



Senior School Guidance Officer Report

Wellbeing

Resilience the 'invisible superpower'

Resilience is having the capacity to be calm, clear and adaptive when the going gets tough. And let's face it, the school years are full of challenging moments for kids; both socially and academically. This [cheat sheet](#) has some great suggestions on how to help children build their resilience.

13 simple ways to study more effectively – from Deakin Uni

Exams, essays and projects can be a stressful prospect for even the most level-headed students. The nerves are there for good reason. Exams are daunting. Essays and projects take hard work. You need to be able to recall and communicate all the relevant information that was crammed into your comprehensive syllabus. And you need to do so in... [Read More](#)

Lack of sleep might cause your brain to eat itself

There's lots of information and studies already out there indicating good sleep helps us to function better. Now there's a new one. Using sleep-deprived and chronically sleep-deprived mice we show for the first time that portions of synapses are literally eaten by astrocytes because of sleep loss - Bellesi. The need for sleep goes far beyond... [Read More](#)

2020 Senior Pathways Information

Please be aware of important resources for all senior pathway students, parents and caregivers.

Career Exploration

- **Myfuture** - <https://myfuture.edu.au/> is a comprehensive career and education website that help students explore career options based on their skills and interests.
- **Job Outlook** – <https://joboutlook.gov.au/> is an Australian Government website providing information about Australian careers, labour market trends and employment projections, covering around 350 individual occupations. It includes an interactive Career Quiz that helps to identify work styles and suggests careers options.
- **Open Colleges** <https://www.opencolleges.edu.au/careers> contains career information, links and resources about career pathways and relevant online learning courses.
- **myPROFILER** <https://myprofiler.tafeqld.edu.au/> is a career profiling tool developed by TAFE Queensland that uses visual responses to stimulus to suggest career choices that match talents, skills and interests.
- **My Path** - <https://www.qtac.edu.au/atar-my-path/my-path>

Tertiary Information

- [Queensland Tertiary Admissions Centre](#) — processes applications for the majority of undergraduate courses at Queensland universities
- [My University](#) — information about Australian universities and other higher education providers
- [Tertiary Education Quality and Standards Agency](#) — Australia's independent national regulator of the higher education sector
- [Applying to university in Australia](#)



- The Good Universities Guide <https://www.gooduniversitiesguide.com.au/> is a course comparison website that helps students find courses, explore careers and search for scholarships at Australian universities, TAFEs and training colleges.
- [QILT](#) - Quality Indicators for Learning and Teaching website helps you compare study experience & employment data from Australian higher education institutions.
- [Study Assist](#) — information for students about Australian Government assistance for financing tertiary study
- [Open Colleges Australia](#) contains information, links and resources to help you find the career pathway that's right for you.
- VET pathways into Griffith University <https://www.griffith.edu.au/apply/admission-pathways/vet>

Vocational Education and Training

- Apprenticeships and traineeships <https://www.qld.gov.au/education/apprenticeships>
- Apprenticeships Info <https://training.qld.gov.au/apprenticeshipsinfo> is a one-stop shop for information about apprenticeships and traineeships in Queensland.
- Australian Apprenticeships <https://www.australianapprenticeships.gov.au/> provides information about Australian apprenticeships for employers, job seekers, school leavers and career advisers.
- Australian Apprenticeships Pathways <https://www.aapathways.com.au/> helps students find available apprenticeships and provides links to job pathways charts and job descriptions.
- The Group Training Australia website <http://www.grouptraining.com.au/home.html> is a directory of organisations offering traineeships and apprenticeships across the country.
- MySkills <https://www.myskills.gov.au/> provides information about vocational education and training and connects students with nationally accredited training providers.
- Queensland Skills Gateway <http://www.skillsgateway.training.qld.gov.au/> contains everything students need to know about vocational education and training in Queensland, including courses, training providers, government funding and career pathways.

Workforce

- JobActive <https://jobsearch.gov.au/> includes job advertisements, information about training providers and tips on résumé writing and writing job applications.
- JobAccess <https://www.jobaccess.gov.au/home> contains information about disability employment services, including job advertisements, financial support for workplace modifications and support for finding or changing jobs
- [CareerOne](#) provides job listings, career advice, job hunting tips and company profiles designed to help you with your job search.
- [Australian JobSearch](#) helps you find jobs and career information.
- [Seek](#) contains an extensive listing of job vacancies, career development resources, training information and tips on how to look for and apply for jobs.

