



Options Career Information Bulletin

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Apprenticeships & Traineeships

Free app for apprenticeships and traineeships

AusAppPathways is a free app that helps students explore their apprenticeship and traineeship pathway options. Users can access:

- General industry options as well as specific apprenticeships and traineeships
- Links to job hunting and career research sites
- Contacts for local Apprenticeship Network providers and Group Training Originations.

AusAppPathways is available for both Apple and Android devices. A 'Guide to Using AusAppPathways' can be found on the [Australian Apprenticeships Pathways website](#).

Industry information and aptitude quizzes

The Australian Apprenticeships and Traineeships Information Service has developed a [webpage](#) that contains information and quizzes for jobs in a range of industries. Some of the industries included are:

- Transport, Drivers, Air, Sea and Rail Transport, Logistics and Warehousing
- Automotive and Boating - Service and Repair
- Building and Construction
- Property, Maintenance, Cleaning and Security
- Computing, IT, Graphic Arts and Telecommunications
- Electrical, Electronics and Utilities
- Entertainment, Arts, Museums and Libraries
- Food and Wine Processing and Pharmaceutical Manufacturing
- Gardening, Farming, Animals, Fishing and Environment
- Health, Care and Community Services
- Hospitality, Travel and Tourism
- Metals and Engineering
- Retail, Sales, Marketing and Customer Service
- Sport, Fitness, Recreation, Hairdressing, Beauty and Personal Services

The quizzes give you an idea about the aptitudes needed for the jobs in the industries listed.

Training Pathways Charts

These charts show the potential training pathways within specific industries which start with an apprenticeship or traineeship. You can access the charts [here](#).

AUSTRALIAN DEFENCE FORCE

Australian Defence Force Information Sessions

Toowoomba – Wednesday 1 March 2017 at 6 pm - *Australian Defence Force Academy Information Session* at Defence Force Recruiting Toowoomba, Milne Bay Training Depot, O'Quinn Street. Book your spot [here](#).

Mooloolaba – Wednesday 1 March 2017 at 6 pm - *Defence Careers Information Session* at Mooloolaba Yacht Club, Shop G14, The Wharf, 33-45 Parkyn Parade. Book your spot [here](#).

Brisbane – Thursday 2 March 2017 at 6 pm - *Defence Careers Information Session* at Defence Force Recruiting Brisbane, Level 13, 295 Ann Street. Book your spot [here](#).

Gold Coast – Monday 6 March 2017 at 6 pm - *Australian Defence Force Trades Golf Evening* at Palmer Colonial, 57 Paradise Springs Avenue, Robina. Book your spot [here](#).

Bowen – Monday 6 March 2017 at 6 pm - *Gap Year Information Session* at Bowen PCYC, Corner Hay Street and Queens Road. Book your spot [here](#).

Gold Coast – Tuesday 7 March 2017 at 6 pm - *Submariner Careers Information Session* at Defence Force Recruiting Gold Coast, 14 Edgewater Ct, Robina. Book your spot [here](#).

Mackay – Wednesday 8 March 2017 at 6 pm - *Gap Year Information Session* at Quest Mackay, 38 Macalister Street. Book your spot [here](#).

Townsville – Wednesday 8 March 2017 at 6 pm - *Women in Defence Information Session* at Defence Force Recruiting Townsville, 143 Walker Street. Book your spot [here](#).

Brisbane – Wednesday 8 March 2017 at 6 pm - *Australian Defence Force Trades Golf Evening* at Victoria Park Golf Complex, 309 Herston Rd, Brisbane. Book your spot [here](#).

Cairns – Thursday 9 March 2017 at 6 pm - *Women in Defence Information Session* at Defence Force Recruiting, Level 1, 55 Lake Street. Book your spot [here](#).

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

Join the Australian Air Force Cadets (AAFC)

Any young Australian who is between the ages of 13 and 18 years and is physically fit enough to participate in the activities is welcome to join the AAFC. Through this organisation you will gain important life skills in leadership, self-reliance, self-confidence, self-discipline, self-respect, good communication, teamwork and

citizenship. You will also have an opportunity to experience life in the Air Force. Visit the [AAFC website](#) to find out more.

Year 11 and 12 students wanting to apply to the Australian Defence Force Academy (ADFA)

If you are in Year 11 and considering applying for a place at ADFA, you are encouraged to commence your application when you are 16 years and 6 months of age. To start your application, call 131901 or apply online on the [Defence Jobs website](#) (click 'Apply now' on the top right-hand corner of the home page). It is not too late for Year 12 students to apply but you need to start your application as soon as possible.



10 tips to help you build a successful creative career

Want a creative career but know how hard it is to make a living in this field? Sick of all the doubters shooting your ideas down? These tips are for you. They come from a Career Insights article on the [myfuture website](#). The following is a summary of the tips.

Where are you heading? – Have some idea of your career direction (you don't have to know the destination yet). Think of what you love doing and train, practice, learn and rehearse.

Inspiration – Research people who have made it in the creative industries. Read their blogs and follow them on Instagram. Take every opportunity to talk to people who make a living from their creative talents.

