

LIHS CAREERS

Weekly News for New South Wales

For March 6, 2023

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What's On This Week

[UNE | Highlands Science and Engineering Discovery and Challenge Days](#)

March 7 to March 8, 2023

The Highlands Science & Engineering Challenge and Discovery Days are held each year through the support of the Schools of Science & Technology and Environment & Rural Science, and The Armidale Central Rotary Club.

The Discovery Day, which is directed at years 5-6 primary students, will be held on Tuesday 7th March, while the Challenge Day, which is directed at years 9-10 high school students, will be held on Wednesday 8th March.

Each day is designed, through fun and practical hands-on activities, to inspire the students about the opportunities available in science, technology and engineering. Activities include bridge building, a catapult or a bionic hand! School teams are invited to attend.

[Find out more](#)

[Charles Sturt | Explore Days 2023](#)

March 7 to March 28, 2023

Are you in Year 10, 11 or 12? Explore Day is your chance to check out what life at Charles Sturt University is like – but with a twist!

Keen to check out where you'll be staying? You'll get to take a look at our accommodation and tour our campus, chat with students and get the lowdown from lecturers. There's even a free lunch and a swag bag of goodies. But the best bit about Explore Day? You can get involved! Pick which interactive session/s interests you, book your spot and then get set for some hands-on learning that's also a whole lot of fun. Each of our Explore Day campuses will run different sessions on everything from arts to vet science. There's lots for you to explore.

[Find out more](#)

[WEP | Student Exchange Info Session](#)

March 7, 2023

Imagine making friends from all over the world, learning about yourself and the world around you and seeing sights you could only dream of! Find out more about your student exchange opportunities at WEP's online info session.

[Find out more](#)

[SCCE | Exchange Webinar](#)

March 7, 2023

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

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

[Find out more](#)

[Aviation Careers Forum – Penrith](#)

March 8, 2023

Join us for a fun, interactive day to meet and engage with leading female Aviation role models. Listen to key female speakers and interact in our Airport & Aviation career seminars and panel discussions. Enjoy the fully catered breaks throughout the day to chat and engage with women in industry in a relaxed environment.

Come along and be inspired!

[Find out more](#)

[University of Sydney | Pathways to studying Law](#)

March 8, 2023

Interested in studying law or becoming a lawyer? Join us to find out about the pathways that you can take to enter our Bachelor of Law program and how it will help set you up for success in your career aspirations for law. Learn about the different degree combinations that you can choose from to further specialise your knowledge and skills in the legal field of your interest.

[Find out more](#)

[University of Sydney | Share your passion for learning as a Secondary Teacher](#)

March 8, 2023

Are you looking to become a qualified high school teacher or education professional? Join our webinar and hear what Associate Professor Kelly Freebody has to say about the new Secondary Education degree. The combination of Arts or Science study, Education units and professional placements provides our graduates with the knowledge and skills they need to be outstanding teachers and future leaders.

[Find out more](#)

[Careers in the Senior Schooling Years, and Beyond](#)

March 9, 2023

Helpful tips for teenagers, tertiary students and early career starters with Claire Pech, Careers Advisor.

In this talk Claire will be addressing:

- how to start off with career planning at school?
- how to know whether to study after you leave school, or leave school early or go to University or TAFE?
- will ADHD hold you back? or change this thinking?
- will ADHD cause challenges once you are working?
- will ADHD cause benefits once you are working?
- how and who can you work with on this journey?

Claire Pech is a Careers Advisor working in Sydney who has worked in the education sphere for over 20 years. She has a passion for helping students manage the uncertain terrain of navigating their own career. She also has a personal and professional interest in helping others with ADHD as quite often, they may need extra or specific support.

She specialises in:

- Subject selection and post-school alignment
- Course navigation and Institution choice
- University, Early Offer and Scholarship Applications
- Resume guidance and tailoring for job applications

- Interview technique, planning and preparation

For more information please go to <https://clairepechcareers.com/>.

