

Weekly Careers News for Victoria

September 15, 2025

© 2025 Study Work Grow. Member Schools are licensed to use this content within their school community, including in newsletters, social media, websites, virtual notice boards, and print.

Table of Contents

EVENTS 3

This Week's Events 3

Discover Engineering Degrees at Monash University
ACAP University College Strategies to Survive Your End-of-Year Exams – Online Session for Year 12 Students
Psychology Degrees at La Trobe University Webinar
Connect with Bond University in Melbourne – Information Session for Parents
Cybersecurity Degrees at La Trobe University Webinar
Crimson Global Academy Gifted Education Models Webinar for Parents
Connect with Bond University in Melbourne – Information Session for Future Students
SuniTAFE Open Day 2025, Swan Hill
Biomedical Science Degrees at La Trobe University Webinar
Nursing Degrees at La Trobe University Webinar
Torrens University Parents and Students Info Sessions, Melbourne
University of Sydney Online Open Night
Wodonga TAFE Logic Campus Open Day

Next Week's Events 6

Monash University Caulfield Campus Tour for Future Students
Discover Cybersecurity Degrees at Monash University
Experience a Day in the Life of a Swinburne University Student – STEM – for Year 9-12 Students
ACAP University College Strategies to Survive Your End-of-Year Exams – Online Session for Year 12 Students
Monash University Clayton Campus Tour for Future Students
Experience a Day in the Life of a Swinburne University Student – Creative & Social Impact – for Year 9-12 Students
Chisholm Institute Info Day for Future Students – October
Discover Monash University's Media Lab in Caulfield
Chisholm Institute Campus Tours for Future Students – October
Experience a Day in the Life of a Swinburne University Student – Health, Sport & Education – for Year 9-12 Students

Future Events	9
It Takes a Spark STEM Conference for Year 4-10 Students and Teachers, Melbourne	
Victoria University TAFE Open Night	
Future Health Careers Day at La Trobe University for Year 12 Students in Bendigo	
VTAC Webinar on Getting Your Results and What Happens Next for Students Starting in 2026	
VTAC Webinar on Preferences, Pathways and Offers for Students Starting in 2026	
SCHOLARSHIPS	11
University of Wollongong George Alexander Foundation Scholarship for Students Relocating to Study	
Griffith University Vice Chancellor's Academic Achievement Scholarship for Outstanding Students	
Australian Catholic University George Alexander Foundation Scholarships for Students Relocating to Study	
RMIT University George Alexander Foundation Scholarships for Students Relocating to Study	
Sports Excellence Scholarship Fund for Emerging Athletes Aged 10-18	
Swinburne University George Alexander Foundation Scholarships for Students Relocating to Study	
University of Tasmania George Alexander Foundation Scholarships for Students Relocating to Study	
Deakin University George Alexander Foundation Scholarships for Students Relocating to Study	
COMPETITIONS	13
Nature in Focus Photography Competition for Australian Residents of All Ages	
WEEKLY POSTS	13
Accommodation	13
5 signs you're ready to move out for uni	
Skills for Work	15
Public speaking made easy: 9 tips for overcoming stage fright	
Jobs & Careers	17
7 reasons to get a holiday job	
Families	18
9 tips to help your teen through exam time	
Study Tips.....	19
The four types of study and when to use them	
Job Spotlights	23
How to become a Food Technologist	

Events

This Week's Events

Discover Engineering Degrees at Monash University

Organisation: Monash University

Location: Monash Clayton Campus

Date: September 15, 2025

Discover all you need to know about studying at Australia's #1 Engineering Faculty.

You'll hear from academics, current students and alumni and have the opportunity to ask questions. Our engineering degrees offer not only a fantastic study experience, but also amazing opportunities to engage with industry and get hands-on experience through our teams and clubs.

[Find out more and register](#)

ACAP University College Strategies to Survive Your End-of-Year Exams – Online Session for Year 12 Students

Organisation: ACAP University College

Location: Online

Date: September 15, 2025

Calm and Conquer is your virtual toolkit for navigating the challenges of Year 12 exams with confidence and composure. Led by Alessandro Digiaco – who brings his unique perspective as a former secondary teacher, current school counsellor and ACAP academic – these tailored sessions deliver evidence-based strategies that work in the real world.

- Understanding stress: Uncover how stress affects us physically and mentally.
- Practical tips to manage stress: Simple methods you can use right away to reduce anxiety and improve focus when studying gets intense.
- Effective study techniques: Learn how to maximise what you remember without burning out.
- Exam-day prep & reset: Strategies to manage nerves and perform at your best when it really counts.

[Find out more and register](#)

Psychology Degrees at La Trobe University Webinar

Organisation: La Trobe University

Location: Online

Date: September 15, 2025

Find out everything you need to know about study at La Trobe with our range of live and on-demand course specific webinars.

Begin your journey into psychology or related fields, gaining insights into the human mind and behaviour while exploring diverse specialisations like clinical psychology, human services, and marketing.

[Find out more and register](#)

Connect with Bond University in Melbourne – Information Session for Parents

Organisation: Bond University

Location: Elster Melbourne

Date: September 16, 2025

Join us for our upcoming breakfast event tailored for parents navigating the important decision of choosing the right university for their child. This is a great opportunity to discover what sets Bond University apart and to learn more about our unique programs and offerings. Whether you're already considering Bond or just beginning your research, we're here to help guide you in making an informed choice for your child's future.

Event highlights:

- Discover Bond University's diverse programs and study areas, and learn what sets us apart from other institutions.
- Get detailed information on the transition process for interstate students, including student life and accommodation options.
- Understand the application process, including direct applications, early offers, scholarships, and admissions.
- Hear first hand experiences from parents of current Bond students.
- Have your questions answered by our knowledgeable staff.
- Benefit from personalised follow-up and ongoing support after the event to address any further questions or concerns.

