

Apprenticeships & Traineeships

Electrical pre-apprenticeship course at TAFE Queensland SkillsTech

If you want an electrical apprenticeship you can get a head start with the pre-apprenticeship course at SkillsTech. The Certificate II in Electrotechnology - Career Start will give you basic skills to help gain an apprenticeship. The course also covers a General Safety Induction course (White Card) – an industry requirement to work on a construction site in. Visit <http://tafeskillstech.edu.au/course/11095> for more information about the course and when it is offered.

Want to be an electrician?

Electro Group Training and Apprenticeships is a group training company that specialises in training people for the electrical industry. It employs and monitors the training of electrical apprentices. It also offers the Certificate II in Electrotechnology - Career Start to prepare students for an apprenticeship. For more information, visit <https://www.electrogroup.com.au/index.php>.



AUSTRALIAN DEFENCE FORCE

Are you fit enough for the Australian Defence Force (ADF)?

Many highly regarded applicants miss out on their ADF career opportunity because they don't meet the pre-enlistment fitness assessment. It is vital that applicants continue to maintain an appropriate level of fitness throughout their application process. A 'Get fit for the ADF in just four weeks' guide is available online at <http://www.defencejobs.gov.au/fitness/fitnessPlan/>.

There's flying, and then there's FLYING!

The Australian Defence Force (ADF) website at <http://www.defencejobs.gov.au/airforce/technology/flying/> has information about being a pilot in the Air Force. You can find out:

- What inspires Air Force pilots
- How civilian pilot careers compare with the Air Force
- The thrill of flying
- How to apply.

Upcoming Australian Defence Force information sessions

Wednesday 11 May at 6 pm - Defence Careers Information Session at the Hervey Bay RSL. Walk in's welcome. To book your spot, email your details to CPTQLD@dfr.com.au.

Thursday 12 May at 6 pm – Defence Careers Information Session in Maryborough at the Brolga Theatre and Convention Centre. Walk in's welcome. To book your spot, email your details to CPTQLD@dfr.com.au.

Monday 16 May at 6:30 pm - ADFA Future Leaders Networking Evening at Mantra Mooloolaba Beach, Sunshine Coast. Bookings are essential and spaces are limited. To book your spot, email your details to defencejobsmaroochydore@dfr.com.au.

Tuesday 17 May at 6:30 pm - ADFA Future Leaders Networking Evening at City Golf Club, Toowoomba. RSVP's are essential. To book your spot, email your details to TWBCPT@dfr.com.au.

Wednesday 18 May at 6 pm - Defence Careers Information Session at Wynnum Manly Leagues Club, Manly. Walk in's welcome. To book your spot, email your details to CPTQLD@dfr.com.au.

Tuesday 24 May at 6:30 pm - ADFA Future Leaders Networking Evening at RACV Royal Pines Resort, Benowa, Gold Coast. RSVP's are essential. To book your spot, email your details to cptgoldcoast@dfr.com.au.

For details about these events, visit <https://www.facebook.com/DefenceJobsAustralia/events/>.



Career mashers

If you have trouble deciding on any one career, have a go at 'mashing' two or more of your career ideas together. For example, if you are interested in writing, but also have a passion for saving the environment, then why not become an environmental journalist, writing for environmental magazines? If you want to be a carpenter, but want to be a part of the entertainment industry, why not build movie sets for theatre and movie productions?

The High Five of career development

The following information is adapted from The Real Game.

Change is constant - The world of work is always changing. You also change as you develop personally and experience life. Don't be afraid of change; accept it and use it as an opportunity.

Know yourself and follow your heart - One of the most important skills in career management is self-awareness – knowing your interests, abilities, values, aspirations and the things/people that influence you. Start your job ideas list with jobs you would most like (your dream jobs) even if they are currently unrealistic. Exploring these jobs can get you started and lead to other jobs you hadn't thought of.

Focus on the journey - It is good to have goals – short and long term. However, we should not be so focused on these that we miss opportunities that may emerge along the way.

Learning is ongoing - Learning doesn't stop just because you finish your course and get a job. Just as change is constant so is the need to keep up to speed with new technologies, new methods of practice and emerging trends in your career field.

Access your allies - These are the people who can help and support you during your career journey. They can include your school guidance officer/counsellor, teachers, your family and friends, sport coaches and others within your social network. You can learn much from other people's experiences.

Competitions

Australian STEM Video Game Challenge

This national competition is free to enter. It provides a great opportunity for students in Years 5 – 12 to learn about science, technology, engineering and maths (STEM) in a fun and challenging way. For details and to register for the competition, visit <https://www.stemgames.org.au/>.