Information - Find out more from industry associations. You'll find links to professional associations on most of the myfuture occupation pages e.g. professional associations for Set Designer include the [Media, Entertainment and Arts Alliance](#) and the [Design Institute of Australia](#).

What's in demand? - Look for areas of demand, or that might be growing. Look for the trends and then advance them.

You've gotta eat! - Be prepared to work more than one job. Creative careers often take a while to become established. Find something that you're happy to do to support yourself, while having enough time and mental space to invest in your art.

Internships and volunteering - This is about getting experience, building your reputation and getting to know people in the industry.

Get some business skills – You'll need them! Learn the basics of business management so you can make some money from what you do.

Hear from people who are working as creatives – Find out how they first started. Learn from them.

Unconventional and unafraid - Marketing and business skills are essential. You need to be savvy and be wired to the best way to sell your skills.

Be the one – Be the one who succeeds in a creative career. There is always one. Make sure it is you!

Last words: be real – Be authentic. Being yourself in your art is the greatest thing you can give to the world.

If you found these tips helpful, have a look at [Jonathan Yvonne's Twitter account](#) (scroll down to '30 ways to stay creative'). Also, read the advice given by JMC Academy lecturer, Nigel Tucker, in [How to break into the arts and entertainment industries](#).

The best way to find out about a job is to try it

The best way to explore a job you are interested in is to try it. This sounds obvious, doesn't it? However, it is often the last thing people think of when exploring jobs and making career decisions. The following are ways you can try a job.

- Work observation/shadowing - spend one or two days with someone already in the job.
- Work experience – spend up to a week working in the job.
- Volunteering – volunteer your services to an organisation that has jobs you are interested in.
- Part-time paid work – explore the possibility of part-time or casual work in your preferred career area.
- Join an activity group where you can try out some of the skills you will need in the job you like e.g. join the Air Force Cadets or the St John Ambulance Cadets.
- Participating in various programs associated with specific career areas e.g. Engineering Link projects.

The benefits of trying a job are:

- Learning about what the job involves
- Having a structured, supervised, hands-on experience
- Experiencing a work environment – the world of work isn't like school!
- Gaining a new referee to add to your resume
- Developing contacts that may help you gain employment in the future.

Your school Guidance Officer/Counsellor or VET Coordinator can help you organise work experience. Read [‘Tips for finding work experience’](#) on the myfuture website for other ways of finding work experience.

Work experience with CSIRO scientists

If you are interested in a science career, consider applying for a work experience placement with the CSIRO. [CSIRO](#) offers students in Years 10 - 12 the chance to gain first-hand experience of research in a scientific environment. Applications for 2017 will open on 8 March.

Competitions

2017 Problem Solving Competition

This is a mathematics competition which is held close to Pi Day each year. Students sit for the competition at their school on 10 March or at the University of Queensland (UQ) St Lucia campus on 11 March 2017. Find out more on the [UQ website](#). Interested students should talk to their Maths teacher as registrations are through schools.

Bruce Dawe National Poetry Prize

Entries are now open for this competition which is administered by the University of Southern Queensland. The competition is open to Australian citizens and permanent residents. You can submit up to five poems for consideration. Entries close on 12 May 2017. Find out more on the [Bruce Dawe National Poetry Prize webpage](#).

Get Writing! competition

If you are an Australian student in Years 7 – 12 who loves writing, the University of Southern Queensland's (USQ) 'Get Writing!' competition is for you. Entries are now open and will close on Tuesday 12 May 2017. Submit original poetry or a short story for a chance to win. Visit the [USQ website](#) for details. You might also be interested in brushing up your skills at the [Writing Workshops](#) to be held in March and April 2017.

Register now for the 2017 Australian Brain Bee Challenge

This Challenge, which is open to Year 10 students, is a neuroscience competition in which participants learn about the brain through provided resources and then complete an online quiz. A teacher will need to register your school to enter the challenge. See the [Australian Neuroscience Society website](#) for information about the challenge.

The 2017 Hermitage Plant Science Competition

This competition is open to students (P – 12) with an interest in science and agriculture. This year's topic is 'The dirt on soils'. Visit the [website](#) for competition details. A teacher is required to register interest in this competition.



Blue Mountains International Hotel Management School at Torrens University

[Blue Mountains International Hotel Management School](#) (BMIHMS) at Torrens University has campuses in Sydney and Leura (in the Blue Mountains). It offers internationally recognised hospitality and business degree courses in [International Hotel and Resort Management](#) and [International Event Management](#). BMIHMS conducts a Career Focus Days program three times a year. The three-day program provides interested students with a glimpse of what hotel, event or restaurant management is like. The total cost of the focus program is \$325. This includes transportation throughout the program (including pick up and drop off at Sydney Domestic Airport), accommodation, meals and activities during the program. For further information call 02 9307 4600 or email enquiry@bluemountains.edu.au.

Christian Heritage College (CHC)

[CHC](#) is a Christian higher education institution located in Carindale. It offers accredited bachelor degrees in business, education, humanities, social science and ministries. The college is located in Mansfield, Brisbane. Applications to CHC are through QTAC. HECS-HELP and FEE-HELP are available for eligible students.