Parent information

- <https://www.qcaa.qld.edu.au/parents-carers/senior/pathway-planning>
- <https://www.griffith.edu.au/apply/admission-pathways/vet>



Other Pathways Information & Experiences

[Brisbane to the Ivy Leagues & Beyond | Where Can Your OP/QCE Take You?](#)

March 20 | 5:30 PM – 7:00 PM | [Brisbane](#)

March 21 | 5:30 PM – 7:00 PM | [Brisbane](#)

Come and hear about what life might be like as a freshman at a US college or as a first-year student in the UK! Learn how to successfully apply to the world's best universities and how it can launch your future career!

Register for free [here](#)

[A Taste of Le Cordon Bleu Brisbane](#)

Thursday 21 March 2019 | 6:00 pm – 8:30 pm | Le Cordon Bleu Brisbane Institute

You are invited to a Taste of Le Cordon Bleu Brisbane to spend an evening with our chefs and students who will showcase their skills, give you an insight into the food, wine and gastronomy business, and reveal how you could be a part of this global enterprise.

Indulge in a taste of French culture as our world-class chefs and lecturers demonstrate their expertise and the unique learning experiences offered at Le Cordon Bleu. Take a guided tour of our impressive new state-of-the-art commercial kitchens, and you'll see why our students love coming to class.

Join us for a special evening to inspire your culinary arts dream.

Questions: Simon Black sblack@cordobleu.edu for further information

This is a free event however seating is limited and registrations are essential.

[REGISTER HERE](#)

Find out more – <https://www.cordonbleu.edu/news/a-taste-of-le-cordon-bleu-brisbane/en>

[Interstate student information day | Melbourne Uni](#)

12 July | 8:30 am – 6:00 pm

This event is specifically designed to give you a better insight into the Melbourne experience for interstate students.

The day will cover application processes, scholarships, student services, accommodation options and financial assistance. Participants will have an opportunity to ask current University of Melbourne students who have come from interstate about their experience and how they managed the transition. The program will also include lunch, a campus tour and residential college tours.

We encourage you to register early as places are limited and **registration will be closed as soon as we reach capacity.**

Once we have confirmed your registration, we will send you a list of suggestions for a range of activities you could consider while you're in Melbourne, including sporting and cultural events and dining options.



Please note: The April Interstate Student Information Day is not an Open Day, but a structured program designed for Year 11 and 12 domestic interstate students and a guest. Places are limited and registration is required. Due to limited places, **only one additional guest** will be allowed with each prospective student's registration.

Registrations will open here soon – <https://study.unimelb.edu.au/connect-with-us/events-for-future-students/all-events-listing/interstate-student-information-day>

University Information

Medicine | ANU and UCAT applications for 2020 admission

Find details for every medical program in Australia and the deadlines you need to know here – <https://www.studymedicine.com.au/deadlines/>

You can find Study Medicine on Twitter, Facebook or email: admin@studymedicine.com.au

Is getting a university degree even worth it?

You're out in the workforce, busily fitting shifts around friends, family and other interests – unsure whether you'll ever do that degree. Or maybe you're ploughing through Year 12 and you can't wait to finish school and stop studying.

So do you even need to go to university?

Like so many things in life, there's no answer to this question that's right for everybody. But while going to university is an individual decision, it's definitely one that's worth considering from all angles.

Read more – <https://this.deakin.edu.au/study/is-getting-a-university-degree-even-worth-it>

Not sure which music course to study?

From the Australian Institute of Music –

Before you submit your application to study at AIM you should have an idea of what you would like to study or at least an idea of what area of music or the performance industry you're passionate about.

However, you may not know what course you want to study right away and that's fine, that's why our team is on hand to offer you guidance!

As a general rule, it's always a good idea to start with the end in mind. If you know what your end goal or dream job is we can advise you on which qualification is best for your career path.

If you'd like to find out which AIM degree is right for you, you can complete our study guide questionnaire below and send it off to our student team to receive study guidance!

COMPLETE QUESTIONNAIRE

Find out more – <https://www.aim.edu.au/prospective-students-20>



Scholarships

2019 Medshop Student Scholarship Program

An initiative designed to support the students who will become the medical and healthcare professionals of the future.

