

# Weekly Careers News

For Victoria

Monday 14 October, 2024

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Scholarships for entrepreneurship and innovation

# What's On

## Upcoming Events

### Women in Construction Information Session

October 15, 2024

TBS in partnership with Tradeswomen Australia invite you to join us at one of our fun and interactive Information Sessions in October! See first-hand what it's like to work at TBS in our Pre-Fabrication Crew! Meet Kirra, Lily and Tori, 3 of our top performing crew members and learn how you too can work with us and;

- Build new skills, confidence, friendships and a great career path.
- Enjoy a 4 day week.
- Achieve real long-term job security.
- Earn good money and build a secure future.
- Work close to home at our Dandenong South location.

[Find out more](#)

### Chisholm Sports Academy 2025 – Online Information Session

October 15, 2024

Learn more about what it's like to be a student-athlete at the Chisholm Academy and train under the expert eye of Chisholm Sports Academy's coaches.

If you're an aspiring athlete passionate about sport and studying Year 11 or 12 in 2024, or you're currently completing your senior secondary program and looking to complete a Fitness industry qualification or Diploma of Sport (course code SIS50321), our Academy might just be for you!

During this session, you will discover more about:

- the Chisholm Sports Academy and what its like to be a student athlete
- how you reach your sporting potential and achieve your educational goals
- success stories from past students
- facilities and student support available
- eligibility criteria
- key dates and how to enrol

[Find out more](#)

### Melbourne Polytechnic Drama and Theatre Arts Information Sessions

October 15, 2024

October 22, 2024

October 29, 2024

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s) at Melbourne Polytechnic:

- Diploma of Live Production and Technical Services - Costume
- Diploma of Live Production and Technical Services - Live Production
- Diploma of Screen and Media - Specialist Make-Up Services
- Diploma of Theatre Arts

[Find out more](#)

## **Defence Comms, IT & Intelligence Roles – Virtual Information Session**

October 16, 2024

Get connected with a future-focused career, using technologically advanced sensor and communication systems to keep the Australian Defence Force (ADF) in touch, informed and operating effectively.

Join us for a virtual info session and speak with current serving personnel about Communications, IT and Intelligence careers in the ADF.

[Find out more](#)

## **Career Conversations @ Home – Helping parents have positive career convos!**

October 16, 2024

Come join Tyson Day, the Co-Founder and Lead Facilitator of Arrive & Thrive, as he shares the best way to have impactful career conversations in and around your home environment that produce clarity, career discovery, and momentum. Tyson will share concepts and practices that he has learned through his 10+ years of experience in career education and the 85,000 students who have attended Arrive & Thrive workshops since 2019.

In our webinar, you can expect to learn:

- How can you positively influence your young person in their career decisions.
- How can you effectively navigate the future of work and understand your young person's options.
- How to communicate effectively through the GROW model to support your young person in career exploration.

We can't wait for you to join us!

All participants will receive a Career Conversation Kit to kick off conversations with their young person as soon as possible!

[Find out more](#)

## **AFP Women in Policing – Online Information Session**

October 16, 2024

Are you a woman interested in a career at the AFP?

Join our free Women in Policing online information session and hear directly from our panel of female sworn officers working as a Protective Service Officer (PSO), National Police Officer and ACT Police Officer, along with the AFP Recruitment team.

You will get the chance to hear about their day-to-day experiences, the opportunities and challenges, the benefits and support available to AFP women, and the recruitment process.

You will also have the chance to engage with the panel, ask questions, and be inspired by their incredible stories of courage, commitment, and success.

[Find out more](#)

## Defence Careers Information Sessions

**Mildura:** October 16, 2024

**Geelong:** October 17, 2024

**Melbourne:** October 24, 2024

**Warrnambool:** October 24, 2024

Consider a career like no other and represent Australia with pride in the Navy, Army or Air Force.

Speak with current serving personnel at our upcoming info session and ask your questions - is a career in the Australian Defence Force for you?

[Find out more](#)

## Swinburne Try TAFE – October

October 16, 2024

Are you ready to turn your passion into a career? Swinburne's TAFE courses will get you work-ready in less time than more traditional paths.

Join us at our on-campus taster event, Try TAFE, where you can grab a slice of pizza and speak to potential future teachers about your area of interest.

[Find out more](#)

## Victoria Police: Careers Information Session – Online Webinar

October 16, 2024

Victoria Police is hosting an online information session for members of the community who are interested in a career with Victoria Police.

Hear from us about the recruitment process and training at the Police Academy. It's also your opportunity to ask questions you have about police careers and pathways.

[Find out more](#)

## VU Cookery, Hospitality, Tourism & Event Management Information Sessions

October 16 to January 29, 2025

Start your career in tourism, hospitality and events. Prepare to join one of the world's largest and most dynamic industries. Learn from expert teachers with the latest professional knowledge, and put theory into practice in our modern facilities.

The sessions will cover:

- the course structure and information
- industry connections

- placement opportunities
- pathways to further study
- facility tour (in-person sessions only).