CSIRO Science Bootcamp in Brisbane

Spend two days exploring materials, extra-planetary communication and space travel with CSIRO. Visit the CSIRO labs and testing facilities, meet and chat with research scientists from a variety of disciplines, analyse materials and see how they are used in aeronautics. This two-day non-residential camp for students currently in Years 8 – 10 will be held Wednesday 5 and Thursday 6 April 2017 at CSIRO Coopers Plains, 39 Kessels Road, Coopers Plains. Visit the [CSIRO website](#) for more information and to register.

Events at CQUniversity

Dream Big Project - The project is holding a 'Dream Big Event' to promote engineering to Year 10, 11 and 12 female students at CQUniversity's Bundaberg, Gladstone, Mackay and Rockhampton (held on 27/02/17) campuses. The aim is to provide an opportunity to develop an understanding of being an engineer and the job prospects available. Students will have an opportunity to talk to current engineering students and established engineers. The events will be held on:

- 28 February – CQU [Gladstone](#)

- 1 March – CQU [Bundaberg](#)
- 3 March – CQU [Mackay](#).

For details about the project, visit the [Dream Big Project website](#).

University Experience Rockhampton – This event is a free, one-day, on-campus event for Year 12 students to explore their post-Year 12 options, including higher education degrees and TAFE courses. It will be held from 9 am – 2 pm on Thursday 9 March 2017 at the Rockhampton campus. Speak to your Year 12 Coordinator or Guidance Officer/Counsellor if you are interested in attending this event. More information [here](#).

Griffith University news

Trimesters – Students starting their studies at Griffith this year will be the first Griffith students studying under the trimester system. This means that the year will be divided into three 12-week teaching periods. Trimester one started this week. Trimester two will commence on 3 July 2017 and Trimester three will begin on 30 October 2017. Trimesters one and two are compulsory for domestic and international students, while Trimester three is optional. Not all subjects will be offered in Trimester three.

Register for Open Day – This event will be held 23 July 2017 at the Gold Coast, Nathan and South Bank campuses. You can now register on the [Open Day webpage](#) to receive information and updates about the event. This page also lists some of the new features at Griffith in 2017.

Schoolgirls' Breakfast Career Experience Day – This event is for female students in Years 10 – 12. Participants will have an opportunity to learn about career pathways based on a passion for sport. They will also attend workshops. The event will be held from 7 am – 12.30 pm on Wednesday 24 May 2017. Registrations close on 17 May 2017. Visit the [webpage](#) for details and to download a flyer. The flyer will give you instructions on how to register for this event.

Holiday courses at the Australian Institute of Creative Design (AICD)

AICD has campuses on the Gold Coast and in Brisbane. It offers Certificate and Diploma courses in Art and Design, Beauty Therapy, Fashion Business, Fashion Design, Fashion Styling, Interior Design, Make-up and Photography. Courses can be studied full-time, part-time and by distance education. AICD also offers short courses. The following are some of the short courses AICD will be offering during the coming school holidays:

- Introduction to Pattern Making
- Introduction to Fashion Design
- Handbag Design
- Introduction to Fashion Illustration.

For more information, visit the [AICD website](#) and click on 'Holiday Courses'.

Interested in theatre production and/or performing? Check out the College of Theatre Practice

The Brisbane Art Theatre's [College of Theatre Practice](#), located on Petrie Terrace, Brisbane, offers Certificates III and IV in Performing Arts and in Live Production and Technical Services. Acting workshops are also available for adults and youth. The Performing Arts course can be studied full-time over one year or part-time over two years.

Massage courses at Evolve College

Evolve offers a Certificate IV in Massage Therapy and a Diploma of Remedial Massage at its Queensland campuses in Brisbane and Townsville. These courses are provided on a flexible basis and students can choose to study part-time, full-time or by correspondence. Evolve also offers weekend introductory courses. Learn more about the college and its courses on the [website](#).

NIDA short courses in acting and directing coming to Brisbane

The National Institute of Dramatic Art (NIDA) is bringing a range of short courses to Brisbane in April (during the school holidays). There are courses for adults and primary, junior and senior students. Classes start on 3 April 2017 and will be held at the Queensland Academies Creative Industries located at Kelvin Grove. The courses for Year 11 and 12 students are:

- [NIDA Actor's Project](#) – this course will explore the core concepts of NIDA actor training
- [Directing 101](#) – during this course you will learn the skills to create and direct a theatre production.

There is a 10% earlybird discount if you book four weeks before the course start date. Visit the [NIDA website](#) for details.

Opportunities to learn about Australian Catholic University (ACU) and its courses

In Queensland, ACU is located at Banyo, 12 km North of the Brisbane CBD. It currently has 5,200 students. It offers degree programs in Allied Health, Arts, Business and Commerce, Teaching and Education, Exercise Science, Nursing and Midwifery, Paramedicine, Biomedical Science, Psychology and Counselling, Social Work, Theology and Philosophy. ACU provides various opportunities for Year 12 students to learn about the campus and the courses that are offered.

University Experience Day - This [event](#) provides future students with an opportunity to sample a degree they are interested in and to check out the ACU staff and campus. It will be held on 6 July 2017 at the ACU Brisbane campus.