Winning Recipients receives \$3,500

1st Runner-up receives \$1,500

2nd Runner-up received \$500

Submit an essay (1,000 words or less) on "What inspires you about the medical or healthcare field that you have chosen to pursue a career in?"

Applications close 11.59pm 10 April 2019.

Applicants must be currently enrolled and studying full-time in a medical or healthcare related course at an **Australian University or Registered Training Organisation** eg. TAFE.

Submit your application [here](#).

Crimson Youth Fund – Get funding for your next big project!

Have you started a project while in high school that can benefit fellow students and make a lasting impact on your community? Do you have a great idea but don't have essential resources like a branding kit, an event plan or media interest to make it happen? We can support you!

Crimson Youth Fund is a philanthropic arm of Crimson Education, created to provide students or recent graduates aged 13 – 21-year-olds with essential resources to bring their event or project to life. Individual events and projects can receive up to \$2000 AUD of funding!

To apply, visit: <https://pages.crimsoneducation.org/crimsonyouthfund>

DST STEM Cadetships

The DST Cadetship Program is an entry-level employment pathway for high performing undergraduate students currently studying a relevant Science, Technology, Engineering or Mathematics (STEM) degree.

As a DST Cadet, you will receive:

- Ongoing (permanent) employment with a salary of \$32,115 pa (plus 15.4% superannuation) during your cadetship;
- Payment of compulsory university fees (i.e. course fees) during your cadetship;
- \$500 per semester book/resources allowance;
- 60-days (minimum) DST work placements per annum; and
- Guaranteed employment with DST on successful completion of the cadetship.

Check their website for the status of applications and for more information about how to apply – <https://www.dst.defence.gov.au/careers/scholarships-and-placements/dst-cadetship-program>



You need to be currently enrolled in a degree and achieving a Credit average or above, so if you're still at school you can't apply yet but keep it in mind for the future.

John Bell Scholarship

Students from regional schools across Australia are eligible to audition for the John Bell Scholarship. A life-changing opportunity for budding performers, three students will be selected to spend one incredible week training with Bell Shakespeare.

Auditions take the form of 15-minute masterclasses with a Bell Shakespeare artist, workshopping text and receiving feedback on performance.

Three students will receive one week of training and ongoing mentorship from Bell Shakespeare. They will undertake acting masterclasses with Bell Shakespeare artists, observe rehearsals, see live theatre and perform their winning monologue for John Bell, Artistic Director Peter Evans and a Bell Shakespeare cast.

A national tour of auditions will take place in 2019. Students must rehearse a Shakespeare monologue of their own choosing, or select from the [list](#) available on our website. See below for audition dates and locations in 2019.

LIVE AUDITIONS: Touring across Australia in Terms 2–3.

VIDEO AUDITIONS: Open until October 2019.

SHORTLIST ANNOUNCED: November 2019.

WINNERS ANNOUNCED: December 2019.

SCHOLARSHIP WEEK: January 2020.

Find out more – <https://www.bellshakespeare.com.au/learning/scholarships/john-bell-scholarship/>

Regional Vocational Scholarship

Interested in opera or musical theatre?

Four lucky students will receive the Scholarship prize of a week-long visit to Sydney in January 2020.

Score amazing opportunities including exclusive workshops with industry leaders, tickets to world-class performances at the Sydney Opera House, and the chance to perform for Artistic Director Lyndon Terracini and Opera Australia's guests.

Eligibility

- Students should be in Year 11 or Year 12 at the time of applying
- Students residential address must be 100kms from their nearest capital city centre (applicants from Tasmania and Northern Territory are exempt from this criteria)

Applications open on April 2 2019, and close on June 28 2019.

[Find out how to apply.](#)



Careers

Chocolate Taster

Dream jobs really do exist.

Mondelez International one of the world's leading makers of Chocolate, Biscuits, Candy and Gum for brands including Cadbury, Milka and Oreo have announced 4 part time positions as Chocolate Tasters.

You'd be helping perfect and launch an entirely new product all over the world by tasting and providing feedback just like consumers. Working alongside approximately 11 Chocolate Tasters and a panel leader; sharing opinions and collaborating with others to reach an agreement on taste.