This talk will be highly relevant to ADHD teenagers in Years 10, 11 and 12, tertiary students, early workers and their parents/carers.

Professionals attending will receive a Certificate of Attendance to help them keep track of their professional development.

[Find out more](#)

[UN Youth | NSW State Conference 2023](#)

March 10 to March 12, 2023

UN Youth New South Wales' State Conference 2023 will see up to two hundred high school students from across the state meet at Collaroy Centre (Collaroy, New South Wales) to learn about leadership, diplomacy and advocacy and to take part in the global conversation about international law. At State Conference, you will form friendships with a diverse array of students from all around New South Wales and become inspired to deliver change in your community and globally.

The 2023 State Conference focuses on the theme of 'Conflict in the Modern Age' and spans two and a half days, giving students a whole weekend to make new friends from across the state!

Delegates (students) will spend the first day of the State Conference meeting each other, getting involved with our interactive modern conflict workshops and tackling a simulated Interactive Problem Solving activity. The final day of State Conference is the Delegate's chance to emulate a member state of the United Nations in Model UN committee debates. Get into a diplomat's shoes for a day and do your best to pass resolutions that will benefit the global community and align with your national interests – not always an easy task.

In 2023, we are also offering better ways to access our event. For young people who may need financial or another type of assistance, please use our accessibility scholarship application.

[Find out more](#)

[InspirationED | HSC Live – March Seminars](#)

March 11 to March 19, 2023

Attend our ACE the HSC lecture and choose from a range of subject-specific seminars.

Subjects include:

- English – Advanced & Standard
- Mathematics – Advanced & Standard
- Science – Biology, Chemistry & Physics
- HSIE – Business Studies & Legal Studies
- PDHPE

Our teachers are acknowledged by their peers as the most passionate, qualified and experienced in the HSC.

Each session contains a detailed syllabus review which includes particular focus on the more difficult sections of the syllabus.

Participants will receive a set of comprehensive notes, questions and exemplar responses.

[Find out more](#)

[Basair | Pilot Career Seminar, Sydney](#)

March 13, 2023

Learn about career paths, salaries, entry level jobs, qualifications, pilot courses and everything you need to know about becoming a Commercial Pilot in less than a year at Basair.

[Find out more](#)

[BiG Day In UTS](#)

March 14 to March 15, 2023

Join us at UTS for the 2023 BiG Day In event – hear from organisations such as Adobe, Australian Space Agency, Microsoft, Animal Logic, Westpac, TCS, Woolworths, Avanade, Wisetech Global & loads more to come – all talking about where a career in technology can take you.

[Find out more](#)

[University of Sydney | Info Night – Fairfield](#)

March 14, 2023

Discover why the University of Sydney is the right place for you! Chat with current students and alumni from South West Sydney who are studying a variety of our degrees. Learn about admission requirements, entry schemes, pathways, fees, scholarships, other financial assistance and support services we offer from our expert staff and UAC representative. We'll be serving light refreshments for you to enjoy during the event.

[Find out more](#)

[UNSW | Year 12 Medicine Information Evening](#)

March 14, 2023

UNSW's Medicine Information Evening, for current year 12 students, will provide insight into the dynamic blend of hands-on clinical experiences and research-focused learning that you will be immersed in as a UNSW Medicine student. You'll also find out detailed information on the application and admissions process for 2024 entry, including special entry schemes such as Rural, Gateway and Indigenous Entry Schemes.

[Find out more](#)

Important Future Events

[Create for a Day at SAE](#)

April 15 to April 29, 2023

SAE Institute is opening its doors this April for a one-day program, designed to expand your skills and get you working on inspiring creative projects in the fields of Animation, Audio, Design, Film, Games, Music Production, or Songwriting.

Don't miss out on your chance to experience life as an SAE student and discover what it means to be a creative professional, in state-of-the-art facilities with industry experts by your side.

During the workshop, attendees will learn valuable practical and collaborative skills to build a creative piece of work! They will also receive a certificate of participation to acknowledge the creative project they have undertaken.