Don't miss this chance to get a comprehensive overview of Bond University and how we can support your child's educational journey. We look forward to welcoming you!

[Find out more and register](#)

Cybersecurity Degrees at La Trobe University Webinar

Organisation: La Trobe University

Location: Online

Date: September 16, 2025

Find out everything you need to know about study at La Trobe with our range of live and on-demand course specific webinars.

The world has gone digital, and so has crime. As a cybersecurity expert, you'll help organisations bolster their digital security and tackle cyber threats. Gain highly sought-after technical skills, learn how cyber criminals think and get ready to join a fast-growing industry.

[Find out more and register](#)

Crimson Global Academy Gifted Education Models Webinar for Parents

Organisation: Crimson Global Academy

Location: Online

Date: September 16, 2025

Struggling to choose the right educational pathway for your gifted child? With options ranging from acceleration and enrichment programs to specialised schools and online learning, finding the right learning pathway for a gifted child in Australia can be challenging.

Join Gifted Minds Counsellor Dominic Westbrook and CGA Admissions Officer Alex Cork for a fireside chat discussing:

- Common Australian gifted education models, how they work in practice, and the learners they best serve.
- Benefits and drawbacks of different learning approaches and practical tips to determine the right fit for a gifted child.
- Key insights, questions, and considerations to help you effectively assess different schools and programs for your child's best fit.

[Find out more and register](#)

Connect with Bond University in Melbourne – Information Session for Future Students

Organisation: Bond University

Location: Space&Co - Level 1, Melbourne Central Tower

Date: September 17, 2025

We understand that navigating the journey to university can be daunting, so we're here to lend a helping hand. Bond is hosting a series of drop-in support sessions to help answer any questions you or your family have.

Whether you're curious about the application process, choosing the right degree, pathways, tuition fees, scholarships, accommodation, or student support services, we can provide personalised advice to help you feel confident and prepared for the next step.

[Find out more and register](#)

SuniTAFE Open Day 2025, Swan Hill

Organisation: Sunraysia Institute of TAFE

Location: SuniTAFE Swan Hill Campus

Date: September 17, 2025

Join us for our 2025 Open Day and see for yourself how SuniTAFE can help you launch into your future.

Whether you're finishing secondary school soon and planning what comes next, have your heart set on a new career, or are just looking to learn what's out there, our Open Day is for you.

Hear from our expert teachers and watch practical demonstrations that will give you a glimpse into what your career could look like.

[Find out more and register](#)

Biomedical Science Degrees at La Trobe University Webinar

Organisation: La Trobe University

Location: Online

Date: September 17, 2025

In this webinar, we'll take you through everything you need to know about our Biomedical Sciences courses.

Gain skills in data generation and analysis, ready for immediate employment when you successfully complete the course. Train in high-tech labs and through interactive and authentic activities that prepare you for real-world situations. Build a comprehensive foundation in biomedical science, then deepen your study when you choose an industry-focused major. Gain a pathway into high-demand postgraduate degrees in research, medicine, physiotherapy, and more to unlock career advancement in the area you're passionate about.

[Find out more and register](#)

Nursing Degrees at La Trobe University Webinar

Organisation: La Trobe University

Location: Online

Date: September 18, 2025

In this webinar, we'll take you through everything you need to know about our Bachelor of Nursing.

Nurses are the backbone of our health system. Build fundamental health knowledge and caregiving skills and learn in clinical settings from your very first year. Get the skills and confidence to care for people of

all ages in all clinical situations while building your resilience to navigate a rapidly evolving healthcare sector with La Trobe's future-focused Bachelor of Nursing.

[Find out more and register](#)

Torrens University Parents and Students Info Sessions, Melbourne

Organisation: Torrens University Australia

Location: Torrens Flinders Street Campus

Date: September 18, 2025

Mums and dads, do you have a teen who is thinking about going to uni next year? Come along to our on-campus information sessions for parents and students and have your questions answered about studying at Torrens University.

[Find out more and register](#)

University of Sydney Online Open Night

Organisation: University of Sydney

Location: Online

Date: September 18, 2025

Open Night is your opportunity to experience the University of Sydney from wherever you are. Join us online for an interactive evening designed specifically for prospective domestic undergraduate students from interstate and regional areas in Australia, New Zealand, and offshore.

Whether you're exploring your study options, want to understand entry pathways and scholarships, or are curious about life on campus, this event is for you. You'll hear from current students, and connect with our faculty, admissions, student support and scholarship staff, as well as a range of accommodation providers, in live breakout rooms.

[Find out more and register](#)

Wodonga TAFE Logic Campus Open Day

Organisation: Wodonga TAFE

Location: Wodonga TAFE Logic Campus

Date: September 20, 2025

Have you ever wondered what goes on behind the scenes at our Logic campus? Now's your chance to see the action up close and explore future career pathways.

Bring your friends and family for a fun, hands-on experience in a vibrant and welcoming atmosphere.

Learn about our training in:

- Heavy Vehicle Licensing
- Forklift Operation
- Civil Construction & Plant Operation
- Supply Chain & Warehousing
- Light Vehicle Automotive & Motorsport

[Find out more and register](#)

Next Week's Events

Monash University Caulfield Campus Tour for Future Students

Organisation: Monash University

Location: Monash Caulfield Campus

Date: September 29, 2025

Join us for a 75-minute campus tour and discover all that Monash has to offer! Led by our friendly student ambassadors, you'll explore the outdoor spaces of our world-class campuses, learn about student life, and have the chance to ask questions about studying at Monash.