2017 Open Day - This year ACU Brisbane campus will hold its [open day](#) on 22 July. Open days are opportunities to explore courses and to meet current students and lecturers.

Personal Tours - If you would like to individually visit the ACU campus and speak to ACU staff about courses, [personalised tours](#) are available Monday to Friday from 10 am - 2 pm. Tours last approximately 30 minutes to an hour.

Expos and Career Markets – ACU will have representatives at these events held around Queensland. Included are the [Brisbane Careers and Employment Expo](#) and the [Tertiary Studies Expo \(TSXPO\) in Brisbane](#).

Year 12 Entry programs – Use the [ACU website](#) to learn about the many entry programs available at ACU for Year 12 students.

Queensland University of Technology (QUT) notes

Fashion Illustration – If you are passionate about fashion, you might be interested in the following courses hosted by QUT's Creative Industries:

- [Drawing for Contemporary Fashion Design](#) – This is a master class presented by Nancy Riegelman, LA-based fashion illustrator and author. It will be held on 1 April 2017.
- [Fashion Illustration for Beginners](#) - This course will provide you with the foundations for creating a portfolio of fashion illustration using industry-standard design software. It is held on weekends in April, May, June and November.

Register for Open Day – QUT's Open Day will be held on 30 July 2017 at the Gardens Point campus. Open Day is your best chance to chat with staff and students from all faculties and study areas. You can attend course information seminars and check out the campus facilities. Register for this event on the [Open Day webpage](#) to receive information and updates and to have a chance to win a MacBook. The Caboolture campus will have its Open Day on Sunday 20 August 2017.

Resources for Students webpage – This [webpage](#) has resources that can help you learn more about studying at QUT from current QUT students through the Student Sharehouse Blog and QUT's social media platforms. You can try the Match My Skills quiz to help you identify QUT courses that interest you. The page also has a video on the differences between school and uni.

Stay Connected with QUT – Students can receive up-to-date information from QUT about courses, events, scholarships and other activities through [Stay Connected](#).

School holidays make-up (cosmetic) course

The [Queensland School of Beauty Therapy](#) (QSBT) will offer a five-day Design and Apply Make-up course during the coming school holidays. The course will commence on 3 April 2017 at QSBT's Toowong campus. Contact QSBT on telephone 3371 2055 or email info@qsb.com.au for more information.

TAFE Queensland Health, Aged Care and Nursing Info Sessions

These sessions will provide information on the courses available at TAFE to prepare you for Health, Aged Care and Nursing careers. They will be held:

- Wednesday 1 March 2017, 3 – 4 pm, at TAFE Queensland South West, Toowoomba campus
- Thursday 2 March 2017, 5 – 6 pm, at TAFE Queensland South West, Bundamba campus.

Visit the [Events webpage](#) (scroll down and click on 'March 2017') for details.

University of Southern Queensland (USQ) First in Family website

Are you the first in your family to consider university as an option for the future? USQ's [First in Family website](#) has valuable information that will help answer some of the questions you might have about university. Also, you can register on the site to receive more information.

University of the Sunshine Coast (USC) Parents Info and Headstart event

This [event](#) is for parents of students in Years 10 – 12. It will be held from 4 – 7 pm on Wednesday 22 March 2017 at the Sippy Downs campus. The program will include a series of sessions to help parents and students manage the challenges of senior studies and the transition to further study. Participants are invited to attend a special one hour presentation on Headstart. [Headstart](#) is a transition program for Year 11 and 12 students to enable them to study USC subjects while still completing high school.

Updates from the University of Queensland (UQ)

Prerequisites for Exercise and Nutrition Science - Commencing in 2018, the prerequisites for entry into the [B Exercise and Nutrition Science](#) will be English, Maths A, B or C and one of Biology, Chemistry or Physics. Students who do not meet the prerequisites could consider a [bridging course](#).

Special entry into the B Dental Science for rural or remote students – Eight per cent of B Dental Sciences (Honours) places at UQ are now given to applicants from a rural background. Visit the [UQ website](#) for more information about this special entry and how rural background is defined. Eligible rural background applicants must still meet the usual entry requirements of the degree including sitting for UMAT. However, these applicants will be competing against a smaller cohort for a smaller number of places, so the standard UMAT cut offs may not apply.

The Australian Computational and Linguistics Olympiad (OzCLO) – This contest is for high school students from Years 9 – 12. Participants are challenged to develop their own strategies for solving problems in fascinating real languages. Visit the [website](#) to learn more about the competition. Round one of the competition will be held on 8 March 2017. Round two will be held on 29 March 2017. Teams must register by 6 March 2017. Interested students should talk to a teacher or their school Guidance Officer/Counsellor about entering the Olympiad.

Students Performing Advanced Research-ed – This research immersion program is open to Year 10 - 12 students and teachers throughout Queensland. The program provides a week long scientific experience in which students participate in the biomedical research performed at UQ. Find out more [here](#). Interested students should talk to their Science teacher about applying.

