

## Study Work Grow Weekly News

For May 16, 2022

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### Open Days & Info Sessions

#### Macquarie | How to apply for the Leaders and Achievers Early Entry Scheme

Wednesday 1 June 2022, 6:00 pm - 7:00 pm

Online

Have you achieved good results in Year 11, contributed to your community, excelled in sport, volunteered or worked casually?

The Macquarie Leaders and Achievers Early Entry Scheme will reward your academic achievements, leadership qualities and commitment to community with an early offer to your dream degree at Macquarie in 2023.

Want to learn more and find out how to apply?

Join us for our webinar on Wednesday 1 June to hear from current students who will share their insights about the early entry experience, explain how to apply step by step and answer your questions.

Find out more: <https://page.mq.edu.au/MLAWebinar2022registration.html>

#### UOW | Information Evenings

**Shoalhaven:** Wednesday 1 June 2022, 6:00 pm

**North Sydney:** Wednesday 1 June 2022, 7:30 pm

**Online:** Tuesday 14 June 2022, 6:00 pm

You might know what degree you're interested in and the ATAR you need, but there's much more to choosing a university.

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You'll need to know where you're going to live, how much it will cost, how will you make friends and more. We know because we asked the exact same questions when we were in year 12! The information evening is designed to cover the big questions and topics that students and parents need to know about before applying to uni.

Find out more: <https://www.uow.edu.au/study/events/>

## **Stand Tall Live Stream Event 2022**

Wednesday 8 June 2022

Online

Stand Tall's Sydney Livestream is back in 2022 and will take place on 8 June. Our inspirational event for secondary students brings a host of speakers together in one room to arm students with the skills of resilience, the strength to stand up to bullying, the keys to motivation, the power of perspective and the benefits of making good and wise decisions. These come together to build hope for the future in these teens, a vital component to their mental wellbeing. And it happens all in one day.

Find out more: <https://www.standtallevnt.com/online>

## **SCU | Campus Tours**

Thursday 9 June 2022, 3:00 pm - 5:00 pm

Southern Cross University, Coffs Harbour, Lismore & Gold Coast Campuses

We are excited to be back on campus in 2022. Join us on a tour at 3pm or 5pm at our Coffs Harbour, Lismore or our Gold Coast campuses at Bilinga and Coomera. You will see our world class facilities in action across our study areas. Study experts will also be on hand to help you apply, accept your offer and enrol at Southern Cross.

Find out more: <https://www.scu.edu.au/info-sessions/>

## **CQUni | TAFE Information Session Online**

Thursday 16 June 2022, 6:00 pm - 7:00 pm

Online

Suitable for anyone interested in TAFE, from school students, career starters, people upskilling or seeking to re-join the workforce. Course information provided includes TAFE diplomas, certificates (including apprenticeships and traineeships), short courses and micro-credentials.

Discover more about your training options at our CQUni TAFE Information Session Online.

Find out more about what study options are available to you, support services, apprentice, and trainee information, and how funding options for eligible applicants may dramatically reduce the cost of courses.

Popular topics covered:

- Community services, health and nursing courses
- Free and highly subsidised courses
- Apprenticeships and traineeships.

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Find out more: <https://www.cqu.edu.au/events/event-items/information-session/tafe-information-session-june>

## **William Angliss Institute | How to Apply Info Session**

Wednesday 6 July 2022, 6:00 pm - 7:00 pm

Online

Join us as our course experts guide you through the application process, providing step by step instruction in real time. Ask questions, seek clarification and begin your journey towards further study.

Find out more: <https://www.angliss.edu.au/events-hub/how-to-apply-info-session/>

## **Workshops and Courses**

### **University of Sydney | Portfolio Day 2022**

Tuesday 31 May 2022, 4:00 pm - 7:00 pm

The University of Sydney, Camperdown Campus

Sydney College of the Arts at the University of Sydney invites you to attend our Portfolio Evening on Tuesday 31st May, to assist you with preparing your portfolio and application to study our three-year Bachelor of Visual Arts and our four-year Bachelor of Visual Arts and Bachelor of Advanced Studies.

Join us on main campus in Darlington, to learn more about what to include in your portfolio and the portfolio application process, as well as hear about our new specialised facilities, degrees and student opportunities.