International Poetry Competition

The Ipswich Poetry Feast International Poetry Competition is now open to aspiring poets of all ages. Applications close on 29 July 2016. For more information, visit <http://www.ipswichpoetryfeast.com.au/entry.htm>.

The Bruce Dawe National Poetry Prize

This competition, administered by the University of Southern Queensland, is open to established and emerging Australian poets. It closes on 31 May 2016. Visit <http://www.usq.edu.au/bela/school-of-arts-and-communication/bruce-dawe-poetry-prize> for more information.



Additional entry requirement courses at the Queensland University of Technology (QUT)

Most courses at QUT do not have prerequisites; they have assumed knowledge. The exceptions to this are the B Education courses (which have senior subject prerequisites in English, Maths and Science, depending on the course) and specific courses in the creative industries area. The following are QUT creative industry courses that have additional entry requirements:

- B Design (Honours) (Fashion)
- B Fine Arts (Acting)
- B Fine Arts (Dance Performance)
- B Fine Arts (Dance)
- B Fine Arts (Visual Arts)
- B Music
- B Business/B Fine Arts (Visual Arts).

Depending on the course, the additional entry requirement may be a portfolio, audition, an interview, supporting documentation or a combination of these. Do a course search for the above courses on the QUT homepage at <https://www.qut.edu.au/> to learn more about the additional requirements. In addition to applying to QTAC by 30 September 2016 (earlybird date) for entry to these courses, you are also required to apply online to QUT by 9 September 2016. Late applications are not accepted.

Australian Institute of Creative Design (AICD) holiday courses

AICD is a private provider offering study options in the arts and design areas. Some of these areas include photography, interior design, visual arts, surface and textile design, fashion design, styling and design coordination and specialist make-up. AICD has campuses in Brisbane and on the Gold Coast. It offers full time, part time, short course and holiday study options. The following are some of the short courses that will be offered in the June/July 2016 school holidays. Visit <http://aicd.edu.au/holiday-courses.php> for information about these and other short courses you can register for.

- Street Style Image and Fashion Flat Lays (1 Day)

Gold Coast campus: Tuesday 5 July 2016, from 9 am - 4:30 pm

Brisbane campus: Wednesday 6 July 2016, from 9 am – 4 pm

- Special Effects Makeup (1 Day)

Brisbane campus: Monday the 27th of June 2016: 9:00AM - 4:00PM

- Makeup Look for You! (1 Day)

Gold Coast campus: Wednesday 6 July 2016, 9 am – 4 pm

Currumbin Wildlife Sanctuary programs for students

The Currumbin Wildlife Sanctuary on the Gold Coast runs a number of programs for young people interested in working with or around animals. Check out the following programs:

- Creature Keepers Wildlife Course - gives students exposure to working in a zoo environment. Visit <http://www.cws.org.au/programs-courses/creature-keepers/> for more information and to book
- Teen Volunteering – some animal contact however the focus is on interacting with park guests. See <http://www.cws.org.au/volunteer-programs/teen-volunteer/> for details.

Free Introduction to Real Estate seminars

The Real Estate Institute of Queensland (REIQ) presents these sessions for people considering a career in real estate. The seminars provide information on how the Real Estate Industry operates and the career options available. The next seminar will be held in Brisbane from 5:30 – 7 pm on Tuesday 24 May 2016 at Real Estate House, 21 Turbo Drive, Coorparoo. To attend this session phone 07 3249 7347 or email courses@reiq.com.au.

Inside view of studying at Endeavour College of Natural Health

Endeavour, located in Brisbane and on the Gold Coast, offers degree courses in Acupuncture, Myotherapy, Naturopathy, Nutritional and Dietetic Medicine and Complementary Medicine. It also offers a number of short courses in alternative medicine. You can take a virtual tour of the college from its home page at <http://www.endeavour.edu.au/> (scroll down to 'Inside view'). From this page, you can also download the Health and Wellness Career Viewbook. The viewbook contains a number of case studies of Endeavour graduates.

News and reminders from Griffith University

Pathways to Medicine information evenings - Find out about how to gain entry to the Griffith medical course at these evenings to be held on 17 May 2016 at the Gold Coast campus and on 18 May 2016 at the South Bank campus. For details and registration go to <https://www.griffith.edu.au/events/information-evenings>.

