



PHHS Careers News

18th May, 2020

Compiled by Study Work Grow

Edited by Mrs Martin

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Mrs Martin's INFO

If you haven't already...

YR 11 & YR 12 SHOULD WATCH THIS (2 min)

<https://vimeo.com/402820844>

***DON'T MISS SIGN UP NOW* [YEAR13 Careers Expo](#)**

includes FREE strengths/interests assessment

18 May 2020, 8:00 am - 22 May 2020, 8:00 pm

What is the EXPO about? <https://vimeo.com/410427829>

Sign up details: <https://vimeo.com/415342857>

1. Click this link: <https://year13.com.au/account/verify/school/WF5DHEAX>
2. Fill out your details
3. Click Attending Expo
4. Complete your skills forecast and career plan- **profile links to the EXPO**

If you already have a MyYear13 account, just add this code [WF5DHEAX](#) in 'link school', in your profile.
(this is PHHS school code)

~~This week CHAT 'n SNACK 19 May Tuesday 12:25 TORRENS UNI CANCELLED~~

INSTEAD- Tuesday 19 May: TORREN'S TUESDAY

Click on the event to get to

today's TORREN's Virtual OPEN DAY **last week's TORREN's Virtual Careers EXPO**



Virtual
Careers
Expo

DEFENCE FORCE- Dial in INFO SESSIONS coming up- links to come soon

ADF Careers	Tuesday	19 May	2-3pm
Army General Entry	Tuesday	19 May	6-7pm
Women in Defence	Wednesday	20 May	12-1pm
Navy Officers	Thursday	21 May	2-3pm
ADF Trades	Friday	22 May	4-5pm

Not too late for Gap Year!

<https://www.defencejobs.gov.au/students-and-education/gap-year?page=1&perPage=21&query=>

COMING SOON? A Weekly ZOOM with Mrs Martin to answer all your questions-
By Friday- Email me your best days, best times, topics need to discuss?
NOT Tuesdays or Thursdays after 12:30 - students at TAFE; students work
Could be lunchtime or 2-3pm or 3-4pm?

First Topic: UAC, UNI PREFERENCES, *EAS, **SRS

YOU'RE INVITED TO...WOOLOOWARE CAREER TALKS THIS WEEK! ...and more the next week

DATE	Institution/ Organisation	Time	Link of Code for Presentation
18th May	ANU Australian National University has early Entry	2pm Mon	Attendees can join this meeting from a computer, tablet or smartphone. https://anu.zoom.us/j/93799362361 They can also dial in using a phone. AU: +61 2 8015 6011. Meeting ID: 937-993-62361
19th May	Notre Dame University- has early entry	2pm Tues	They will send details closer to the date
19th May	ACU Australian Catholic University Has early entry	4pm Tues	Join from a PC, Mac, iPad, iPhone or Android device: Please click this URL to start or join: https://acu.zoom.us/j/95045070992?pwd=RzRtOXdkSjI6aWtZZUJaSVVIZGk4UT09 Password: 086713 Join from dial-in phone line: Dial: +61 2 8015 2088 Meeting ID: 950 4507 0992
20th May	USYD University of Sydney	2pm Wed	The below link can be emailed to your students and their parents to register prior to event. https://uni-sydney.zoom.us/webinar/register/WN_TPbCBg20S-S5M2acg1AaGA Registrants will receive a reminder email an hour prior to the event with a link to attend.
21st May	UAC Universities Admission Centre	2pm Thur	https://uac.zoom.us/j/95755976387?pwd=ckRnVXpyU0tTV24zbHVYWDJEcnJmUT09 Password: 9752 Or Telephone: Dial: +61 2 8015 2088 Meeting ID: 957 5597 6387. Password: 9752

For all years and interests:

29 April – 29 May: Careers Webinars Daily at 10am- check out schedule [here](#) – once aired you can view [here](#)

18-May	Rhonda Moore - Sydney Trains	Learn more about the different job opportunities with Sydney Trains and discover their Apprenticeship Program
19-May	UNSW	Learn more about all the different study options with the UNSW
20-May	Sarina Russo - Apprenticeships & Traineeships	Learn more about Apprenticeships, Traineeships and School Based Apprenticeships
21-May	Michelle Blicavs, CEO, Association of Consulting Surveyors	Learn more about the Construction & Surveying industry
22-May	Murray Hurps - Director of Entrepreneurship at UTS	Learn more about how to become a successful entrepreneur & what program the UTS offers

Open Days & Info Sessions

[National Archaeology Week Online](#)

18 May 2020, 9:00 am - 22 May 2020, 3:00 pm Online

National Archaeology Week aims to increase the public awareness of Australian archaeology and the work of Australian Archaeologists both at home and abroad, and to promote the importance to protect Australia's unique archaeological heritage.