[Find out more and register](#)

Discover Cybersecurity Degrees at Monash University

Organisation: Monash University

Location: Monash Clayton Campus

Date: September 30, 2025

Join us for a dynamic panel event exploring the future of cybersecurity at Monash University. Hosted by Professor Nigel Phair, the session will highlight undergraduate study options, double degrees, and the wide-ranging career outcomes in the field.

Hear directly from alumni and academic leaders as they share insights on Monash's cybersecurity programs and pathways into industry. Perfect for future students considering a career in cyber.

[Find out more and register](#)

Experience a Day in the Life of a Swinburne University Student – STEM – for Year 9-12 Students

Organisation: Swinburne University of Technology

Location: Swinburne Hawthorn Campus

Date: September 30, 2025

Do you dream of getting paid to code, revolutionising the world of robotics, or solving problems in outer space? Maybe you already think like an engineer and want to know your course options – and what it takes to get there. Whether you're passionate about algorithms or anatomy, this is your chance to see exactly what life at Swinburne is all about.

This immersive event is for you if you're interested in any of the following study areas:

- Biomedical Science
- Computer Science
- Chemistry
- Cyber Security
- Product Design Engineering
- Mechanical Engineering
- Robotics
- Space Technology

[Find out more and register](#)

ACAP University College Strategies to Survive Your End-of-Year Exams – Online Session for Year 12 Students

Organisation: ACAP University College

Location: Online

Date: September 30, 2025

Calm and Conquer is your virtual toolkit for navigating the challenges of Year 12 exams with confidence and composure. Led by Alessandro Digiaco – who brings his unique perspective as a former secondary teacher, current school counsellor and ACAP academic – these tailored sessions deliver evidence-based strategies that work in the real world.

- Understanding stress: Uncover how stress affects us physically and mentally.
- Practical tips to manage stress: Simple methods you can use right away to reduce anxiety and improve focus when studying gets intense.
- Effective study techniques: Learn how to maximise what you remember without burning out.
- Exam-day prep & reset: Strategies to manage nerves and perform at your best when it really counts.

[Find out more and register](#)

Monash University Clayton Campus Tour for Future Students

Organisation: Monash University

Location: Monash Clayton Campus

Date: September 30, 2025

Join us for a 90-minute campus tour and discover all that Monash has to offer! Led by our friendly student ambassadors, you'll explore the outdoor spaces of our world-class campuses, learn about student life, and have the chance to ask questions about studying at Monash.

[Find out more and register](#)

Experience a Day in the Life of a Swinburne University Student – Creative & Social Impact – for Year 9-12 Students

Organisation: Swinburne University of Technology

Location: Swinburne Hawthorn Campus

Date: October 1, 2025

At Swinburne, we have plenty of courses that let you channel your imagination into your studies – and maybe one day, a career with impact. This is your chance to become a creative change-maker for a day as you explore our most innovative courses, from law to social media.

This immersive event is for you if you're interested in any of the following study areas:

- Architecture
- Arts
- Business and Entrepreneurship
- Design
- Fashion Design
- Film and Television
- Law and Criminology
- Media and Communication

[Find out more and register](#)

Chisholm Institute Info Day for Future Students – October

Organisation: Chisholm Institute

Location: Chisholm Berwick & Cranbourne Campuses

Date: October 1, 2025

Whether you want to start a new career, upskill in your current one or are still exploring your options, Info Day is your chance to experience Chisholm in action.

Tour our campuses, join study area info sessions, chat with teachers, and find out how we can support your study journey – for the better.

[Find out more and register](#)

Discover Monash University's Media Lab in Caulfield

Organisation: Monash University

Location: Monash Caulfield Campus

Date: October 1, 2025

Join us for a Faculty of Arts student-led campus tour at Monash Caulfield and experience the campus through the eyes of current Arts students.

- A guided walk through key Arts facilities and student spaces.
- A chance to be a news anchor and record a news segment at the Monash Media Lab.
- Insider tips on uni life, study support, and hidden gems.
- A chance to ask students your burning questions.
- Refreshments will be provided.

[Find out more and register](#)

Chisholm Institute Campus Tours for Future Students – October

Organisation: Chisholm Institute

Location: Chisholm Berwick, Dandenong & Frankston Campuses

Date: October 2, 2025

Join us for a campus tour and see Chisholm up close. You'll be able to walk through our facilities, guided by a Chisholm representative who can answer your questions about campus life, career pathways and our range of 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](#)

Experience a Day in the Life of a Swinburne University Student – Health, Sport & Education – for Year 9-12 Students

Organisation: Swinburne University of Technology

Location: Swinburne Hawthorn Campus

Date: October 2, 2025

Do you nerd out over the brain? Fascinated by physiology? Hoping to one day have a career in healthcare or education? From psychology to sports management, there are endless ways to make your mark in these groundbreaking industries – with the right Swinburne course.

This immersive event is for you if you're interested in any of the following study areas:

- Allied Health
- Biomedical Science
- Education
- Exercise and Sport Science
- Nutrition
- Psychology
- Sports Management

[Find out more and register](#)

Future Events

It Takes a Spark STEM Conference for Year 4-10 Students and Teachers, Melbourne

Organisation: Intuyu Consulting Pty Ltd

Location: The Knox School, Wantirna

Date: October 23, 2025

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

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

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

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

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

[Find out more and register](#)

Victoria University TAFE Open Night

Organisation: Victoria University

Location: VU Sunshine Campus

Date: October 23, 2025

Thinking about doing a trade or health TAFE course? Come see what's on offer at Sunshine Campus on Thursday 23 October from 5pm-7pm.

You'll get:

- A tour of our state-of-the-art trades and health facilities
- All your questions answered about TAFE courses
- Information sessions and presentations
- The chance to apply on-the-spot with our team on the night.