Due to the level of workshop content, this event is open to school students aged 15 years and above (Year 10 and over).

[Find out more](#)

[University of Sydney | Regional Residential Program](#)

April 17 to April 21, 2023

Regional NSW Year 12 students are invited to join us on campus in the April school holidays.

This is your opportunity to explore the campus and prepare for future study at the University of Sydney. Supported by current students and faculty staff, this will be an immersive experience where you will:

- participate in workshops and information sessions to plan and prepare for HSC studies
- navigate your pathway and study options
- gain an experience of life as a University of Sydney student
- meet and chat with current University of Sydney students
- sightsee around Sydney!

The University will organise and cover the cost of travel, accommodation, food and experiences related to the residential event. Places are limited, so get in quick!

[Find out more](#)

Scholarships

Scholarships for Students Experiencing Financial Difficulty

Going to university can be really expensive – not only do you need to think about course fees, there's also the cost of textbooks, technology, travel to and from campus or accommodation fees, and more. It can be easy to be put off studies because of the cost, but there is help out there. Lots of universities offer scholarships for students experiencing financial difficulty.

Who is eligible?

To be eligible for one of these scholarships, you'll need to be experiencing some kind of financial hardship. This can be that your parents are facing financial difficulty, or yourself if you're independent. Some universities will specify an exact amount you need to be earning less than, while others test on a case-by-case basis.

There are different ways universities verify your eligibility, but it's usually done by seeing whether you receive means-tested Centrelink benefits, or by providing a [statutory declaration](#).

Top scholarships for students experiencing financial difficulty

If you're facing financial disadvantage and are looking for a scholarship to help, here are some of the best ones we've found:

[University of Newcastle Ma & Morley Scholarship Program](#) – this scholarship has a special category for people who have faced educational disadvantage, including financial difficulties. It's worth up to \$75,000 and includes a China immersion experience.

[Griffith Chancellor's Scholarships](#) – worth between \$11,000 and \$22,000, these scholarships are designed to help students who have faced financial and educational struggles.

[UAC Equity Scholarships](#) – a large suite of scholarships available from many different unis designed to help students from low socio-economic backgrounds.

[Deakin Student Support Scholarship](#) – offers up to \$10,000 per year for students facing financial difficulty.

[SATAC Equity Scholarships](#) – scholarships for students in financial need studying at the University of South Australia.

You can find lots more scholarship opportunities on our database [here](#).

Some scholarships you may be interested in:

Torrens University – Vogue Australia 50% Design Scholarship

Open: March 1, 2023

Closes: May 22, 2023

Value: 50% reduction of your course fee

Apprenticeships and Traineeships

Tourism Apprenticeship and Traineeship Spotlight

Tourists spent [\\$96.8 billion](#) in Australia over the 2021-22 financial year – and now that we're bouncing back from COVID and international travel is once again on the rise, this number is only going to get bigger. If you want to be a part of this booming industry, you might like to look into doing an apprenticeship or traineeship in tourism.

What is a career in tourism?

Tourism is a huge industry, commonly comprising of roles in accommodation, hospitality, retail, transport, and even education. You could find yourself leading tour groups, checking in guests at a hotel, driving a tour bus, organising travel itineraries, operating your own souvenir shop, or cooking at a popular restaurant. There are so many different roles and jobs to choose from.

What skills do I need for a career in tourism?

A huge part of tourism revolves around people, ensuring they have the best possible experience on their travels. So you'll need to be a great communicator, as well as patient and kind. The industry can be fast-paced at times too, so being adaptable and organised is also very important.

Why should I consider a tourism apprenticeship or traineeship?

Apprenticeships and traineeships are a great way to get your foot in the door with an employer and start building valuable skills. There are often lots of opportunities to continue working with your employer after your apprenticeship or traineeship is complete, and even advance your career down the track.

