

# Weekly Careers News for Victoria

March 3, 2025

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## Events

### This Week's Events

#### IWD 2025: In Conversation with Professor Georgina Long AO

**Organisation:** NSW Department of Education

**Location:** Online

**Date:** March 3, 2025

Join us for an inspiring International Women's Day Webinar, featuring a special guest, Professor Georgina Long AO, Co-Medical Director of the Melanoma Institute Australia and a globally recognised leader in melanoma research.

This exclusive event is designed for school students, providing a unique opportunity to hear from an award-winning scientist, medical oncologist, and advocate for innovation in healthcare.

Teachers must register on behalf of their students.

[Find out more and register](#)

#### Warrnambool Army Reserve Information Session

**Organisation:** Australian Defence Force

**Location:** Warrnambool Depot

**Date:** March 3, 2025

Add an exciting and rewarding extra dimension to your life by joining the Army Reserve.

You'll be able to experience personal and professional growth in rewarding part-time roles that fit in with your current lifestyle and commitments.

To find out more about the roles on offer, join us for a local info session where you can speak with current serving members about their own experiences.

[Find out more and register](#)

#### US College Sport Scholarship Information Session

**Organisation:** Study & Play USA

**Location:** Online

**Date:** March 3, 2025

This webinar is open to athletes, families, Career Counsellors, Heads of Sport, club coaches from across the globe, wanting to learn more about the US College pathway.

Why attend?

- Interested to learn more about the US College Pathway? Never heard of the NCAA before?
- Wanting to know what a scholarship actually covers?
- Intrigued by how our recruitment company can assist you with this process?
- Not sure if your grades are good enough to go to the US? Not sure if athletically you are where you need to be to get interest?

[Find out more and register](#)

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

**Organisation:** Victoria Police

**Location:** Online

**Date:** March 4, 2025

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.

[Find out more and register](#)

### Monash Information Evening – Caulfield

**Organisation:** Monash University

**Location:** Monash Caulfield Campus

**Date:** March 4, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

You'll hear about:

- our ten diverse study and discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities, including study abroad and overseas tours
- how to apply – everything you need to know about VTAC, key dates and deadlines
- scholarships and fees
- SEAS and the Monash Guarantee
- accommodation options, both on and off-campus.

[Find out more and register](#)

### Melbourne Navy Careers Information Session

**Organisation:** Australian Defence Force

**Location:** Melbourne ADF Careers Centre

**Date:** March 4, 2025

Explore the idea of a Navy career that offers mateship, time at sea and exciting new opportunities. The Navy has a diverse range of roles across many employment categories there's sure to be a role for you!

Speak with current serving military personnel about career opportunities and discover your potential.

[Find out more and register](#)

### Women In Policing – International Women's Week Event

**Organisation:** Victoria Police

**Location:** Victoria Police Centre

**Date:** March 6, 2025

Welcome to the Victoria Police International Women's Week event - Women in Policing. This is a bespoke session whereby attendees will hear more about the careers, opportunities and challenges of women in Victoria Police.

During the session, you will hear directly from a panel of women representing various roles and career paths within Victoria Police. They will share their personal journeys, experiences, and insights, offering invaluable perspectives on what it means to be a woman at Victoria Police. This is your chance to engage with the panel, ask burning questions, and be truly inspired by their stories of resilience, determination, and success.

[Find out more and register](#)

### WEPTalk

**Organisation:** World Education Program

**Location:** Online

**Date:** March 6, 2025

Join us online as we present information about WEP and our student exchange programs, including the best time to go, which countries offer which program, information about host families, schools, and all other things student exchange!

[Find out more and register](#)

### **Warrnambool Defence Careers Information Session**

**Organisation:** Australian Defence Force

**Location:** City Memorial Bowls Club

**Date:** March 6, 2025

Wondering whether a job in the Australian Defence Force (ADF) is the right fit for you?

Come along to an upcoming info session where you'll have the opportunity to ask questions and learn everything you want to know regarding job roles in the Navy, Army and Air Force.

You'll have the chance to speak with current serving members to see if an ADF career is the one for you.

[Find out more and register](#)

### **Chisholm Campus Tours – Berwick**

**Organisation:** Chisholm Institute

**Location:** Chisholm Berwick Campus

**Date:** March 6, 2025

Join us for a campus tour and walk through our facilities. You'll be guided by a Chisholm representative who'll be able to answer your questions about campus life and our courses.