Popular Music Experience Day - This program will be offered on four alternative days (13, 14, 20, 21 July 2016) on Griffith's Gold Coast campus. Students can explore the B Popular Music degree program and participate in activities and talks with current students. Visit <https://www.griffith.edu.au/music/popular-music/high-school-and-community-programs/school-experience-day> for details and to view a video about the experience day. Interested students should contact their music teacher or guidance officer/counsellor about attending the event.

Q & A Sessions – Between 16 - 20 May 2016 you can book a 30 minute, personalised appointment with Griffith's recruitment team for personalised advice about your study options at Griffith. You can also find out about scholarships and discover pathways to Griffith degree courses. See <https://www.griffith.edu.au/future-students/q-and-a>.

Musical theatre audition workshop - This workshop will be of interest to students in Years 11 and 12 who want to develop their audition skills for entry to Griffith's Queensland Conservatorium Musical Theatre program. The workshop will be held from 4 - 8 July 2016. Visit <https://www.griffith.edu.au/music/musical-theatre/high-school-and-community-programs> for more information and to apply.

Tertiary preparation workshop for music students - This workshop is designed to prepare students for the theoretical and practical aspects of the music audition process. The workshop is from 27 June – 1 July 2016. For more information and to apply, go to <https://www.griffith.edu.au/music/open-conservatorium/tertiary-preparation-workshop/tertiary-preparation-workshop-information>.

Queensland School of Film and Television (QSFT) video production weekend workshop

QSFT will hold an 'Introduction to Video Production' workshop from 9.30 am – 4.30 pm on Saturday 28 May 2016. This workshop is an ideal introduction if you would like to gain a greater understanding of the principles behind shooting video and editing. You can download the application for the workshop at http://www.qsft.qld.edu.au/assets/files/2016/FRM_QSFT%20Workshop%207-9_Application%20Direct_Photo_Video_v1_20160308.pdf. Email your completed application to applications@qsft.qld.edu.au or fax to (07) 3392 7511. For more information about the workshop, phone QSFT on telephone 3392 7788. QSFT is located at 22 Warwick St. Annerley, Brisbane.

TASTE is coming

The Agricultural Skills and Technology Experience (TASTE) is a four-day program for high school students aged 15 and over who are considering a career in agriculture, horticulture, conservation and/or land management. The program will be run in the June/July and September school holidays at the Longreach Pastoral College and the Emerald Agricultural College. The June/July 2016 program dates are:

- 26 – 30 June - Longreach Pastoral College
http://lpc.edu.au/Learn_with_us/Pages/TASTE.aspx

- 3 – 7 July - Emerald Agricultural College
http://eac.edu.au/Learn_with_us/Pages/TASTE.aspx

Scholarships are available to help cover the cost of the program at both colleges. See the latest news section of the Queensland Agricultural Training Colleges website at <http://www.qatc.edu.au/Pages/default.aspx>. TASTE is a popular program, so apply early.

University of the Sunshine Coast (USC) Brisbane

USC South Bank is located within the TAFE Queensland Brisbane, South Bank campus. The following undergraduate courses offered at this campus are taught by USC lecturers and tutors:

- B Business
- B Business (Tourism, Leisure and Event Management)
- B Commerce (Accounting).

Read about the USC South Bank campus and its courses at <http://www.usc.edu.au/learn/the-usc-experience/study-locations/study-at-south-bank>.

Upcoming events at the University of Southern Queensland (USQ)

Years 9 and 10 USQ Careers Days – These days help students to start thinking about their future career paths. They will provide students with an experience of university life and academic subject areas. They will be held on:

- 3 June 2016 at the Ipswich campus <http://www.usq.edu.au/news-events/events/2016/06/yr-9-10-career-day-ips>
- 9 June 2016 at the Toowoomba campus <http://www.usq.edu.au/news-events/events/2016/06/yr-9-10-career-day-twba>.

Talk to your school guidance officer/counsellor if you are interested in attending one of these events.

Study Options Evenings – Explore the campus and study options available at these evenings to be held on:

- 26 May 2016 at the Ipswich campus <http://www.usq.edu.au/news-events/events/2016/05/usq-study-options-ips>.
- 9 June 2016 at the Toowoomba campus <http://www.usq.edu.au/news-events/events/2016/06/study-options-evening-twba>
- 16 June 2016 at the Springfield campus.

Updates from the University of Queensland (UQ)

Parent Info Sessions: Getting ready for university – These sessions are for Year 10 students and their parents. Among the topics presented are Preparing for University in Year 10 and The Differences between High School and University. The sessions will be held on:

- Monday 6 June from 1 - 2:30 pm
- Tuesday 7 June from 6 -7:30 pm
- Wednesday 8 June from 10:30 am – 12 pm
- Wednesday 8 June from 6 - 7:30 pm.