There will also be opportunities to get personal feedback on your current portfolio, and discover if there are areas that can be worked on before your final submission (no formal grading will occur on the day, just friendly guidance!).

The presentation will be followed by a tour of the facilities by current students, where you can ask firsthand what it's like to study at the SCA.

Find out more: <https://www.eventbrite.com.au/e/sydney-college-of-the-arts-portfolio-day-2022-in-person-event-tickets-332390678467>

### **NIE | Simulated UCAT Day Workshop, Online**

Sunday 5 June 2022, 10:00 am - 5:30 pm

Online

If you are in Yrs. 10, 11, 12, or you may be older and considering sitting the UCAT in the future, then this program is for you. The Simulated UCAT Workshop program is ideal and often a necessary step towards effective and efficient preparation for the UCAT.

This event will be conducted by the National Institute of Education in partnership in partnership with UCAT Preparation Australia, and MICAS (Medical Interviews and Career Advice Services).

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The workshop is primarily designed to cover fundamental techniques in navigating all five sections of the UCAT test and also for participants to gain a better understanding of their own level of preparedness for the test. Over the course of the years, the program has evolved into more comprehensive and holistic exercise, which not only achieves its primary goal, but it is also exposing students to a wealth of knowledge about all other aspects of the journey into a medical degree.

Find out more: <https://www.nie.edu.au/products-listing/product/216-simulated-ucat-day-workshop>

## **William Angliss Institute | Experience Day**

Wednesday 6 July 2022, 10:00 am - 2:30 pm

William Angliss Institute, Alexandria

Packed with hands-on workshops led by our Foods and Hospitality experts, you'll spend the day gaining practical skills in Cookery, Patisserie, Coffee and Mocktail making while having fun at the same time!

Find out more: <https://www.angliss.edu.au/events-hub/angliss-experience-day-sydney/>

## **AIE | Industry Experience Day**

Friday 15 July 2022, 10:00 am - 3:00 pm

Academy of Interactive Entertainment, Ultimo

AIE's Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

Find out more: [https://aie.edu.au/aie\\_event/industry-experience-day/](https://aie.edu.au/aie_event/industry-experience-day/)

## **Scholarships**

### **John Bell Scholarship**

Value: Training and mentoring opportunity

Open/Closing Dates: May 1, 2022 – October 31, 2022

A life-changing opportunity for budding performers, three students will spend one incredible week training with Bell Shakespeare at our HQ in Sydney.

All auditioning students will undertake a 15-minute, one-on-one Workshop Audition where they will work directly with a Bell Shakespeare artist.

[Find out more](#)

## Competitions

### Climate Action Youth Design Challenge

Climate change impacts every country in the world – and it's not just affecting the environment, it's impacting people's lives and destroying communities. The whole world is in a race against climate change and we want to empower you to help!

Our challenge for you as young people is: Less talk, more action. How might we create innovative solutions to tackle climate change?

The Climate Action Youth Design Challenge is a free online design thinking challenge that empowers you to consider how you can take climate action. It empowers you to identify problems, reframe them as opportunities, develop a solution and create a prototype.

Within this challenge, there are three key themes we encourage you to explore:

1. **Renewable and responsible energy use:** Globally, energy use is increasing at an unsustainable rate. Only 1/5th of the world's final energy consumption in 2013 was from renewable sources.
2. **Preserving our water supply:** Only 3% of the world's water is fresh (drinkable), and humans are using it faster than nature can replenish it.
3. **Sustainable cities:** Currently, cities contribute more than 70 per cent of global carbon emissions and over 60 per cent of resource use.

Anyone aged 10-21 years old can enter and take part in this challenge. There are some great prizes up for grabs for the winners.

**Entries close Friday 17 June 2022.**

Find out more and enter here: <https://youngchangeagents.com/challenges/climate-action-youth-design-challenge>

### 2022 GCSP Prize for Innovation in Global Security

In 2015, under the umbrella of its Creativity and Innovation Initiative, the GCSP and its Geopolitics and Global Futures Programme established a prize in order to recognise deserving individuals or organisations that have an innovative approach to addressing international security challenges.