Register for a campus tour so you can:

- See our facilities
- Learn about our range of courses and the career pathways available
- Find out if a course at Chisholm is right for you

[Find out more and register](#)

### **Chisholm Campus Tours – Frankston**

**Organisation:** Chisholm Institute

**Location:** Chisholm Frankston Campus

**Date:** March 6, 2025

Join us for a campus tour and walk through our facilities. You'll be guided by a Chisholm representative who'll be able to answer your questions about campus life and our courses.

Register for a campus tour so you can:

- See our facilities
- Learn about our range of courses and the career pathways available
- Find out if a course at Chisholm is right for you

[Find out more and register](#)

### **Music and Sound Online Information Session**

**Organisation:** Melbourne Polytechnic

**Location:** Online

**Date:** March 6, 2025

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):

- Advanced Diploma of Music - Performance
- Advanced Diploma of Music - Sound Production

- Certificate IV in Music - Sound Production
- Diploma of Music

[Find out more and register](#)

### Screen and Media Online Information Session

**Organisation:** Melbourne Polytechnic

**Location:** Online

**Date:** March 6, 2025

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):

- Certificate IV in Screen and Media
- Advanced Diploma of Screen and Media

[Find out more and register](#)

### Melbourne ADFA Careers Information Session

**Organisation:** Australian Defence Force

**Location:** Jasper Hotel

**Date:** March 6, 2025

Start your career with a fully paid world-class UNSW degree at ADFA. You'll receive military training, plus earn a salary while you study. And when you graduate, you'll walk straight into a job – HELP debt-free.

Join us at the upcoming info session to find out how ADFA can change your life, speak with current serving military personnel and learn more about the Australian Defence Force Academy.

[Find out more and register](#)

### Girls Day Out in STEM: 2025 March >>> Forward Fun Week

**Organisation:** Girls Day Out in STEM

**Location:** Online

**Date:** March 8 to March 16, 2025

Join Girls Day Out in STEM (GDOS) for a week of fun celebrating International Women's Day!

Explore the exciting world of STEM in a safe and inspiring space designed for girls aged 10-14 (and anyone keen on STEM!). Meet amazing women in STEM, take on exciting challenges and win epic prizes – including a brand-new iPad from Telstra! Plus, check out our new Game Arcade!

- Be Inspired – Go behind the scenes in STEM industries
- Be Informed – Hear from professional STEM changemakers
- Be Awesome – Complete challenges & win prizes!

[Find out more and register](#)

### Next Week's Events

#### Bendigo Defence Careers Information Session

**Organisation:** Australian Defence Force

**Location:** The Bendigo Club - Naismith Room

**Date:** March 11, 2025

Wondering whether a job in the Australian Defence Force (ADF) is the right fit for you?

Come along to an upcoming info session where you'll have the opportunity to ask questions and learn everything you want to know regarding job roles in the Navy, Army and Air Force.

You'll have the chance to speak with current serving members to see if an ADF career is the one for you.

[Find out more and register](#)

### Melbourne Defence Careers Information Session

**Organisation:** Australian Defence Force

**Location:** Melbourne ADF Careers Centre

**Date:** March 11, 2025

Wondering whether a job in the Australian Defence Force (ADF) is the right fit for you?

Come along to an upcoming info session where you'll have the opportunity to ask questions and learn everything you want to know regarding job roles in the Navy, Army and Air Force.

You'll have the chance to speak with current serving members to see if an ADF career is the one for you.

[Find out more and register](#)

### ADFA Careers Virtual Information Session

**Organisation:** Australian Defence Force

**Location:** Online

**Date:** March 12, 2025

At the Australian Defence Force Academy you will receive service training while studying for your UNSW degree, and graduate as an Officer in the Australian Defence Force.

Join us for a virtual info session to find out how the Australian Defence Force Academy can change your life.

[Find out more and register](#)

### Victoria Police: Inside the Recruitment Process – Online Webinar

**Organisation:** Victoria Police

**Location:** Online

**Date:** March 12, 2025

Victoria Police are hosting an online information session for members of the community who are:

- thinking of stating an application to join Victoria Police
- currently going through the recruitment process and need more information
- currently in the process of completing an application

This session has been created to guide you through the steps of completing a strong application, with helpful tips and tricks that apply to each stage of the recruitment process. Members will be joining us from a range of areas that are involved in the recruitment process.