Visit <http://bit.do/uqyear10> to make a booking by 29 May 2016.

New B Criminology and Criminal Justice (Honours) in 2017 – This four-year course has specialisations in criminology, criminal law, criminal justice, research and evaluation methods and professional practice. Find out more about the course and careers in criminology at <https://social-science.uq.edu.au/study-area/criminology>.

UQ Interaction Design Exhibit 2016 – You can experience new ways to interact with digital technology at this exhibit which will show interactive prototypes developed by UQ's B Information Technology (User Experience Design), B Multimedia Design and Master of Interaction Design students. You can see the exhibit at The Edge, State Library of Queensland, Brisbane on Tuesday 31 May 2016 from 12 – 7 pm. Register to attend at <https://www.eventbrite.com.au/e/uq-interaction-design-exhibit-2016-tickets-24276226848>.

Big Day In – This event will be held from 9 am – 2.30 pm on Wednesday 8 June 2016. The program includes speakers and displays from major technology companies about the future of technology and careers in IT. Register to attend at <http://www.acsfoundation.com.au/bdi/index.cfm?page=bris2016>.

Disabilities

My Future: My Life

Leaving school can be a daunting experience for any teenager, but for those with a disability it can pose additional challenges. My Future: My Life is designed to support Queensland secondary students with a disability to prepare and plan for life after school. It does this through a range of support options, including workshops, transition preparation support and financial support. Visit the My Future: My Life website at <http://www.myfuturemylife.com.au/about/about-my-future-my-life/>.

Paid internship program for university students with a disability

‘Stepping into’ is a paid internship program designed specifically for university students with disability who want to gain some paid hands-on work experience in their chosen field of study. The Australian Network on Disability (AND) work with their members to identify and provide opportunities for university students with a disability to ‘step into’ the workplace to gain exposure to their potential career field and get involved in projects and work alongside experienced professionals. Find out more at <http://www.and.org.au/pages/stepping-into...-programs.html>.

People with a disability website

The Queensland Government's website has a section containing information about support for people with a disability in Queensland. It includes a section for young people. Visit the website at <http://www.qld.gov.au/disability/> for details.

Employment

Part-time work – what are your rights and responsibilities?

If you currently have a part-time job or are planning to get a full-time or part-time job in the future, you should know about your rights and responsibilities in the workplace. The Fair Work Ombudsman website at <http://www.fairwork.gov.au/find-help-for/young-workers-and-students> has a 'Guide for young workers' which can be downloaded from the site. The Guide covers topics such as employment conditions, employment awards and agreements, pay rates and much more. Also, the site has a 'Guide to starting a new job' and a 'Starting a new job' online learning course. The ACTU Worksite at <http://worksite.actu.org.au/> is also useful for young people starting their first job.

Want to have your own business? How about a start-up?

The Business Plans website at <http://articles.bplans.com/whats-difference-small-business-venture-startup/> explains that start-ups are different from traditional businesses in the following ways:

- Start-ups are designed to grow fast. They have something they can sell to a very large market. This is one of the reasons most start-ups are tech start-ups.
- Startups tend to rely on capital from angel investors (individuals prepared to take a risk to provide finance for small start-ups or entrepreneurs and, perhaps, mentor them) or venture capital firms (use investor's money to invest in riskier businesses than a traditional bank is willing to take on) while traditional business operations may rely on loans from banks and government grants.
- Start-ups have an exit strategy – the exit is what gives investors their return.

If you like to work hard and then move on; have developed a product or service that, potentially, has a huge market; are an innovator and would like guidance from an expert, then a start-up might be for you.

What is the gig economy?

Not so long ago, the only people who looked for 'gigs' were musicians. So how does the term apply to the general labour market today? In the gig economy, employers contract individual workers for short-term projects. In this environment workers become independent contractors or freelancers – they don't have full-time, permanent, secure jobs with paid holidays and sick leave. Many of them find their jobs on Internet job boards. For example, Skillcrush at

<http://skillcrush.com/2015/11/19/25-top-sites-for-finding-freelance-jobs/> lists 25 job boards for freelance designers, developers and other techies. There is some debate about how widespread this type of work is and whether it will become the norm in the future. Read the following articles for more information about the gig economy.