UMAT cut-offs for 2017 entry – Sitting for UMAT is one of the prerequisites for the provisional entry medicine courses at UQ. Because entry is competitive, the UMAT result required can change from year to year. The UMAT aggregate score cut-offs for entry in 2017 were:

- 186:61 for Doctor of Medicine (MD) (Provisional Entry for School leavers)

- 181:60 for Doctor of Medicine (MD) (Provisional Entry for School leavers) (Bonded)

The UMAT Section 1 score is used as a tie-breaker for applicants who have the same UMAT aggregate score. See the [UQ website](#) for more information.

Workshops at the Queensland School of Film and Television (QSFT)

[QSFT](#), located in Annerley, offers accredited Diploma and Certificate courses in screen and media. They also offer workshops on weekends and during the school holidays. QSFT is currently promoting the following workshops:

- Saturday 11 March 2017: RECORD IT! - Introduction to Sound Production
- Saturday 25 March 2017: EDIT IT! - Introduction to Editing
- Wednesday 5 and Thursday 6 April 2017: ACT IT! - School Holiday Acting Bootcamp.

Early bird discounts are often available. You can access the application form [here](#).

Employment

12 industries to watch for future jobs

The Careers FAQs team analysed reports from internationally known experts to come up with 12 industries they believe are going to be the next 'big thing'. They list and back up their selection in [Jobs of the Future: The 12 Industries to Watch](#). The industries are:

- Artificial Intelligence (AI) - AI technology has improved in leaps and bounds over the last few years, and is expected to evolve even more rapidly in 2017 and beyond.
- Drones - The drone industry is set to boom by 6,000% by the end of the decade.
- Virtual reality – See the Facebook demonstration of augmented social reality in the article.
- Wearables - Estimated to be worth \$14 billion at present, the wearables industry is expected to grow to a staggering \$34 billion by 2020.
- Mobile payments – Mobile payments are set to increase in the future.
- Cryptocurrencies - Just like the internet revolutionised the way we communicate (making it possible to speak to anyone in the world, anywhere, anytime), cryptocurrencies allow us to transfer money instantly to anyone in the world, anywhere, anytime.
- Genomics – This could be the next trillion-dollar industry of the future.
- Internet of Things (IoT) – Currently there are 8.4 billion devices connected to the internet. Last year the world's connected devices managed to outpace the world's population.
- Robotics - Robots are already manufacturing shoes for us, greeting patients at our hospitals, and even making pizzas for us.
- Connected Home - From roof tiles that store and convert solar power to smart ovens that recognise food (and automatically cooks it for you!), homes of the future will take convenience and efficiency to a whole new level.
- Driverless cars – In the future, expect to use a network of fully autonomous cars to get from A to B.
- 3D printers – From houses to organs, 3D printers will revolutionise many industries.

With these emerging technologies and industries, how can we plan for future jobs? Read [The 10 Skills You'll Need by 2020 \(and beyond\)](#).

Non-cognitive skills are also important for getting future jobs

According to a recent article from the World Economic Forum, cognitive skills (e.g. your results in academic subjects) have been used in the past to measure the calibre of a job candidate. However, a report by the Hamilton Project, an economic think-tank, suggests that non-cognitive skills are becoming increasingly important. Non-cognitive skills are often called 'soft skills'. They are the skills we need to effectively interact and communicate with others and to take leadership and collaborative roles in team activities. They also include critical thinking, problem solving, and attributes such as initiative, attention to detail and self-

motivation. The Hamilton Project argue that these skills are crucial for success in today's labour market for the following reasons:

- Today's jobs demand more non-cognitive skills than they did in the past.
- The labour market increasingly rewards those with non-cognitive skills.
- Those with effective non-cognitive skills are more likely to be in full time employment.
- Those with fewer non-cognitive skills are being left behind.

Read the [article](#) to learn about the research data on which these reasons are based.

The world of work is changing – enter the gig economy

A recent [LinkedIn blog](#) looked at the growth of freelancers in the USA (from 6% in 1989 to an expected 43% in 2020). The reasons given for this growth included longer periods of unemployment, increasing discrepancies between the cost of living and incomes, and digital disruption. Many freelancers have regular jobs and supplement their income with their on-demand freelance activities. According to the blog, the top five industries for full-time workers with 'side gigs' are Financial Services and Insurance, Professional Services, Technology and Software, and Staffing Services (Human Resources). Some of the top advantages given for freelancing are increased income, being your own boss, work/life flexibility and being able to create and control your own schedule. Read about the experiences of a freelancer [here](#). An interesting related article is '[The gig economy will not abolish working 9 to 5](#)'.

Financial Assistance & Scholarships



Applications opening soon for the Tuckwell Scholarship

If you are awarded a Tuckwell Scholarship you will receive \$21,700 per year (2016 rate) for the length of your undergraduate degree studies at the Australian National University (ANU) in Canberra. In addition, you will be in a group of motivated young people who want to use their abilities to make a difference in the world. The scholarship is unique in that it allows you to study a single or double undergraduate program, including honours and vertical degrees (degrees that combine undergraduate and graduate study, across a range of disciplines, completed in a reduced time-frame) in any discipline offered at ANU for up to five years. Find out about the study options available on the [ANU website](#).