[Find out more and register](#)

### CGA Trial Class

**Organisation:** Crimson Global Academy

**Location:** Online

**Date:** March 12, 2025

Join a CGA Trial Class to meet one of our expert teachers and get a taste of the CGA classroom experience. This class is catered to students aged 12-16, with parents of course welcome to sit in too!

After a quick lesson, we encourage you to use this opportunity to ask the teacher about:

- The technology and platforms typically used
- Homework and assessments at CGA
- CGA's feedback and reporting processes
- Online versus traditional classrooms
- The online student-teacher relationship

- Support in and out of the classroom
- And whatever else comes to mind!

[Find out more and register](#)

## Hansen Scholarship Program online information evening

**Organisation:** University of Melbourne

**Location:** Online

**Date:** March 13, 2025

Talented Year 12 students, parents, careers practitioners, and other support people are invited to join us for an online information session to learn more about the University's most generous undergraduate scholarship: the Hansen Scholarship.

As a Hansen Scholar, you'll join a program that nurtures potential and provides a place where your ambition can grow, offering you access to a high-quality university education that might otherwise feel out of reach. Valued at up to \$108,000, this scholarship offers a fully-funded place to call home at Little Hall for three years. Alongside the close-knit residential community, tailored mentoring, extracurricular activities and focused financial support will set you up for success.

In this one-hour session, we'll cover:

- Eligibility and selection criteria
- Timelines and the application process
- Tips and advice on submitting a competitive application
- Benefits of the program including the fully-funded offerings of Little Hall.

You'll hear from a current Hansen Scholar who will share their experiences about the program and be available to answer your questions. A recording of the session will be made available for registrants who can not tune in on the night.

[Find out more and register](#)

## SCCE Information Session Webinar

**Organisation:** Southern Cross Cultural Exchange

**Location:** Online

**Date:** March 13, 2025

Preparing for your exchange program is an important part of the process and is vital to continued program success. At these online meetings, an experienced member of our team will share an overview of the high school exchange programs with Southern Cross Cultural Exchange.

You'll learn more about living with a host family and how studying overseas can help you develop confidence and independence... and gain a lifetime of memories.

Explore your destinations, program options and ask questions about how you can immerse yourself into a new life, culture, family, and high school overseas.

[Find out more and register](#)

## Melbourne Air Force Careers Information Session

**Organisation:** Australian Defence Force

**Location:** Melbourne ADF Careers Centre

**Date:** March 17, 2025

Reach new heights in a career with the Air Force.

You can work with advanced technology as you support the Air Force across a broad range of operations in Australia and overseas.

Head to an info session to learn more about Air Force careers in Aviation, Combat and Security, Healthcare, Trades, Cyber and much more.

[Find out more and register](#)

## Victoria Police: Careers Information Session – Victoria Police Centre



**Organisation:** Victoria Police

**Location:** Victoria Police Centre

**Date:** March 17, 2025

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.

[Find out more and register](#)

## Future Events

### Victorian Careers & Employment Expo 2025

**Organisation:** Kym Jones Exhibitions

**Location:** Melbourne Showgrounds

**Date:** March 20 to March 22, 2025

Victorian Careers & Employment Expo is open from March 20 to 22, 2025 at the Melbourne Showgrounds. The Expo will showcase over 130 organisations and employers with career opportunities for all ages. Visitor entry is free.

The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new training and career options.

[Find out more and register](#)

### Open Day, March 2025

**Organisation:** Holmesglen Institute of TAFE

**Location:** Holmesglen Campuses

**Date:** March 20, 2025

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 and register](#)

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

**Organisation:** Arrive & Thrive

**Location:** Online

**Date:** March 20, 2025

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 and register](#)

## Monash Information Evening – Peninsula

**Organisation:** Monash University

**Location:** Monash Peninsula Campus

**Date:** March 25, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

You'll hear about:

- our ten diverse study and discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities, including study abroad and overseas tours
- how to apply – everything you need to know about VTAC, key dates and deadlines
- scholarships and fees
- SEAS and the Monash Guarantee
- accommodation options, both on and off-campus.

[Find out more and register](#)

## Nursing Bootcamp 2025

**Organisation:** Box Hill Institute

**Location:** Box Hill Elgar, Lilydale Lakeside & City Campuses

**Date:** March 25 to March 28, 2025

Box Hill Institute is offering a 3-hour bootcamp for you to experience what being an enrolled nurse is like. If you're interested in studying the Diploma of Nursing (HLT54121), this is a great way to preview your future study and career.