Get personalised advice, help and support from the very start so you feel confident you're on the right path.

[Find out more and register](#)

Future Health Careers Day at La Trobe University for Year 12 Students in Bendigo

Organisation: La Trobe University

Location: La Trobe University, Bendigo Campus

Date: December 8, 2025

The Future Health Careers Day is designed to give students a realistic and relevant insight into studying and working in health and science fields, particularly within regional Victoria.

Held over one full day at La Trobe University Bendigo, the event will include a dynamic mix of information sessions, hands-on lab experiences, group-based problem-solving activities and opportunities to engage with LTU academics and current students.

Students will explore the wide range of courses and pathways available at LTU Bendigo - including degrees in Nursing/Midwifery, Pharmacy, Social Work, Psychology, and Dentistry. Sessions will cover course entry requirements, tips for applications and important dates. Parents will also have the opportunity to attend an information session covering generalised information about La Trobe University, course entry requirements and important dates.

Practical lab sessions will introduce participants to university-level learning and research, offering a taste of what to expect in health and science degrees. Students will also receive advice on preparing for Year 12 and building foundational knowledge in key subject areas.

Throughout the day, students will connect with peers who share similar interests and hear firsthand from those working and studying in rural health. The experience aims to inspire, inform, and equip students with a clearer vision for their future in health and science.

Application deadline: 5pm, 31st October 2025.

[Find out more and register](#)

VTAC Webinar on Getting Your Results and What Happens Next for Students Starting in 2026

Organisation: Victorian Tertiary Admissions Centre

Location: Online

Date: December 9, 2025

You're about to receive your secondary school results, but what do you need to do to prepare for the next stage of your education journey?

Join us to hear more about how the ATAR is calculated, advice on changing your preferences and how to order them, accepting an offer and other ways you can get support in this important time.

[Find out more and register](#)

VTAC Webinar on Preferences, Pathways and Offers for Students Starting in 2026

Organisation: Victorian Tertiary Admissions Centre

Location: Online

Date: December 11, 2025

You've just received your results, congratulations! This time can be exciting but also a bit stressful, so we are here to help guide you towards your dream course.

Join our webinar to hear more about how the preferencing system works and hear advice on ordering your preferences. We will also speak about pathways and how you can look at alternative courses to help you get to your dream course. Finally, we will cover what to expect when receiving an offer and how to accept your offer.

[Find out more and register](#)

Scholarships

University of Wollongong George Alexander Foundation Scholarship for Students Relocating to Study

Organisation: University of Wollongong

Location: Australia

Value: \$24,000 AUD

Open Date: July 16, 2025

Close Date: December 9, 2025

[Find out more](#)

Griffith University Vice Chancellor's Academic Achievement Scholarship for Outstanding Students

Organisation: Griffith University

Location: Australia

Value: From \$15,000 AUD

Open Date: July 1, 2025

Close Date: December 22, 2025

[Find out more](#)

Australian Catholic University George Alexander Foundation Scholarships for Students Relocating to Study

Organisation: Australian Catholic University

Location: Australia

Value: \$25,500 AUD

Open Date: August 1, 2025

Close Date: March 1, 2026

[Find out more](#)

RMIT University George Alexander Foundation Scholarships for Students Relocating to Study

Organisation: RMIT University

Location: Australia

Value: Up to \$30,000 AUD

Open Date: August 4, 2025

Close Date: January 12, 2026

[Find out more](#)

Sports Excellence Scholarship Fund for Emerging Athletes Aged 10-18

Organisation: Sports Excellence Scholarship Fund

Location: Australia

Value: \$1,000 AUD

Open Date: January 1, 2025

Close Date: December 31, 2025

[Find out more](#)

Swinburne University George Alexander Foundation Scholarships for Students Relocating to Study

Organisation: Swinburne University

Location: Australia

Value: Up to \$24,000 AUD

Open Date: August 4, 2025

Close Date: February 27, 2026

[Find out more](#)

University of Tasmania George Alexander Foundation Scholarships for Students Relocating to Study

Organisation: University of Tasmania

Location: Australia

Value: \$24,000 AUD

Open Date: August 29, 2025

Close Date: December 1, 2025

[Find out more](#)

Deakin University George Alexander Foundation Scholarships for Students Relocating to Study

Organisation: Deakin University

Location: Australia

Value: Up to \$25,500 AUD

Open Date: September 8, 2025

Close Date: January 7, 2026

[Find out more](#)

Competitions

Nature in Focus Photography Competition for Australian Residents of All Ages

Organisation: Conservation Volunteers Australia

Location: Australia

Value: \$8,000 AUD in total

Open Date: July 4, 2025

Close Date: September 26, 2025

[Find out more](#)

Weekly Posts

Accommodation

5 signs you're ready to move out for uni

The decision to move out of home for uni is a big one, and there's no universal right time to make the leap. While some people pack their bags the moment they finish Year 12, others benefit from staying at home for their first year or even their entire degree (and both approaches are perfectly valid). But if you're considering making the move, how do you know whether you're actually ready? Moving out before you've developed some key life skills can turn what should be an exciting time into a stressful struggle. Here are five signs that suggest you're prepared for the practical and emotional realities of living independently.

You can handle your money

Financial readiness goes far beyond having money in your bank account. It means understanding what things actually cost and having a solid plan for how you'll cover your expenses.

Before you move out, you should have clear answers to these questions:

- How will you pay for accommodation (family support, part-time job, scholarships, government payments)?
- Do you have a job lined up, or have you confirmed there are opportunities where you're moving?
- Have you researched [Centrelink](#) payments you might be eligible for, like [Youth Allowance](#) or [Rent Assistance](#)?

