <https://www.migas.com.au/news/headstart-graduate/>

➤ **ARE YOU LOOKING TO PURSUE A CAREER IN RETAIL MERCHANDISING AND AUTOMOTIVE INDUSTRY?**

Vantage Automotive are currently looking for candidates to join our dealerships in Parramatta NSW, Zetland NSW, South Lismore NSW, Wollongong NSW, Cairns QLD, Springwood QLD, West Melbourne VIC, Shepparton VIC and Osborne Park WA, as a Parts Interpreter Apprentice.

To apply for one of these positions as an Automotive Sales Apprentice, follow the link below and fill out our online application form.

<http://www.vantageautomotive.com/apprenticeship-application>



➤ **UNIVERSITY OF NOTRE DAME EARLY OFFER PROGRAM FOR 2019**

Applications open in March and close in July.

[Register](#) to be the first to find out about applications and secure your spot before you sit exams.

Find out more – <http://notredame.edu.au/sydney/early-offer.php>

➤ **UOW YEAR 12 LEGAL STUDIES HSC STUDY DAY**

Thursday 8 June, 8.30am @ Building 67, McKinnon Building foyer | [View map](#)

Register opens soon, and closes 25 May 2018

Do you want to enhance your preparation for HSC Legal Studies?

Attend this free series of tailored sessions specifically designed for HSC Legal Studies students and delivered by law academics.

Find out more – <https://lha.uow.edu.au/studydays/UOW213761.html>

➤ **TROPFEST 2018 – CONTEMPORARY FILM FESTIVAL**

13 – 17 February

Since 1993 Tropfest's purpose has been simple: to create platforms for filmmakers to generate new content & share their stories. Each year the Festival delivers a raft of programs that encourage emerging talent to participate in the film industry and has helped launch some of Australia's most notable film and TV careers.

[TropTalks](#) Events will be presented by WSU at their campuses.

Find out more - <https://www.tropfest.org.au/>

Get Tickets to TropTalks - <https://www.eventopia.co/profile/TropTalks-Presented-by-Western-Sydney-University/4741691>

➤ **WHAT IS BEING A FORENSIC SCIENTIST LIKE?**

It sounds like the coolest job in the world – find out what it actually involves from a forensic scientist over at Careers with STEM.

Read the article – <https://careerswithstem.com/mythbusting-jobs-forensic-scientist/>

➤ **REDISCOVERING YOUR LOVE OF LEARNING**

This article argues that you shouldn't obsess about marks and instead should focus on the process.

Read more to think about whether this will work for you –

<http://learningfundamentals.com.au/blog/stop-obsessing-about-getting-good-grades/>

➤ **BREAKING BAD STUDY HABITS**

Start the new school year off right with these great tips for staying focused while studying.

Check them out – <http://learningfundamentals.com.au/blog/breaking-bad-study-habits-16-effective-habits-for-success/>

➤ **HOW TO BECOME A YOUTH WORKER**

The people over at YACVic have some advice for people thinking about becoming youth workers in the future.

Read the tips – <https://www.yacvic.org.au/blog/how-do-i-become-a-youth-worker/>



➤ **DONATE BLOOD (IT'LL MAKE YOU LOOK GOOD)**

Yes – you can note that you're a regular blood donor on your resume.

It shows commitment to community, an understanding of the needs of others, and the ability to sacrifice personal comfort without an obvious reward.

Find your local donor centre here - <https://www.donateblood.com.au/donate>

➤ **JOB OUTLOOK WEBSITE**

Job Outlook can help you make decisions about study and training, your first job, or the next step in your career.

Visit the website - <http://joboutlook.gov.au/>

➤ **REACHOUT.COM**

ReachOut is Australia's leading online mental health organisation for young people and their parents.

There's a section on school and study, to help you work through the big decisions.