What you can expect on the day:

- Learn nursing skills such as vital signs and CPR
- Experience simulated real-life nursing scenarios
- Understand the significance of hygiene and self-protection in the workplace
- Get a grasp on basic nursing terminology
- Explore potential career pathways for enrolled nurses

**Elgar Campus:** 25 March, 9.30AM to 12.30PM

**Lilydale Lakeside Campus:** 27 March, 9.30AM to 12.30PM

**City Campus:** 28 March, 9.30AM to 12.30PM

[Find out more and register](#)

## Futures Day 2025

**Organisation:** La Trobe University

**Location:** La Trobe Mildura Campus

**Date:** March 29, 2025

Take the opportunity to explore study options at SuniTAFE or La Trobe University at Futures Day 2025. Hear from expert academics and teachers in a range of study areas including regional and metro university study options.

Tailor the day to your study interests and learn about study post school or what it might be like to return to study and retrain in a different area.

With free coffee to get you kick started, academics available from a broad range of areas and an industry expo to wander whilst enjoying some lunch, there is plenty on offer at Futures Day.

[Find out more and register](#)

## Monash Information Evening – Warrnambool

**Organisation:** Monash University

**Location:** Lighthouse Theatre, Warrnambool

**Date:** April 2, 2025

We know that choosing a university is a big decision. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

You'll hear about:

- our ten diverse study and discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities, including study abroad and overseas tours
- how to apply – everything you need to know about VTAC, key dates and deadlines
- scholarships and fees
- SEAS and the Monash Guarantee
- accommodation options, both on and off-campus.

[Find out more and register](#)

## A day in the life of a medical student

**Organisation:** Deakin University

**Location:** Various

**Date:** April 7 to August 6, 2025

'A day in the life of a medical student' is an opportunity for Year 11 and Year 12 students who live in the South West and Grampians/Wimmera regions and have an interest in medicine to experience what it is like to study at Deakin.

The events take place at Deakin's Clinical Schools in Warrnambool and Ballarat and the Regional Clinical Schools in Colac, Horsham and Hamilton. Academics and current students will be available to answer all your questions.

### Warrnambool

Year 11: 18 June and 25 June 2025

Year 12: 7 April 2025

### Ballarat

Year 11: 6 August 2025

Year 12: 12 July 2025

### Colac

Year 11 & 12: 10 April 2025

### Horsham

Year 11 & 12: 1 May 2025

### Hamilton

Year 11 & 12: 29 May 2025

[Find out more and register](#)

## Discover ACU Ballarat: Arts and Humanities, Occupational Therapy, Physiotherapy and Teaching

**Organisation:** Australian Catholic University

**Location:** ACU Ballarat Campus

**Date:** April 10, 2025

Are you a current secondary student in year 10, 11 or 12?

Experience university life firsthand at the 2025 Discover ACU. This free event, tailored to your specific study interests, offers an in-depth look at what it is like to be a university student.

You'll have the choice of one of the following workshops:

- Arts and Humanities
- Occupational Therapy
- Physiotherapy
- Teaching

[Find out more and register](#)

### Best Field Trip in the World 2025

**Organisation:** University of the Sunshine Coast

**Location:** Various

**Date:** April 10 to April 13, 2025

University of the Sunshine Coast's award-winning Best Field Trip competition is back!

This is your chance to win a four-day rollicking adventure for year 11 and 12 students, exploring world-heritage wonders and hanging out with UniSC staff and students as well as some of our sporting superstars. The prize includes:

- Return travel from your residing destination
- All transfers, accommodation and meals
- Tickets to an NRL game at Suncorp Stadium
- Kayaking tour and overnight at Noosa
- Sightseeing and overnight stay at K'gari

We know the best memory is a shared memory, so each winner will be able to bring along a friend!

Entrants to the competition must submit a 100-word entry which responds to the question: What do you think life after high school will be like?

Entries close **Sunday 9 March 2025**.

[Find out more and register](#)

### Discover ACU Ballarat: Nursing and Paramedicine

**Organisation:** Australian Catholic University

**Location:** ACU Ballarat Campus

**Date:** April 11, 2025

Are you ready to explore a career that makes a real difference and saves lives? Discover what it's like to study nursing or paramedicine at ACU Ballarat.

At this event, you'll take part in hands-on workshops to experience the practical skills required in these fields and hear firsthand from current students about their life-changing experiences.