Just as importantly, you should have some experience managing money. Maybe you've been buying your own clothes, paying your mobile phone bill, or doing the weekly grocery shop with your parents. You need to know that a loaf of bread costs around \$3, not \$10, and that living on two-minute noodles isn't sustainable.

Don't wait until you're stressed about settling into a new place to figure out government support options. Research these beforehand so you know what's available and can apply well in advance.

You can keep yourself safe

This is about knowing when to say no - whether that's to dangerous situations, peer pressure, or anything else that compromises your wellbeing.

You should be comfortable declining invitations that feel unsafe or uncomfortable, and can resist pressure to drink more than you want to, skip places that make you uneasy, or avoid activities that conflict with your values.

Academic safety matters too. You need to be able to maintain boundaries around your study time and not let social pressures derail your goals. When friends want to hang out but you need to work on assignments, you should be able to say no without feeling guilty.

Basic practical safety awareness is also important, like not walking alone late at night and knowing how to access campus security if you need help.

You can handle your health

You don't need to be a fitness guru or nutrition expert, but you should have basic self-care skills in place. Can you get yourself a reasonable amount of sleep most nights? Do you eat at least some fruit and vegetables, even if it's just munching an apple on your way to class? Can you make sure your body gets some movement, whether that's walking across campus, doing stretches, or occasionally hitting the gym?

You need to know how to access healthcare too. You should be comfortable going to a pharmacy to ask questions or get basic medications, [understand how Medicare works](#), and know how to find a local GP. Most universities have health services on campus, so find out what's available before you need it.

Mental health awareness is also crucial. You need to recognise when you're feeling overwhelmed, stressed, or low, and know where to seek support - and remember you never need to struggle alone.

This might mean:

- Calling a helpline like [Lifeline](#) or [Beyond Blue](#)
- Booking an appointment with a counsellor (many unis offer free sessions)
- Reaching out to friends and family when you need help
- Using apps or online resources for mental health support

You can get yourself to where you need to go

Independence requires mobility. You need confidence in your ability to navigate your new environment and get to university, work, shops, and appointments without relying on others.

If you drive, you should have access to a reliable car and feel comfortable driving in unfamiliar areas.

This includes practical skills like finding parking, reading street signs, and using GPS navigation.

If you rely on public transport, you need to be competent with planning routes, understanding timetables, and navigating transit systems. And you should know how to work out backup options when services are delayed or cancelled – because they will be.

The key is feeling confident that you can get yourself where you need to go, especially in emergencies.

You actually want to

This might seem obvious, but it's worth examining your motivations honestly. Are you moving out because you genuinely want the experience, or because you feel like it's what you're supposed to do? There's enormous pressure to move out immediately after finishing school, but this timeline doesn't work for everyone. Trust your gut: if you'd prefer to stay at home for a while longer, listen to that instinct.

The shift from school to university is big all by itself. There's nothing wrong with managing one major change at a time, especially if your university is close to home. You can still have a rich university experience while living with your family, and you still have the option to move out later when you feel more ready.

Some people thrive on multiple big changes at once while others do better taking things gradually. But both approaches can lead to success.

Taking your time is okay

If you're reading through this list and realising you're not quite there yet in some areas, that's completely normal.

You might decide to spend your first semester or year at home while you develop more confidence. You could take on more financial responsibility at home, practice using public transport in your local area, or gradually take charge of more aspects of your health and wellbeing.

Moving out for uni is a big step, but it's not irreversible. Many students move back home at various points during their studies for financial, health, or personal reasons. The most important thing is making decisions that support your overall wellbeing and academic success.

University is challenging enough without adding unnecessary stress, so take the time to build these skills and you'll be much more likely to thrive when you do eventually make the move.

If you think you're ready or want to explore your options, you can also check out our [directory of Australian uni accommodation providers here](#).

Skills for Work

Public speaking made easy: 9 tips for overcoming stage fright

Does the thought of speaking in front of a crowd make your palms sweat and your heart race? You're not alone - heaps of people, including seasoned professionals, experience stage fright. But here's the good news: public speaking is a skill you can learn and improve.

Whether you're preparing for a class presentation, a debate, or just want to feel more confident, these tips will help you conquer your fears and improve your public speaking skills.

Understand your fear

First, it's important to understand that feeling nervous is normal. Even experienced speakers get butterflies before a big presentation. The key is to harness that nervous energy and use it to your advantage.

Prepare, prepare, prepare

One of the best ways to combat stage fright is to be well-prepared. So know your material inside and out: the more familiar you are with your topic, the more confident you'll feel. Practice your speech by speaking in front of a mirror, recording yourself, or presenting to friends and family. And if possible, visit the place where you'll be speaking beforehand to get comfortable with the space.

Use relaxation techniques

Calming your nerves before and during your speech can make a big difference. Techniques like [deep breathing](#) or [progressive muscle relaxation](#) can work wonders for both the physical and mental sides of anxiety.

Or why not give visualisation a try: imagine yourself giving a successful speech and picture the audience engaged and interested. It might sound strange, but [it really works](#).

Focus on your message

Remember, your audience is there to hear what you have to say, not to judge you. Stay focused on your message by using notes strategically (just try to avoid reading directly on a script).

Keep in mind why you're speaking and what you want your audience to learn or do, and consider how your message can help or benefit them.

Connect with your audience

Building a connection with your listeners can help you feel more at ease. After all, they're just people too (and might even hate public speaking just as much as you). Try making eye contact and read people's body language - if people look confused, take a moment to clarify your point.

Make the audience feel part of the experience by using inclusive language (saying "we" instead of "I") and asking rhetorical questions. If you feel comfortable doing so, sharing your own experiences can help engage people too.