No experience is required as full training will be provided to develop your taste buds and the specific vocabulary required to communicate your opinions.

Think we're kidding? Have a look at the [job description and application criteria](#).

Unfortunately the job is based in the UK and the closing date is on 8 March 2019, but keep your eyes peeled for similar jobs in Australia or you could even start your own chocolate business.

Day in the Life | Viktoria Novak – Designer

No two days are ever the same in my creative hub. Being the designer, it's important that I dedicate as much time as possible to creating. I personally meet with each of my clients. Then, of course, there is social media, responding to important business matters and creating new designs + collections.

Read the interview here – <https://www.careerfaqs.com.au/careers/insider-stories/viktoria-novak-designer-creative-director>

She also has a fantastic [YouTube Channel](#), and you can get an insight into what her world is like.

How to get a job in the food industry

Want to carve out a career as a food professional?

Get some insight from top industry professionals with top tips for gaining experience and landing a job in the food world.

It's a UK based resource, but the advice applies in Australia too.

[Read interviews](#) from a TV Chef, Chocolatier, recipe writer, food stylist and more.

How Unsigned Artists Make Money: Music Streaming

From Australian Institute of Music –

Making music is expensive. Between work and classes, you probably don't have a lot of time to spare so isn't it time you start making your music work for you?



In this series we look at the options available for unsigned artists to start recouping costs (and maybe even make a profit). From live performances to publishing royalties and everything in between, this series will focus on the business of music so you're in the know.

Read more – <https://www.aim.edu.au/blog/how-unsigned-artists-make-money-music-streaming>

STEM Careers With Department of Defence

Find out more about the type of career you could build with the Department of Defence, Science and Technology.

Stock Trader

"Buy low, sell high". If you thrive under high pressure conditions and are looking for a fast paced but financially rewarding career, look no further

What do they do?

Stock Traders (also known as Equity Traders and Stockbrokers), buy or sell stocks, shares, or other securities on the stock exchange on behalf of their clients.

Traders use all the information available and speculate the optimum time to buy or sell a share.

If you could sell ice to an Eskimo, have a good grip on economics and finances, can stay calm and focused at times of stress and in a busy environment, and if you could see yourself confidently making decisions with someone else's money and don't mind working long hours.... you could be a Stock Trader in the making.

Duties:

- Research stocks and shares
- Keep up to date with financial news
- Consult investment analysts
- Reporting to clients
- Managing, recording and tracking investment portfolios
- Pitch for new clients

Skills required:

- Great head for figures
- Plenty of initiative and confidence
- An analytical mind with attention to detail
- Lots of self-motivation
- Strong competitive drive
- Language skills an advantage when dealing with clients globally

Pathways

No formal qualifications required but a degree in accounting, economics, business, or finance is preferable for most employers.



Average salary the average salary listed is \$73,000 (Source: Joboutlook.gov.au) but varies widely as traders make their money through the brokerage they get after every transaction is made.

Job growth in this area is very strong (source: Joboutlook.gov.au)

TAFE, VET & Apprenticeships

[Female sparkies overtake males in apprenticeship intake](#)

Women are taking over the levers of power – at least in one company, quite literally – with 21 of the 28 new electrical apprentices and trainees at Ausgrid being female.

NSW government figures show the gap between women's and men's apprenticeship and traineeship completions has narrowed significantly in 20 years.

Read the [full article](#).

[The Evergreen program](#)

An entry-level program for Aboriginal and Torres Strait Islander peoples that combines work experience and formal training.

Providing an opportunity to start your career and develop your professional and technical skills in the public service, with a permanent job on completion of the program.

2019 Applications are open now and close 11pm 14 March, so hurry if you want to be eligible.

[Apply now.](#)

Travel

[Antipodeans](#)

From helping build greenhouses in Peru, to providing primary health care in remote Laos or learning rope-weaving in Northern Thailand. There are lots of programs and destinations to choose from.

[High School Expeditions](#), [Schoolies Unearthed](#) and [University Placements](#)—empower students to take ownership and embrace a world beyond their own borders in ways your average beach trip can't.

Offering bespoke programs and itineraries designed to help students uncover the true essence of each country as they live, work and explore amongst the locals. Collaborating with local partners and communities to ensure every project is sustainable and responsible.