Cross River Rail has been uncovering Brisbane's past while building for the future, and we're running a series of online lectures and workshops to celebrate National Archaeology Week.

- Intro to Archaeology – Monday 18 May
- Methodologies – Tuesday 19 May
- Archaeology on Cross River Rail – Wednesday 20 May
- Archaeology in Australia – Thursday 21 May
- Archaeology in Queensland – Friday 22 May

Find out more: <https://crossriversrail.qld.gov.au/planning-environment/archaeology/>

[University of Sydney | Webinars and Q&A Sessions](#)

18 May 4:00 pm - 21 May 6:00 pm Online

In light of COVID-19 developments, the University of Sydney are not holding any face-to-face events in the short term.

However, they are holding several online events. The webinars will be held on the following topics:

- HSC study tips: Modern History
- All things Sydney
- Student stories
- Study abroad and exchange
- Meet a vet student: Live Q&A

Find out more: <https://www.sydney.edu.au/study/events-for-prospective-students/undergraduate.html>

[Torrens | Virtual Open Day](#)

19 May 2020, 12:00 pm - 3:00 pm

Online

Have you been considering online study but haven't decided if it's right for you? Join us for our very special online open day and get a feel for the Torrens online study environment.

- Live chat directly with Academics and Course & Career Advisors
- Meet other students in our virtual social lounge
- Explore your options to study online or on-campus
- Gain access to our video and resource library

Find out more: <https://www.torrens.edu.au/about/events-and-workshops/virtual-open-day-2020>

[WSU | Discover Western Webinar](#)

19 May 2020, 4:00 pm

Online

Thinking of starting University in 2021? Join our staff and current students to find out more about the Western Sydney University experience. They'll take you through our courses, pathways and student life to get you started on your journey to Western.

This online zoom webinar will give you the opportunity to gain key information about our areas of study, entry programs such as HSC True Reward and the benefits of a Western degree. You will hear from our staff and current students and have the chance to join an online Q&A.

Find out more: https://uws.zoom.us/webinar/register/WN_eBLnXlG0Tqievfish18k5Q

[INDUSTRY TAKING OFF- International Freight, Transport & Logistics](#)

19 May 2020, 11:00 am

Online

The International Freight, Transport and Logistics industry in Australia has recently been defined by the Federal Government during the COVID-19 crisis as an "Essential Service".

Why is this industry so important and essential now to the Australian economic recovery and the health of residents or tourists and how does this impact and highlight career options and pathway opportunities for students?

This webinar aims to inform career advisers, students and parents about the size of the industry, the diversity of roles, the interconnectivity to the global economy and the variety of pathways into the industry.

Find out more: https://zoom.us/webinar/register/2015862436611/WN_yQwNHVH0TcyywXCUfdwthQ

Interested all things Technology/ IT- ALL YEARS!

[Virtual BiG Day In](#)

20 May 2020, 11:00 am - 12:00 pm

Online

The BiG Day In events are aimed at senior secondary school and university students interested in careers in ICT and technology. BiG Day In helps students obtain more information about ICT and technology careers, and hopefully helps them make a better informed decision about their future.

Find out more: <https://www.thebigdayin.com.au/>

[Early Childhood Teaching Careers with Future Tracks](#)

22 May 2020, 11:00 am

Online

For students, there has never been a better time to pursue a degree in early childhood teaching. Not only is early childhood teaching a rewarding career where you can make an impact, it also opens up a range of opportunities in roles such as teaching, managing a small business, developing government policy and everything in between.

Join Future Tracks for a webinar on the Future of Early Childhood Education.

The webinar will explore early childhood teaching as a career pathway, shedding light on the opportunities available to students while studying at university and beyond.

Find out more: https://zoom.us/webinar/register/3315857087673/WN_vES-OyW2QamsgZoJodM7Rw

[CQUni | Virtual Open Day](#)

1 August 2020, 10:00 am - 1:00 pm

Online

CQUniversity is creating a virtual Open Day experience to support you in planning for your future.

Join CQUni online in the comfort of your living room and connect with CQUni's expert teaching staff, discover a huge range of TAFE and university courses, and learn more about their outstanding range of online and on-

campus support services. CQUni's expert team will be available to chat directly with you to provide career advice and scout out the best study options for you.

Whether you are looking to study online or on-campus, with over 40 years' experience in distance education, we're ready to provide you with a quality virtual learning experience.

Can't make it to this event? Visit CQUni's Open Days page to register for another event, join an online chat or request a chat with CQUni's expert team at a time that suits you.

Find out more: <https://www.cqu.edu.au/events/event-items/open-day/virtual-open-day>

CQUni | STEPS Information Session Online

29 May 2020, 9:30 am - 10:30 am

Need a little help to meet the entry requirements of your chosen university course? Or perhaps you just want some additional support to gain the knowledge, skills and confidence to successfully enter and undertake further study.