A tourism apprenticeship or traineeship will see you doing real work for an employer while completing study with a TAFE or RTO. A tourism apprenticeship or traineeship can take anywhere between 1-4 years to complete, depending on whether you work and study full- or part-time.

Here are some common qualifications you might want to look into:

- [Certificate III in Tourism](#)
- [Certificate III in Hospitality](#)
- [Certificate III in Commercial Cookery](#)
- [Certificate IV in Travel and Tourism](#)

There are tons of benefits to an apprenticeship or traineeship, rather than just work or study alone, including:

- Getting paid while you learn – unlike uni, you can work and study without having to take on an insane work load.
- The opportunity to get hands-on experience, not just endless reading.
- The potential to connect with an employer and continue working with them after your apprenticeship or traineeship is finished.
- Your qualification will be nationally recognised, meaning you can go anywhere with it.

Where can I find apprenticeship and traineeship opportunities?

Just like searching for a job, there are lots of places you can go to find an apprenticeship or traineeship. You can start your search on sites like [SEEK](#) and [Indeed](#). Take a look on social media like Facebook or LinkedIn to see if any local businesses are hiring. Sign up with an [Apprenticeship Network Provider or Group Training Organisation](#), or even go old fashioned and take a look in the local paper or give local businesses a call.

Here are some examples of the kinds of opportunities available:

- [Trainee Food & Beverage Attendant](#), Ayers Rock NT
- [Apprentice Chef](#), Perth WA
- [School-Based Traineeships with CaPTA](#), Cairns QLD
- [Trainee Skipper](#), Melbourne VIC
- [Bus Operator Traineeships](#), Burwood NSW

Getting Ready for Work

Video Job Application Tips

Some organisations or jobs might request you to submit a video application, or you might decide to break the mould and create a video application of your own.

Here's some information that you may find useful:

Be prepared

Do your research and write a “script” of what you’d like to say.

Practise

Your video will have most impact if you look confident and natural. Which is going to require practise (the good news is each time you do it, it will feel less alien and cringey).

Ask someone else to listen to you or watch your pre-recordings for tips on how you could come across more professionally and at ease.

Get creative

Don't just read your resume out line by line – you'll probably be submitting that along with your video anyway. This is your chance to really showcase your personality and talk in a bit more detail about your strengths.

Have the technical side organised

Decide how you'll record the video and make sure you know how everything works and that it's all charged and ready to go.

Know how to edit and submit your video file. Double check the size and length of the video and make sure your email will send the file OK.

Ask for help if you need it from family, friends, or your school IT teacher.

Scout the best location

Choose a quiet, clean, location with a neutral background which looks professional (no piles of laundry or dirty dishes in the background). Good lighting is important, as is a location where you can shut out any unwanted interruptions (siblings, pets, etc).

Look the part

Treat this like an interview as well as an application. First impressions do count, so make sure you look professional, well groomed and smart (even if you have trackie pants and thongs on under the desk).

Things to include

Start with a greeting and a brief introduction about yourself – include your name and the job you're applying for.

Go on to provide a brief, clear summary of yours qualification, skills, and experience. Explain why you're interested in the role and why you'll be a great fit for the role.

Let them know about any relevant achievements, share a few hobbies or interests that could connect with the job or organisation.

Keep it brief and stick to any stated time limit. Be confident and enthusiastic, check your posture and body language, smile and be friendly (but avoid being overly casual or using slang).

Get more help with getting a job

Find out how to get prepared for the world of work, get tips on finding opportunities, acing interviews and more, in the [Getting a Job Guide](#).

Work Experience

Work Experience Alternatives

As important as work experience is, sometimes it can be tricky to find a placement. You may need to look at work experience alternatives in order to explore industries and careers that you're interested in. Here are some work experience alternatives you might like to check out.

Top 5 work experience alternatives

If you can't find any work experience through school or other channels, there are a few other options that could provide you with either some experience or at the very least a better understanding of some of the jobs and careers out there.

