



Options Career Information Bulletin

Edition 2

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Apprenticeships & Traineeships

Career Interest Explorer – a quiz to help identify your career interests in vocational areas

Your interests are important in career exploration and decision making. The Career Interest Explorer can help you identify your career interests in vocational fields. Watch the video on the [Career Interest Explorer website](#) before you begin. The quiz requires you to indicate your interest in activities relating to the following work types:

- Persuading and Service
- Nature and Recreation
- Helping and Advising
- Creative and Artistic
- Analytic and Scientific
- Practical and Manual
- Organising and Clerical.

Your results will be a list of the work types in order of your interests, with the ones you are most interested in at the top, according to how you responded to the quiz. From here you can search the related jobs and industries and come up with a list of possible jobs you can explore further through reading about them, talking to people already in the jobs and doing work experience.

Why do I need a White Card to do work experience on a construction site?

Construction sites are dangerous places. All workers on a construction site, even work experience students, must have knowledge of the hazards they may encounter and how to manage them. Consequently, the Workplace Health and Safety Act requires all employees and work experience students on a building site to hold a White Card. This card can only be obtained by successfully completing a Building and Construction General Safety Induction course. Most courses are delivered online. Some training organisations have a discount price for students. The following are some of the organisations that offer the course.

- [Blue Dog Training](#) (online course)
- [Narbil Training](#) (online course)
- [PCD Training](#) (online course)

You can do an Internet search to find other registered training organisations that offer a White Card course. Queensland White Cards are accepted throughout Australia.



AUSTRALIAN DEFENCE FORCE

Australian Defence Force Academy (ADFA) Education Award

If you are interested in completing a university degree as well as training to be an officer in the Defence Forces, consider applying for the [Australian Defence Force Academy](#) (ADFA) in Canberra. Applicants to ADFA are eligible to apply for the ADFA Education Award. Up to 50 awards are presented to Year 12 students each year on behalf of the Navy, Army and Air Force in recognition of the leadership potential and academic and sporting achievements these students displayed during Year 11. The award includes a tablet device (or similar) and certificate for you, along with a plaque for your school. Applications for the award open on 1 May each year and close on 28 February in the following year. Current Year 12s have until 28 February 2017 to submit their applications and current Year 11 students can start their application on 1 May 2017. Click [here](#) for details.

Australian Defence Force Information Sessions

Brisbane – Monday 15 February 2017 at 6 pm - *Trade Careers Information Session* at Brisbane Defence Force Recruiting, Level 13, 295 Ann Street, Brisbane. RSVP to email cptqld@dfr.com.au or book your spot [here](#).

Alexandra Hills – Wednesday 15 February 2017 at 6 pm – *ADF Careers Information Session* at Alexandra Hills Hotel, corner of McDonald and Finucane Roads, Alexandra Hills. To RSVP email cptqld@dfr.com.au or book your spot [here](#).

Rockhampton – Wednesday 15 February 2017 at 6.30 pm - *Parents and Teachers Defence Careers Night* at Rockhampton Leagues Club, George Street, Rockhampton. Book your spot [here](#).

Toowoomba – Thursday 16 February 2017 at 6 pm - *Management, Leadership and Communications in the ADF Information Session* at Defence Force Recruiting Toowoomba, Milne Bay Training Depot, O'Quinn Street, Toowoomba. Book your spot [here](#).

Gladstone – Thursday 16 February 2017 at 6 pm - *Parents and Teachers Defence Careers Night* at Mercure Gladstone, corner Bell and O'Connell Street, Gladstone. Book your spot [here](#).

Ayr – Monday 20 February 2017 at 6 pm - *Parents and Teachers Defence Careers Night* at Ayr Anzac Memorial Club. Book your spot [here](#).

Kingaroy – Tuesday 21 February 2017 at 6 pm - *Defence Careers Information Session* at Kingaroy RSL, 126 Kingaroy Street, Kingaroy. Book your spot [here](#).

Ingham – Tuesday 21 February 2017 at 6.30 pm - *Parents and Teachers Defence Careers Night* at TYTO Conference Centre, 73-75 McIlwraith Street, Ingham. Book your spot [here](#).