The prize is designed to reach across all relevant disciplines and fields. It is intended to encourage and recognise excellence in contributing to new approaches to enhancing sustainable global security. A broad range of projects could qualify for consideration, including, but not limited to, technological and conceptual innovations, original research or grassroots initiatives.

The winners (first, second and third place) will be announced publicly during an event to be held in November 2022. The prize for the application coming in first position is CHF 10,000 and a

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certificate of excellence. The two other finalist applications will receive a certificate of recognition.

**The deadline for applications is 22 September 2022.**

Find out more: <https://www.gcsp.ch/events/apply-2022-gcsp-prize-innovation-global-security>

## Careers & Jobs

### 3 things you might not know about Statisticians

1. Did you know that Statisticians have been around for thousands of years? In ancient Egypt censuses of population and more importantly cattle (the annual cattle count was one of the two main means of evaluating the amount of taxes to be levied, it was a very important economic event) were carried out each year by what would now be called Statisticians who were considered to be very important officials.
2. Statisticians are needed in all kinds of industries and statistics is one of the fastest growing fields offering a huge number of options for careers. You could most likely work in any field that interests you. Google, for example, uses statistics to determine which websites appear whenever you search for something and Amazon uses statistics to determine what products you might like and advertises them to you.
3. Statisticians work can provide solutions to huge world problems like hunger in developing countries to curing diseases, or calculating mind boggling statistics like how many burgers McDonalds sell per second or how many kilograms of rubbish we produce each year (you can find more examples like this [here](#) and [here](#)).

### Want to find out more?

Check out our job spotlight <https://studyworkgrow.com.au/2022/04/14/how-to-become-a-statistician/> or watch the video short on YouTube <https://youtube.com/shorts/-UJyDvJ4cR8>.

### How do I get a Working With Children Check in Australia?

Thinking of working or volunteering with children or young people? Great! You may need to get a Working With Children Check (WWCC) before you can start.

### What is a Working With Children Check?

A WWCC is an assessment of your character and your background. They're there to make sure that you are a responsible, good person. They're designed to protect children and vulnerable people from getting into harm's way.

If you'd like to work or volunteer in these roles:

- a nanny, carer, teacher, tutor or any other child-related field
- volunteer in schools, cafeterias, or classrooms
- volunteering/working in any organisation that has direct or indirect contact with children e.g. youth work, community services, health care, training, sports, education etc



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Then the chances are, especially once you hit 18, you'll need to apply for a WWCC in your state.

**Note:** A WWCC is **not** the same as a [Police Check](#).

## Get a WWCC in your state or territory

The application process can vary in each state or territory in Australia, so it's best to make sure you know what the eligibility requirements are and what proof of identity you'll need before you submit any applications.

Basically though, you'll need to:

- Apply through an authorised government screening unit
- Fill and complete an application form or complete an application process
- Provide proof of identity, such as
  - Photo ID (passport, driver's license, ImmiCard from Australian government)
  - Other government-issued ID (Medicare Card, Australian Birth certificate, Health care card, Pensioner concession card, Australian citizenship certificate)

In some cases, in-person verification may be necessary; you will need to take along ID such a primary document showing your full name, date of birth and photo – check what you'll need to take along *before* you go to any appointments.

Here's where to get WWCC application information for NSW:

- [NSW](#)

## You'll need to be reassessed

Unlike Police Checks WWCC's are not a one-off, they're generally only valid for a certain period. Once your WWCC expires you'll need to re-apply, because your employer cannot legally allow you to keep working without a valid one.

If you move to another state or territory other than the one where you were issued your WWCC, you'll need to reapply in your new location as they not transferrable or accepted interstate.

If your personal details change e.g. change of address (even within the same state), or you have any dealings with the police, you'll need to contact your WWCC providers so that they can update their register and check that you're still eligible to hold a WWCC.

## Careers where you might need a WWCC

Working with children and other vulnerable people can be really rewarding.

If you are patient, empathetic and creative there are lots of careers you could consider where you'd get to put your skills to great use and help others.