Virtual Work Experience

Virtual work experience could provide you with:

- An opportunity to gain more understanding about what specific businesses do
- The chance to find out about different careers that might interest you
- Access to companies that you might not normally be allowed into
- Better comprehension of business processes and etiquette, as well as your rights and responsibilities
- Knowledge of the essential skills you'll need
- The chance to boost your resume with transferable skills, experiences and engagement

A virtual experience could entail anything from a tour or interactive webinar experience, to completing set tasks and receiving personalised feedback.

You could start by reading our [Virtual Work Experience](#) post.

Virtual Workplace Tours

Taking virtual workplace tours could give you an idea of what it really looks like to work in an industry that you're interested in.

[SkillsRoad 360](#) have put together some interviews with people employed in the following industries:

- Creative Industries
- Construction
- Hospitality
- Manufacturing
- Healthcare

Take a virtual tour of the [Australian Defence Academy](#) (ADFA) or Royal Australian Naval College's [Navy's New Entry Officers Course \(NEOC\)](#).

[WorkForce Windsor-Essex](#) are a Canadian company who've created a few videos about companies representing the following industries:

- Industrial
- Carpentry
- Electrical designers, engineers and technicians
- Hospitality
- Auto Manufacturing
- Vegetable Growers

Check out this [Toyota Automotive Workshop Virtual Tour](#) in Queenstown, NZ. Or take a peek inside [Parliament House](#) in another Virtual Tour.

Listen to Podcasts

There are plenty of valuable audio experiences to be had too. You could download them and listen to them whenever you have a little bit of time to spare.

Here are a few we've found in a quick search:

- [Major General Susan Coyle CSC, DSM currently working in the Middle East as Commander of Joint Task Force 633 talks about her military career as well as her current mission.](#) There are also plenty of other interviews with Veterans in the [Life on the Line](#)
- [How I built this](#) series investigates the stories behind some of the most well-known companies.
- Listening to [Career Cloud](#) could help you get tips about the qualities that employers are looking for, hidden job markets, personal brands and even a "how I got my job" segment.
- If you're interested in a career in tech or entrepreneurship, you could pick up some tips in the [Rocket Ship FM](#).
- Listen to interviews with people doing interesting and inspiring work in the ["How did you get into that?" series](#).
- [Aviation Careers](#), a podcast for anyone interested in the variety of careers in the aviation industry.
- Find out about the people who worked to get their dream job and how they got there in [Dream Job Ready](#).
- [Thirty Minute Mentors](#) lets you hear from some of the most successful people in America.
- Learn about what being an engineer is like in [Engineering Heroes](#).

Read about different careers

There are plenty of articles and interviews with people in all kinds of fields, all you need to find them are a few googling skills.

Here's a few examples to get you started:

- [Furniture Maker](#)
- [Head Chef](#)
- [Teacher](#)
- [Marketer](#)
- [Paramedic](#)
- [Zookeeper](#)
- [Fisheries Officer](#)

You could also take a look at our [Job Spotlights](#) too.

A Day in the Life Videos

Watch snapshots of a typical day in different careers, or interviews with people in the job about what they do and how they started their careers.

- [Veterinarian](#)
- [Structural Engineer](#)
- [Livestock Farming](#)
- [Architect](#)
- [Psychologist](#)
- [Web Developer](#)
- [Musician](#)
- [Mining](#)
- [Helicopter Pilot](#)
- [Train Driver](#)
- [Navy Helicopter Pilot](#)
- [Maritime Warfare Officer](#)
- [Army Combat Engineer](#)
- [Submariner](#)
- [Air Force Nurse](#)

It's never too late to get work experience

If you're in high school and you're stressing out that you haven't yet had any work experience, there is plenty of time left.

In the mean time you can have a look at all the options we've listed, maybe narrow down your career choices and start looking again in the future.

You could also look at doing workshops, short courses and micro-credential courses that could teach you new skills, illustrate your willingness to learn and add volume to your resume.