Find out how CQUniversity can be the support to your study and take the first step toward a brighter future with our Skills For Tertiary Education Preparatory Studies (STEPS) course at our STEPS Information Session. STEPS is a free, Centrelink approved enabling course that is designed to help you acquire the necessary skills, knowledge and confidence to gain entry into university.

Find out more: <https://www.cqu.edu.au/events/event-items/information-session/steps-information-session42>

CQUni | TAFE Information Session Online

2 June 2020, 10:00 am - 11:30 am

Online

Thinking about starting a TAFE qualification?

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

Have your questions answered by our teaching professionals and learn about our flexible study, pathway opportunities, apprenticeship information and how funding options may dramatically reduce the cost of your course.

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

University of Sydney | Year 10 Information Session

Online

2 June 2020, 6:00 pm

4 June 2020, 6:00 pm

Join one of our informative and entertaining online sessions for Year 10 students. A range of staff and student speakers will answer these important questions:

- How does scaling work? What should you consider when selecting your subjects for Year 11 and 12?
- What are prerequisites and assumed knowledge?
- What is university really like?

Register for 2 June: https://uni-sydney.zoom.us/webinar/register/WN_cQLjOyZ_Rq-Qj7a4Kzf-zg

Register for 4 June: https://uni-sydney.zoom.us/webinar/register/WN_MOBL0AhcSqqXHTc3p4NxBQ

University of Sydney | Year 12 Information Evening

9 June 2020, 4:00 pm - 7:00 pm

Online

We understand this is a stressful time for Year 12 students, and are committed to supporting you on your journey to the University of Sydney. Attend our online Year 12 Information Evening to find out more about our undergraduate course options, admission pathways, scholarships and more.

At this online event you can:

- Visit virtual booths staffed by faculty experts
- Get advice on your study interests and our course content
- Get your questions answered through one-on-one chat
- Speak with current students about their experiences at Sydney
- Chat with UAC about the ATAR and applying to university
- Attend a featured talk

Find out more: <https://www.eventbrite.com.au/e/the-university-of-sydney-year-12-information-evening-tickets-104000335804>

[AIE | Online Experience Day](#) 23 May 2020, 12:00 pm - 3:00 pm Online

If you have ever wanted to study 3D animation, game design or VFX for film online with AIE then our Online Experience Day is an ideal opportunity to find out more!

Course overview sessions will be running on the range of online courses in 3D animation, game art, game programming and game design offered by AIE. You will get to participate in workshops, guest speaker talks and much more. Have a question? Don't worry, pop by and one of our friendly staff from AIE online will be more than happy to assist.

With classes starting all the time, starting your career as a game developer or 3D animator has never been easier. Register now for this free online event.

Find out more: https://aie.edu.au/aie_event/online-experience-day/

[Education at ACU in 2021](#)

From 2021, ACU will be offering their new Bachelor of Education for you to study at any of their campuses. You can choose from a variety of specialities, including primary, secondary or special education.

Find out more about the new course offerings here: <https://www.acu.edu.au/study-at-acu/find-a-course/new-courses>

[ACU | Talk with Occupational Therapists and Speech Pathologists Online](#) 17 June 2020, 5pm - 5:45 pm

Join us online to hear from ACU alumni about their experiences improving people's quality of life. Take part in a Q&A session with our graduates to learn about the rewarding and challenging careers of occupational therapists and speech pathologists.

Find out more: <https://www.acu.edu.au/about-acu/events/2020/june/talk-with-occupational-therapists-and-speech-pathologists-online>

[ACU | Talk with Exercise Scientists and Physiotherapists Online](#) 1 July 2020, 6:00 pm - 7:00 pm Online

Join us online to hear from ACU alumni about their experiences working as clinical exercise physiologists and physiotherapists. Take part in a Q&A session with our graduates to learn what a career in exercise science and physiotherapy is like.

Find out more: <https://www.acu.edu.au/about-acu/events/2020/july/talk-with-exercise-scientists-and-physiotherapists-online>

Macquarie University | Year 12 Online Information Session

20 May 2020, 6:00 pm - 8:00 pm

Online

Join us for our Year 12 Online Information Session on Wednesday 20 May 2020 at 6pm for a series of short talks from our staff and current students. Our Future Students team will also be on hand to answer all your questions.

We'll cover everything from our admissions process to how we prepare you for the workplace through initiatives such as our PACE (Professional and Community Engagement) program.

Don't miss this opportunity to find out more about our early entry programs, courses, scholarships and everything Macquarie.

Parents are welcome to register and join the online session.

Let us know if you have any questions.