Tour our campus and experience our state-of-the-art, fully functional simulation wards, where you'll get a behind-the-scenes look at the innovative training that makes ACU graduates highly sought after by employers.

[Find out more and register](#)

### Holiday Workshop – Music Theatre, Melbourne

**Organisation:** Australian Institute of Music

**Location:** AIM Melbourne Campus

**Date:** April 14 to April 15, 2025

AIM's holiday workshop is designed for high school students interested in Music Theatre. Created for students in Years 9-12, the two-day Music Theatre workshops provide incredible opportunities to experience performing and being mentored by AIM's own accomplished industry professionals.

[Find out more and register](#)

### Holiday Workshop – Performance & Songwriting, Melbourne

**Organisation:** Australian Institute of Music

**Location:** AIM Melbourne Campus

**Date:** April 16 to April 17, 2025

AIM's school holiday workshop is designed for high school students interested in music performance and songwriting. Created for students in Years 9-12, the two-day music workshops provide opportunities to experience playing, writing, and performing music, mentored by AIM's own accomplished musicians and educators.

[Find out more and register](#)

### VCE and Careers Expo 2025

**Organisation:** Resources for Courses

**Location:** Melbourne Convention and Exhibition Centre

**Date:** May 1 to May 3, 2025

The VCE and Careers Expo 2025 features over 120 exhibitors, seminars on VCE subjects, career, employment and study advice.

On Thursday and Friday, students can attend seminars on subjects including English, Maths, Biology, Business Management, Psychology, Health and Human Development, plus presentations on subject selection for Year 10 students, information on applying through VTAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](#)

### A day in the life of an optometry student

**Organisation:** Deakin University

**Location:** Deakin Geelong Waurin Ponds Campus

**Date:** May 7, 2025

'A day in the life of an optometry student' is an opportunity for Year 11 students living in the South West and Grampians/Wimmera regions with an interest in optometry to experience what it is like to study at Deakin.

The day will include hands-on practical activities as well as the chance to learn more about pathways, entry requirements and career options.

Academics and current students will be available to answer all your questions.

[Find out more and register](#)

### Victorian Careers Show 2025

**Organisation:** Resources for Courses

**Location:** Melbourne Showgrounds

**Date:** May 14 to May 16, 2025

The Victorian Careers Show 2025 features over 90 exhibitors, seminars on VCE subjects, career, employment and study advice.

Students, teachers and parents can attend seminars on subjects including English, Maths, Biology, Business Management, Psychology, Health and Human Development, plus presentations on subject selection for Year 10 students, information on applying through VTAC and the ATAR. Seating at the seminars is on a first come, first served basis.

[Find out more and register](#)

## Scholarships

### NIDA Open First Nations Subsidy

**Organisation:** NIDA

**Location:** Australia

**Value:** See details

**Open Date:** January 1, 2025

**Close Date:** December 31, 2025

[Find out more](#)

### Ellison Scholars Programme

**Organisation:** Ellison Institute of Technology

**Location:** All

**Value:** See details

**Open Date:** May 1, 2025

**Close Date:** July 31, 2025

[Find out more](#)

## Competitions

### 2025 National History Challenge

**Organisation:** History Teachers' Association of Australia

**Location:** Australia

**Value:** See details

**Open Date:** March 1, 2025

**Close Date:** August 22, 2025

[Find out more](#)

### AIA Healthiest Schools Competition

**Organisation:** AIA Healthiest Schools

**Location:** Australia, Hong Kong, Indonesia, Malaysia, Phillipines, Sri Lanka, Thailand, Vietnam

**Value:** USD\$100,000 worth of prizes

**Close Date:** April 30, 2025

[Find out more](#)

## Weekly Posts

### Personal Skills

#### [Why you should set goals](#)

Planning for your future or just wanting to get the most out of your year? Gain long-term vision and short-term motivation by setting some goals. Whether you're thinking about subject selection, post-school pathways, gap year options, your next holiday destination, or how to get fitter and healthier, you're already forming goals. Here are some reasons why you should set goals.

#### **Provide focus and find your passion**

Spending some time thinking about what you'd like to achieve in the future (either in a year, five years, or even ten years) can help you work out what's really important to you. If you care about something, you're more likely to stick with it and feel a sense of achievement when you follow through. Writing down your goals and putting an action plan in place are the first steps to finding your passion.