- Does the gig economy revolutionise the world of work, or is it a storm in a teacup? <http://www.economist.com/blogs/freeexchange/2015/10/gig-economy>
- Gig economy <http://whatis.techtarget.com/definition/gig-economy>
- Intuit Forecast: 7.6 Million People in On-Demand Economy by 2020 <http://investors.intuit.com/press-releases/press-release-details/2015/Intuit-Forecast-76-Million-People-in-On-Demand-Economy-by-2020/default.aspx>

Financial Assistance & Scholarships



2017 Scholarships at the International College of Hotel Management (ICHM)

ICHM, located in Adelaide, prepares students for hotel management roles based on the Swiss Hotel Association (SHA) model that stresses the importance of learning all aspects of the hotel industry. Students can finish their studies after completing the B Business (Hospitality Management) or go on to complete the more advanced B International Hotel Management (Swiss Hotel Association). During the course, students have an opportunity to learn a language and to experience industry placements in Australia or overseas. ICHM will offer four Australian scholarships for 2017 entry valued at \$20,000 each. The application closing date is 7 October 2016. Visit <http://www.ichm.edu.au/admissions/scholarships-2017> for more information and to download the application brochure.

Westpac Bicentennial Foundation scholarships

Westpac's Bicentennial Foundation fund provides \$100 million for scholarships and awards for Australian university students, graduates and post-doctoral researchers. While these scholarships are not currently available for Year 12 students, they could be goals for students to aspire to in the future. Read more at <https://info.westpac.com.au/200years/scholarships-land.html>.



Gap Year Program News

Selected gap year program news

Camp America will have a stall at the Brisbane Careers and Employment Expo to be held on 27 and 28 May 2016 at the Brisbane Convention and Exhibition Centre. Visit the website at <http://campamerica.com.au/> to learn about the programs offered by Camp America.

Lattitude Global Volunteering will hold an information session from 1 – 4 pm on Saturday 21 May 2016 at Hamilton Town Hall, Brisbane. Visit the website at <http://www.lattitude.org.au/>.

Did you miss the deadline for the **Letz Live** UK Gap Year program for 2017? You can still put your name on a waitlist for this program. Find out more at <http://www.letzlive.org/united-kingdom/>.

Study Flights Gap Year programs give you an opportunity to go overseas to teach English, volunteer, work, or do a course. Find out more at <http://www.studentflights.com.au/gap-year>.

If you have questions about the programs offered by **Projects Abroad**, you can chat online with one of the staff. See <http://www.projects-abroad.com.au/more-info/information-events/>.

Southern Cross Cultural Exchange will hold information session from 7 – 9 pm at Ruth Fairfax House, 89-95 Gregory Terrace, Brisbane on 24 and 26 May 2016. Visit <http://www.scce.com.au/programs/information-sessions/#QLD>.

World Education Program Student Exchange (WEP) will hold the following information sessions in May 2016:

- 18 May from 7 – 8.30 pm at Fulton Trotter Lounge, 129 Leichhardt Street, Spring Hill, Brisbane
- 28 May from 10.30 am – 12 noon at the Centre of Contemporary Arts, 96 Abbott Street, Cairns.

You can RSVP at <https://wep.org.au/lets-talk/sessions/>. Information about the 2017 scholarships WEP is offering can be accessed from the home page of this website.

Indigenous

Inspire U Health Sciences Camp

This free five-day residential camp to be held 3 - 8 July 2016 at the University of Queensland (UQ) is an opportunity for Aboriginal and Torres Strait Islander students in Years 11 and 12 to experience life on campus at UQ and explore the health sciences. Applications close on 3 June 2016. See <http://www.atsis.uq.edu.au/inspireu-health> for details.



National Law Week

The 2016 National Law Week will be held from 16 – 20 May. Law Week is an annual national event which creates further understanding of the role that law and justice plays in today's society. Visit the Queensland Law Week website at <http://www.justice.qld.gov.au/corporate/events-seminars/law-week/events> for activities throughout Queensland. You are invited to join the 2016 Queensland Legal Walk to be held on 17 May as part of National Law Week. Communities across Queensland will walk together to fundraise for Queensland Public Interest Law Clearing House (QPILCH). QPILCH is an independent, not-for-profit, legal organisation that coordinates the provision of free legal services for individuals and community groups in Queensland.

Occupational Information



Careers in Music

The Australian Guide to Careers in Music can be downloaded from the Music Career wiki at http://www.musiccareer.com.au/index.php/Main_Page#. This resource has descriptions for over 150 career options, from areas such as Composition, Performance, Production, Instrument Making and Repairing, Broadcasting, Music Business, Retailing and Wholesaling, Teaching, Writing and Research, Arts Administration, Music Therapy, Libraries, Archives and Information Services, Digital and Online jobs and many more.