[Find out more](#)

## **Melbourne Polytechnic Hospitality Information Sessions**

October 17, 2024

October 29, 2024

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s) at Melbourne Polytechnic:

- Certificate III in Commercial Cookery - Non-apprenticeship
- Certificate III in Patisserie
- Certificate IV in Kitchen Management
- Certificate III in Hospitality
- Certificate IV in Hospitality
- Diploma of Hospitality Management

[Find out more](#)

## **Holmesglen Open Day, October 2024**

October 17, 2024

Open Day is a great opportunity for you to meet with teachers, explore our campuses and study facilities, and get a feel for Holmesglen life. Our sessions include presentations, tours and Q&As – perfect for helping you map out your future study and career plans. Plus, our friendly team is also available to help you apply on the day.

[Find out more](#)

## **Chisholm Sports Academy 2025 – Discovery Day, Casey Stadium**

October 19, 2024

Learn more about what it's like to be a student-athlete at the Chisholm Academy and train under the expert eye of Chisholm Sports Academy's coaches.

If you're an aspiring athlete passionate about sport and studying Year 11 or 12 in 2024, or you're currently completing your senior secondary program and looking to complete a Fitness industry qualification or Diploma of Sport (course code SIS50321), our Academy might just be for you!

Come along to our discovery day which combines both practical skills training with our coaching team as well as information about what it is like being a student athlete.

[Find out more](#)

## **Victoria Police: Careers Information Session – Heidelberg**

October 19, 2024

Come along to Heidelberg Police Station and learn more about the recruitment process, tips for application success, training at the Police Academy, general duties policing, career pathways, specialty units and more.

We will have the following guest speakers and a chance for you to meet;

- Police Officers
- Protective Services Officers (PSO)
- Police Custody Officers (PCO)
- Victorian Public Servants (VPS)

This is a unique opportunity to observe the exciting world of policing within the walls of a police station. Members of the public are not usually granted access behind the scenes of a police station, so get excited about this chance and secure a ticket!

[Find out more](#)

## **Melbourne Polytechnic Auslan Online Session**

October 21, 2024

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s) at Melbourne Polytechnic:

- Diploma of Auslan
- Certificate II in Auslan

[Find out more](#)

## **Victoria Police: Life at the Academy – Online Webinar**

October 21, 2024

Victoria Police is hosting an online information session for members of the community who are interested in a career with Victoria Police but are unsure on what to expect at the Academy.

Hear from us about training at the Academy for Police Officers, Protective Services Officers, and Police Custody Officers - this includes in-depth details about what to expect each week, as well as an insight into exams and training. We will dive deep into the facilities (including on-site accommodation!), salary and support. There will also be an opportunity for you to ask members questions about their time at the Academy.

[Find out more](#)

## **Quantum Victoria Discover Engineering Experience**

October 23, 2024



The Virtual Experiences showcase Engineers from different fields highlighting the importance and relevance of Engineering in our society.

Students engage with Engineers and learn about their area of Engineering and their projects through a live Virtual presentation including an interactive Q&A session.

[Find out more](#)

### **Deakin Accelerate Webinar**

October 23, 2024

If you're a high-achieving student, parent or career practitioner, attend our upcoming webinar to learn more about the Deakin Accelerate program.

Learn all about getting the same benefits as studying a fifth or sixth VCE subject, how you'll gain university credit and reduce the cost of your future degree. By taking on the program during Year 12, Deakin Accelerate gives you an unique glimpse into life at Deakin whilst also boosting your ATAR. This webinar will cover an overview of the program, the benefits, support you'll receive whilst completing the program, our 2025 study areas on offer, as well as the application process. You'll have the opportunity to hear from one of our Accelerate experts as well as a past Deakin Accelerate student, and ask all the burning questions you may have about the program.

[Find out more](#)

### **RMIT Study Expo**

October 23, 2024

The RMIT Study Expo is your chance to learn everything there is to know about your future study.

Prepare to study in 2025 with this in-person event where you'll tour the Melbourne City campus and discover what RMIT has to offer.

This event is the perfect way to begin your search for an RMIT course, or to get you across the finish line with on-the-spot application assistance. Whether you're interested in postgraduate, undergraduate or vocational study, the staff and students at the Study Expo can help you align your career goals and your study interests.

[Find out more](#)

### **It Takes a Spark STEM Conference, Melbourne**

October 24, 2024

Most conferences currently being offered on STEM, STEAM and Entrepreneurship tend to be targeted towards teachers and involve a series of speakers and the occasional mini-workshops. This conference is designed to be different. This conference is designed by students and teachers for students and teachers.

The intent of the It Takes a Spark STEM Conference is to bring together Students (Year 4 to 10) and Teachers to connect with inspiring industry role models, share their current school based activities and projects using an authentic sharing and experiential model, create networks of teachers and student teams, and solve social justice design challenges.

The participation of the students is as important as teachers as our intent is to ignite, empower and nurture both to be leaders of STEM and Entrepreneurship within their schools. This is a conference designed and led by students and teachers for students and teachers.

Teachers will have both formal and informal opportunities to speak to other teachers who have enacted programs and activities in their schools and get their questions answered.

The workshops and social justice design challenges are all hands-on so students and teachers will experience first-hand what it is like to be part of great STEM and entrepreneurial learning. This will spark new ideas about curriculum and pedagogy.

[Find out more](#)

### **Monash Clayton Campus Tour**

October 24 & 25, 2024

Join us for a campus tour to see and experience all Monash has on offer! Led by our enthusiastic student ambassadors, come along to ask them questions and get a taste of life at Monash. With a tour duration of approximately 90 minutes, you will tour the outside of our buildings and explore our world-class campuses.