Think you've got what it takes? Here are a few [careers](#) you could think about (there are plenty more to consider as well):

- [Teacher](#)
- [Early Childhood Educator](#)
- [Teacher's Aide](#)

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- [Paediatric Nurse](#)
- [Paediatrician](#)
- [GP](#)
- [Dentist](#)
- [Youth Workers](#)
- Disability Worker
- [Social Worker](#)
- [Nanny / Au Pair](#)
- [Psychologist](#)
- [Physiotherapist](#)
- [Speech Pathologist](#)
- [School Bus Driver](#)
- [Outdoors Education](#)
- [Sports Coach](#)
- Audiologist
- Career Advisor

## Careers in Psychology

Not sure what a career in Psychology is all about but intrigued by the idea?

There are lots of fields of Psychology worth exploring, we've researched some of them.

### What is a Psychologist?

Let's start with the basics.

Psychology is the study of the human mind and behaviour, it's classed as an applied science. Professionals who work in this field are called Psychologists, they try to understand biological, physiological, and environmental processes that can affect or determine our behaviour. Their goal is to help people who are struggling with mental health or behavioural problems.

### What fields do Psychologists work in?

Psychology covers many different areas, so it's easier to understand if you break it down into four major areas:

1. **Clinical psychology** is the assessment and treatment of mental, emotional, and behavioural disorders
2. **Cognitive psychology** is the scientific study of how we think. It's about understanding mental processes such as attention, language use, memory, perception, problem solving, creativity, and reasoning
3. **Behavioural psychology** is the study of how the environment and external influences can affect behaviour and the use of conditioning to help people to learn new skills and coping techniques.
4. **Biopsychology** is a field that focuses on our brains and biology work and how they can influence our behaviours, thoughts, and feelings.



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## Examples of jobs that Psychologists do

If you're interested in human behaviour and helping people, you won't just be limited to working in the healthcare industry. You could work in business, education, health, sport, community, and more.

- [Psychiatrists](#) are specialist medical doctors, they assess patients with mental health problems and then treat them.
- [Industrial / Organisational Psychiatrists](#) work in organisations including the Government. They might be needed to develop and implement recruitment tools, training programs, leadership development, overhaul HR policies, and more.
- [Engineering Psychologists](#) apply principles of psychology to the design process. Generally with the aim of making products safer and easier to use, or sometime to make them more desirable.
- **Psychology teachers** educate students in the basic concepts psychology and explain why people can behave the way they do
- [Clinical Psychologists](#) are trained in the assessment, diagnosis, and treatment of a range of mental illnesses and psychological problems. They often work with other healthcare professionals as part of a team.
- [Counselling Psychologists](#) work with individuals, families, or children to help them come to terms with grief and loss, trauma, genetic issues, or other personal problems.
- [School / Educational Psychologists](#) work in education environments with young children, teens, families, and teachers. Their goal is to support students and help them to get the most out of school life.
- [Sports / Performance Psychologists](#) help athletes and sports professionals to develop mental skills and techniques to deal with anxiety, pressure, and other influences that could prevent them reaching their peak performance.
- [Forensic / Criminal Psychologists](#) use their knowledge of human behaviour and apply it to a variety of legal situations. In this job you could be profiling criminals to help the police catch them. Or finding information that illustrates to a court an offender does (or doesn't) suffer from psychological disorders and how that could impact their behaviour. You could be assessing the rehabilitation of offenders once they've been convicted and recommending treatments or programs that could help them.

## Read a job spotlight

If you're looking for more information about how to become a Psychologist in Australia, typical duties, or details about industry growth and average salary, then this [Psychologist job spotlight](#) could give you the answers.

Psychology could also come in handy in lots of other careers from [sports](#), [youth work](#), and [social work](#). To [nursing](#) and other [health professions](#), to [lawyers](#), [correctional officers](#) and the [police](#). It could even be handy in [marketing](#) and advertising roles too.

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## Further Learning

### Who should go to open days

The short answer is **everyone**.

Well that is to say anyone who is planning on a tertiary education (and that includes TAFE and VET of course).

Perhaps you think that Year 12's are the only people who should go to [Open Days](#). Well they are definitely a large part of the target audience that's for sure. But if you're in Years 10 & 11 and thinking about Uni, you could definitely benefit from going to open days this year too.

Open Days are also for parents who'd like to know more about university. If you'd like to support your children's wishes to continue studying after high school, then go along and get amongst it all. It can actually be really hand for potential uni students to have family and friends along, someone to mull things over with later, or ask questions they might otherwise forget. You never know, parents could be inspired to take up studying again and enrol to do a course.