You can chat to the Future Students team on (02) 9850 6767 (Monday – Friday, 8.30am – 5.30pm) or email futurestudents@mq.edu.au. We look forward to you joining us online.

Find out more: <https://app.livestorm.co/macquarie/mqsc-year-12-online-information-session-webinar>

Macquarie University | Q&A Series

We're bringing Macquarie University to you! Every Tuesday and Thursday starting Tuesday 12 May, 4pm-5pm

This virtual Q&A series gives you the chance to ask our student ambassadors any question you like. With a different topic every session, select one or multiple dates to attend. Topics include early entry, adjustment factors, accommodation, uni life, scholarships and courses you can study.

Register now to secure your place.

Find out more: https://macquarie.zoom.us/webinar/register/WN_c0HhpBlgTLmWEUoHYhz49g

UTS | Intro to Software Engineering

21 May 2020, 4:00 pm

Online

Software engineering is the application of engineering principles to the design, development and maintenance of software. Software engineers develop systems that must work the first time and every time.

Register for this webinar to gain an insight into what software engineering is all about and find out if it's right for you.

Hear from key academics about what it's like to study software engineering at UTS and how best to prepare.

Find out more: <https://www.uts.edu.au/about/faculty-engineering-and-information-technology/online-events/engineering-undergraduate-students/intro-software-engineering-uts>

UTS | Intro to Civil and Environmental Engineering

25 May 2020, 4:00 pm

Online

Register for this webinar to learn how through civil engineering, you can specialise in a range of areas such as Construction, Structures or Environmental. Civil engineers are problem solvers. They determine solutions for infrastructure, big construction, structural design and growing environmental concerns impacting human activity.

Join us to gain an insight into what Civil and Environmental Engineering is all about and find out if it's right for you.

Hear from key academics about what it's like to study Civil Engineering at UTS and how best to prepare.

Find out more: <https://www.uts.edu.au/about/faculty-engineering-and-information-technology/online-events/engineering-undergraduate-students/intro-civil-and-environmental-engineering-uts>

[UTS | Intro to Data Engineering](#) 26 May 2020, 4:00 pm Online

Register for this webinar to learn how Data Engineers create and manage secure cyber-physical systems and infrastructure to service the ever-growing demands of our computer-driven data-centric society.

Join us to gain an insight into what Data Engineering is all about and find out if it's right for you.

Hear from key academics about what it's like to study Data Engineering at UTS and how best to prepare.

Find out more: <https://www.uts.edu.au/about/faculty-engineering-and-information-technology/online-events/engineering-undergraduate-students/intro-data-engineering-uts>

[UTS | Intro to Mechanical and Mechatronic Engineering](#) 27 May 2020, 4:00 pm Online

Register for this webinar to learn about dynamics (the science of moving things) and learn to calculate and control the movement and interaction of solid objects, fluids, heat and electricity. Design, build and manage automated and autonomous mechanical systems, with an emphasis on robots, smart machines, intelligent control systems, and biomedical devices.

Join us to gain an insight into what Mechanical and Mechatronic Engineering is all about and find out if it's right for you.

Hear from key academics about what it's like to study Mechanical and Mechatronic Engineering at UTS and how best to prepare.

Find out more: <https://www.uts.edu.au/about/faculty-engineering-and-information-technology/online-events/engineering-undergraduate-students/intro-mechanical-and-mechatronic-engineering-uts>

[UTS | Intro to Flexible Engineering](#) 28 May 2020, 4:00 pm Online

Not sure which engineering major to choose? The Flexible Engineering course is just that – flexible! Once you've completed core engineering subjects, choose a major or choose your own blend of compatible subjects.

Register for this webinar to gain an insight into what Flexible Engineering is all about and find out if it's right for you.

Hear from key academics about what it's like to study Flexible Engineering at UTS and how best to prepare.

Find out more: <https://www.uts.edu.au/about/faculty-engineering-and-information-technology/online-events/engineering-undergraduate-students/intro-flexible-engineering-uts>

[UTS | Intro to Information Systems](#) 2 June 2020, 4:00 pm Online

Data is being produced globally in unprecedented volumes. Specialists who understand complex information systems in fields such as Systems Analytics, Service Innovation, Smart Infrastructure, and Sustainable Enterprises will be in greater demand.

Register for this webinar to gain an insight into what information systems is all about and find out if it's right for you.

Hear from key academics about what it's like to study information systems at UTS and how best to prepare.

Find out more: <https://www.uts.edu.au/about/faculty-engineering-and-information-technology/online-events/it-undergraduate-students/intro-information-systems-uts>

[UTS | IT Scholarships](#)

18 June 2020, 4:00 pm

Online

If you are highly motivated with a passion and interest to pursue a career in IT, then this is the place for you! This session will focus on the flagship Bachelor of Information Technology scholarship, however, it will touch on all of the IT scholarships that are available at UTS.