[Find out more](#)

### **Victoria Police: A Day in the Life of a Police Officer – Online Webinar**

October 24, 2024

Victoria Police is hosting an online information session for members of the community who are interested in gaining insight into a 'Day in the Life' of a Police Officer in Victoria.

Hear from current serving Victoria Police members about what is involved in their shifts, including night shift. Hear about all the different type of scenarios you may be faced with throughout your shift and what career progression options you have.

The recruitment team will also be joining to touch briefly on the recruitment process and training at the Academy. There will also be an opportunity for you to partake in a Q&A session with the current members.

[Find out more](#)

### **Diversity in Victoria Police: Careers Information Session**

October 26, 2024

Join us at the Victoria Police Centre for an exclusive careers information session focusing on the value of Diversity within Victoria Police along with the career and support opportunities available.

A panel of police members from diverse communities will be present on the day to share their experience and engage with attendees via a Q&A session.

[Find out more](#)

### **Melbourne Polytechnic Cyber Security Online Session**

October 28, 2024

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s) at Melbourne Polytechnic:

- Certificate IV in Cyber Security

[Find out more](#)

## **Victoria Police: Careers Information Session**

October 28, 2024

We are hosting an exclusive Careers Information Session for members of the community who are interested in a career with Victoria Police.

Come along and learn more about the recruitment process, training at the Police Academy, general duties policing, career pathways, specialty units and more.

You will also have the opportunity to speak with;

- Police Officers
- Protective Services Officers (PSO)
- Police Custody Officers (PCO)
- Victorian Public Servants (VPS)

This is a unique opportunity to observe the exciting world of policing. Members of the public are not usually granted access to the VPC, so get excited about this chance and grab a ticket.

[Find out more](#)

## **Melbourne Polytechnic Information Technology Online Session**

October 29, 2024

October 31, 2024

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s) at Melbourne Polytechnic:

- Certificate III in Information Technology

[Find out more](#)

## **Melbourne Polytechnic Conservation and Ecosystem Management Online Session**

October 31, 2024

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s) at Melbourne Polytechnic:

- Diploma of Conservation and Ecosystem Management

[Find out more](#)

## **Defence Comms, IT & Intelligence Roles Information Session – Melbourne**

October 31, 2024

Get connected with a future-focused career, using technologically advanced sensor and communication systems to keep the Australian Defence Force (ADF) in touch, informed and operating effectively.

Join us for an info session and speak with current serving personnel about Communications, IT and Intelligence careers in the ADF.

[Find out more](#)

## **Defence Indigenous Pathways Information Session – Cairns & Online**

October 31, 2024

Would you like to learn more about careers for Indigenous personnel in the Australian Defence Force?

With a wide range of exciting jobs on offer, and tailored programs, make the most of your potential, become a leader, and inspire your community.

Join us for an information session and speak with current serving members about opportunities in the Navy, Army and Air Force.

[Find out more](#)

## **VU Early Childhood Education Information Session**

October 31, 2024

There's never been a better time to study early childhood education at Victoria University. At VU, we offer:

- Upskill program (Certificate III in Early Childhood Education and Care)
- Traineeships (Certificate III and Diploma of Early Childhood Education and Care)
- Part-time training options (Diploma of Early Childhood Education and Care)

Early childhood education and care courses are currently listed under the Victorian Government [Free TAFE initiative](#) which means eligible students won't pay tuition fees for the duration of their course.

The sessions will cover:

- the course structure and information
- industry connections
- placement opportunities
- pathways to further study.

[Find out more](#)

## **AIT MasterTalk: Sorcha Millican-Nagle, Industry Relations Manager at PlaySide Studios**

October 31, 2024

Sorcha Millican-Nagle is the Industry Relations Manager at PlaySide Studios in Melbourne, Victoria. With extensive experience in Games as a Service, she has led titles across console, mobile, and PC platforms in Production and Team Leadership roles.

Sorcha is dedicated to empowering developers to share and learn new skills, supporting pathways into game dev jobs and bridging video games with other industries.

In this MasterTalk, Sorcha will give tips for landing a job in games, including the essentials of portfolio preparation and interview skills. Come along if you're interested in games, animation and related creative industries.

[Find out more](#)

## Important Future Events

### Swinburne 2025 Study Expo

November 12, 2024

Join us on campus for an event designed for those looking at any Swinburne course – whether apprenticeship, certificate, diploma, bachelor degree, master degree, or something else. Browse all Swinburne study areas and levels, while exploring our campus and meeting our community.

[Find out more](#)

### AIE Open Day, Melbourne

November 16, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day.

AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer - from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career.

[Find out more](#)

### AIE Online Campus Day

November 30, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer - from beginners to professional mastery, and;

- the software, skills and knowledge we teach.

[Find out more](#)

## La Trobe Change of Preference Fest

December 12, 2024

We know getting your ATAR results can be a big moment, so La Trobe is hosting the Change of Preference Fest to give you the support and advice you need, no matter what your results are.

Here's what you can expect:

- **Course advice and pathways:** Chat with our course advisors about your options and explore alternative pathways if your results aren't what you expected. We'll help you figure out what's best for you.
- **Food, fun and giveaways:** To keep things relaxed, we've got free food, live music, and exciting giveaways.

Whether you're thrilled with your results or need a bit of guidance, we've got your back. This is your chance to get all the info you need to make the best decision for your future.