Start strong

A powerful opening can boost your confidence and grab your audience's attention. This is another reason preparation is so important - being confident in your first few sentences can set the tone for the entire speech.

You could also begin with a hook to grab people's attention: use a surprising statistic, a provocative question, an intriguing anecdote, or memorable quote.

Use body language to your advantage

Your non-verbal communication is just as important as your words. Avoid crossing your arms or putting your hands in your pockets, which can make you appear closed off. Plus, good posture projects confidence and helps you breathe more easily.

And we know it's a bit cliché, but a genuine smile can help you feel more relaxed and create a positive connection with your audience.

Embrace mistakes

Remember, nobody's perfect, and mistakes happen to everyone. If you make a mistake, take a deep breath and try to relax - you can often just continue without drawing attention to it. For more significant errors, briefly correct yourself and then continue with your speech.

Celebrate your success

And for our final tip - after each public speaking engagement, take time to reflect and celebrate. Make a list of things you did successfully, no matter how small, and treat yourself to something you enjoy as a reward. Tell friends or family about your accomplishments to reinforce your positive feelings. You might also like to keep a journal of your speaking experiences you can look back on to see how you've improved over time.

Your journey starts now

Becoming a confident public speaker doesn't happen overnight - it's a skill that develops over time with practice and persistence. By using these tips and continuing to put yourself out there, you'll find that your fear of public speaking will decrease, and your confidence will grow.

Want to learn more about building important life skills? [Check out our other blogs on skill development here.](#)

Jobs & Careers

7 reasons to get a holiday job

As the holidays approach, you're probably keenly counting down to some time out and looking forward to winding down. Finding a holiday job might be the last thing on your mind. But if you give the benefits of a holiday job some thought, you might just change your mind. We've put together a list of 7 reasons why you might like get a holiday job.

Boost your confidence

Going through the application and interview process can be nerve-wracking, but the more you do it, the easier it will become. You'll have a great head-start over your peers who have never been through the experience before, and feel more confident applying for future jobs.

Build your resume

Once you've done some holiday work, you can then add it to your resume or CV. This is sure to impress potential future employers, universities, or you could even use it for scholarship applications.

Learn new skills

One of the biggest benefits of work, no matter what kind of job you have, is that you'll get the chance to build heaps of new skills that are useful for any career, including communication, teamwork, time management, problem solving, and more.

Find out what you enjoy (and what you don't)

You might jump into a job feeling super keen, only to find out you don't really like it all that much - or conversely, you might be hesitant about starting, but end up loving your work. This is your chance to see what you enjoy and see if it aligns with your future career goals.

Start networking

The old saying "it's not what you know, but who you know" still rings true. Leaping into the world of work will help you start making valuable contacts, whether it's someone who can act as a mentor, or someone to put down as a reliable reference for your next job application.

Earn money

Of course, one of the biggest advantages of having a job is being paid. And the best part is you can do whatever you want with it, whether you splurge on that luxury item you've been eyeing, or start putting money away for a car or gap year.

Start adulting

Earning money isn't all fun, unfortunately - you'll also need to think about important things like taxes, budgeting, and superannuation. But the earlier you start, the better equipped you'll be for the future.

Every job is valuable

You might think that flipping burgers or serving ice creams won't benefit you much at all, but you'll learn and gain more than you realise. The bonuses above are just a few of the reasons to get a holiday job. Plus, you could make new friends and have some fun along the way.

At the end of the day, life is all about balance. There's no need to find a job that has you slaving away from dawn to dusk, seven days a week. Something casual and flexible will still give you all the benefits while also leaving you with time to enjoy your holidays.

[You can find heaps more resources about the world of work on our website here.](#)

Families

9 tips to help your teen through exam time

As a parent, it's hard to watch your high schoolers go through stressful times, especially if you want to help but you're not sure how. One of those times can be the end of the school year, especially if your teen is facing important exams.

You can't do the exams for them, but you can support your young person during this stressful time. Here are 9 tips that could help your teen through exam time:

Reduce their household chores

Let your teen know that they have a temporary pass on their usual chores. Whether it's zero chores during the exam time or a reduced load in the lead up, see what works for you family and offer up the option.

Encourage effective study habits

Helping your teen to create a balanced, realistic study timetable and establish their study routine could be a great way to show your support and set them up for success. Remember to include breaks and use time management tools. They could also benefit from a quiet, organised study space if they don't already have one.

Healthy diet and sleep

We know that you've probably been doing this for years, but by preparing healthy balanced meals and stocking up on nutritious snacks for them to grab, you'll be making a positive difference. If you can find way to encourage your teen to get enough sleep as well, you'll be on to a winner. A well-rested mind is better equipped to handle stress and retain information.

Exercise and relaxation

By encouraging regular physical activity and using relaxation techniques, from meditation or deep breathing to walks and spending time with friends, you could help reduce your teen's stress levels,

improve their mood, and give their cognitive function a boost. These are all essential when it comes to learning, remembering, and performing well in exams.

Set realistic expectations

Reminding your teens that doing their best is more important than achieving perfection, and that you'll be proud of them no matter what, could be exactly what they need to hear during exams. You only want the best for your child, but removing any additional pressure or expectations could be a big help to them.

Be positive

It may seem like such a simple idea, but at a time when your teen's self-doubt may be high and their motivation is hard to maintain, your positive attitude and reinforcement could be just what they need to keep them going. Praise your teen's efforts and accomplishments, no matter how small, and come up with rewards that they'll love to help motivate them to reach their goals.

Limit distractions

Helping your teen minimise distractions – especially the addictive ones like social media, phones, and gaming – during study time could help them to maintain focus. You don't have to eradicate them completely, but take them out of action during study times and use them as rewards instead.