Register for this webinar to gain an insight into the course structure, the application process and how to prepare an amazing application.

Hear from key academics and scholars about available scholarships and what it's like to undertake a scholarship at UTS.

Find out more: <https://www.uts.edu.au/about/faculty-engineering-and-information-technology/online-events/it-undergraduate-students/it-scholarships-uts>

[UTS | Intro to Computing Science](#)

18 May 2020, 4:00 pm

Online

With an emphasis on next-generation technologies, computer scientists solve deep problems in computing. They theorise, design, develop and apply computing and software for advanced programs.

Register for this webinar to gain an insight into what computing science is all about and find out if it's right for you.

Hear from key academics about what it's like to study computing science at UTS and how best to prepare.

Find out more: <https://www.uts.edu.au/about/faculty-engineering-and-information-technology/online-events/it-undergraduate-students/intro-computing-science-uts>

Workshops & Courses

[Take a Free Online Nutrition Course](#)

ShawAcademy is currently offering a free four-week course in nutrition that you can complete online.

Learn all about what's in your food, how your body works and eating healthy in their Diploma of Nutrition.

The course is free to sign up for the month of May, so start now.

Find out more and enrol here: <https://join.shawacademy.com/nutrition-2020-AMP-Shaw-Academy>

Scholarships

[UTS | IT Scholarships](#)

18 June 2020, 4:00 pm

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If you are highly motivated with a passion and interest to pursue a career in IT, then this is the place for you! This session will focus on the flagship Bachelor of Information Technology scholarship, however, it will touch on all of the IT scholarships that are available at UTS.

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Hear from key academics and scholars about available scholarships and what it's like to undertake a scholarship at UTS.

Competitions

[Plan Your Own Enterprise Competition 2020](#)

Entries are open until Friday 4 September.

Entries are now open to the 2020 Plan Your Own Enterprise (PYOE) Competition.

In up to 3,000 words students should present a creative idea for a small business as a business plan.

The competition is open to all full-time secondary school students. Students can work individually or in a team. Find out more and enter here: <http://bea.asn.au/pyoe/>

[Front Page Schools Competition](#)

Entries close Friday 28 August.

Front Page is an initiative of Nine and Australian Teachers of Media (ATOM). It provides Australian schools and classes with the opportunity to create and submit a short school newspaper, and win fantastic prizes in the process. Entry is free, and is open to all Australian schools and classes.

Find out more and enter here: <http://frontpage.online/>

[Aesthetica Creative Writing Award 2020](#)

Entries are open until Saturday 31 August.

The Aesthetica Creative Writing Award is an international literary prize that is a hotbed for new talent in Poetry and Short Fiction. Every year, Aesthetica Magazine supports both emerging and established writers through the Prize by offering publication in an anthology that is an inspiring collection of narrative and poetic forms.

The winners also receive the following: £1,000 cash prize each for poetry and short fiction, consultation with literary agents Redhammer Management, Membership to The Poetry Society, a subscription to Granta and books courtesy of Bloodaxe and Vintage.

Find out more and enter here: <https://www.aestheticamagazine.com/creative-writing-award/>

[Reedsy Weekly Writing Contest](#)

Looking to sharpen your creative writing skills? You can participate in Reedsy's Weekly Writing Contest.

Each week they will send a list of prompts for you to write a short story about. The winning story nets the author \$50 and is published on their blog.

Check it out here: <https://blog.reedsy.com/creative-writing-prompts/>

Further Learning

[10 free online courses for students](#)

Time spent learning is never wasted, and it could put you ahead of the competition. The good news is there are lots of free courses available online, with even more popping up in response to CoVid-19.

If you have a particular field of interest, then some research may be needed to find free courses that'll satisfy your goals.

In the meantime, here's 10 interesting courses we've found:

1. [Ethical Journalism](#)
2. [Design Thinking & Creativity for Innovation](#)
3. [Global Media, War and Technology](#)

4. [Introduction to Project Management](#)
5. [Marketing in a Digital World](#)
6. [Fundamentals of Graphic Design](#)
7. [Cameras, Exposure and Photography](#)
8. [Understanding the Australian Health Care System](#)
9. [Creative Writing: The Craft of the Plot](#)
10. [Introduction to Financial Accounting](#)

You'll need to double check that you're eligible to sign up and that the courses are still free to enrol.

Some of them offer the option of paying a bit at the end to get an official certificate of completion.

You might also like to check out the [free micro credentials](#) being offered by TAFE right now. You'll even receive a digital badge once you've successfully completed the course, which can be verified online as evidence of your work. You should be able to complete each course in around an hour.

Remember once you've done the course you should add it to your resume and update any skills you've gained.