Charters Towers - Wednesday 22 February 2017 at 6.30 pm - *Parents and Teachers Defence Careers Night* at Charters Towers Excelsior Library, 130 Gill Street, Lissner. Book your spot [here](#).

Mooloolaba - Wednesday 22 February 2017 at 6 pm - *Management, Leadership and Communications in the ADF Information Session* at Mooloolaba Yacht Club, 33 - 45 Parkyn Parade, Mooloolaba. Book your spot [here](#).

Cairns – Wednesday 22 February 2017 at 6 pm - *Australian Defence Force Academy Information Session* at Defence Force Recruiting Cairns, Level 1, 55 Lake Street, Cairns. Book your spot [here](#).

Robina – Wednesday 22 February 2017 at 6 pm - *Management and Leadership in the ADF Information Session* at Defence Force Recruiting Gold Coast, 14 Edgewater Ct, Robina. Book your spot [here](#).

Townsville – Wednesday 22 February 2017 at 6 pm - *Australian Defence Force Academy Information Session* at Defence Force Recruiting Townsville, 143 Walker Street, Townsville. Book your spot [here](#).

Rockhampton – Wednesday 22 February 2017 at 6 pm - *Defence Careers Information Session* at Empire Apartment Hotel, 5 East Street, Rockhampton. Book your spot [here](#).

Brisbane – Wednesday 22 February 2017 at 6 pm - *Management and Leadership in the ADF Information Session* at Defence Force Recruiting Brisbane - Level 13, 295 Ann Street, Brisbane. Book your spot [here](#).

Robina - Thursday 23 February 2017 at 5.30 pm - *Women in Defence Information Session* at Defence Force Recruiting Gold Coast, 14 Edgewater Ct, Robina. Book your spot [here](#).

Further information about these events and Army Reserve Information Sessions can be accessed on the ADF [Facebook](#) site.



Career Checker – a quiz for career explorers

[Career Checker](#) is a five-minute quiz to find out how well you are doing in the three career planning areas of:

- knowing yourself
- getting career ideas
- deciding and adapting.

The site offers tips for improvement if needed.

Visited myfuture lately?

For those who don't know, [myfuture](#) is Australian's career information service. It is a free service. You sign-up and enter a user name and password when you first visit the site. You log-in for subsequent visits.

The site contains information on courses, occupations, industries and institutions. The My Career Profile function on the site is a career questionnaire you use to develop your career profile which is then matched with jobs you may be interested in. The Career Bullseyes provide lists of jobs that relate to the study areas you enjoy. The site has over 50 case studies of real people in a range of jobs.

In addition, the Career Insight section has over ninety short articles about topics of interest to people interested in learning more about jobs and related topics. The following are articles you may want to read.

- [Researching careers: a great place to begin](#)
- [What could your career include?](#)
- [Australian Apprenticeships offer a world of opportunity](#)
- [Volunteering benefits your community and your career](#)
- [13 places to search for jobs](#)
- [Work experience and why it matters](#)
- [The 4 main factors affecting job prospects](#)
- [Alternative pathways to Higher Education](#)

Competitions

The ATOM Photo Comp 2017

The [ATOM Photo Comp](#) provides an opportunity for student photographers to submit a set of three photographs around a specific theme. This year the theme is My Backyard. Prizes include cameras and camera equipment from Ted's Cameras. The competition is now open and will close on 1 September 2017.



Endeavour College of Natural Health – webpage for high school students

Endeavour specialises in degree courses in alternative medicine. The programs offered include Nutrition and Dietetic Medicine, Naturopathy, Acupuncture, Myotherapy and Complementary Medicine. The [webpage for high school students](#) contains links to information about courses, scholarships, open days, webinars and graduate profiles. It also provides an invitation to visit their WellNation Clinics which are open to the public. The [webinar site](#) contains the list of programs running in February. If you are interested in alternative medicine but don't know much about it, attending open days and participating in other Endeavour activities could help you with your decision making.

Evolve College offers accredited massage courses

Evolve College offers accredited Certificate IV and Diploma courses in massage. Short introductory courses are also offered. In Queensland, the college has training centres in Brisbane, Cairns, Gold Coast, Hervey Bay, Mackay, Rockhampton, Sunshine Coast, Toowoomba and Townsville. Courses can be taken part-time, full-time or by correspondence. Find out more [here](#).