Mature students, friends and siblings, the doors are open for everyone.

Unless you're adamant that you'll be starting an apprenticeship or heading straight into full time work as soon as you leave high school, spending some time at open days will be a great investment of your time.

### Which open day attendee are you?

#### The Ditherer

Unsure about Uni? Great, go along to open days, see how the lifestyle might suit you, see if the courses and the staff inspire you, speak to current students to get their opinion (they'll be honest about the best and worst parts about further education).

Whether you leave feeling excited about going to Uni or deciding it's definitely not for you, at least you'll have all the facts to make your decision moving forward.

#### Unsure about which [course](#)

Struggling to decide which course to do, what has the best career outcomes?

The good folk at Uni will be able to answer all your questions. Reassure you about your choices or suggest alternatives that could suit you better.

You'll need to consider any course prerequisites, the [ATAR](#) that's required for the course, are there [alternative pathways](#) that could get you into the courses you'd like to do *if* you don't meet the ATAR etc. You could also ask about work experience or internships opportunities as part of the course, industry [networking](#) opportunities and graduate employment outcomes.

#### Unsure about which [Uni](#)

If you know what course you'd like to do but can't decide between two or more Uni's, then the absolute best way to decide is to pay them a visit.

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One might have better facilities, a more exciting course, internship or work opportunities. Maybe it'll just come down to which campus you felt more comfortable in, which staff were more welcoming, or which one had the best and most affordable [accommodation](#) and transport options.

## **The Rock**

The ultimate in decision makers, you're 100% certain about which Uni you want to go and which course you'll be listing at the top of your preferences – well done you, you're in a fantastic position right now.

Why not go along to the open day anyway – familiarise yourself with the campus, see what accommodation is available, check out the social scene and speak with the lecturers and staff you'll be working with next year. You could also ask about [scholarships](#) offered at the university and look around for job opportunities that you could apply for when you've made the move. Take some time to attend another open day or two, you might find another Uni that suits you even better or find a course that blows you away. If not, you know that your first choice is the best option for you.

## **The Snaffler**

Out to get every goodie bag, freebie and coupon that's out there?

Well this speaks for itself really doesn't it. What's better than a free day out?

A free day out with goodies, surely. Pick up your **free** tote bag at the start of the day. Try any workshops and activities. You might even snag a free feed.

Don't forget to register for any [competitions](#) being run as well, you never know what you could win.

And you might come away with a bonus handful of ideas about a course you'd love to do or a Uni you'd love to study at.

## **The Interrogator**

Ready with quickfire questions?

Fantastic – draw up your list of questions and join the masses, speak to all the professionals, current students and staff.

You could find out more than you bargained for or help other future students by asking questions they're too shy to ask, or just hadn't thought of yet.

## **The Wallflower**

You're usually the one hanging back, not sure who or what to ask and terrified of having to make eye contact.

Fear not, if you're shy, you don't have to engage if you don't want to. You can be an anonymous face in the crowds, but you'll still get to take in the surroundings, soak up the atmosphere and gain a little bit more confidence ready for next year.

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Take a friend or parent if this is you, they'll help you feel more at ease and might pick up on things you could miss.

## **Take advantage and go along**

Regardless of which type of attendee you are, there are benefits to going to at least one open day.

We recommend that you go a few if you can.

They're designed to be fun as well as informative, so they should be a good day out.

Keep an eye out for our Open Day Guide for 2022, coming soon.

## **Remember, there are other options too**

If you're really unable to get along to Open Days on campus, because you're already committed to work or activities, you live too far away or are looking at uni's in another state, you've still got options:

- Virtual Open Days
- Online Campus Tours
- Online Chats
- Call the future students team

## **Resources**

### **10 ways to study that aren't boring**

Sitting down at your desk and studying has probably never ranked top of any high-schoolers favourite things to do list.... ever.

Sometimes there's just no getting away from the fact that you have to knuckle down and do the hard yards. But there are ways that you can study and learn whilst having a bit of fun or at least making the whole process a bit more enjoyable.

## **Need some ideas?**

Here are our top 10 ways to study that aren't boring:

### **1. Join homework clubs or study groups**

A bit like going to the gym – some days you just don't have the motivation but joining a class and getting the motivation you need can be really helpful. You might also find it more fun and engaging than sitting alone at your desk.