[Your Path to UTAS in 2021](#)

Thinking of travelling interstate to study at the University of Tasmania in 2021? If your studies have been disrupted due to COVID-19, they have a new entry scheme to help.

Their Schools Recommendation Program allows you to apply to UTAS based on a recommendation from your school and your year 11 results, taking the pressure out of year 12.

Applications for the first round of offers are open now, and close on Saturday 30 May.

Get your application in here and find out more: <https://www.utas.edu.au/undergraduate-study/your-path-to-2021>

Work Experience

[University of Sydney Chemical Engineering Work Experience](#)

Our faculty offers work experience placements for Year 10 students interested in chemical engineering.

Students are teamed up with either an academic or PhD student to work on a project. For students in year 10.

The program will run from the 14-18 September 2020. Applications are open now and close Monday 3 August.

[Learn more](#)

Resources

[The benefits of Networking](#)

Networking sounds daunting, so let's break it down

"Networking" is a term you'll probably hear a lot of through your life, but more so as you begin working towards a career.

But what does networking actually mean?

Essentially, it's the building of purposeful relationships. You know, the ones that can add some form of value to your life (outside of socialising).

Networking at high school might seem a bit different than if you're an already established businessperson for example. But at the end of the end of the day, it's pretty similar. Spending time and energy, actively seeking out and improving relationships beyond your immediate circle is networking, no matter how old you are.

Build social and professional relationships

Connecting with other students outside your friend zone for study groups, mentoring, sports etc., that's networking.

Developing better relationships with teachers and other professionals when you need help, would like to volunteer your time, or get experience – that's networking too.

Working at MacDonald's for a few hours a week and engaging with other staff members and supervisors? Yep you've got it, networking.

Volunteering in an organisation and making an effort to interact with other volunteers and staff, as well as clients or customers? Then you're already networking, you might just not realise it.

Whenever you make new contacts and share information or ideas, or have meaningful conversations about relevant topics, that's a basic definition of networking. It really is that simple.

There are plenty of benefits to networking

You might be asking yourself why you should bother networking. After all it's an investment of your time and effort, so what could you get out of it?

Ultimately, there's the possibility that your 'networking connections' could prove fruitful by creating opportunities or supporting you later down the track. For example, one of your links may provide you with:

- a great reference
- recommended you for a job
- give you the chance to join a team or project that you're interested in
- an opportunity to learn skills that add value to your [resume](#)
- the chance to become a more competitive candidate in courses or job applications thanks to the knowledge, ideas, information or experience you learn from them.

When you're working and studying lots of positions, from internships to promotions, are filled internally within schools, university departments and business organisations. Having established, strong connections, could mean that you'll be the one to benefit in those situations.

Over the course of your career, if you stay focused and keep networking, you'll end up with a large circle of acquaintances. They'll be a great source of knowledge, provide you with up to date and relevant information, or they might send new clients and customers your way.

It's never too early to start networking

If you're still at high school, don't be shy. Here's a few simple ideas on how you could start networking, or expanding your existing network, right away.

- **Join clubs**, if you're at school, uni, TAFE, or working. Find those that reflect your areas of interest or subject choices, consider signing up to others that could give you important skills. For example, sporting clubs, study groups, focused project groups, or community groups.

- **Make time to chat with your parents' friends and parents of your friends.** They are a mine of information, with lots of knowledge about careers and educational pathways amongst other things.

They'll also have connections of their own, which could possibly help you tap into work experience, paid jobs and more.

- **Maximise opportunities** such as [work experience](#) placements at school, part time and voluntary jobs, or internships after uni.

Be professional, interested and enthusiastic. Volunteer your services and take every opportunity to learn from and chat to others in the organisation. You never know where it could lead, one day they could even offer you a job.

- Put your **social media** accounts and knowledge to good use. Learn more about LinkedIn and Twitter for example or learn about new platforms. Think about connections you'd like to make, other people and businesses you'd like to follow.

Do your research and remember that everything on any of social media accounts could be linked and visible to your network connections and potential employers. So, keep them "[clean](#)" and make sure they'll reflect you in a good light.

By the time you leave high school or graduate from university you could be surprised with how large your network is.

What are networking skills?

If we've convinced you that you can and should take networking a bit more seriously. Maybe you're planning on taking a more active role and increasing your network connections.

Well, in addition to creating more contacts, networking could provide you with experience and other skills.

These will come in handy in life, they'll also help you boost your resume so remember to include:

- **[Communication](#)**

Building relationships and sharing knowledge requires speaking, learning to talk to people in different age groups, professional levels and from different walks of life is a very valuable tool.

Active listening is important too, really concentrating on what you're being told, not interrupting, responding thoughtfully and remembering what is being said. Might sound easy, but it's a skill that requires practise.