Careers in Water

The H2Oz Careers in Water project aims to increase awareness of jobs in the water sector and encourage young people to consider the career opportunities in this industry. The H2Oz website at <http://www.h2oz.org.au/default.aspx> (click on 'Water Career's' and 'Job Categories') provides descriptions of jobs in the water industry.

Jobs in the community services and health industry

The community services and health industry provides many different job opportunities for young people. Many of the skills required of one job role are transferrable to other areas, which makes this industry ideal for people who would like a variety of career pathways. An appreciation of working with people is a key requirement of working in community services and health because much of the work involves interaction with clients who are some of the most vulnerable in society. The Community Services and Health Industry Council website at <http://www.cshisc.com.au/develop/careers/> provides information about jobs in this industry. The 'What is a career?' section has a link to an A-Z Industry listing of over 500 jobs. Each job description includes a section on qualifications and training.

Ultimate Science Guide 2016 – a free careers guide

The Ultimate Science Guide is an annual publication for high school students, teachers and parents developed by RiAUS (Australia's National Science Channel). It provides information on STEM career opportunities, where and what to study and advice on surviving university. You can order a hard copy or download the online version at <https://riaus.tv/content/ultimate-science-guide>. By completing a survey on this site, you have a chance to win one of five ThinkPads.

What does an anthropologist actually do?

Kirrilly Thompson in her recent article in *The Conversation*, states that anthropologists study living people from the perspective of their culture. Thompson explains that anthropologists aim to understand a group's culture from an 'insider's point of view'. The method used by anthropologists to do this is known as ethnography. This is a qualitative research method which uses participant-observation. That is, the anthropologist lives within a culture, as one of the 'natives' until he/she is proficient in being one of them. This can take a minimum of one year to achieve. You can read Thompson's article at <https://theconversation.com/what-does-an-anthropologist-actually-do-55321>.

According to the myfuture web site (<http://www.myfuture.edu.au>), the following personal requirements are needed to be an anthropologist:

- capacity for detailed observation and accurate practical work
- able to work independently
- enthusiasm for research
- good oral and written communication skills
- sensitive to other people and cultures.

The average annual salary for an anthropologist is \$57,304 (excluding super) and the job prospects are below average (from myfuture). Given this, if you are still interested in this job, you can explore the following undergraduate courses in Queensland which offer an anthropology major/specialisation.

- B Arts at James Cook University <https://www.jcu.edu.au/courses-and-study/courses/bachelor-of-arts-in-anthropology>
- B Arts at the University of Southern Queensland <http://www.usq.edu.au/study/degrees/bachelor-of-arts>
- B Social Science at the University of Southern Queensland <http://www.usq.edu.au/study/degrees/bachelor-of-social-science>
- B Arts at the University of Queensland http://www.uq.edu.au/study/program.html?acad_prog=2000

Open Days, Expos & Career Markets



All Things Healthy Expo

This expo, hosted by the Ipswich Hospital Foundation, will be held from 10 am – 2 pm on Saturday 11 June 2016 at the University of Southern Queensland Ipswich campus. The purpose of the expo is to inform participants of the health and wellbeing providers across the region as well as inspiring community members into health and wellbeing pathways through education and training. Keep up-to-date with expo events at <https://www.facebook.com/events/542361785934713/>.

Aviation Australia Information Sessions

Aviation Australia provides programs in Aeroskills Training and Cabin Crew Training. Its next information sessions at its Brisbane campus will be held on:

- Cabin Crew Career Session - Wednesday 25 May 2016, from 6.30 - 8.30 pm
- Aeroskills Information Session - Thursday 26 May 2016, from 6 - 8.30 pm.

You can register to attend these sessions on Aviation Australia's home page at <http://www.aviationaustralia.aero>. Aviation Australia is located at 25 Boronia Road, Brisbane International Airport, Eagle Farm.

Brisbane National Career and Employment Expo

This is Queensland's largest careers, skills, employment and education event. It will be held on Friday 27 and Saturday 28 May 2016 at the Brisbane Convention and Exhibition Centre. The expo will include free career development workshops, a career advice centre and representatives from universities, TAFE Queensland, private providers, various industries and Defence. Keep up-to-date at <http://careeremploymentexpo.com.au/brisbane/>.