[Find out more](#)

## Deakin Change of Preference Advice

December 13, 2024

Whether you need general uni information, pathway options or reassurance about your course choices, don't miss the opportunity to get personalised advice at our Change of Preference events.

- Get personalised one-on-one study, course and pathway advice
- Chat with expert Deakin staff and current students
- Discover course and pathway options at the course information expo
- Join a student-led campus and accommodation tour
- Explore our world-class facilities and learning spaces
- Learn about student support and life at Deakin

[Find out more](#)

## Free Money

### Scholarships

#### Larsen Jewellery Design Scholarship Program

**Value:** \$3,000 AUD

**Open date:** February 1, 2024

**Closing date:** November 30, 2024

Larsen Jewellery recognises the need to support and educate young adults wishing to begin a career in jewellery, design or visual arts; or who wish to further their studies in a jewellery, design or visual arts related course.

[Find out more](#)

### **Playford Trust Lincoln College Residential Scholarship**

**Value:** \$8,000 AUD

**Open date:** September 1, 2024

**Closing date:** January 17, 2025

The Playford Trust, in partnership with Lincoln College, offers a scholarship for a student enrolling at Lincoln College, a university residential college for students studying in Adelaide.

The scholarship will provide financial support to a high-achieving and motivated South Australian student to make the most of their studies, achieve their potential and contribute to South Australia's knowledge, skills and research base.

[Find out more](#)

## **Competitions**

### **Under the Radar Short Film Competition**

**Value:** \$1,000 AUD

**Open date:** September 1, 2024

**Closing date:** January 31, 2025

Proudly presented and produced by the City of Port Phillip, the St Kilda Film Festival supports the Australian film industry by showcasing the best short films. A special category of St Kilda Film Festival is the Youth Short Film Category – Under the Radar. This category provides an opportunity for young filmmakers (under the age of 21) to show their work in an internationally recognised film festival.

[Find out more](#)

### **Somerset National Poetry Prize**

**Value:** \$300 AUD

**Open date:** July 22, 2024

**Closing date:** December 6, 2024

As a part of the 2025 Somerset Storyfest, school-aged students are invited to participate in the Somerset National Poetry Prize.

The purpose of the Somerset National Poetry Prize is to encourage a love of writing poetry amongst secondary school students, to affirm it as a worthwhile literary pursuit, and to stimulate excellence in writing. It also aims to inspire and enrich youth literature.

[Find out more](#)

# Study

## University

### University offers and your options explained

For those of you planning on heading off to university, school is nearly over and the next chapter of your lives is about to begin. Hopefully your exams will go really well, your results will be even better than expected, and you'll get an offer for your dream course. But what if that's not the case? We're here to guide you through the university offer process and what to do if things don't go quite to plan.

#### **When can I expect to receive an offer?**

The first thing you probably want to know is when you'll receive the news about your university offers. In most cases, you'll need to wait until results are released before you'll know whether or not your application is successful (unless you've applied for [early entry](#)).

Here's when most school leavers can expect to receive their first offers to university:

Location	Offer Date
AUS – NSW & ACT	23 December 2024
AUS – VIC	23 December 2024
AUS – QLD	23 December 2024
AUS – SA & NT	10 January 2025
AUS – WA	21 December 2024
AUS – TAS	Mid-December
NZ	Mid-January*
UK	Before 14 May 2025**
Ireland	Late August 2025
US	Late March – Early April 2025
Canada	January – May 2025

\*Universities will often send out provisional offers as early as November, but they only become unconditional once NCEA results are released in mid-January to ensure you meet University Entrance requirements.

\*\*Universities make offers on a rolling basis at their discretion – this is the final deadline for universities to send offers to students who submitted their application before 29 January 2025.

#### **What if I change my mind about the course I applied for?**

Once you submit your application, it's not set in stone. Universities will often allow you to change your preferences, allowing you to re-order the existing courses on your list or even add and remove courses.



If you've applied through a centralised or tertiary admissions centre, there is usually a set date you need to change your preferences by to ensure you still receive an offer in the upcoming round. Here are relevant change of preference closing dates for school leavers:

Admissions Centre	CoP Deadline (Main Offer Round)
<a href="#">UAC</a>	18 December 2024
<a href="#">VTAC</a>	14 December 2024
<a href="#">QTAC</a>	18 December 2024
<a href="#">SATAC</a>	2 January 2025
<a href="#">TISC</a>	17 December 2024
<a href="#">COA</a>	1 March 2025
<a href="#">OUAC</a>	15 January 2025

If you've applied directly to a university, you will need to get in touch with them to discuss your options when it comes to changing your preferences. As long as you contact them early, they will usually be able to help.

### Find out more about change of preference

Still confused about change of preference? Lots of universities hold special events leading up to the first round of offers to guide you through the process and answer any questions you might have.

You can see upcoming change of preference events on our website [here](#) – simply click the “change of preference” filter on the right-hand column.

### What are unconditional and conditional offers?

If you receive an unconditional offer, congratulations! This means your place in your chosen course is secured, and you (usually) don't need to do anything else to accept.

If you receive a conditional offer, this is still great news! This means your place in your chosen course is yours pending any *conditions* that come with the offer. The most common condition is waiting for your final results to be released and seeing if they meet the course requirements. Other common conditions include:

- Needing to submit other documents to complete your application
- Completing a bridging course before your first Semester
- Securing financial aid or support to ensure you can pay your course fees

### What if I don't receive an offer in the main round?

We know it can seem like the end of the world, but you still have time and options on your hands, so don't stress.