Read all about the programs available at [Antipodeans.com.au](#).

[Be part of the #AFSeffect](#)

AFS Australia run international exchange, study abroad, host family and volunteer programs.



Helping people of all ages and backgrounds develop leadership, problem-solving, language and intercultural skills needed to succeed in a global economy and make a positive difference in the world.

The [AFS](#) website details all the programs, who's eligible and how to apply.

Camp America

Interested in a 9-12 week paid summer of fun in the USA and a great addition to your CV?

You could be a Counsellor at Camp America, helping to look after the campers' general well-being and ensuring that the kids get to enjoy all their camp activities safely, whilst having a good time!

If you have flexible 'have-a-go' attitude or if you take your sport or craft seriously and have some formal coaching experience, this could be a great opportunity for you.

2019 Applications are open now and close on March 31.

Get more information or sign up [here](#).

Intern Abroad HQ

If you're seeking practical experience, want to enhance your career prospects, or are simply interested in gaining more insight into a field of interest, then check out this diverse range of affordable international internships.

Choose Internships from one of the career fields below, in 7 destinations across Africa, Asia, Central America and Europe:

- Animal Care
- Business
- Education
- Engineering
- Environmental
- Medical
- Law
- Management
- Marketing
- Sports
- Hospitality

Find out how it works, how much it would cost and how to apply on the [Intern Abroad HQ](#) website.

WorldStrides

WorldStrides provide Australian students a world of travel experiences that immerse them in knowledge, culture, and inspiration. Helping them grow by bringing learning to life—new ideas, new friends, and the memories of a lifetime.

WorldStrides [Secondary School Programs](#) put students at the very heart of new cultures, encouraging them to cultivate their areas of interest and develop their talents. Up close and



personal educational experiences within Australia and abroad that bring learning to life and last a lifetime.

Young Endeavour Youth Scheme

Aged 16-23 and interested in increasing self awareness, developing teamwork and leadership skills and creating a strong sense of community responsibility?

The scheme allows 24 young Australians – the youth crew – and nine specially trained Royal Australian Navy crew, to set sail an eleven day adventure at sea, along the Australian coast.

Eligibility:

- be Australian citizens or permanent residents
- be aged 16-23 years on the day of departure of the selected voyage
- weigh less than 120kg
- be able to swim 50 metres
- be in good health

Find out more or apply for the ballot to sail with [Young Endeavour](#) in 2019.

Resources

STARportal

The STARportal provides a comprehensive collection of STEM related activities, programs and events happening throughout Australia.

With a great searchable database, you can find out about STEM projects and happening in your community that students can get involved with.

There are also downloadable resources available.

Simply [sign up](#).

STEM STORIES

Fuel your future: Running jets on algae

Renée Webster's chemistry background helps fuel Defence aircraft.

Feed your future, as a food technologist

Meet Brad Baker, a University of Queensland Masters Graduate, now working as a food technologist at DST Group.

Drive your future: protecting soldiers with water

Huon Bornstein created his own personalised STEM Program: from Uni to Defence Science, then PhD research – read more.

Light your future – flying safer, for longer

Read about Madeleine's exciting and challenging career in Defence and how a STEM career in Australia can lead the world.

Secure your future with smart tactics

Research Jobs, Australia-wide in Defence – read profiles of staff members and their STEM careers.

Arm your future, with bullet-proof plastic

Science jobs within Defence – Long Nguyen forges suits of armour for a modern day army – read more.

See your future: Camouflage on the modern battlefield



Joanne Culpepper's work at DST Group reveals remarkable insights through science – read about our Research Jobs

[Map your future, with an Industry Placement at DST](#)

Swinburne and RMIT students navigate STEM Education opportunities, supported by DST Group, learn more.

[Build your future, with a DST Apprenticeship](#)

Explore the apprentice pathway into STEM Careers at DST Group – follow Joshua's journey.

[Launch your future, with mini satellites in orbit](#)

Natalie Stevens is one of many women scientists at DST Group, developing their careers both on and above the planet!

[Love your future, with women in science](#)

Yi Rye (Jireh) Choi fell in love with physics in Year 12. Little did she realise that, years later, she would develop that passion into a successful career as one of Defence's women in science.

Find them all here – <https://www.dst.defence.gov.au/careers/stem-careers>