Ideas for Work Experience

[goIT Girls – Work Experience Program](#)

TCS' goIT Girls is a week-long work experience program aimed at female students in Years 10 and 11. At TCS, we are empowering Australian students with the skills they need to be ready for the workplace of the future.

Competitions

[5 Great Competitions for Artists](#)

Have a creative side and want to show off some of your work? You might like to enter a competition. There are tons of great competitions out there for artists, from painting and drawing to writing and poetry. Read on to see some of the best competitions for artists.

Why should I enter?

If you haven't thought about entering a competition before, here are some reasons you should:

- Hone your skills – competitions are a great way to refine your skills and experience, as working to a deadline can be different to just doing something for yourself.
- Get recognition – it's always great to get feedback on your work, and even if you don't win it's always a chance to improve.
- Win prizes – we had to mention this one. Whether it's cash, mentoring opportunities, or the chance to exhibit your work, we can't deny this is a great perk of competitions.

5 great competitions for artists

Now that you're convinced, here are some of the best competitions we've found you might like to enter:

[The Archibald Prize](#) – this is Australia's premier portrait painting competition, running for over 100 years. The winner receives a whopping \$100,000 prize (plus smaller prizes available for the Packing Room Prize and People's Choice). There's also the [Young Archie](#) competition for those under the age of 18.

[William and Winifred Bowness Photography Prize](#) – a prestigious photography competition run by Monash Gallery of Art. The top prize includes \$30,000 and the addition of your work into the MGA's collection.

[Telstra National Aboriginal and Torres Strait Islander Art Awards](#) – also known as NATSIAA, this is the country's longest running and most prestigious Aboriginal and Torres Strait Islander Art Award. Artists share in a total of \$190,000 in prize money for works in several categories.

[ABR Elizabeth Jolley Short Story Prize](#) – one of Australia’s leading prizes for original writing, worth \$12,500.

[We the Makers Sustainable Fashion Prize](#) – open to emerging professional designers working in sustainable fashion, entries go in the running to win a top prize of \$10,000.

Nothing here that suits you? Don’t forget you can find tons more competitions on our website [here](#).

[Anthology Travel Writing Competition 2023](#)

Established for writers who like to share authentic travel experiences and to provide a platform for publication. The *Anthology* Travel Writing Competition is open to original and previously unpublished travel articles in the English language by writers of any nationality, living anywhere in the world. We are looking for an engaging article that will capture the reader’s attention, conveying a strong sense of the destination and the local culture.

Open to both new and established writers, articles submitted must not exceed 1,000 words.

Writers can submit as many entries as they wish. Each submission will require a separate entry form and is subject to a separate entry fee.

The winner will receive a €500 cash prize and the chance to see their work published in a future issue of *Anthology*.

Entries are open until 30 November 2023.

Find out more and enter here: <https://anthology-magazine.com/awards/travel-writing-competition/>

[Anthology Flash Fiction Competition 2023](#)

Established to inspire creativity, great writing and to provide a platform for publication. The *Anthology* Flash Fiction Competition is open to original and previously unpublished flash fiction pieces on any theme or genre in the English language by writers of any nationality, living anywhere in the world. We are looking for writing that is clever and unique, inspires us, and crafts a compelling story.

Open to both new and established writers, articles submitted must not exceed 250 words.

Writers can submit as many entries as they wish. Each submission will require a separate entry form and is subject to a separate entry fee.

The winner will receive a €300 cash prize and the chance to see their work published in a future issue of *Anthology*.

Entries are open until 31 October 2023.

Find out more and enter here: <https://anthology-magazine.com/awards/flash-fiction-competition/>

Resources

[7 ways volunteering could benefit you](#)

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

Learn new skills

No matter where you decide to volunteer, there will always be an element of training. While the skills may seem basic or trivial, they could be essential building blocks for future careers. For example, if you're collecting, organising, accounting for, and distributing donations from school fundraisers, you might be learning more than you think about finances, budgeting and inventory. Skills useful in almost all jobs including management, accounting, or running your own business.