### **2. Watch documentaries**

Some people (like me) love nothing better than a great doco. If that's the case for you, why not search out some documentaries in fields that you're studying or are related to those subjects and settle in for a good watch.

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If watching a documentary isn't generally your idea of fun... why not give it a try. They could grow your knowledge of real-world issues and topics. They could help you to improve your [interdisciplinary thinking](#) by introducing you to subjects you might not usually think about, which in turn might improve your creativity, problem-solving and social justice skills, as well as your general knowledge.

Watching a movie could also be helpful. For example if you're studying English Literature and there's a movie about your book, or if you're studying history and there's a movie about the event or era that you're up too they could improve your comprehension and bring them to life for you.

**Sidenote:** Watching any random TV show, documentary, or movie and telling yourself or your parents that it's "study" won't cut it, you'll have to be selective and look for valuable content.

### 3. Deep dive into topics online

In September 2020 teens were reported to spend an *average* of [14.4 hours each week](#) online. So why not make some of that time productive and help you get ahead in school?

Spending time scrolling through social media, watching try not laugh videos on YouTube and chatting to you mates on Snap Chat **do not count**.

Researching ideas, watching video explainers, finding practice test or exam questions definitely do count though. You'll just have overcome the temptations to go off track.

### 4. Do projects or presentations

Researching and putting together a project or presentation won't just help you to learn about the one topic. You'll also be developing your:

- Creativity
- analytical and critical thinking
- problem solving
- potentially team working and collaboration skills
- tech, communication, and other skills too.

If you find these kinds of activities motivating why not incorporate them into your personal study time. You could write blogs, make videos, write a letter e.g. to your local politician or council, create infographics, design a poster, the options are endless.

[Competitions](#) are also an easy way to put your knowledge to the test and challenge yourself, you'll also be able to add them to your resume and might win some cool prizes.

### 5. Go places

The classroom isn't the only environment that's designed for learning.

You could visit museums, libraries, art galleries, theatres, and go along to educational and careers [events](#).

If you're interested in politics you could take a tour of [Government or Parliament House](#). If law is more your scene you could sit in the public gallery during a sitting too.

There are lots of ways you can expand your knowledge without staring at your books.

## **6. Sign up for things that interest you**

You could get a lot out of going along to workshops, completing [short courses](#) and [microcredentials](#), or joining in with holiday programs.

There are some that you might have to pay for, but others could be free.

## **7. Think outside the box**

These days there are thousands of apps that are designed to make learning fun and engaging, why not see what's available and how much they cost.

You could also get hold of some good old fashioned board games or learn some card games.

Depending on your choices, games could help you to:

- improve your memory
- boost cognitive skills
- increase your processing speed
- develop logic and reasoning
- improve critical thinking
- increase spatial reasoning
- advance verbal and communication skills
- extend your attention and concentration span
- teach problem-solving
- grow your confidence and get better at decision-making.

Not that these should replace traditional study practices, but time spent on these games can be a fun way of winding down, spending time with family and friends, that also have additional benefits to your brain and skills development.

## **8. Work smarter**

Sitting down to study for a solid stretch after a big day at school is not appealing to many people. So why not work smarter by utilising your downtime better and spreading out your study sessions.

You could use any time spent travelling to read over your notes, free periods at school could be helpful too (if you can resist the urge to chat to your mates), if you're waiting for sports to start or an appointment, if you have half an hour to kill here or there why not hit your books and do a little study.

That way, when you get home you'll have more time to chill out, play some sport, catch up with friends and family, generally spend more time doing what you enjoy.

## **9. Teach Others**

If you have solid skills in some subjects, you could earn some pocket money and revise everything you've been learning while tutoring your peers or younger kids who need a little help.



Teaching other people is a great way to determine how much you know and where the gaps are too. So even if you're not keen to tutor why not ask a parent, sibling or even a friend to sit down and let you "teach" them something.

## **10. Gain Skills**

If you have a maths test coming up you'd be best revising for that but if you have a little time to spare, even if its just 10 minutes per day, why not start learning a new skill?

You could learn to touch type – its' going to be helpful for getting assignments done, at university and in life generally.