The application consists of a three-stage process.

- Stage 1 – applicants submit a written online application and nominate a teacher to provide a reference. Applications for Stage 1 open on 6 March and close on 27 March 2017.
- Stage 2 – If your Stage 1 application is shortlisted you will be sent a link to the Stage 2 application form which you will be able to complete online.
- Stage 3 – 75 applicants from Stage 2 are selected for individual and group interviews to be held in Canberra in July 2017. From this group, up to 25 applicants are awarded the scholarship.

The selection panel is looking for bright students, but not necessarily those with OP1. They will be looking at applicant attributes, interests and achievements as well. Visit the [scholarship site](#) for information about the selection criteria and the application. If you have further questions, email them to tuckwell@anu.edu.au.



Gap Year Program News

10 Reasons to Take a Gap Year

[Letz Live](#) has provided the following 10 reasons for taking a gap year.

1. Take a break from academic stresses and pressures.
2. Gain insight and clarity into your preferred field of study by gaining life experience. Many universities have reported that gap year students achieve better results and are more committed.
3. Go on an adventure while you are young. When else in your life will you be free of work, study, a mortgage, a family and all that other adult seriousness?
4. Gain independence by living in another country.
5. Learn what's important through gaining perspective by living and breathing the realities of another culture in another part of the world.
6. Collect stories and experiences that can last forever.
7. Give yourself time to ponder life without the constraints and distractions of home.
8. Gain broader, more worldly knowledge.
9. Make new friends from all over the world.
10. Have fun. You'll explore the world, you'll meet awesome people, you'll collect unbelievable stories and, most of all, you'll have fun.

Gap Year Program information events and due dates

- Applications for the [Australian Defence Gap Year](#) will open in March. This is a very popular program. Don't miss out. Apply early.
- Camp America will hold an online information session from 6 – 7 pm on Thursday 2 March 2017. Register for this session on the [website](#).
- The following people who have previously participated in [GVI International](#) programs will be available to speak to you at the times and venues indicated.

[Meet Rhianna](#) from 12 noon – 3 pm on 1 March 2017 at the Good Bean Cafe, University of the Sunshine Coast, 90 Sippy Downs Drive, Sippy Downs.

[Meet Sally](#) from 4 – 6 pm on 7 March 2017 at the Alowishus Café, Shop 4, Earls Court, 176 Bourbong Street, Bundaberg.

[Meet Sally](#) from 4 – 6 pm on 14 March 2017 at the Alowishus Café, Shop 4, Earls Court, 176 Bourbong Street, Bundaberg.

- Applications for the 2018 Letz Live/Tutors Worldwide UK gap program will close on 7 April 2017. Visit the [Letz Live website](#) for details.

- Projects Abroad will hold a [High School Projects Webinar](#) on Tuesday 21 March 2017. Visit the site to register.
- Southern Cross Cultural Exchange will hold the following [information sessions](#) from 7 – 9 pm:
 - 7 March 2017 at Ruth Fairfax House, 89-95 Gregory Terrace, Brisbane.
 - 15 March 2017 at Southport Community Centre, 6 Lawson Street, Southport, Gold Coast.
- Youth for Understanding (YFU) will hold an online information session on the afternoon of Tuesday 7 March 2017. Register for the session on the [website](#).

High School Volunteer Projects

Projects Abroad have recently announced their High School Projects for Summer 2017/18. These projects are designed for Year 10 and 11 students and consist of two-week group trips to locations in Cambodia, Nepal, Fiji, Samoa, Sri Lanka and Thailand. The projects mix volunteer work with cultural activities. Visit the [website](#) to find out more.

How does a gap year help your career?

An article on the [Go Overseas website](#) suggests that a purposeful and structured gap year can help your career in the following ways:

- A gap year is a chance to really discover yourself away from the crowd and noise. Self-awareness is an important skill for career decision making.
- When selecting a gap year, people tend to follow their hearts, finding opportunities that naturally correspond with their interests, passions, or hobbies. This provides an opportunity to check out potential careers.
- Some gappers take this opportunity as a chance to discover, rather than explore, what it is that they're passionate about.
- A gap year helps develop new skills e.g. confidence, self-sufficiency, flexibility, leadership, humility, the ability to think outside of the box, team work and the ability to learn how to deal with others from vastly different cultures and world views.

Lions Australia Youth Exchange Program

This program provides an opportunity to travel to an international destination for up to six weeks. While overseas, you live with one or more families associated with Lions International to experience first-hand a new culture, lifestyle and customs. Unlike some exchange programs, the [Lions Youth Exchange Program](#) does not involve tourism, academic studies or employment. The aim of the program is to create and foster a spirit of understanding among the peoples of the world.

Purposeful gap years

Recent [research](#) from Canada suggests that taking a year off after Year 12 does not necessarily assist students who are unsure of their career path. Without a plan, a year out of formal education can be

characterised by few ambitions or aspirations about how this time is spent. Alternatively, a formal gap year is known to offer many significant benefits. A formal gap year involves students in structured activities such as paid-work, volunteering and other forms of self-development related to possible future career options. This type of gap year enables students to try out a range of activities that can assist them in their career decision making. According to the research, students who have a purposeful gap year are less likely to drop out of further study pathways.