International College of Hotel Management (ICHM)

ICHM, located in South Australia, was the first Swiss Hotel Association institution outside of Europe. It offers a dual B Business (Hospitality Management) and B International Hotel Management (Swiss Hotel Association) course. During the course, students have an opportunity to learn a language and to experience an industry placement in Australia or overseas. Eligible students can apply for FEE-HELP loans. Visit the [ICHM website](#) for more information.

Jazz Music Institute (JMI) - a specialist jazz school

This private college, located in Bowen Hills, Brisbane delivers degree, diploma and certificate courses in jazz. In addition, JMI offers evening short courses; open workshops which feature nationally and internationally known jazz educators and performers; and Summer Jazz Clinics. JMI Live presents live jazz in Brisbane every Thursday and Friday night. Visit the [JMI website](#) for information on their upcoming gigs (a good way to check out the college).

News from Griffith University

Science and Engineering Challenge – This challenge is designed to help students, through fun and practical hands-on activities, to understand the opportunities available in science, technology and engineering. It is open to class-sized teams of Year 9 and 10 students. Applications for the South Brisbane and Gold Coast events will open shortly. Visit the [Science on the Go website](#) for more information and to watch a video of previous challenge events. Talk to your science teacher about entering a team.

Griffith Honours College – Admission to the [Griffith Honours College](#) is available to school leavers who are undertaking their first undergraduate degree. International students who meet the eligibility criteria are also invited to apply for entry. The College provides a range of experiences in addition to academic study. These include mentoring, leadership development, international study, work and research, networking and social events.

Help for elite athletes - If you are an elite athlete thinking of applying for courses at Griffith next year, you need to explore the assistance you can get from the [Griffith Sports College](#). You will receive support to balance your academic and sporting commitments. You may also be considered for rank/OP bonus points.

Griffith College - [Griffith College](#) offers undergraduate diploma programs that, on successful completion, provide guaranteed pathways to degree programs at Griffith University. The fields of study offered include biosciences, commerce, criminology and criminal justice, design, engineering, health sciences, hotel management, IT, media and communications. The college is located at the Mt Gravatt and Gold Coast campuses.

Open2Study – free, online, short courses

[Open2Study](#) is an initiative of Open Universities Australia. It provides 48 free introductory level subjects in a university-style set up, delivered by universities such as RMIT, Griffith, James Cook, Macquarie and Swinburne. The course description for each subject includes a list of further formal study on the topic and the jobs this could lead to. The following is a sample of the subjects on offer:

- Food, Nutrition and Your Health
- Foundations of Psychology
- Introduction to Nursing in Healthcare
- Mining Engineering
- Negotiation and Conflict Resolution
- Online Advertising
- Mobile Robotics
- Financial Planning
- Basic Physics.

Through Open2Study you could test drive a topic you are considering for future study to help with your decision making. You could experience university level study and acquire new knowledge and skills that will help you in your future university endeavours.

Queensland University of Technology (QUT) updates

Opportunities for QUT students – Students can gain personally and professionally by taking advantage of the many opportunities available at QUT. These include:

- Internships with industry are available in many fields e.g. internships in [Science and Engineering](#)
- [Work integrated learning](#), lets you combine workplace activities with academic study
- For those interested in research, QUT's [VRES program](#) is a chance to learn alongside researchers
- All students can access the [Leadership, Development and Innovation program](#), to develop their skills and strengths in these areas
- International study through [QUT's Student Exchange programs](#).

QUT Power of Engineering events – Applications for these events will open soon. They aim to show girls that 'everything is possible' in their future careers. Teachers are invited to nominate female students in Years 9 and 10 to attend these fully-funded one-day events at the Gardens Point campus. In 2017, the events will be held on:

- Thursday 2 March
- Thursday 20 July
- Tuesday 31 October.

Chick [here](#) for more information.

Parent website – At this [website](#) parents can keep up-to-date with the latest information from QUT; download a brochure specifically for parents; and find out about courses, entry requirements, processes and university life.

Parent information seminars – In May, QUT will deliver [these seminars](#) at QUT Caboolture, QUT Gardens Point and North Lakes Community Centre to provide parents and their senior secondary children an opportunity to learn more about QUT.