#### **See and measure your progress**

No matter how big, challenging, or daunting your aspirations are, goals can help you break them down into manageable steps and plan ways to work around obstacles. Eventually, lots of small goals will lead you to your ultimate destination (plus, it feels good to celebrate milestones along the way).

## Overcome procrastination

"Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off till tomorrow what you can do today."

*Philip Stanhope, 4th Earl of Chesterfield*

Putting things off is so easy to do, but it means you'll probably end up achieving less. Setting goals helps you be more accountable to yourself. Instead of brushing it off and thinking "I'll do it tomorrow", your goals will stick in your mind. If you don't complete an action or step, it might nag at you. Goals can work as a constant reminder of what you should be doing, and prompt you into action.

## Increase your motivation

Once you've gone through all the effort to discover, plan, and set goals, statistically there is a [much higher chance you'll be more motivated than ever](#) to see them through to the end. You don't want all that hard work to be for nothing, right?

## Take control of your future

Goals can help to keep you productive and preserve your sanity by making you feel a bit more in control. Planning our futures can help us to [feel less stressed](#), and even [improve our mental health](#). Despite the unknowns of the future, goal setting still has great value – so try not to get sucked into the "why bother" attitude and instead opt for making the best out of what you have to work with.

## You can set goals anytime

If you haven't set any goals yet, don't stress. It's never too late and there's no perfect time or deadline. You could take some time to think about what you'd like to achieve right now, or book it in for this weekend. Then you can get stuck in and start taking action once you have a bit of direction.

Make sure your goals are:

- Realistic and achievable
- Measurable
- Valuable and meaningful
- Flexible – it's OK to change your goals or milestones if they're not working out for you!

## Find out more

[You can find lots more resources about goal setting and skill building on our website here.](#)

## University

### [How to choose the right international university for you](#)

Deciding to study at university is a huge step - and going overseas to do it is even bigger. With thousands of options out there, it can be hard to know where to start when it comes to choosing the right international university to study at. So where do you begin? We have some tips you might find helpful.

### Think about what you want to study

Knowing what you want to study can help narrow down your options. Follow your heart and choose something you're passionate about - but don't forget to be realistic as well. Consider whether your dream job requires certain qualifications, if international qualifications are recognised in your home country, or if your qualification will be sufficient to help you find work if you want to stay after your study is finished.

### **Start researching locations**

Chances are if you want to study overseas, you already have your heart set on a location. Do some research about the country or city you'd like to study in. What is it like to live there? What are living costs like? If you're moving to a country with a different native language, do you feel comfortable speaking it (or are you willing to learn)? If you want to stay and work after finishing your studies, what are the career opportunities like in your chosen field?

Climate and weather can also be a big factor, including whether or not you'll need to be prepared for natural disasters. Depending on how far you move, you might need to buy an entire new wardrobe of clothes!

You might also like to research a country's laws and attitude towards certain communities, particularly if you're a woman or LGBTQIA+, as you might find your rights and safety are different compared to your home country.

### **Take a look at universities**

Now that you know what you want to study and where, you can start looking at universities. Check out university websites and see what kinds of courses they offer, or do some research into their [rankings and ratings](#). Carefully research their admissions process for international students, and see if you can read reviews from current or former students about their experience. Importantly, find out what language classes are taught in and if this will work for you.

Don't forget to consider other factors too, like clubs, extra-curricular activities, student support services, accommodation options, and careers guidance.

You can also attend virtual open days and webinars to learn more and ask any questions you might have.

### **Do up a budget**

Moving out of home and studying both come with a lot of expenses. Here are some things you'll need to make sure you can cover:

- Tuition fees and study expenses (textbooks, etc.)
- Accommodation fees or rent
- Daily living expenses (food, essentials, luxuries)
- Flights to your destination
- If you're bringing stuff with you, the cost of having things moved
- Visa or sponsorship costs
- Extra money set aside for emergencies

This is also a good time to research [scholarship and funding opportunities](#) that might be able to help cover some of these expenses.

You'll also need to consider how you're going to cover these costs on an ongoing basis - are you lucky enough to get funding from parents, or will you need to find part-time work while you study?

### **Make your move**

Once you've done your research and feel confident, the final step is to apply! Or if you're still not quite sure, that's OK too - universities often have multiple intake dates, or you might like to look into similar options like [student exchange](#) instead.

Whatever your future holds, we wish you the best of luck, and hope these tips have helped you choose the right international university for you.