Admissions centres and universities will release offers over multiple rounds, so even if you miss out the first time, you might receive an offer in a subsequent round. If you're still happy with your course choices, just sit tight and be patient.

If you want to maximise your chances of receiving an offer, you can always change your preferences to put a course with lower entry requirements at the top of your list.

If you've applied through UCAS and didn't receive an offer, you can still apply for courses with available places through [Clearing](#). CAO also has a similar system called [Available Places](#).

### **What if I don't receive any offers?**

If all the offer rounds have passed and you still don't have an offer, it doesn't mean you have to give up. There are lots of alternative pathways you can take to get into your dream course. Here are just a few:

- Complete a tertiary preparation course
- Take an alternative entry test, such as the [STAT](#)
- Study a lower qualification, like a Diploma, and use this for entry
- Wait a few years and re-apply as an adult with work and life experience

### **Our top tips for university offers**

Here are some of our top tips to keep in mind as offer season approaches.

- You usually have some time before you must respond to an offer, so don't panic and think things through before making a decision.
- You can sometimes accept an offer as a backup, then withdraw from it later if you receive another offer that suits you better.
- If you do accept multiple offers, make sure you withdraw from all but one **before** any key dates.
- Admissions centres and universities are more than happy to answer any questions you might have, so don't be afraid to get in touch.
- Remember to keep your contact info up-to-date to ensure you don't miss any important information.

### **You've got this**

The wait between applying and offers can be daunting, but in the meantime, you still have time to study hard and do your best on your exams. Remember, no matter what happens, there are options open to you and people who are more than happy to help.

Good luck and best wishes from all the Study Work Grow team.

## **Study Tips**

### **[10 effective exam prep tips for high school students](#)**

The end of the school year can feel like a rollercoaster, with exams, assessments, and future planning all happening at once. But don't worry – with some smart preparation, you can tackle it all and maybe even reduce some stress along the way. We've put together ten exam prep tips to help you create a study plan, stay organised, and hopefully boost your grades.

### **Design your study blueprint**

Think of your study schedule as a roadmap to success. Break down your subjects into manageable chunks and plan your study sessions in advance. This approach helps you stay organised and ensures you cover all the necessary topics. *Pro tip:* Use a [digital planner](#) or app to keep track of your schedule on the go.

### **Set clear goals**

Define specific study goals for each subject and study session. Having a clear purpose keeps you focused and motivated. Plus, there's nothing quite like the satisfaction of ticking off completed tasks. Try using the [SMART goal-setting technique](#) to make your objectives more effective.

### **Engage with active learning**

Passive reading isn't enough to truly grasp complex concepts. Instead, try summarising key points in your own words, teaching the content to a study buddy, or creating digital flashcards for quick reviews. Websites like [Quizlet](#) or [Anki](#) can help you create and share flashcards with classmates.

### **Tackle your weak spots**

Identify the subjects or topics you find challenging and allocate more study time to them. While it's important not to neglect your strengths, giving extra attention to problem areas can significantly improve your overall performance. Don't hesitate to reach out to your teachers or tutors for additional support.

### **Master the art of the break**

Regular breaks are crucial for maintaining focus and preventing burnout. Try the [Pomodoro Technique](#): study for 25 minutes, then take a 5-minute break. After four cycles, take a longer 15-30 minute break. This method can help you stay productive without feeling overwhelmed.

### **Fuel your brain and body**

A balanced diet, regular exercise, and adequate sleep are your secret weapons during exam season. Opt for [brain-boosting foods](#) like blueberries, nuts, and dark chocolate. Stay hydrated and aim for at least 8 hours of sleep each night. Remember, physical activity can actually improve your cognitive function, so don't skip your workouts!

### **Practice makes perfect**

Reviewing past exam papers is like a rehearsal for the big day. It helps you familiarise yourself with question formats, manage your time better, and identify any knowledge gaps. Many schools provide access to past papers, or you can find practice exams online for most subjects.

### **Harness the power of online resources**

The internet is a treasure trove of study materials. From educational YouTube channels to interactive learning platforms, there's something for every learning style. Just be mindful of potential distractions – consider using [website blockers](#) during study sessions to stay focused.

### **Form a study squad**

Studying with classmates can be both productive and fun. You can discuss complex topics, quiz each other, and share different perspectives on the material. If you can't meet in person, virtual study groups using platforms like [Zoom](#) can be just as effective.

### **Keep calm and study on**

Maintaining a positive mindset is crucial during exam season. Practice stress-management techniques like deep breathing, meditation, or even simple stretching exercises. Remember, it's normal to feel some pressure, but don't let it overwhelm you. Apps like [Headspace](#) or [Calm](#) can guide you through quick relaxation exercises.

### **Looking for more study advice?**

Remember, success in exams isn't just about the hours you put in – it's about how effectively you use that time. By implementing these exam prep tips and finding what works best for you, you can improve your performance and maybe even make the study process more enjoyable.

If you're still after more exam or study tips, check out our other helpful resources on our website [here](#). Good luck with your exams!

## **Work**

### **Job Spotlight**

#### **How to become a Human Resources Manager**

Human Resources (HR) Managers play a crucial role in organisations by overseeing employee relations, recruitment, training, and ensuring compliance with labour laws. They are the skilled professionals who help maintain a positive work environment and support both employees and management.