Or you could learn the basics for a few coding languages or start learning a foreign language – could be useful in a gap year and attractive to potential employers.

## **Looking for more ideas?**

Why not head over to our study tips page <https://studyworkgrow.com.au/grow/study-tips/> for ideas to help you get motivated and stay focused.

## **7 ways volunteering could benefit you**

Volunteering your precious free time to help worthy causes is a really noble undertaking. You won't earn big bucks, but there are plenty of other ways that becoming a volunteer could be of value.

## **Learn new skills**

No matter where you decide to volunteer, there will always be an element of training. While the skills may seem basic or trivial, they could be essential building blocks for future careers.

For example, if you're collecting, organising, accounting for, and distributing donations from school fundraisers, you might be learning more than you think about finances, budgeting and inventory. Skills useful in almost all jobs including management, accounting, or running your own business.

Then there's the other skills that you might not even realise you're working on, like communication, team work, independence, problem solving, and customer service – the list goes on.

## **Give your resume a boost**

If you have lots of part time or summer work experience on your resume that's fantastic.

Got computer skills? Excellent.

But adding a few more lines will never hurt. Showing commitment to community efforts, or any kind of voluntary work, will speak volumes about your personality. If you're happy to keep showing up without getting paid, you must be dedicated and motivated; all qualities that universities and future employers will look favourably on.

## **Make you stand out in admissions**

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Whether you're applying to uni, TAFE, or looking for work, chances are you'll be up against a lot of other applicants. Some might have a higher ATAR than you, some may have relevant work experience.

How will you stand out? Well, what you choose to do outside of the classroom could make all the difference.

Volunteering is a great way to show you care about others and that you can manage your time well enough to balance a volunteer job with your other commitments.

## **Form connections and networking contacts**

Volunteering could introduce you to people you wouldn't have met otherwise.

Those people could become friends, mentors, or your inspiration. The more you get involved with projects outside your school, the wider you're casting your net.

You'll end up with more contacts that could be helpful in providing you with paid holiday jobs, work experience, references, and even full blown job offers.

If you already know what you want to study at uni, try finding volunteer opportunities in those areas. For example, if you're interested in politics, see if you can volunteer with your local politician. There's every chance your volunteer experience could help you in your future endeavours.

## **Personal development**

When you're at high school, chances are that you're operating within a fairly limited social circle. You'll be engaging with your family, school friends and teachers, and possibly a few friends outside of school.

Volunteering will introduce you to new situations and people, potentially really different to what you've known up until now.

You could:

- Increase your confidence
- Learn to communicate more effectively with different audiences
- Become a better listener
- Learn about your personal strengths and weaknesses
- Be more aware of and active about social justice issues

## **Positive impacts on your health**

Studies have shown that volunteering could contribute to improved mental and physical health. Increased physical activity, providing a sense of purpose, kicking goals, achieving good things, and focusing on other people's problems rather than your own can create a "helper's high".

You could feel happier, less stressed and be fitter as well.

## **Feel great about yourself**

So this is a bit cheeky, as it kind of ties in with number 6, but we felt it deserved its own spot.

# Careers News

When you volunteer you're not only benefiting yourself, you're having a positive impact on lots of other people around you too.

Potentially you'll be helping an individual and an organisation, your community and subsequently you're contributing to the wealth and health of a nation.

When you realise that your actions are so widespread, you might feel humbled and you should definitely feel proud of your contribution, it could definitely improve your self-esteem and feelings of self-worth.

## **Find a volunteering position that works for you**

It's ok if you're not ready to commit yourself straight away. Start by having a look around your community, find out what the options are near you. See how much of commitment you'll be asked to make, then decide if it's something that you can fit in (and that you'd like to do).

Alternatively, you can even find opportunities to [volunteer online](#).

Maybe you'd love to volunteer, but you can't fit it in to your busy school term schedule. Why not see if there's a way you can offer your help during the school holidays?

## **Join the ANCHDA Young People's Advisory Group**

If you're passionate about having your voice heard and helping adults understand what life is like as a young person, then we want to hear from you!

The Australian Child Health and Development Atlas will create a national interactive platform for visualising data on children and young people's wellbeing and development. This includes data on physical health, mental health, education, participation, safety and more.