QUT at the World Science Festival - Get a taste of QUT STEM by attending [Street Science](#) on the 25 and 26 March 2017.

Resources on the University of the Sunshine Coast (USC) website

My Brilliant Career Profiler – This is a fun questionnaire that identifies your personality and matches it with USC courses you might enjoy. You can find it on the [USC website](#).

USC Career Directory – This [directory](#) can be of help when you know the career you want but don't know what USC course you can do to get there.

Parent Lounge – This [webpage](#) has heaps of resources that parents can use to support their children as they transition to university study.

University of Southern Queensland (USQ) – events in 2017

The following are some of the events that USQ will hold in 2017 for students considering further study after Year 12. These events are also an opportunity to check out the USQ campuses and what they offer.

2 May - [Years 11 and 12 Student Experience Day at the Ipswich campus](#)

4 May - [Years 11 and 12 Students Experience Day at the Springfield campus](#)

11 May - [Years 11 and 12 Student Experience Day at the Toowoomba campus](#)

9 June - [Years 9 and 10 Careers Day at the Ipswich campus](#)

20 July - [Years 9 and 10 Careers Day at the Toowoomba campus](#)

13 August - [Toowoomba campus Open Day](#)

20 August – [Springfield campus Open Day](#)

2 September - [Ipswich campus Open Day featuring All Things Healthy Expo](#)

Updates from the University of Queensland (UQ)

Tips for new students – If you are planning to study at UQ next year, you will find the [YouTube videos](#) helpful. Topics covered include:

- Tips on getting to UQ
- Choosing what to study
- Transitioning to university.

Careers that started in science - The Faculty of Science at UQ has gathered the profiles of scientists who have used their qualifications to gain entry into a diverse range of interesting and rewarding jobs and now work worldwide. The profiles can be accessed from '[Careers that started in science](#)'.

UQ's undergraduate health website - This [website](#) has the following useful resources for students interested in a health science career.

- Information on health science study areas
- 2017 Health Study Guide
- A link to the Health Blog

Disabilities

Resources for students with disabilities

The following websites may be of assistance to students with disabilities.

- The [Australian Human Rights Commission website](#) provides information on the rights of people with a disability.
- [Australian Network on Disability website](#) focuses on providing information for employers. However, it does contain resources (e.g. case studies, information for job seekers with disability) that may be of interest to students.
- [Australian Apprenticeship Pathways – Disability Initiatives](#) provides information about the support available for students with a disability when applying for and undertaking an apprenticeship or traineeship.
- Graduate Careers Australia webpage for graduates with a disability. You can download the booklet [Careers for graduates with disabilities](#).
- [Job Access](#) provides free information and advice about the employment of people with a disability.
- [My Future: My Life](#) supports students with a disability to plan and prepare for life after school.
- [Steps Employment Services](#) support the recruitment of people with injury, illness and disability.
- [Strategies for students with ASD from La Trobe University](#).

Support for students with disabilities at Queensland universities

If you are in Year 12 and you have a disability, it is important to be aware of the support you can access when you go to university. Begin your research early by first exploring what's available from the university websites. The following are links to disability support services at Queensland universities.

- [Australian Catholic University](#)
- [Bond University](#)
- [CQUniversity](#)
- [Griffith University](#)
- [James Cook University](#)
- [Queensland University of Technology](#)
- [University of Queensland](#)
- [University of Southern Queensland](#)
- [University of the Sunshine Coast](#)

Later in the year you should contact these services. Introduce yourself. Let them know you hope to study with them next year. Find out how they can support you. University is not like school. The support services don't come to you automatically. You need to approach them first.

The information contained within this document has been gathered from a range of sources including publicly available websites, institutional and organisational newsletters. Every effort has been made to ensure the information provided is accurate and up-to-date at the time of publication. This document can only be distributed and used by members of the school community of the school that has purchased membership to Options Career Information. For more information, see <https://www.optionscareerinformation.com.au/disclaimer>.

Employment

Do you have the tools to successfully transition to work or study?