If you're passionate about working with people, are a great communicator and organiser, and want to help businesses and employees thrive, a career as a human resources manager could be perfect for you.

#### **What skills do I need as a human resources manager?**

- Excellent communication and interpersonal skills
- Strong leadership and team management abilities

- Critical thinking and problem-solving skills
- Attention to detail and organisational skills
- Ability to maintain confidentiality and handle sensitive information
- Proficiency with HR software and data analysis tools
- Knowledge of labour laws and regulations
- Adaptability and cultural sensitivity

### **What does the job involve?**

- Developing and implementing HR strategies and policies
- Overseeing recruitment, hiring, and onboarding processes
- Managing employee benefits, compensation, and leave programs
- Conducting performance evaluations and managing employee relations
- Ensuring compliance with relevant laws and company policies
- Providing training and professional development opportunities
- Mediating workplace conflicts and addressing employee concerns
- Maintaining employee records and HR information systems

### **What industries do human resources managers typically work in?**

- Public Administration & Safety
- Professional, Scientific & Technical Services
- Healthcare & Social Assistance

### **What Career Cluster do human resources managers belong to?**

HR managers are need strong organisational skills and are adept at planning and managing, so they make excellent [Coordinators](#).

### **What kind of lifestyle can I expect?**

As a human resources manager, your work will typically be done in office settings, though some travel may be required for recruitment events or multi-site organisations. The job often involves regular business hours, but you may need to work extra hours during busy periods or to address urgent employee issues.

You can expect to earn an above-average salary throughout your career. The role also offers opportunities for advancement to senior HR positions or even executive roles, like Chief Human Resources Officer.

Most HR managers work full-time, with many working more than 40 hours per week. The job can be emotionally demanding when dealing with sensitive employee issues. Work-life balance is generally good, but can vary depending on the organisation and industry.

### **How to become a human resources manager**

The path to becoming a human resources manager typically involves a combination of education, experience, and ongoing professional development. Here are the general steps:

- Earn a bachelor's degree in Human Resources, Business Administration, Psychology, or a related field.
- Gain experience in entry-level HR positions or related roles, working your way up through various HR specialties.
- Develop strong leadership and management skills through experience and training.
- Stay updated on labour laws, HR trends, and best practices through continuous learning and professional development.

Many HR managers also pursue additional education or specialisations throughout their careers to enhance their expertise and advance to higher positions.

### **What can I do right now to work towards this career?**

If you're in high school and you'd like to find out if a career as a human resources manager is right for you, here are a few things you could do right now:

- Focus on subjects like Business Studies, Psychology, and IT at school.
- Develop your leadership skills by participating in school clubs or community organisations.
- Look for internships or part-time jobs that involve working with people or in office environments.
- Practice your communication and problem-solving skills through debating or public speaking activities.

### **Where can I find more information?**

You can read more detailed information about careers in HR management here:

- [Australian HR Institute](#)
- [Human Resources Institute of New Zealand](#)
- [Chartered Institute of Personnel and Development](#) (UK)
- [Human Resources Professionals Association](#) (Canada)
- [National Human Resources Association](#) (US)

### **Similar careers to human resources manager**

- [Public Relations Professional](#)
- [Administrative Assistant](#)
- [Business Development Manager](#)
- [Lawyer](#)
- [Social Media Manager](#)
- [Virtual Assistant](#)
- [Accountant](#)
- [Logistics Manager](#)

Find out more about alternative careers on our [Job Spotlights](#) page.

## Jobs & Careers

### 7 innovative careers for Makers

Makers are the doers, the builders, and the problem solvers of our world. They're the people who keep everything running smoothly, from constructing buildings to preparing our food. If you love working with your hands, enjoy seeing tangible results from your efforts, and have a knack for practical problem-solving, a career as a Maker might be perfect for you. Let's explore 7 innovative careers where Makers can truly shine and make a difference.

#### **Custom furniture designer**

Imagine turning a client's vision into a beautiful, functional piece of furniture they'll treasure for years. As a custom furniture designer, you'll blend artistic flair with woodworking skills to create one-of-a-kind pieces. You might work independently in your own workshop or collaborate with interior designers on larger projects. This career allows you to express your creativity while mastering traditional craftsmanship techniques.

#### **Robotics technician**

In this cutting-edge field, you'll build, maintain, and repair the robots that are revolutionising industries from manufacturing to healthcare. As a robotics technician, you'll need a solid understanding of mechanics, electronics, and programming. You might find yourself working on anything from industrial assembly line robots to sophisticated medical devices. It's a career that combines hands-on skills with high-tech innovation.

#### **Artisanal food producer**

For Makers with a passion for culinary arts, becoming an artisanal food producer can be a delicious career choice. Whether you're crafting small-batch chocolates, brewing craft beer, or making artisanal cheeses, this career allows you to create products that delight people's taste buds. You'll need to master both the science of food production and the art of flavour creation.

#### **3D printing specialist**

As 3D printing technology continues to advance, specialists in this field are in high demand. You might work in industries ranging from aerospace to medicine, using advanced printers to create everything from prototype parts to customised medical implants. This career requires a mix of technical knowledge about 3D printing processes and materials, along with problem-solving skills to overcome design challenges.