Bundaberg Careers Expo

This event will be held on Tuesday 24 May 2016, from 4 – 5.30 pm, at the Bundaberg Civic Centre. Exhibitors will include representatives from Agriculture, Business and Finance, Defence, Universities, TAFE, Training, Employment, Manufacturing, Police, Tourism, Retail and much more. See <http://bundabergregionevents.com.au/events/bundaberg-careers-expo> for details.

Cairns Careers and Education Expo

This expo will be held on Thursday 26 May 2016 at the Fred Moule Exhibition Centre, Cairns Show Grounds. Expo sessions will be from 9 am - 3:30 pm and 5:30 - 7:30 pm. Exhibitors will include universities, TAFE Queensland, private providers, employers, Defence and local industry. Find out more at <http://www.bla.org.au/15th-careers-and-employment-expo-2016>.

Fraser Coast Jobs and Careers Expo

This event will be held from 8 am – 5 pm on 25 May 2016 at Brolga Theatre, Maryborough. Approximately 50 businesses, industry representatives, education providers and job service agencies will be represented at this event. Visit <http://www.frasercoastopportunities.com.au/event/fraser-coast-jobs-and-careers-expo/> for more information.

Gympie Regional Careers Expo

This is the premier education, training and employment exhibition in the Wide Bay Region. It will be held from 10 am – 2 pm on Thursday 26 May 2016 at The Pavilion, Gympie. Over 60 displays, representing education, trade, government and the private sector will be at the expo. Find out more at <https://www.gympie.qld.gov.au/about>.

How to make the best use of a career expo

To make the most of your visits to career expos, you need to have a plan. Career expos can be a total waste of time without one. The You + Careers Expo = your Future factsheet at

http://www.ncdw.com.au/uploads/Career%20Factsheets%202012/Factsheet%20-%20YOU%20and%20Careers%20Expo%20equals%20Your%20Future_Feb2012.pdf provides ideas to help you make the most of your expo experience.

JMC Academy Open Day/Information Session

JMC Academy is a private college that offers diploma and degree courses in Animation, Audio Engineering and Sound Production, Contemporary Music and Performance, Digital Design, Entertainment Business Management, Film and Television Production, Game Development and Song writing. In Queensland, JMC is located in South Brisbane. It will hold the following events at its Brisbane campus in May 2016:

- Saturday 21 May – Open Day from 10.30 am – 2.30 pm. To download the open day program and register to attend, visit <http://www.jmccademy.edu.au/> and click on 'Events'.
- Thursday 24 May – Information Session from 6 – 7 pm. Register to attend at <http://www.jmccademy.edu.au/events/information-sessions/jmc-academy-information-sessions>.

New York Film Academy (NYFA) Australia Gold Coast Open House

NYFA invites students interested in filmmaking or acting to its open house at 1 pm on Saturday 14 May 2016. Students under 18 years of age must be accompanied by a parent/guardian. RSVP at <https://www.nyfa.edu.au/nyfa-events/>.

Overseas Studies

Preparation workshops for SAT – USA university entry test

Integrity Tutoring specialises in preparation workshops for students interested in sitting for the tests required for entry to university courses in the United States. Find out more at <http://www.integritytutoring.com/>.



QTAC & Tertiary Entry

Online resources for Year 12 parents

Transitioning from high school to university can be a challenging journey for students and their parents. Several universities provide resources for parents to support them and their children through the transition. Some examples are:

- Australian Catholic University - 'Parents' information'
<https://www.acu.edu.au/567632>
- James Cook University 'A guide for parents and partners'
<https://www.jcu.edu.au/parents-and-partners>
- Griffith University - 'Parents' <https://www.griffith.edu.au/future-students/parents?src=hp&p=gnav>
- Queensland University of Technology - 'Are you the parent of a school student'
<https://www.qut.edu.au/study/undergraduate-study/are-you-the-parent-of-a-school-student>
- The University of Queensland – 'A Guide for Parents' that can be downloaded at <https://future-students.uq.edu.au/publications-and-forms> and a 'Parents' webpage at <https://future-students.uq.edu.au/parents>
- University of the Sunshine Coast - 'USC Parent Lounge'
<http://www.usc.edu.au/connect/schools-and-parents/usc-parent-lounge#content>

Year 12 post school folder

Year 12 students are strongly advised to start a folder of information they will need later in the year and early next year. Keep this folder in your room at home and add to it during the year. Items that could be placed in this folder include:

- LUI and password for your Learning Account so you can access your Year 12 results early. You will also be required to know your LUI to complete your QTAC application.
- Tax File Number (TFN), which you will need to apply for a HELP loan next year. You also need a TFN if you want to be paid for a full-time or part-time job.
- The *QTAC Guide*, which you will receive in June
- Course, job and tertiary entry information you gather at career markets/expos, institution open days, TSXPO, etc.
- The list of courses you are considering (if you haven't a clue, make an appointment to see your Guidance Counsellor/Officer ASAP)

- Handouts on tertiary entry you are given at Year 12 assemblies, expos and lunchtime talks
- Information about available scholarships and tips for submitting a great application
- Additional qualifications you might wish to submit as part of your QTAC application
- Any other information related to your plans for 2017.