The recently released [Everybody's Core Business report](#) investigated the non-technical skills needed by secondary school students to successfully participate in work or further study. The report developed a Tools for Transition model (see page 23 of the report) which lists the knowledge and skills students need for a successful transition from school to work or further study. According to the report, the core skills and knowledge required are:

- career development competencies to explore, make and manage career choices
- social awareness and social management skills to interact with others
- self-management skills to monitor and regulate your behaviour and performance
- self-awareness to reflect on your choices, behaviour and performance
- take responsibility for your learning
- apply thinking strategies to learning, creating and solving problems
- apply literacy and numeracy skills (including digital literacy) in 'real life' or further learning contexts.

How many of these could you tick off?

The future of work

Several articles about this topic have been published in the last few months. The following are a sample.

- [Will automation take away our jobs?](#) This TED X talk, delivered by economist David Autor, explores the paradox of why we still have jobs after a century of creating machines to do our work for us. The talk uses US data but is relevant to Australian conditions.
- [The future of careers: Three big questions answered](#) – This article explores three questions:

Will I be replaced by a machine?

Where and how will I find work in the future?

How will I spend my time?

Why do I need a Tax File Number?

A Tax File Number (TFN) is a unique number issued by the Australian Tax Office (ATO). It is required for:

- Starting work (including part-time and casual jobs)

- Lodging a tax return
- Applying for Commonwealth Government financial assistance such as pensions and other benefits
- Applying for the Higher Education Loan Program (e.g. HECS-HELP, FEE-HELP) and VET Student Loans when you start your university, TAFE or college study.

The easiest way to get a TFN is to:

- Complete an online application form from the ATO website
- Print a summary of your application which includes your application reference number
- Make an appointment for an interview at a participating Australia Post Office
- Take the summary of your application and proof of identity to the interview within 30 days of completing your online form.

Visit the [ATO website](#) for details about this process.

Year 12 students intending to apply for tertiary study in 2018 should apply for their TFN this year to avoid a panic early next year.

Financial Assistance & Scholarships



Changes to the HECS-HELP scheme

If you are studying at a public funded university or an approved private university or college, you will be offered either a Commonwealth Supported Place (CSP) or a fee-paying place. A CSP is a Commonwealth Government subsidised place. Students with a CSP (called Commonwealth supported students) only pay a 'student contribution' instead of the full cost of their course.

The Commonwealth Government has several financial assistance programs to help students meet the cost of their tertiary education. The HECS-HELP scheme is one of these programs. It is a loan scheme to for eligible Commonwealth supported students. Through this scheme, students can defer payment of their student contribution until they are earning a specified amount (called the compulsory repayment threshold). They then repay their loan through the taxation system.

In the past, students could make voluntary repayments towards their HECS-HELP loan and receive a bonus. From 1 January 2017, the voluntary repayment bonus ceased. For more information about HECS-HELP, visit the [Study Assist website](#).

Local Sporting Champions Program

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12 to 18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation (NSO) endorsed state, national or international sporting championships or a School Sport Australia state or national championships. Visit the [Australian Institute of Sports website](#) for details.

Peter Doherty Awards for Excellence in Science, Technology, Engineering and Mathematics (STEM) Education

Nominations for this award are now open. This year, awards will be presented across six categories. Two of these categories are for students.

- Outstanding Senior STEM Student Awards - \$5,000 each
- Outstanding Aboriginal and Torres Strait Islander Senior STEM Student Awards - \$5,000 each

Visit the [Education Queensland website](#) for details about these awards. Applications close on 19 April 2017.

VET Student Loans – a new program

In the past, students undertaking diploma and advanced diploma courses at TAFE and other approved colleges could defer paying their tuition fees through the VET FEE-HELP scheme. As of 1 January 2017, this scheme has been replaced by the VET Student Loans program. There are strict requirements for this loan program:

- Students must meet specific criteria to be eligible for a VET Student Loan
- Students can only access VET Student Loans for approved courses provided by approved providers
- Eligible students will be entitled to loans up to a capped amount (the cap might be \$5,000, \$10,000 or \$15,000, depending on the course)
- If the course tuition costs more than the loan cap, the student is required to pay the difference.

Students are required to repay the loan through the taxation system when their income reaches the repayment threshold. See the [Study Assist website](#) for threshold information.

There is a list of approved courses and their capped amounts in the [legislation document](#). Eligible courses and approved providers, will also be available on the [MySkills website](#). You can access student fact sheets on the VET Student Loans from the [Australian Department of Education and Training website](#).