- **[Non-verbal communication](#)**

Recognising and understanding unspoken cues such as gestures, facial expressions, eye contact, and body language are important too. Knowledge and understanding of these could improve your customer service skills, conduct yourself professionally, and reinforce the messages you're communicating verbally.

- **[Public speaking skills](#)**

Mastering public speaking early in life could put you at an advantage during interviews and other meetings where making a good and lasting impression is important. By joining clubs, working, and networking, you could be constantly improving your ability to speak well and confidently in the public arena.

- **[Other Interpersonal skills](#)**

In addition to communication, there are other skills that your networking could help you develop or illustrate on your CV. Examples might include:

- Team working
- Negotiation

- Problem solving
- Decision making
- Professionalism
- Leadership
- Responsibility
- Motivation
- Patience
- Positive attitude

Note: Don't add these skills or attributes to your resume unless you can provide examples of where you have demonstrated these skills in an interview.

A side note to remember

Networking is a two-way street. People won't include you in their circle if you don't contribute your own ideas and information.

Volunteering your services, introducing people to others who might be beneficial, or recommending your connections, (or their services) are all ways you can add value to your network relationships.

[Are you OK? | Looking after your mental health](#)

Your mental health and wellbeing's important

Your brain is the most important organ in your body.

So just like looking after your physical self, it's important to look after your mental health too.

You can [look after your mental health](#) in lots of ways. For example:

- making healthy and nutritious food choices
- ensuring you're getting a good night's sleep (enough of it and good quality)
- exercising and spending time outdoors
- learning skills to help manage stress like breathing techniques and meditation
- relaxing and taking time to decompress when you need it
- spending time with family, friends and with other people who boost you up and make you feel great about yourself

Self care isn't selfish, you matter and so does your mental wellbeing.

[Knowing when to get help for your mental wellbeing](#)

Everyone experiences ups and downs in life, that's normal. But if you find your mental health is getting off track more often than not, or you're struggling to think positively and feel happy – it could be time to ask for help.

Mental health issues could include feeling scared, anxious, frustrated, angry, or stressed.

Mental health issues affect us all differently, but there's help available for everyone.

You might just be feeling tired all the time, confused or overwhelmed, unable to make decisions and just wanting to bury your head in the sand.

Mental health issues can affect everyone differently. So, if you're not feeling like your usual self in any way, it's definitely worth acting and trying to find ways to help get you back to normal.

Where to find help for your mental health when you need it

If you're not feeling great for any reason, having a conversation with a parent, family member, or close friend is a great place to start.

Teachers and school counsellors could also be really helpful. You might find it easier to approach someone and talk freely if you've already established a good relationship with them. Or, maybe you'd feel more comfortable approaching someone who doesn't know you. Choose whichever option feels best to you.

Making an appointment with your GP is a good move too. They'll be able to rule out any physical illnesses, suggest ways that you could improve your mental health, or refer you to experts who'll be able to provide even more support.

There's also a tonne of [organisations](#) that you can contact if you know that your mental health is suffering. Services include counselling and crisis services you can access 24/7 if you need help immediately, or you know someone who does.

We've listed a few of services across Australia and specific to your state or territory in our blog "[Your mental health matters](#)".

When you contact a mental health professional for advice, guidance or help, you can approach them anonymously if you prefer. Services are usually discreet and confidential, but they're likely to be equally happy for you to include your family in consultations. The ball is in your court.

Be brave and get the support you need

Getting help sooner means getting your life back on track more quickly. With so many people around to help you, there's no reason you should have to struggle alone.

[Youth Beyond Blue](#) provide lots of resources worth checking out, you can access them online.

Take the [brain quiz](#) to help you figure out what's going on and point you in the right direction to take the next step.

If you need a little help managing feelings of worry and anxiety, you can do [The Brave Program](#). It's all online, free, and provides strategies that could help you to cope better.

Perhaps you'd like to help out a friend struggling with mental health issues, but you're worried about saying the wrong thing. Or maybe you'd like a friend to be there for you? Have a look at [The Check-In App](#).

They also have an [online forum](#) where you can ask other young people about their experiences and what helped them. It's **not** a replacement for professional advice, but it could help you realise that you're not alone or give you the confidence to ask for help.

[ReachOut](#) also provide services for young people. Their [NextStep](#) online tool could help you to:

- figure out what's going on
- suggest support options for you that'll suit your needs
- get help free, anonymously, you don't even have to speak to anyone. Plus, it's available online 24/7.

ReachOut also have a [forum](#) where anyone aged 14-25 is welcome to connect with other people who've experienced what you're going through.

Take the next step and get your mental health back on track

If you're concerned about your mental health, or you know your mental wellbeing isn't great, please reach out and get some help.