Find it here - <https://au.reachout.com/everyday-issues/school-and-study>

➤ **CONSTRUCTION SKILLS QUEENSLAND – RESOURCES AND TRAINING SUPPORT**

They have lots of [information on careers in construction](#) for all states.

Find out more - <http://www.csq.org.au/>

➤ **STANTHORPE ART PRIZE 2018**

Entries close 4 April

With [\\$40 000 in prizes](#), including a top prize of \$25 000, it is one of the most prestigious art prizes in Australia.

Find out [how to enter](#), about the [Stanthorpe Regional Art Gallery](#) and [past Art Prizes](#). Please note: there is no theme, works on any topic are encouraged.

Find out more – <http://www.stanthorpeartprize.org.au/>

➤ **USQ GET WRITING PRIZE**

If you are a high school student in years 7-12 with a passion for writing poetry or short stories this competition is for you! Enter to win some great prizes including membership to [Express Media](#) - the peak organisation for young Australian writers, mentoring by USQ staff or students, writer's toolboxes, QBD vouchers and more.

Entries open 19 February

Find out more - <https://www.usq.edu.au/bela/school-of-arts-and-communication/get-writing-prize>

➤ **HAVE YOU SEEN WHAT YOUR LOCAL LIBRARY HAS TO OFFER?  
FREE CLASSES, EVENTS, STUDY HELP AND ACTIVITIES FOR STUDENTS**

Our libraries are amazing places, and most local libraries offer a huge range of free events that can help you learn new skills and build a fantastic resume. You'll find youth areas complete with hangout zones, gaming consoles, study assistance and of course lots of fantastic fiction and non-fiction.

Check out what your local library has to offer:



### ➤ CITY OF SYDNEY LIBRARIES

What's on: <http://www.cityofsydney.nsw.gov.au/explore/libraries/programs-and-events/kids-and-teens>

### ➤ STATE LIBRARY OF NSW

What's on: <http://www.sl.nsw.gov.au/whats-on>

They offer tailored HSC Help - [http://www.sl.nsw.gov.au/learning/schools-and-teachers?popular=All&stage=12101&subject=All&content\\_format=All](http://www.sl.nsw.gov.au/learning/schools-and-teachers?popular=All&stage=12101&subject=All&content_format=All)

Find your local library - <http://www.sl.nsw.gov.au/public-library-services/about-public-library-services/find-public-library-nsw>

And read about 10 things you can get for FREE with a library card -

<http://www.creativecitysydney.com.au/blog/10-things-didnt-know-free-library-card/>

### ➤ OPTUS CYBER SECURITY EXPERIENCE

Developed in collaboration with [Optus](#) and [LifeJourney](#), the [Optus Cyber Security Experience](#) puts students into an interactive corporate cyber security situation where key roles from the cyber security team are introduced as a situation unfolds.

This free, exciting experience for you and your students, which can be completed at any time, explores **six cyber security career paths** as well as the decision processes involved in a typical corporate cyber security attack.

Find out more - <https://www.mq.edu.au/study/high-school-portal/test-drive-the-future-in-cyber-security>

Register here - <https://dayofstem.com.au/optus.html>

### ➤ TIME TO SET SOME GOALS

**Goals are good.**

Going through the process of setting goals can combat anxiety, improve mental focus and increase your chances of successfully getting what you want.

If you don't know where you're going, it's unlikely you'll get anywhere. Imagine hopping in the car or on the bus without knowing where you want to go – you'll just end up back at home. Get a plan, write down some goals, and see just how far you can go.

#### **There Are Three Types of Goals**

You can make a plan for the short, medium or long term.

**Long-Term Goals** – Think 5 to 10 years into the future, or even further, to set your long-term goals. While you're still in high school your long-term goals might include establishing an exciting career, buying a house, or traveling overseas.

**Medium-Term Goals** – We're talking between 1 and 5 years here. Work out needs to happen in the next year or two to help you achieve your goal. In high school, medium term goals might include saving up for a car, finding a part-time job, being selected for school captain or a sports team, or achieving better marks.