Stay calm

If you're able to keep your cool, even when you're dealing with a stressed out and potentially moody teen, you could be in a better place to de-escalate situations and help to get them back on track. You and your teen could even try using stress-reduction techniques like yoga, [progressive muscle relaxation](#), or journaling to create a calmer household.

Offer reassurance

Exam time brings pressure combined with worry about how their exam performance could affect their future. So it's understandable that your teen may experience mood swings and moments of frustration. Be patient, offer emotional support, and reassure them that no matter what happens, there are many alternative pathways to get them where they want to be, and you can help them to explore.

Every teenager is unique, and what works for one may not work for another, so tailor your support to your teen's individual needs and preferences. Your guidance and support could help them navigate the stressful exam period successfully and come out feeling better on the other side.

[You can find more tips and blogs for parents and families on our website here.](#)

Study Tips

The four types of study and when to use them

Want to get more out of your study time? The secret isn't necessarily studying harder or longer – it's about understanding the different types of study and using the right one at the right time. Just like a chef uses different cooking techniques for different ingredients, successful students use different study approaches for different learning goals.

What do we mean by "types of study"?

Not all study is the same, and different types of study serve different purposes, from building new knowledge to strengthening what you've already learned.

A "type" of study refers to a distinct approach or method of learning that serves a specific purpose and achieves particular learning outcomes. It's essentially the *way* you engage with information and learning material, rather than *what* you're studying. When you understand what each type does and when to use it, you can make strategic choices that maximise your progress and keep your study sessions engaging and purposeful.

A well-rounded study plan should include all types - you don't have to use them all in every single session, but rotating between them keeps your learning active, balanced, and purposeful.

Revision: Strengthening what you've already learned

Revision is probably what most people think of when they hear the word "study". It involves going back over material you've already covered to make sure you understand and remember it. This might be re-reading notes, summarising key information, creating flashcards, or working through past examples.

What does it actually do?

Revision is used to help move information from your short-term memory into long-term storage, making it much easier to recall when you need it. Without regular revision, you'll find that information from early in the term has largely disappeared by the time exams roll around, which means you're essentially learning everything again rather than building on solid foundations.

When is it useful?

- After you've learned new concepts in class or through reading
- In the lead-up to tests or exams
- When you notice you're forgetting material you learned earlier
- As regular maintenance throughout the term to keep information fresh

What does it look like in practise?

You might spend a study session going through your history notes from the past month, testing yourself on key dates and concepts. Or you could work through chemistry equations you learned earlier in the term to make sure you can still solve them confidently. The key is actively engaging with the material rather than just passively re-reading.

Effective revision isn't just about repetition – it's about testing your understanding and identifying any gaps that need attention. If you discover you can't remember or apply something you thought you knew, that's valuable information that tells you where to focus your efforts.

Knowledge building: Going deeper into topics

Knowledge building takes you beyond just remembering facts and helps you develop a deeper, more nuanced understanding of your subjects. This type of study involves exploring connections between ideas, asking questions that go beyond the basics, researching related concepts, and engaging in discussions that challenge your thinking.

What does it actually do?

Knowledge building strengthens your critical thinking skills and help you apply what you've learned in new and varied contexts. It's the difference between knowing that something is true and understanding why it's true, how it connects to other ideas, and what its implications might be.

When is it useful?

- When you've mastered the basics of a topic and want to understand it more deeply
- While working on assignments that require analysis or original thinking

- When preparing for exams that test application rather than just recall
- During lighter study periods when you have time to explore interesting tangents

What does it look like in practise?

You might read additional sources about a historical event you're studying to understand different perspectives, or explore how a mathematical concept applies in real-world situations. You could discuss complex literature themes with classmates or research current examples that relate to scientific principles you're learning.

This type of study often feels more interesting and engaging than basic revision because you're actively constructing understanding rather than just trying to remember information. It's also the type of learning that tends to stick with you long after exams are over.

Practise: Turning knowledge into skills

Practise is where you take the information and understanding you've developed and learn to actually use it effectively. This involves answering questions, writing essays, solving problems, conducting experiments, or engaging in any hands-on activities that require you to apply what you've learned.

What does it actually do?

Practise helps you identify gaps in your understanding, improve your performance under pressure, and build confidence through repeated application. It's often during practise that you discover you don't understand something as well as you thought you did, which is incredibly valuable feedback that helps you focus your learning efforts.

When is it useful?

- When you need to develop specific skills for assessments or exams
- After learning new concepts to test your understanding
- In the weeks leading up to major assessments
- When you want to build confidence in your ability to perform under pressure

What does it look like in practise?

You might work through past exam papers to prepare for upcoming tests, write practice essays to improve your writing skills, complete additional maths problems to strengthen your problem-solving abilities, or conduct experiments to understand scientific principles through hands-on experience.

The key with practise is getting feedback on your performance so you can identify areas for improvement. This might come from marking schemes, teacher feedback, peer review, or simply recognising patterns in the types of mistakes you're making.

Preparation: Getting ready to learn new material

Preparation involves activities that help you get ready to learn new concepts before they're formally introduced. This might include reading ahead in your textbooks, researching background information on upcoming topics, creating outlines of what you're about to study, or reviewing prerequisite knowledge that new learning will build on.

What does it actually do?

Preparation creates mental frameworks that make it easier to understand and integrate new information when you encounter it. When you're prepared, new concepts don't feel completely foreign – instead, they slot into the context you've already created, making them easier to grasp and remember.

When is it useful?

- Before starting new topics or units in your subjects
- When you know you'll be covering challenging material that builds on previous learning
- During holiday periods to get ahead for the upcoming term
- When you have gaps in foundational knowledge that might make new learning difficult

What does it look like in practise?