#### **Automotive restoration expert**

If you have a passion for classic cars and a eye for detail, automotive restoration could be your calling. In this role, you'll breathe new life into vintage vehicles, combining skills in mechanics, bodywork, and

even upholstery. You might work for a specialist restoration shop or even start your own business, preserving automotive history one car at a time.

### **Prosthetics fabricator**

As a prosthetics fabricator, you'll use your skills to create custom-fitted artificial limbs that can dramatically improve people's lives. This career combines elements of engineering, anatomy, and even artistic sculpting. You'll work closely with patients and medical professionals to ensure each prosthetic is comfortable, functional, and as natural-looking as possible.

### **Sustainable construction specialist**

With growing concern for the environment, sustainable construction is an exciting field for Makers. In this role, you might work on anything from installing solar panels to implementing green building techniques. You'll need to stay up-to-date with the latest eco-friendly materials and technologies, applying your practical skills to create buildings that are both functional and environmentally responsible.

### **Which one sounds best to you?**

These innovative careers represent just a fraction of the exciting opportunities available to Makers. Whether you're drawn to traditional craftsmanship, cutting-edge technology, or somewhere in between, there's likely a Maker career that aligns with your interests and skills.

The world is constantly evolving, with new technologies and techniques emerging all the time. To prepare for a career as a Maker, focus on developing a strong foundation of practical skills, stay curious about new developments in your field of interest, and never stop learning. Remember, your ability to create, build, and problem-solve will always be in demand.

### **Learn more about careers**

Find heaps more blogs and resources on the world of work on our website [here](#).

## **Grow**

### **Health & Wellbeing**

#### **[Here's the best food to keep your brain powered all day](#)**

Staying focused all day, whether it's at school, work, or during an exam, is all about giving your brain a steady supply of energy. Your brain runs on glucose, a simple sugar that's essential for clear thinking, concentration, and tackling difficult tasks – so if you want to perform at your best (and get better grades) then you need to make sure you're eating the right food to keep it powered on.

In his book [Thinking, Fast and Slow](#), Daniel Kahneman talks about how glucose plays a crucial role in cognitive processing, with research showing that mental effort depletes glucose levels. In their study,



they found that students who were given glucose could continue performing simple mathematical equations long after a control group without the glucose could.

### **What is glucose?**

Glucose is a type of sugar that your body uses as its main source of energy. It's found in many foods, not just the sweet treats we often think of like lollies or candy. When you eat carbohydrates—whether they're in bread, pasta, fruits, or vegetables — your body breaks them down into glucose, which then enters your bloodstream. From there, glucose is delivered to your cells, including brain cells, to be used for energy.

While glucose is technically a sugar, it's important to understand that the best sources of glucose come from complex carbohydrates, like whole grains, fruits, and vegetables, rather than processed sweets. These complex carbs provide a slow and steady release of glucose, helping you maintain consistent energy levels, as opposed to the rapid spike and crash that comes from consuming sugary snacks. So, when we talk about “glucose for energy,” we're not just talking about sugar from lollies and junk food – we're talking about the healthy carbs your body can use effectively to keep your brain running at its best. The trick isn't just eating sugary snacks, but managing your diet to provide a constant source of glucose.

Let's look at two scenarios: lasting a long day full of activities and preparing for an important exam.

### **Scenario 1: A full day of school plus work/training/study/social life**

A long school day followed by work, training, or study in the afternoon requires careful planning so you don't run out of energy before you get to the end of the day. Here's how you can keep your glucose levels steady and avoid the dreaded energy crash.

#### **Morning fuel**

A combination of complex carbs, healthy fats, and protein will help you start the day strong. Try a wholegrain cereal with milk and some sliced banana, or wholegrain toast with peanut butter. Try to avoid sugary cereals – they can cause a glucose spike followed by a crash, making you feel sluggish by mid-morning.

#### **Mid-morning boost**

Around mid-morning, have a small snack to maintain your energy. A banana with a handful of nuts or an apple with cheese slices works well. This combination balances natural sugars with some protein and fat to keep energy levels steady.

#### **Lunchtime recharge**

To power through the afternoon, your lunch should include complex carbohydrates, lean protein, and veggies. A good option might be a wholegrain sandwich with chicken, salad, and cheese, or a pasta salad with lots of veggies. This provides a slower release of glucose, keeping you fuelled until your next snack.

#### **Afternoon pick-me-up**

By mid-afternoon, you might notice your energy dip. This is a good time for a snack that includes a mix of carbs and protein. Crackers with cheese or a granola bar can give you that needed boost while keeping blood sugar stable.

### **Evening meal**

If you have training or work in the afternoon and want to avoid feeling wiped out, dinner should still include complex carbs and protein but focus on lighter options to aid recovery. Think a wrap with grilled chicken and salad, or spaghetti with a simple tomato sauce and some lean meat.

### **Timing tips**

Space out your meals and snacks by 2-4 hours to keep your glucose levels stable throughout the day. Dehydration can also make you feel tired, so make sure you're staying hydrated too. Water is best, but diluted fruit juice can help as well.

### **Scenario 2: Exam days**

Exam days need extra planning, especially as you often can't bring snacks into the exam room unless you have a medical reason. The goal is to keep your energy balanced so you can focus without feeling distracted or tired.