[You can read more about your study options on our website here.](#)

## **Personal Skills, Study Tips**

### **[Student exchange programs](#)**



Have you always dreamed of travelling overseas and experiencing new things? Through a student exchange program, you could have the opportunity to study and live in another country. Let's learn a bit more about them in this blog.

### **What is student exchange?**

As the name suggests, student exchange gives you the opportunity to travel to another country and attend school there - and in return, a student from the country you're visiting will live and study in Australia.

You'll attend school and learn just like the other students, and experience life with a host family. You can study overseas from as little as four weeks all the way up to an entire year.

### **Where can I go?**

There are lots of countries you can choose from - you'll need to check with your school or private provider. The most popular destination countries for Australian and New Zealand students include USA, UK, Germany, France, Japan, Italy, Canada, Belgium, Spain and Argentina.

### **Am I eligible?**

If you'd like to participate in a Student Exchange program, you generally need to be between the ages of 15-18 (in Year 9-12), and an Australian or New Zealand citizen or permanent resident. Some schools and states might have additional specific eligibility criteria, including minimum academic requirements, so make sure to check first - you should be able to ask your school for details.

You'll also need to be prepared to travel away from your friends and family, feel comfortable in an unfamiliar place, and potentially meet language requirements (depending on where you'd like to travel).

### **How can I organise a placement?**

You'll need to speak to your school or find a registered provider in order to organise your exchange. If you're organising exchange through a private provider, make sure they are registered to provide programs in your state or territory - this means the provider is safe and reliable, meaning you can travel with less stress.

You should start organising your placement as soon as possible, as you'll generally need to apply quite early and there may be caps on how many students can go on exchange each year.

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

Find out more about student exchange in your location:

- [New South Wales](#)
- [Victoria](#)
- [Queensland](#)
- [Australian Capital Territory](#)
- [South Australia](#)
- [Western Australia](#)
- [Northern Territory](#)
- [Tasmania](#)
- [New Zealand](#)

You can also find out about other travel options like [gap years](#), or read more blogs on your [future study options](#).

## **Work Experience**

### **[Work experience options for future medicine students](#)**

When it comes to a career in medicine, gaining first-hand experience early on can be invaluable. Work experience offers you a chance to step into the shoes of medical professionals, providing insights that textbooks simply can't replicate. Here are some work experience ideas for students who are thinking of studying medicine in the future.

### **Hospital placements**

One of the most direct ways to gain exposure to the medical field is by doing a placement in a hospital. This commonly involves observing doctors, nurses, and other healthcare professionals in their day-to-day activities. You'll witness various departments, procedures, and patient interactions, giving you a first-hand look at the dynamic world of healthcare.

### **Placements in clinics and general practices**

Local clinics and general practices are excellent places to gain a more focused perspective. Here, you can interact with healthcare providers in a smaller setting, allowing for more personalised attention and a deeper understanding of primary care. If you already have a speciality in mind, this is also a great way to see if it meets your expectations.

### **Volunteering at healthcare events**

Many communities host health-related events and workshops. Volunteering at these events can expose you to a wide range of medical professional, and it's also an opportunity to engage with the public and see the impact of healthcare on a community level. You'll also gain valuable skills like communication, interpersonal skills, and organisation.

### **Consider research institutions**

If you're more interested in the scientific side of medicine, you might like to seek out opportunities in research. Many universities and research institutions offer programs for high school students to get involved in ongoing projects, giving you a taste of the investigative side of the medical field.

### **Virtual placements and online courses**

Thanks to the internet, virtual internships and online courses have become more accessible. Consider enrolling in programs that offer [virtual experiences](#), allowing you to learn from professionals in various medical disciplines all from the comfort of your own home.

### **Making the most of your experience**

Remember to approach your placement, wherever it is, with an open mind and a willingness to learn. Take notes, ask questions, and reflect on what you've observed. This will not only enhance your understanding, but also demonstrate your genuine interest and dedication - and you might even make some important contacts you can use down the track.

If you want to find out more about work experience or search for placements in health or medicine, [take a look at our website here](#).

## **Job Spotlights**

### **[Discover career pathways in Utilities](#)**

The utilities field encompasses the essential services that keep our daily lives running smoothly. It includes electricity, water, gas, and telecommunications, among others. These services are vital for both residential and commercial use, providing power, clean water, heating, and communication facilities.

This pathway might be right for you if you are interested in managing and maintaining essential services like electricity, water, and gas, or if you enjoy ensuring that communities have access to reliable utilities for their everyday needs.