You might read the next chapter in your textbook before it's covered in class, research historical background before studying a particular period, review basic mathematical concepts before tackling more advanced problems, or look up key vocabulary for a new science unit.

Preparation doesn't need to be intensive or time-consuming – even light reading or brief research can make a significant difference to how easily you grasp new concepts when they're formally introduced.

How the four types work together

The most effective study routines incorporate all four types of study in a strategic way that supports your overall learning goals. You might use preparation before starting new topics, knowledge building during the initial learning phase, practise to develop skills and identify gaps, and revision to maintain and strengthen your understanding over time.

During a typical week, you might spend some time preparing for upcoming lessons, deepening your understanding of current topics through knowledge building activities, practising skills through problem-solving or essay writing, and revising material from earlier in the term to keep it fresh.

During assessment periods, you'll probably focus more heavily on practise and revision, whilst during quieter periods you might emphasise preparation and knowledge building to set yourself up for future success.

Different subjects might lend themselves more naturally to certain types of study. Science subjects often require lots of practise to develop problem-solving skills, whilst humanities subjects might emphasise knowledge building through research and analysis. However, all subjects benefit from a balanced approach that includes all four types.

Making it work for your routine

You don't need to perfectly balance all four types every week – the goal is to include each of them regularly in your overall study routine. Pay attention to which types you naturally gravitate towards and which ones you might be neglecting.

Many students over-rely on revision (re-reading notes) because it feels like studying and doesn't require much mental effort, but they miss out on the deeper learning that comes from knowledge building and the skill development that comes from practise. Others love the interesting exploration of knowledge building but avoid the harder work of practise that's essential for exam success.

Start by identifying your current patterns. Which types of study do you use most often? Which ones do you avoid or rarely engage in? Are there particular subjects where you rely too heavily on one approach?

Then experiment with incorporating the types you use less frequently. If you mostly stick to revision, try adding some practise sessions. If you love researching and exploring ideas but struggle with exams, prioritise more regular practise and revision.

Remember that different types of study require different mental energy levels and suit different moods. Preparation might be perfect for when you're tired, knowledge building for when you're curious and energetic, practise for when you need to focus intensively, and revision for when you want a more relaxed but productive study session.

The goal is creating a varied, engaging study routine that keeps your learning active, balanced, and purposeful – rather than falling into repetitive patterns that limit your academic growth.

Want more study tips?

[We have heaps of other handy study tips and resources to check out on our website here.](#)

Job Spotlights

How to become a Food Technologist

Food technologists are responsible for the research and development of new food and drink products. They also work to improve the quality and safety of existing products, processes, packaging, and storage related to food and drink.

If you have plenty of patience and persistence, are knowledgeable about food, and love science, this career could be ideal for you.

What skills do I need as a food technologist?

- Innovative and creative
- Thorough and precise
- Quick decision-maker
- Strong problem-solver
- Great communicator
- Good attention to detail
- Able to work under pressure
- Inquisitive and analytical

What does the job involve?

- Check products for colour, texture, taste, and nutrition
- Advise on storing, packaging, and preserving products
- Analyse data to compare with other products
- Develop new products and quality standards
- Oversee manufacturing processes and procedures
- Maintain safe and hygienic conditions
- Ensure compliance with relevant laws and regulations
- Provide advice to clients and consumers

What industries do food technologists typically work in?

- Manufacturing
- Professional, Scientific, and Technical Services
- Public Administration and Safety

What Career Cluster do food technologists belong to?

Food technologists are primarily [Informers](#), using their extensive knowledge of food science and research skills to complete complex tasks and advise others.

What kind of lifestyle can I expect?

There is a little room for flexibility, with some part-time opportunities available. Most of your work will be done during regular hours - it's unlikely that you'll need to work on holidays and weekends.

Many food technologists earn an above average wage throughout their careers. Food technologists mainly work indoors in laboratories, manufacturing facilities, and offices. There are limited opportunities for remote work as most tasks require access to specialised equipment and facilities.

How to become a food technologist

Most food technologist positions require a bachelor's degree in food science, chemistry, biology, or a related field. Some employers may accept candidates with vocational qualifications or other science degrees if they also have relevant experience or additional training.

Gaining other relevant qualifications, such as First Aid and safe food handling, can also improve your employment prospects.

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

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

- Get lots of hands-on experience with food - cook meals at home, take cooking classes, or study food technology subjects at school.
- See if you can find work experience in food manufacturing or a laboratory. Part-time work in food retail or hospitality can also be valuable.
- Join science clubs or participate in science competitions to start building important skills.

Where can I find more information?

- [Institute of Food Technologists](#) (Global)
- [Australian Institute of Food Science and Technology](#)
- [New Zealand Institute of Food Science and Technology](#)
- [Institute of Food Science and Technology](#) (UK)
- [Canadian Institute of Food Science and Technology](#)

Similar careers to food technologist

- Nutritionist
- [Process Engineer](#)
- Chemist
- Biologist
- [Lab Technician](#)
- [Industrial Designer](#)
- [Chef](#)
- [Agronomist](#)

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

Created by Study Work Grow in 2025

Web: studyworkgrow.com

Email: schools@studyworkgrow.com

Phone: +61 7 4039 3862

This newsletter and its contents are copyright © 2025 Study Work Grow. Member Schools have a limited, non-exclusive licence to use and adapt the content for their school community, in internal and public-facing communications, including newsletters, social media, websites, virtual notice boards, and printed materials. Attribution is not required; however, redistribution to external parties, non-member schools, or use outside the intended school community is not permitted without prior written consent from Study Work Grow. By using this content, schools agree to these terms of use.

You can find a plain English explanation of our Terms & Conditions and Privacy Policy on our website at studyworkgrow.com/guidelines-for-using-study-work-grow.