



Senior School Guidance Officer Report

Guidance Officer role

- Welfare/mental health/wellbeing support
- Link students/families with outside agencies for further support (i.e Headspace, CYMHS)
- Study plans and links to tuition services
- Career/University guidance

Counselling is provided to individuals or small groups for the purpose of supporting students in relation to personal, social and/or emotional issues, which may or may not be related to the student's education. A student who commences counselling with a Guidance Officer is able to stop at any time. Information a student shares with the Guidance Officer during counselling is generally kept confidential but may be used and/or disclosed with the consent of the student, or if the disclosure is authorised or required by law.

If a student sees a Guidance Officer for counselling, they may disclose information about their personal affairs unrelated to their education. A Guidance Officer will keep this information confidential unless they believe it is necessary for the safety and wellbeing of the student to share the information with someone else. The Guidance Officer will usually seek the consent of the student first, but in some circumstances they can disclose information a student has shared if the law authorises the disclosure. For example, a Guidance Officer would be obliged to disclose information for the purposes of child protection under the EGPA and the *Child Protection Act 1999*.

Support services for the young person

Lifeline: 13 11 14 (24 Hrs)
Kids Helpline: 1800 55 1800 (24 Hrs)
Online Counselling: www.kidshelpline.com.au
Suicide Support Services: 1800859585 (5pm-9am weekdays, 24hrs weekends)
Suicide Call Back Services: 1300 659 467 (Free nation-wide telephone support for those displaying suicidal behaviour, and their carers)

ONLINE RESOURCES

www.youthbeyondblue.com Information on depression, anxiety, and suicide prevention
www.reachout.com.au Interactive forum for young people to access support and assistance
www.headroom.net.au Information / resources for young people, their family, and friends
www.sane.org National charity aimed at enhancing mental health
www.somazone.com.au Information about health and well-being issues

CRISIS CONTACTS - GENERAL

Emergency ambulance: 000
Hospital Emergency Department
Gold Coast Hospital: 108 Nerang St, Southport 55198211 (24hrs)
Robina Hospital: 2 Bayberry Lane, Robina 56686399 (24hrs)
Tweed Hospital: Powell Street, Tweed Heads 55067416 (24hrs)
Child & Youth Mental Health Services: 56356392 (9am-5pm) 55370660 (after 5pm)
Level 3, 2 Campus Crescent, Robina



OTHER CONTACTS

ATODS (Alcohol and Other Drug Services in Queensland) available 24 hours, 7 days a week by calling 1800 177 833 (freecall). <https://www.health.qld.gov.au/public-health/topics/atod/services/default.asp>

Alcohol and other drugs (AOD) services provide people with a range of interventions that influence and support the decision to reduce or cease harmful substance use. Referrals to alcohol and other drugs services can come from the individual experiencing the problem, family and friends, community services, Hospital and Health Services, GPs, Police, Courts and Corrective Services.

State-based Alcohol and Drug Information Services

- * ACT - (02) 6207 9977
- * QLD - 1800 177 833
- * NSW - 1800 422 599 or (02) 9361 8000
- * NT - 1800 131 350
- * SA - 1300 131 340 or (08) 8363 8618
- * VIC - 1800 888 236
- * TAS - 1800 811 994
- * WA - 1800 198 024 or (08) 9442 5000

Lifeline 13 11 14 (cost of a local call). www.lifeline.org.au For urgent assistance call Lifeline which is a 24-hour telephone counselling service.

Kids Help Line 1800 55 1800 (free call from land line) www.kidshelp.com.au. Kids Help Line offers free confidential 24-hour telephone counselling services for 5 to 18 year olds in Australia. On the Kids Help Line site, you can email a counsellor or chat to one online between 3pm and 9pm Queensland time, Monday to Friday and 10am and 4pm Queensland time, Saturday.

Youth beyondblue info line 1300 22 4636 www.youthbeyondblue.com. For the cost of a local call, the beyondblue info line provides callers with access to information and referral to relevant services for depression and anxiety-related matters.

Headspace. www.headspace.org.au Go to the website to find information, support and help near you. The National Youth Mental Health Foundation - offers a comprehensive website and one-stop-shop services that are youth-specific, and therefore youth-friendly. Headspace employs a range of different health workers and programs with a focus on the needs of young people. These include; GPs, psychologists, alcohol and drug workers, as well as education and employment programs.

Orygen Youth Health www.oyh.org.au. Orygen Youth Health aims to ensure that young people are able to access high-quality mental health, and drug and alcohol services provided in friendly, accessible environments.

Reach Out! www.reachout.com.au. Reach Out! is a web-based service which aims to inspire young people to help themselves through tough times. The Reach Out! site has fact sheets and personal stories about a wide range of health and lifestyle issues, as well as profiles of famous people, an e-newsletter and a database where you can look for help in your area. Reach Out! is an initiative of the Inspire Foundation.

Reach Out! Central www.reachoutcentral.com.au. Designed specifically for young people, Reach Out Central (ROC) is an interactive program that's designed to help you explore how your thinking, behaviour and feelings all interact with each other, and to help you improve and learn new life skills.



The Inspire Foundation www.inspire.org.au. The Inspire Foundation combines technology with the direct involvement of young people to deliver innovative and practical online programs that prevent youth suicide and improve young people's mental health and wellbeing.

Somazone www.somazone.com.au. Somazone is a website that was developed by young people for young people, with the assistance of the Australian Drug Foundation (ADF). The website focuses on health and lifestyle issues such as mental health, drug- use, relationships and body image, with fact sheets, personal stories and advice on where to get help.