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

Give your resume a boost

If you have lots of part time or summer work experience on your resume that's fantastic. Got computer skills? Excellent.

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

Make you stand out in admissions

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

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

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

Form connections and networking contacts

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

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

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

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

Personal development

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

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

You could:

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

Positive impacts on your health

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

Feel great about yourself

So this is a bit cheeky, as it kind of ties in with number 6, but we felt it deserved its own spot. When you volunteer you're not only benefiting yourself, you're having a positive impact on lots of other people around you too.

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

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

Find a volunteering position that works for you

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

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

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

[International Women's Day – Equity and the Pay Gap](#)

We will be celebrating [International Women's Day](#) on the 8th of March, with the theme of **embracing equity**.

The goal of this theme is to encourage people to think about why equal opportunities aren't enough – people start from different places, so true inclusion and belonging require equitable action. To put it more simply, we need to recognise the difference between *equality* and *equity*.

[Marin Health and Human Services](#) explains it like this:

“Equality means each individual or group of people is given the same resources or opportunities. Equity recognizes that each person has different circumstances and allocates the exact resources and opportunities needed to reach an equal outcome.”

And so on the theme of equity, we thought we'd touch on another relevant topic: the gender pay gap.

What is the gender pay gap?

The Australian Government's [Workplace Gender Equality Agency](#) defines the gender pay gap as “a measure of how we value the contribution of men and women in the workforce. Expressed as a percentage or a dollar figure it shows the difference between the average earnings of women and men.”

It's important to note that this isn't the same as equal pay. It's true that women and men are paid the same for performing the same role. What the pay gap refers to is the difference in average pay between men and women on a wider scale, and the factors that cause this to happen.

So why is there a gender pay gap?

There are lots of things that cause the gender pay gap. Here are just some of them:

- discrimination in hiring decisions, both unconscious and intentional
- the fact that women are more expected than men to take time off to care for children
- a lack of workplace flexibility to accommodate for caring responsibilities (this one affects men too!)
- female-dominated industries commonly having lower wages (such as healthcare and education)

- the fact that there are less women in management and leadership positions
- The main factors are summed up nicely in [this video by the WGEA](#).

Examples of the gender pay gap

We've gone and actually found some data to show that the pay gap is definitely real in Australia. We looked at [data from the ATO](#) on particular occupations, both male- and female-dominated, and compared the average salary of both men and women in these occupations. Take a look.

Job	Gender Balance	Avg. Female Salary	Avg. Male Salary	Gap (\$)	Gap (%)
Doctor	Both	\$ 100,314	\$ 127,142	\$ 26,828	21%
Teacher	Female	\$ 81,683	\$ 92,371	\$ 10,688	12%
Business Manager	Both	\$ 94,086	\$ 133,667	\$ 39,581	30%
Lawyer	Both	\$ 120,360	\$ 154,372	\$ 34,012	22%
Registered Nurse	Female	\$ 67,856	\$ 80,387	\$ 12,531	16%
Psychologist	Female	\$ 85,405	\$ 99,953	\$ 14,548	15%
Web Designer	Male	\$ 74,857	\$ 89,891	\$ 15,034	17%
Veterinarian	Female	\$ 80,678	\$ 118,534	\$ 37,856	32%
Police Officer	Both	\$ 103,428	\$ 118,827	\$ 15,399	13%
Architect	Male	\$ 76,600	\$ 105,687	\$ 29,087	28%
Electrical Engineer	Male	\$ 96,793	\$ 123,330	\$ 26,537	22%
Systems Engineer	Male	\$ 94,430	\$ 116,985	\$ 22,555	19%
Sportsperson – Footballer	Male	\$ 55,214	\$ 150,466	\$ 95,252	63%
Motor Vehicle Mechanic	Male	\$ 50,156	\$ 64,515	\$ 14,359	22%

Not surprising, right? Interestingly, we can see confirmation that even in jobs where there is a significantly higher proportion of women, men still have a higher average salary.