Indigenous

AMA Indigenous Peoples' Medical Scholarship

If you are an Indigenous student interested in studying medicine, you need to be aware of this [Australian Medical Association \(AMA\) scholarship](#). You can't be awarded the scholarship until your second year of medical studies. In 2017 the scholarship is valued at \$10,000 per year. Applications are usually due in January each year.

Elite Indigenous Travel and Accommodation Assistance Program

This program offers Indigenous sports people in state/territory teams funding to attend national and international championships. Find out more [here](#).

InspireU Business and Law camp

The InspireU camps at the University of Queensland are for Aboriginal and Torres Strait Islander students. The Business and Law camp is for students in Years 11 and 12. It will be held on 8 – 13 April 2017. Students will meet young business and law students, participate in lectures, workshops, work place visits and much more. To register your interest in the InspireU Business and Law camp please [email](#) the InspireU team.

The Aspiration Initiative Academic program

The Aspiration Initiative Academic enrichment program is an innovative education program designed to enhance academic achievement for Aboriginal and Torres Strait Islander high school students. The aim of the program is for all students to successfully complete high school and be eligible for direct entry to university (on their own merit). The [website](#) has information about academic enrichment programs and Indigenous scholarships.

Occupational Information



Snippets from the health industry

Is there a doctor shortage or an oversupply? – Conflicting information in the media makes it difficult to know the answer to this question. However, according to the Australian Medical Association’s Dr Gannon, the problem isn’t a shortage of medical graduates. He argues that with medical school intakes now at record levels, we don’t need more medical students or any new medical schools. Dr Gannon says that what we need are more and better opportunities for doctors, particularly those who come from the bush, to live and train in rural areas. He also called for more Aboriginal and Torres Strait Islander people in the medical workforce and for more women in health care leadership. You can access the article this information comes from on the [My Health Careers website](#).

New accreditation for sports science and high performance management - Exercise and Sports Science Australia (ESSA) has released its new Sports Science and High Performance Manager (Sports Science/Sports Medicine) Accreditation. Under this new accreditation, accredited professionals are required to work within their defined scope of practice, observe a Code of Professional Conduct and Ethical Practice and maintain annual professional development. Learn more about accreditation on the [ESSA website](#).

Interested in being a Health Writer? – If so, you might find the [Health Writer Hub website](#) of interest.

Latest news on health careers – The [My Health Career website](#) contains many helpful resources, including:

- Subscription to monthly health industry news.
- Over 120 videos with information across 10 health professions.
- The ‘Resources’ section includes pathways to becoming a health professional, university scholarships and summaries on health careers.

Want to be a paramedic? Become a St John Ambulance cadet

Young people between 11 and 18 years can apply to be a cadet. Activities include learning first aid, providing first aid services at public functions and competing in first aid competitions. For more information, visit the [St John Ambulance website](#).

What is surveying?

Surveying is related to the broad areas of Spatial Science and Geospatial Science. If you are familiar with Google Earth and know what a GPS is, you already know about Spatial Science. Spatial means the relative place or location of something. Spatial Science helps us understand the relationship between the

community and the environment to help predict trends and patterns. Visit the [Destination Spatial website](#) for more information on Spatial Science.

The main Surveying specialisations are Land, Mining, Engineering and Hydrographic. Land surveyors, like most surveyors, work in the office and in the field. In the field, they use the latest technology such as high order GPS, Robotic Total Stations (Theodolites) and aerial and terrestrial scanners to map an area, making computations and taking photos ([often using drones](#)) as evidence. In the office, surveyors use sophisticated software, such as Auto-cad to draft plans and map the onsite measurements. Surveyors work on a diverse variety of projects from land subdivision and mining exploration, to tunnel building and major construction, which means lots of variety. Visit the [Life Without Limits website](#) for more information about Surveyors. See the case study of a hydrographic surveyor on the [Ace Day Jobs website](#).

In Queensland, the University of Southern Queensland (USQ) offers the following courses, on-campus or by distance education, at its Springfield and Toowoomba campuses:

- [Associate Degree of Spatial Science Major Surveying](#)
- [Bachelor of Spatial Science \(Honours\) Major Surveying](#)
- [Bachelor of Spatial Science Technology Major Surveying](#).

Other universities in Queensland may offer aspects of Spatial Science within their Engineering, Science and Environmental Science courses or within a Geography major.



New York Film Academy (NYFA), Gold Coast Open Day

NYFA offers accredited Advanced Diploma and Diploma courses in Film Making, Acting for Film and Screenwriting. It will hold its next open day from 10am – 12 noon on Saturday 11 March 2017. Note that students under 18 must be accompanied by a parent/guardian. RSVP on the [NYFA website](#).

Update on the Reinvent Your Career Brisbane Expo 2017

Unfortunately, due to current changes in the education sector, this expo will not be held in 2017. The expo is expected to be back in 2018.



QTAC & Tertiary Entry

Certificates, Diplomas and Bachelor Degrees – How are they different?