Itsallright www.itsallright.org. Itsallright.org is SANE's website for young people with a parent or friend affected by mental illness.

MoodGYM www.moodgym.anu.edu.au. MoodGym is an online treatment program, where you can learn the Cognitive Behaviour Therapy (CBT) techniques that are used to prevent and treat depression.

depressioNet www.depressionservices.org.au. depressioNet is an independent resource for information, help and support. depressioNet offers a 24-hour email service to answer depression-related questions and help locate resources available in your area. There is also the opportunity to communicate with others via their chat room and message board.

The Black Dog Institute www.blackdoginstitute.org.au. The Black Dog Institute website contains:

- expert information on depression and Bipolar Disorder
- information about causes and treatments
- online self-assessment tools
- a section on getting help for people experiencing depression and their carers
- a page on depression in teenagers and young adults:
www.blackdoginstitute.org.au/public/depression/inteenagersyoungadults.cfm

Anxiety Network www.anxietynetwork.com.au. Anxiety Network Australia was established as an information, education and support resource for people all around Australia who live with anxiety disorders, their carers, relatives and health practitioners.

The Panic Anxiety Disorder Association (PADA). www.panicanxietydisorder.org.au. The PADA website provides non-clinical information about panic/anxiety attacks, the five main anxiety disorders, prevention, self-help strategies, treatment options and membership services. A printable order form is available for the purchase of books and tapes.

BluePages www.bluepages.anu.edu.au For people living with depression, BluePages provides information about the illness and about its treatments (medical, psychological and alternative). It also has a bulletin board and a state-by-state list about where to get help.
Eating Disorders Foundation of Victoria

Centre for Clinical Interventions www.cci.health.wa.gov.au. CCI has developed a number of resources for consumers, mental health practitioners, and doctors, many of which are freely available through this website.

Eating Disorders Foundation www.eatingdisorders.org.au of Victoria is the primary source of support, information, community education and advocacy for people with eating disorders and their families in Victoria.

National Cannabis Prevention and Information Centre
www.ncpic.org.au Cannabis Information and Helpline 1800 30 40 50



Druginfo Clearinghouse 1300 85 85 84

2020 Senior Pathways Information and Career planning resources

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

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 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) <https://www.qld.gov.au/education/apprenticeships>



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- 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 Student resources

- [Student Connect](#)
- [Study Queensland](#) — information for international students on Queensland study opportunities, universities, programs, courses, visa procedures, costs, lifestyle and Australian education contacts worldwide
- [Queensland Ombudsman](#) — independently reviews the administrative actions of state government agencies
- [Australian Qualifications Framework](#) — national framework for all regulated qualifications in Australian education and training

UQ College Best Foot Forward Program – Current Year 12. Please be aware of an exciting new opportunity for Year 12 leavers going to University in 2019. Students entering The University of Queensland in 2019 may be interested in the **Best Food Forward Program** (BFF).

This program has been designed and developed in response to research and actual data Which indicated the following:

- Transitioning from High School to University can be challenging;



- Curriculum from University requires a new kind of engaging with a learner;
- Students often require timely access to support services at University;
- Students want to connect and build relationships.

It is clear that there is an established link between under-preparedness and attrition within the first year of study. The essence of the **Best Foot Forward Program** is simply aimed to prepare students before they commence their studies at The University of Queensland.

BFF Program is over 3 days at the beginning of February 2019 and is 4 hours per day at The University of Queensland's St Lucia Campus. The cost is \$100. To register and pay please contact UQ College on 3346 1695.

Year 12 Students wanting to do Medicine or Dentistry at UQ in 2020 please be aware that the UMAT Admissions Test will be replaced by UCAT in 2019

Beginning with current Year 11's, all applicants intending to sit the UMAT in 2019 for entry to university in 2020 will need to sit the new University Clinical Aptitude Test (UCAT). From 2019 onwards, the UMAT test will be discontinued.

UCAT will become a mandatory admissions test for the Doctor of Medicine (provisional entry) and Dental Science at The University of Queensland.

The registration for the UCAT will open in March 2019 and close in mid-May. The UCAT will be offered on a choice of dates throughout the month of July, rather than on one single date.

The test consists of five, separately timed, subtests:

- Verbal Reasoning
- Decision Making
- Quantitative Reasoning
- Abstract Reasoning
- Situational Judgement Test

For more information about the new test, including testing dates and format visit [UCAT online](#).

Preparing for UCAT

UCAT ANZ have a number of preparation materials available to assist students in preparing for the UCAT - these include:

- Practice examinations (timed)
- An online, interactive tutorial that teaches students how to approach questions and useful test strategies
- An incredibly detailed bank of example questions

We strongly encourage students to use the officially produced materials. Candidates should be aware that whilst there are many commercial companies publishing books and offering coaching for our tests, the UCAT ANZ Consortium does not work with any of these companies or endorse the use of their materials. Taking advantage of these opportunities can cost candidates a great deal of money and we would advise you to be sceptical about claims they can help you do well in the test by coaching.

You can find the official preparation materials [here](#).

[UCAT Medical School Test Prep – Free Question Bank](#)

Receive access to Kaplan's UKCAT Question Bank for free! It provides 3 full-length practice tests and over 2500 test-like practice questions. Use this resource to explore UCAT questions and provide your students with a head start in preparation for this test.

[Access it here](#)



Study Medicine Information Resource

Medical degree information is complex, it's hard to compare degrees and detect when details have changed.

The new [Study Medicine](#) website enables students to maximise their chance of becoming a doctor by providing details of the 57 direct entry medical degrees and degrees that lead to undergraduate or postgraduate medicine

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

Find out more - <https://www.studymedicine.com.au>