Student Connect magazine

The Student Connect magazine gives Year 12 students important and interesting information and advice about their studies, future education, training and career pathways. It is published twice a year – in May and December. The May 2016 edition should be distributed to your school this week. Meanwhile, if you want a head start, the magazine can be downloaded at

<https://www.qcaa.qld.edu.au/publications/newsletters-magazines/student-connect-magazine>. Topics in the latest edition include:

- Are you ready for the QCS Test?
- OP myths busted
- Careers expos and open days
- Top tips for success in Year 12
- Profiles and tips from past Year 12 students.

In addition, it tells you how you could win a Microsoft Surface Pro 4 by logging into your Learning Account on the Student Connect website between 1 May and 31 August 2016. You will need your LUI and password to do this - a good time to check where you put this information!



Expert tips on how to excel in Years 11 and 12

The 'What degree? Which university?' website suggests that the following are expert tips to help you achieve your best in Years 11 and 12:

- Establish goals
- Use to-do lists
- Motivate yourself
- Take breaks
- Ask questions
- Do practice questions
- Use weekends effectively
- Listen in class
- Look after yourself.

Read more information about each of these tips at

<http://www.whatdegreewhichuniversity.com/Survival-Guide/Surviving-Highschool/Expert-Tips-on-How-to-Excel-in-Years-11-and-12.aspx>.

Is social media interfering with your study? Try an e-fast

The following five tips are from 'Addicted to social media? Try an e-fasting plan' by Ritesh Chugh and published on The Conversation website at

<https://theconversation.com/addicted-to-social-media-try-an-e-fasting-plan-56804>.

In order to put an end to obsessive behaviour towards social media, it is important to try to abstain from it or at least regulate usage occasionally. The aim of e-fasting is to enable you to reclaim your life, achieve a balance of life and not become hostage to social media.

- 1. Abstain from social media** - Decide on a specific day when you will stay clear of social media. This might increase your anxiety in the short term, but the time away will enable you to perform other activities.
- 2. Self-regulate** - Set some rules that only allow you to connect to social media at specific times of the day. For example, browsing for a limited time in the evening or not browsing when in bed.
- 3. Limit checks on social media** - It is not a good idea to keep checking social media pages without a specific aim. The algorithms of social media feeds are designed to

keep users hooked by projecting information higher in feeds, based on users' past interactions. Think of the urge to check incessantly and consider whether it is important or can wait for another time.

4. Disable alerts and notifications - This will mean that you are not constantly reminded of messages by your social media platform. Adopting a pull-based approach of your notifications over a push-based approach will lead to fewer interruptions too. This should reduce the desire to check social media constantly.

5. Remove social media apps from your smartphone - If disabling alerts and notifications do not do the trick, consider deleting social media apps completely from your smartphone. As most people access social media platforms from their smartphone, removing these apps would mean less ease of access. You will then only have access to social media from a personal computer.

As with any diet or fasting regime, there's no one-size-fits-all formula, but the self-control and discipline tips listed above should go some way to reducing your social media addiction. E-fasting has the potential to become a new fad to treat social media addiction and detox your life.

Youth Enrichment Activities

Youth ANZAAS

The Youth ANZAAS is a residential forum for avid science students from Years 10, 11 and 12. It will be held from 10 – 15 July 2016 at the University of Queensland (UQ). Students will stay at St Leo's College, a residential college at UQ. You can find out more and download a flyer at <http://www.anzaas.org.au/youth-anzaas-2016/>. The closing date for applications is 5 pm on Friday 13 May 2016.

'The above information has been gathered from a range of sources including publicly available websites, institutional and organisational newsletters, student and career advisers and guidance officers. Every effort has been made to ensure the information provided is accurate and up-to-date at the time of publication.'

'The Career Information Bulletin can only be distributed and used by members of the school community of the school that has purchased membership to Options Career Information. Options Career Information does not give permission for any member to pass on its resources to any other organisation.'