Gap Year Program News

Camp America

[Camp America](#) organises summer (May, June, July) camp jobs in the USA for students from around the world. At camp, participants work directly with American children; by instructing or assisting them in activities. There are different [types of camps](#) and [types of roles](#) available. The visa required for the program includes 30 days of travel time in the USA before and after the camp. Visit the website and attend information sessions (in person and/or online) for more information.

Gap Year Program information events

- [World Education Program](#) (WEP) will hold an [information evening](#) on the Sunshine Coast from 6.30 – 8 pm on 15 February 2017 at the Lake Kawana Community Centre, 114 Sportsman’s Parade, Bokarina. Please register on the website to attend.
- [Camp America](#) will hold an [information session](#) from 6.30 – 7.30 pm on Thursday 16 February 2017 at The Woodcraft Room, George Williams Hotel, 317-325 George Street, Brisbane. RSVP on the website.
- [Southern Cross Cultural Exchange](#) will hold an [information session](#) from 7 – 9 pm on Tuesday 21 February 2017 in Brisbane at Ruth Fairfax House, 89-95 Gregory Terrace.
- [World Education Program](#) (WEP) will hold an [information evening](#) from 7 – 8.30 pm on 22 February 2017 at the Fulton Trotter Lounge, 129 Leichhardt Street, Spring Hill. Please register on the website to attend.
- [Letz Live](#) will hold an [information evening](#) on Tuesday 28 February 2017 at the Southport Community Centre, Gold Coast. Register on the website to attend the evening.
- [Youth for Understanding](#) (YFU) will hold an [online information session](#) from 5 – 6.30 pm on Tuesday 28 February 2017. Register to attend on the website.

Letz Live

This organisation coordinates several programs including gap year experiences working in boarding schools in the United Kingdom, New Zealand and Thailand. Note that applications closing dates may differ, depending on the country you want to go to. The application closing date for 2018 placements in the United Kingdom is 7 April 2017. See the [Letz Live website](#) for details of this and other programs offered by Letz Live.

Projects Abroad

Projects Abroad is a volunteer abroad organisation. Its projects provide an experience in which you can contribute to, as well as become a part of, a community in one of over 30 countries in Africa, Asia, Europe, Latin America and the Caribbean and the South Pacific. Visit the [website](#) to learn about the projects available.

Indigenous

STEM.I.AM Scholarship for Indigenous students

This scholarship is part of the Queensland Government's [Advance Queensland STEM.I.AM program](#). The aim of the program is to promote the study of Science, Technology, Engineering and Maths (STEM) with Aboriginal and Torres Strait Islander young people through activities involving several partners. As part of the program, the Queensland University of Technology is offering a one-year scholarship worth \$10,000 for eligible Aboriginal and Torres Strait Islander students enrolling in a single or double degree in:

- [B Information Technology](#)
- [B Engineering \(Computer and Software Systems\)](#)
- [B Engineering \(Mechatronics\)](#)
- [B Games and Interactive Environments](#).

Students must graduate from Year 12 in 2017 and be enrolled in one of these degrees by the 2018 census date. Applications close in March 2018. Visit the [STEM.I.AM Scholarship webpage](#) for details of the scholarship (the webpage will be updated later in the year).

Occupational Information



Have you ever considered a career in insurance?

Visit the [Council of Queensland Insurance Brokers website](#) to learn about some of the specialist fields in this industry. If you have further questions, you can email them to the Council.

Industry Profiles

The [Graduate Opportunities website](#) has the profiles of key industries in Australia. Each profile includes the key jobs in the industry, trends, opportunities for graduates, qualification requirements and salary statistics. A scan of this information will help you learn more about industries you are likely to work in one day. It will also make you aware of industries and jobs you didn't know about.

Interested in a creative career?

One important way to explore a creative career is to find out how other people have entered this career field. The Queensland University of Technology's [Art/Work Online](#) follows the career and study pathways of seven individuals working across varied roles in the visual arts sector: the curator, arts worker, artist, gallerist, art installer, educator, and conservator.