There's no need to be embarrassed or ashamed, and mental health problems aren't a sign of weakness. Think of it like catching a bug but in this case your brain under attack, and you just need to help it heal.

You can also seek help and advice on behalf of people you know, or suspect, might be struggling with mental health issues.

And remember, you can remain anonymous if you like. Nobody else needs to know you're getting help (although extra support could be a great thing). You have options to access help online, over the phone and face-to-face, plus **help is available 24/7**.

[COVID-19 Student Stories](#)

As schools across the country closed, students had to adapt to the new normal of online learning.

For year 12s in particular, this has been a tough time. ABC's Heywire has asked some year 12 students from around Australia about their experience.

Watch their video diaries explaining their day-to-day life of schooling at home.

Take a look at the video here: <https://www.facebook.com/abcheywire/videos/551938065739219/>

Job Spotlight

[How to become a Writer](#)

What do Writers do?

Writers use their knowledge of language to craft original content based on either facts or fiction. They produce text in many formats from blogs, articles and reports, to manuscripts and poems.

If you have a good grasp of English language and a creative streak, you're are persistent and love reading, then a career as a writer could be worth exploring.

About you:

- Disciplined and self-motivated, with top notch attention to detail
- Excellent written communication skills (particularly with respect to grammar and extensive vocabulary), and able to convey complex ideas with clarity
- Open minded with a thick skin (especially in relation to accepting changes and edits)

The job:

- Conceptualise ideas, research them accurately and in depth
- Write documents or other forms of text using your original ideas and research
- Proofread, edit and polish your writing before publishing

Writer salary (average) \$83,000 per year

(Source: Joboutlook.gov.au)

This salary is indicative only, it will vary depending on the type of writing you choose to do, if you are freelance or employed etc.

Job growth in writing is strong (source: Joboutlook.gov.au) depending on the field you choose to specialise in. To become a well respected writer you'll need to be dedicated, write as often as possible to hone your skills, and be able to take criticism and negative feedback constructively.

How to become a Writer in Australia

You can become a writer without any formal qualifications, however they could be useful by improving your skills and making you more appealing to potential employers.

Step 1 – Choose to study advanced or higher English, English literature and any technical or creative writing classes offered by your high school. Technical skills including web programming, blogging software, social media, and typing skills could also come in handy.

Step 2 – Attend writing workshops and do courses (online ones are often available). Work hard to develop your verbal, written communication, and persuasive skills. Try being creative with your works and trying new angles and styles of writing.

Step 3 – Enter writing competitions as often as possible. You'll challenge yourself and may become a published author as a result, plus it'll look great on your resume. You can find some competitions on our [page](#).

Step 4 – Apply for work experience positions within the industry, or volunteer in organisations where you'll be able to gain some knowledge and skills. E.g. Library, publisher's office, local newspapers and magazines, social media or marketing companies.

Step 5 – Research and complete tertiary qualifications that could help you find employment more easily. There are plenty of options to consider e.g.:

[Creative Writing Course](#) from TAFE QLD, there's also an advance course if you'd like to study further.

[Certificate IV in Professional Writing and Editing from VU](#)

[Diploma of Professional Writing and Editing](#) from a registered training organisation (RTO)

[Associate Degree in Professional Writing and Editing](#) from RMIT

[Bachelor of Creative Industries \(Creative Writing and Publishing\)](#) at USC

[Bachelor of English and Creative Writing](#) at Murdoch

[Bachelor of Journalism](#) at Bond

Or complete an approved degree in any field and do a [Graduate Certificate in Writing, Editing and Publishing](#) (or similar), which could be completed in 6 months.

Step 6 – Take on an internship, find a mentor, keep writing.

Find out more here –

<https://www.asauthors.org/findananswer/writers-and-services>

Similar Careers to Writer

Journalist

Author

Editor
Publisher
Technical Writer
Copy Writer
Blogger
Speech Writer
Screenwriter
Columnist

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

Frequently Asked Questions (FAQ's)

- **What's the difference between an author and a writer?**

Not much. These terms can often be used interchangeably. However, "Writer" generally refers to anyone who's main job duty is writing text, so it covers a broader range of careers. Authors usually work to generate original ideas as well as the content of their work, and their work has usually been published.

- **What do Writers do?**

Writers create text. Anything you read has been written by someone who's job or passion is writing. They may also have to do research, proofread and edit documents. The types of work writers produce includes (but isn't limited to), books, reports, technical information, articles, blogs, short stories, infomercials, and poems.

- **Where do writers work?**

Writers can work anywhere. Access to computers and the internet is often desirable but isn't always essential. Of course, this depends on the type of writing and constraints from your employers or publishers.

- **Do I need to go to university to become a writer?**

No, a university degree isn't a requirement for a career as a writer. A degree or other qualification could improve your career prospects and help to fast track your success.

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