**Short-Term Goals** – What do you want to achieve in the next few weeks or months? Short-term goals should be clear and achievable, and could include something like trying a new skill, passing an upcoming exam, or cleaning out your room.



## **SETTING GOALS IS A SIMPLE PROCESS**

We've already established that having some goals is a good idea, so how do we actually go about setting them?

### **Step 1 – Start by sitting somewhere quiet with a notepad and pen.**

You might also want to have a calendar handy, so you can work out what needs to happen when.

### **Step 2 – Imagine what you want your life to look like in the long term.**

Are you busy and successful, or have you travelled to lots of different places? Do you work behind a desk, or do you want to work with your hands? Do you have any personal goals that will take a long time to achieve, like climbing Mt Everest, or graduating from university? Write down your long-term goals.

### **Step 3 - Ok, now we look at what needs to happen sooner.**

What do you need to achieve in the short and medium term in order to reach your long-term goals? Say you want to become a successful tradie, do you need to do any pre-apprenticeship courses, or should you build your resume before applying for apprenticeships?

Then think about any goals you want to achieve that won't take quite so long, like learning how to cook, or winning your sports team's best and fairest award.

Make sure you write these goals down too.

### **Step 4 – Use your goals to create a plan.**

Goals are all good, but without a plan you might find it hard to get there. A goal is your destination, the plan is the directions.

Start by working out how long you think it'll take to achieve your medium and long-term goals. If you have a definite end date – like an entry deadline – write that down as well. Then work out the little steps you need to take along the way. You may need to enrol in a course, or start training. Put due dates on these items, and add them to your calendar and to-do lists. If you don't already have a to-do list, try using Asana or Google Keep, they're both free apps and they help you set and keep your goals.

### **Step 5 – Tell someone else.**

They can give you their feedback, and can hold you accountable. You've got a much better chance of success if you tell others about your goals. Also put your list of goals somewhere you can see it all the time, like on the wall in your room, to remind yourself of where you're headed.

### **Step 6 – Check in frequently to stay on track.**

Cross off the short and medium term goals as you achieve them, and remember it's ok to change your goals if they're no longer working for you.

## **WHEN GOALS GO BAD**

Not all goals are helpful. Be careful of the following:

- Setting goals too high, which means they're destined for failure
- Having too many goals, especially ones that conflict with each other, can also set you up for a fall. You can't expect to travel the world and achieve your degree in record time all at once
- Vague goals that aren't backed by a solid plan
- Becoming obsessed with achieving your goals is also unrealistic.
- Balance is the key, so make sure your goals suit the lifestyle you want to lead, and you'll avoid becoming stressed or anxious if things don't go to plan.



## GOAL SETTING RESOURCES –

**Healthdirect** has some great goal-setting resources and links to others – read more here

**UNSW** published this article on Motivation & Goals

**Asana** – the free version has everything you need

**Google Keep** helps you track your to-do lists on the go and it's free

**Stickk** helps you make accountable goals and stick to them

**GoalsOnTrack** is serious software for serious goals, and it also helps you break goals down into achievable milestones

**Balanced** is an iTunes app, that helps you set goals and develop positive behaviours

Read it on the blog – <http://studyworkgrow.com.au/time-to-set-some-goals/>

All the best for a successful and enjoyable 2018.

*Ms D Janes - Senior Studies Coordinator and Careers Adviser*

**COLLEGE** ● 35 Anderson Street, Chatswood NSW 2067 **P**(02) 9411 4733 **F**(02) 9413 1860

**TREACY COMPLEX** ● Dreadnought Road, Oxford Falls NSW 2100 **P**(02) 9451 7375

**E** [admin@stpiusx.nsw.edu.au](mailto:admin@stpiusx.nsw.edu.au) [www.spx.nsw.edu.au](http://www.spx.nsw.edu.au)

ABN 50 451 308 630

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