In Australia, we have a national system of qualifications called the Australian Qualifications Framework (AQF). At the end of Year 12, you can apply for the following qualifications from the Framework. These qualifications can differ in length, content and competitiveness as shown below.

- **Bachelor Degree:** Usually 3-5 years full-time (or part-time equivalent); theoretical; entry is usually competitive.
- **Associate degree/Advanced diploma:** Usually 2 years full-time (or part-time equivalent); combination of theory and practice; range from not competitive to very competitive depending on the topic.
- **Diploma:** Can be 1-2 years full-time (or part-time equivalent); tend to be practical with some theory; range from not competitive to very competitive depending on the topic.
- **Certificates I, II, III, IV:** 1 month - 1 year full-time; usually very practical; usually not competitive.

The different levels of qualifications on the AQF are a bit like a ladder. You can use one level to help you gain entry to a higher level of study in the future depending on your results and the rules of the institution you want to gain entry to. To decide on the best level of qualification for you, consider:

- The study/training requirements of the job you want
- Your past study results
- Whether you are a hands-on (practical) or theory person
- The cost of the course
- The length of time you are prepared to study.

Visit the [AQF website](#) for more information about these qualifications.

Queensland Certificate of Education (QCE) Achievement Awards

On Saturday 18 February 2017, the QCE Achievement Award winners were announced. This award is for Queensland's top performing Year 12 students in seven categories:

- Distinguished Academic Achievers
- Outstanding Academic Achiever
- Highest Achievement by an Aboriginal or Torres Strait Islander Student
- Highest Achievement by an International Student
- Highest Result on the Queensland Core Skills Test
- Highest Achievement in the International Baccalaureate
- Certificate of Academic Commendation

Visit the [Queensland Curriculum and Assessment website](#) for information about the award and the selection criteria used.

Senior External Examination registrations open for 2017

Year 12 students are eligible to sit a maximum of two of these exams if they can't study the Authority subjects offered in Queensland because the subject is not taught at their school or there is a timetable clash. The external examination subjects available are Accounting, Ancient history, Arabic, Biology, Chemistry, Chinese, English, Korean, Legal Studies, Mathematics A, Mathematics B, Modern Greek, Modern History, Philosophy and Reason, Physics, Polish, Punjabi, Russian, Spanish, Vietnamese, Visual Art. The examinations are held in October and November.

You will need the permission of your school to sit for these exams. Your school will register you for the exams with Queensland Curriculum and Assessment Authority (QCAA). Registrations close on 30 April 2017. Read the information on the [QCAA website](#) and see your school Guidance Counsellor/Officer for more information.



Study Skills

Concentration – how to improve it

Concentration is the ability to focus and control your attention. Some people seem to be born with it, the rest of us have to learn how to do it. The good news is that anyone can improve his/her ability to concentrate. The following are strategies to help you get there.

- Make sure you get plenty of sleep. It is difficult to concentrate when you are tired. Regular exercise and healthy eating are also important.
- Set realistic and specific study goals for yourself (e.g. I will go up one grade in English next exam).
- Develop regular habits of study – same desk, same time, etc.
- Work in a place that is free of distractions (in front of the TV is probably not the best place!). De-cluttering your desk will help too.
- When you sit down to study, make a plan of what you want to achieve that session and cross off items as you complete them.
- If you find yourself distracted by something else (e.g. I feel fat; I should do more exercise), jot down the task, idea or problem to deal with later.
- Begin working immediately – don't wait for inspiration.
- Attend to one thing at a time.
- When you start to lose focus, get up and take a walk.

Tips for parents

The latest Generation Next newsletter has an article on [How parents can help students in the senior years of school](#) written by Andrew Fuller. The article states that parents have a vital role in helping students to:

- Manage time
- Manage energy
- Manage stress
- Manage to get everything in at the right time and in the right place.

This sounds like a big ask! However, the body of the article does suggest strategies to help parents achieve their role. Topics include:

- Developing a system – time management planning
- Dealing with meltdowns and catastrophic thinking
- What to do when the system breaks down or when your child won't listen to you
- How to deal with the build up to exams.

Finally, the article makes the point that Year 12 results aren't the end of the world. They don't determine a student's future success in life.

Parents with a student in Year 11 or 12 may find this article of interest.

Youth Enrichment Activities

Future Leaders Awards 2017

The Future Leaders Awards recognise young Australians who have shown strong leadership potential. The award categories are:

- Helen Handbury Leadership Award – This award recognises Year 12 students in rural and regional Australia who have shown outstanding community leadership.
- Future Leaders Writing Prize – This prize is designed to recognise and reward talented young writers. It aims to encourage expressive and creative writing. Australian Year 11 and 12 students are invited to submit a piece of writing (800 to 1,000 words). The essays can be fiction or non-fiction and on any topic.
- Future Leaders Future Justice Award – This award recognises Year 12 students who have shown leadership and initiative on intergenerational equity, future justice. Future justice is concerned with what those living today leave behind for future generations.
- Future Leaders Photography Prize – This prize is designed to recognize talented young photographers.

The due date for all categories is 31 May 2017. See the [Future Leaders website](#) for details.