We are looking for young people aged from 13 to 24 years from across Australia to be part of our National Young People Advisory Group to help us make the data and visualisation platform useful and easy to use.

The group will come together virtually every three months to share ideas and provide feedback on the data platform. One member of the group will also represent young people on the national Oversight Group.

Find out more and apply here: <https://www.anchda.com.au/blog/join-the-anchda-young-peoples-advisory-group>

## **Job Spotlight**

### **How to become an Actuary**

Actuaries analyse a wide variety of data (including mathematical, statistical, demographic, economic, and more) in order to minimise risk when it comes to financial decision making. They can work in-house providing advice for a business, or advise individual private clients on financial decisions.

If you love maths and stats, are a great problem-solver, and want a job that can provide fantastic opportunities and remuneration, becoming an Actuary could be perfect for you.

# Careers News

## About you:

- Fantastic problem-solver
- Great communicator
- Strong mathematic ability
- Organised and efficient
- Great time management skills
- Adaptable and flexible
- Analytical and innovative
- Reliable and trustworthy

## The job:

- Collating a variety of relevant data
- Examining financial projections
- Analysing statistical trends
- Using data and statistics to guide decision making
- Estimating future opportunities and risks
- Ensuring companies are equipped for future uncertainty
- Designing new business policies and guidelines
- Providing advice and guidance to businesses and individuals

## Lifestyle Impact: Low

- Part Time opportunities: Low – around 12% of Actuaries work part-time (source: gov.au).
- Average hours for full-time workers: 43 hours a week, which is around average (source: labourmarketinsights.gov.au).
- Actuaries' salary (average) \$135,000\* per year (source: seek.com.au). \*Salaries vary depending on your skills and experience.
- Future career growth: Strong (source: labourmarketinsights.gov.au).
- You will be doing most of your work indoors, sitting at desks and working with computers.
- You will most likely work regular business hours, and rarely need to work on weekends.

## Actuaries are most in demand in these locations:

This is a small occupation, with around 1,800 people working as Actuaries in Australia in 2021 (source: labourmarketinsights.gov.au). A large majority (around 72%) of Actuaries work in New South Wales. Most Actuaries work in the Financial and Insurance Services industry.

## How to become an Actuary in Australia

You need to complete an accredited undergraduate qualification to work as an Actuary in Australia, as well as undergo further training.

Step 1 – Complete Year 12 with a strong focus on English and Maths.

# Careers News

Step 2 – Complete a relevant undergraduate degree, such as a Bachelor of Actuarial Science. You can see a full list of accredited degrees [here](#).

Step 3 – Once you’ve finished your degree, complete the [Actuary Program](#) with the Actuary Institute.

Step 4 – Upon completion of the Actuary Program, you can specialise further with the [Fellowship Program](#).

Step 5 – Start working as a fully qualified Actuary.

Step 6 – Keep up with [Continuing Professional Development](#) (CPD) throughout your career.

Find out more here –  
<https://actuaries.asn.au/>

## Similar Careers to Actuary

Statistician  
Accountant  
Business Development Manager  
Finance Manager  
Auditor  
Bookkeeper

Find out more about alternative [careers](#).

## Frequently Asked Questions (FAQs)

### What do Actuaries do?

Actuaries analyse mathematical, statistical, demographic, financial or economic data to predict and assess the long-term risk involved in financial decisions and planning.

### Which industries employ Actuaries?

Actuaries are mostly employed in the Financial and Insurance Services industry.

### What options are there for career progression?

Once you become a qualified Actuary, you can specialise in a particular area, such as insurance, superannuation, or investment.

# Careers News

## **Do I need to go to university to become an Actuary?**

Yes, you will need to complete an accredited undergraduate degree as well as further training to work as an Actuary in Australia.

## **Where do Actuaries work?**

There is huge demand for Actuaries in New South Wales, particularly in metropolitan areas.

## **What are 3 things I can do right now to help me become an Actuary?**

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

1. Take short courses to start working on your mathematic skills. Enter maths competitions and extra-curricular programs, such as the Maths Olympiad.
2. See if you can find work experience with a local business. This will help you see if you might enjoy the work, and can help you start building important contacts for the future.
3. Talk to an Actuary to see what a day in their life is like. If you don't know anyone, see if you can watch videos or documentaries about a career in finance.

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