**What do careers in this pathway involve?**

The utilities industry plays a crucial role in ensuring the convenience and comfort we often take for granted. From powering our homes to enabling us to connect with others, utilities are an indispensable part of our modern society.

Because this field provides essential services that keep our communities running, it can be a rewarding field with good job security and opportunities for advancement.

**What are some important human skills for this pathway?**

- Adaptability
- Innovation
- Digital literacy
- Critical thinking
- Collaboration

**What are some of the tasks involved?**

- Maintain equipment and infrastructure
- Troubleshoot and repair system failures
- Install new equipment and connections
- Ensure compliance with safety regulations
- Create and update technical documentation
- Inspect facilities and infrastructure
- Analyse usage data and consumption patterns
- Write reports on completed work
- Collaborate with team members

**What kind of work environment and conditions can I expect?**

Many utilities jobs involve working outdoors in various weather conditions. But administrative, engineering, and management positions typically involve desk work in an office environment. Most employees in this pathway work full-time, with shifts often covering 24/7 operations to ensure continuous service. While office roles may offer some flexibility with remote work options, field-based positions generally require on-site presence.

**The Clusters in utilities**

Find out more about the kind of work people in each [Career Cluster](#) might do in this pathway.

**Guardians**

Guardians in this pathway ensure the safe and reliable delivery of utility services.

**Linkers**

Linkers in this pathway connect utility providers with consumers, regulators, and emergency services.

**Coordinators**

Coordinators are vital in this pathway to manage utility operations, from infrastructure to customer service.

**Informers**

Informers in this pathway are rare, but some are needed to educate consumers on utility usage, safety, and conservation.

**Makers**

Makers are very common in this pathway, building, operating, and maintaining utility equipment and networks.

**Innovators**

Innovators in this pathway develop new utility technologies and sustainable practices.

**Where can a utilities pathway take me?**

Interested in a career in utilities? There are many roles you might like to consider – here are just a few.

**Entry level roles**

These jobs can be started with little or no training or experience, and are great as a stepping stone towards more senior roles in the pathway.

**Plant Operator**

Work with heavy machinery such as excavators, bulldozers, or cranes to move materials, dig trenches, or clear sites on various projects.

**Drainage Labourer**

Assist with installing, maintaining, and repairing drainage systems by digging trenches, laying pipes, and ensuring proper water flow away from buildings and roads.

**Meter Reader**

Travels to residential and commercial properties to accurately record utility consumption data from electricity, water, or gas meters.

**Mid-level roles**

Once you have some further study or experience under your belt, you might like to consider moving into one of these roles.

**Water Engineer**

Design and oversee water management systems including treatment facilities, distribution networks, and stormwater systems.

**Gas Technician**

Install, inspect, and repair gas lines and appliances in homes and businesses, ensuring they operate safely and efficiently while meeting safety regulations.

**Water Inspector**

Conduct comprehensive assessments of water quality, infrastructure, and treatment processes, ensuring compliance with health and safety standards.

**Senior level roles**

These jobs will require extensive further education or many years of experience, but are also highly rewarding.

**Environmental Compliance Manager**

Develop and implement comprehensive programs to ensure utility companies meet all environmental regulations.

### **Infrastructure Planning Director**

Lead long-term planning for utility infrastructure expansion and replacement, analysing population growth, regulatory requirements, and technological advances.

### **Operations Director**

Oversee all operational aspects of a utility company, including distribution networks, maintenance programs, emergency response systems, and teams of workers.

### **Similar pathways**

If these careers aren't quite right for you, you might like to explore some other similar pathways instead.

### **Road Transport**

Operate vehicles, transport goods, deliver services, and maintain road infrastructure.

### **Civil Engineering**

Design and construct infrastructure such as bridges, roads, and buildings.

### **Industrial Design**

Design and create innovative and functional products, from everyday objects to high-tech gadgets.

### **How can I build experience in this pathway?**

If you're still in high school and want to find out if a career in utilities is right for you, here are some activities you can do:

- Study utility management to understand resource distribution
- Research energy efficiency methods to understand sustainability
- Tour a local utility plant or talk to workers in the industry

We recommend studying these subjects in high school:

- English
- Mathematics
- Technology
- Engineering
- Physics

Here are some suggestions of places you might like to try and find work experience:

- Water treatment plants
- Energy companies
- Environmental consulting firms
- Municipalities
- Local councils

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

You can explore other career pathways and find in-depth information on specific jobs [on our website](#).

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