Open Days, Expos & Career Markets



Qld School of Film and Television (QSFT) Free Info Evening

Interested in making films? Attend this event to learn about [QSFT's courses and programs](#). Information about the creative industry and the career opportunities available will also be given. The Info Evening will be held from 6.30 – 8 pm on Thursday 16 February 2017 at QSFT's campus located at 22 Warwick Street, Annerley, Brisbane. More information and tickets are available [here](#).

Reinvent Your Career Expo

This is a career expo specifically for adults. At the expo, adult career seekers can meet potential employers, educators, and trainers to upgrade, re-skill, and re-enter the workforce, or totally reinvent their careers. The expo will be held on 25 and 26 March 2017 at the Brisbane Convention and Exhibition Centre. Click [here](#) for more information.



QTAC & Tertiary Entry

2017/18 Queensland tertiary application/offer process timeline

Year 12 goes very quickly. If you are intending to apply through QTAC for tertiary courses later in the year, it is a good idea to know what happens between now and then. **The following information is based on what normally happens each year (there could be some changes).** Not all dates are available at this time. The remainder and any changes to the process will be published in this bulletin, as they become known.

2017

May

- Regional career expos are held from May to August. You can access the 2017 dates from the [Student Connect](#) and the [QTAC](#) websites later in the year.

June

- 2 June - [UMAT](#) registrations close
- 2 – 3 June - [Brisbane Careers and Employment Expo](#)
- 16 June - Late [UMAT registrations](#) close (a late fee applies)
- *QTAC Guide* distributed to schools

July

- 15 – 16 July - [TSXPO](#) (Tertiary Studies Expo) at the Brisbane Showgrounds
- 26 July – Sit [UMAT](#)
- 31 July – Due date for [Bond University scholarships](#) for Year 12 Australian students
- Institution open days

August

- 3 August - [QTAC](#) online application is activated
- Some applications for music auditions due
- Institution open days
- 29 – 30 August [Queensland Core Skills Test](#)

September

- 29 September – [QTAC](#) 'on-time' application due date
- [UMAT](#) results released late September
- Institution open days

October

- Registration for auditions/interviews for some creative industry courses
- Scholarship application due dates for some universities

November

- 17 November – final day for Year 12s
- Some QTAC offers given to eligible applicants
- Registration for auditions/interviews for some creative industries courses

December

- [QTAC](#) early offer rounds for eligible applicants
- [QTAC](#) major offer round for some creative and performing arts courses
- 15 December – Year 12 results mailed to students from the [QCAA](#)
- 16 December – Year 12 students can access their OP results from their learning account on the [Student Connect website](#)
- [QTAC](#) offers following the release of Year 12 results for eligible applicants
- Scholarship application due dates for some universities

2018

January

- Last date to change preferences for the [QTAC](#) January major offer round
- [QTAC](#) major offer round in mid-January

February

- [QTAC](#) 'top-up' offer rounds
- Orientation week for many institutions



Apps to spark your memory

The [Social Hub](#) on the University of Southern Queensland's website has tips, resources and advice you might find useful. One of the resources introduces you to [apps that help improve your memory](#). The apps are free and available for Apple and Android. The apps are:

- **Peak Brain Training** – gives your brain a workout with memory games, word pairs and maths
- **Brain School Training** – tasks that seem easy but, because they are timed, are challenging
- **Memorado** – set training goals in the specific memory areas you would like to improve
- **Fit Brains Trainer** – uses technology to determine the best way to train your brain even if you have a learning difficulty.

Next time you are scrolling your mobile for something interesting, download one of these apps and challenge yourself.

Resources for looking after yourself

Much is required of you during Years 11 and 12. It can be stressful at times. It is important to build your resilience to meet the challenges of this time in your life and the future. The [Generation Success website](#) contains strategies and resources for looking after yourself. Have a read and start the year off with healthy habits. Your school Guidance Officer/Counsellor can also help you learn strategies to cope with the challenges of senior study and life.

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The 5–Count Breath – a quick technique to help you refocus

Things can get hectic during the day at school. Sometimes we need to take the time to rest and refocus. The 5-Count Breath technique takes a couple of minutes and is a useful way to reset the day. Listen to the [5-](#)

[Count Breath broadcast](#) presented by ABC Radio and Smiling Mind. Download the MP3 to start the presentation. Check out the other mindfulness techniques on the [Mindfully](#) site.