### **Pre-exam breakfast**

Eating a good breakfast is key to starting the exam day right. Wholegrain toast with peanut butter and sliced banana, or a breakfast smoothie with yoghurt, oats, and berries are great choices. They provide complex carbs, healthy fats, and protein, all of which help release energy slowly over the morning.

### **Just before the exam**

If there's time before your exam, about 30 minutes before you start, have a small, easily digestible snack like a piece of fruit or a granola bar. It gives a small glucose boost without causing a sugar rush.

### **Hydration during the exam**

You probably already hear this a lot, but it's important to stay hydrated. Water is the best option, as dehydration can impact your focus. Make sure you've drunk enough before the exam starts, and if allowed, keep a water bottle with you.

### **Post-exam snack**

Once the exam is over, your body and brain will need to recharge. A smoothie made with fruit, yoghurt, and a small handful of oats can help replenish your energy without overloading your system with sugar.

### **The energy drink trap**

It might be tempting to rely on energy drinks or caffeine tablets to stay alert, but they come with drawbacks. Energy drinks often contain a lot of sugar, which can lead to a rapid spike and crash in glucose levels, leaving you feeling worse in the long run. The high caffeine content can also cause jitters, anxiety, and even impact sleep, which ultimately harms your ability to focus and retain information.

So instead of quick fixes, aim for balanced, steady energy from nutritious foods and proper hydration to keep your brain functioning at its best.

### **Are you eating the right foods for your brain?**

Managing your glucose levels throughout the day comes down to eating a balanced mix of complex carbs, proteins, and healthy fats at regular intervals. This helps you stay energised without the spikes and crashes that can make it hard to concentrate. On exam days, a well-thought-out breakfast and some simple snack food can give your brain the steady power it needs to think clearly, even under pressure. Want more health and wellbeing tips tailored for students? You can read more on our website [here](#).

## **Money**

### **Scholarships for entrepreneurship and innovation**

Are you the type of person who's always dreaming up new ideas? Maybe you've got a business concept that you think could change the world, or you're passionate about solving problems in your community. If this sounds like you, then entrepreneurship and innovation scholarships might be right up your alley. Let's take a look at what they are and why you should apply.

### **What are entrepreneurship and innovation scholarships?**

These aren't your average scholarships. Sure, they offer financial support, but that's just the beginning. These scholarships are designed to recognise and nurture your creative spirit, offering you a chance to turn your innovative ideas into reality. They often come with extra perks like:

- **Mentorship programs:** Get guidance from experienced entrepreneurs who've been in your shoes.
- **Networking opportunities:** Connect with other young innovators and industry professionals.
- **Access to resources:** This could include things like workshops, software, or even office space.

### **Who can apply?**

The great news is that there's probably a scholarship out there for you, no matter what your specific interests are. Some focus on particular areas like tech or sustainable energy, while others are open to any kind of innovative idea.

When you're looking at these scholarships, consider:

- **Your passion:** What problem are you trying to solve?
- **Your experience:** Have you already started working on any projects or initiatives?
- **Your goals:** Where do you see your ideas taking you in the future?

### **How to stand out in your application**

When you're applying for these scholarships, it's not just about your grades (although those are important too). Here are some tips to make your application shine:

1. **Highlight your entrepreneurial spirit:** Talk about any projects you've started, even if they're small.
2. **Show your passion:** Explain why your idea matters to you and how it could make a difference.
3. **Be specific:** Rather than saying you want to "change the world," explain exactly how you plan to do it.
4. **Demonstrate your skills:** Whether it's coding, public speaking, or creative thinking, show off what makes you unique.

### Entrepreneurship and innovation scholarships to check out

Here are a few scholarships that might interest you:

- [Jane M. Klausman Women in Business Scholarship](#) (International): For women pursuing business management degrees.
- [QUT Budding Entrepreneur Scholarship](#) (Australia): Supports student entrepreneurs in both for-profit and non-profit spaces.
- [WBS Young Entrepreneurs Scholarship Programme](#) (UK): Offers full undergraduate tuition and entrepreneurship mentoring at Warwick Business School.
- [The Milton Fisher Scholarship](#) (US): A four-year renewable scholarship for innovative and creative high school students.
- [Stephen Riady Young Entrepreneur Scholarship](#) (Singapore): Awarded to exceptional individuals who aspire to be entrepreneurs.

Remember, these are just a few examples. There are many more out there, so don't be afraid to do your own research too – our [scholarships database](#) is a great place to start.

### Making the most of your scholarship

If you're lucky enough to win one of these scholarships, congratulations! Here's how to make the most of it:

1. **Engage with your mentors:** They have valuable experience to share.
2. **Network, network, network:** You never know where your next big opportunity might come from.
3. **Take advantage of all resources offered:** Whether it's workshops, software, or events, use everything available to you.
4. **Keep pushing your ideas forward:** Use this opportunity to refine and develop your entrepreneurial skills.

### Ready to take the leap?

Applying for scholarships can seem daunting, but every successful entrepreneur started somewhere. Your innovative idea could be the next big thing, and these scholarships are designed to help you get there.

Want to learn more about scholarships or explore other study options? Check out our website [here](#) for more information and resources to help you on your journey.

**The Study Work Grow Research Team**

Unit 6/149 English St, Manunda, QLD 4870

Phone: 07 4039 3862

Email: [info@studyworkgrow.com](mailto:info@studyworkgrow.com)

Find us online: [www.studyworkgrow.com](http://www.studyworkgrow.com)

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