So what can we do about it?

Let's go all the way back to our original topic – equity.

From this information, it's easy to see that focusing on *equality in opportunity* doesn't result in *equitable outcomes*. Instead, we need to acknowledge and work on the social and economic factors causing this inequity in the first place.

This means employers should be encouraging more men to take time off work to care for children (and part of this includes providing equal access to parental leave for men). It means

breaking down barriers around gender expectations and discrimination. It means supporting the women in our lives in all different ways, whether it's about work, education, or health. The goal of equity is to change systemic and structural barriers that get in the way of people's ability to thrive – and at the end of the day, that benefits us **all**.

Early Entry Quick Facts

If you're in Year 12 this year, you've probably already started thinking about university. But you don't need to wait until the end of the year – early entry programs are more popular than ever. Early entry gives you the chance to receive an offer to uni before you've finished your exams. This can give you peace of mind and help you be more relaxed during what can be a stressful time.

We've put together some interesting stats about early entry over the last year, and what you might be able to expect this year.

Download as a PDF [here](#).

Workplace Spotlight

The Career Clusters in a butchery

Butcheries are places where meat is processed and prepared, then sold. Some might be large scale operations that sell meat wholesale and in bulk, while others are smaller retail stores accessible to the public.

Here are some things you should know about working in a butchery:

1. Safety is important – not just the safe operation of tools and machines, but food hygiene and cleanliness as well.
2. You'll need a strong stomach – working with meat isn't for the faint-hearted (and you probably won't want to be a vegetarian either!).
3. Communication is key – you'll be doing a lot of work with other people, and talking to customers and clients.

Key Outcome – preparing and selling meat

The focus of a butchery is to prepare a wide variety of meat and smallgoods, and then sell them on, ensuring products are of high quality and safe to eat.

Key Tasks –

- Cut and prepare products
- Package and store products safely

- Sell products to customers and clients
- Ensure standards and regulations are met

Industry – you can find butcheries in the retail and manufacturing industries

Butcheries are found in the retail and manufacturing industries, as they are responsible for both the initial processing of animals and meat and their eventual sale to the public or wholesale.

Work Environment – You can expect regular hours and on-site work

Regular work hours | Work on-site | Lots of jobs in regional and rural areas | Strong job growth

If you work at a butchery, you might be expected to start early in the morning to ensure products are ready by the time customers arrive. The upside to this is your working day often finishes early too. Holidays can also be busy, as demand for meat tends to rise around these times. Outside of these times, working hours are fairly regular and reliable.

Almost all of the work in a butchery needs to be done on-site, so there isn't much opportunity to work from home.

There are butcheries almost everywhere in the country, so you'll be able to find work no matter where you go. But there is especially high demand in rural and regional areas, particularly on the processing and manufacturing side, where you'll find butcheries working closely with local farms.

The Career Clusters you'll find in a butchery

You'll find people from all Clusters in a butchery, but the most common ones you'll find are Makers and Innovators.

What do Makers do in a butchery?

The Makers in a butchery include the butchers and meat processors themselves, responsible for preparing the products for sale. There are also people responsible for maintaining and repairing any tools and equipment used, and the people who drive trucks to transport meat to customers and clients.

- Butchers/Meat Processors
- Machinery Operators
- Truck Drivers

The role of Linkers in a butchery

The Linkers are the people who sell the finished products, including both behind the counter in a retail store and organising large ongoing supply deals with grocers and restaurants. They might also answer questions, help customers to select the right product, and advise on cooking techniques.

- Retail Assistants
- Salespeople

Where do Coordinators work in a butchery?

Coordinators are responsible for managing workers on-site at a butchery, organising time sheets and making sure workers are being paid. They can also be responsible for ordering supplies and equipment needed to keep the butchery running and manage finances as well.

- Site Supervisors
- Payroll Officers
- Finance Managers

How do Informers work in a butchery?

The Informers in a butchery include the people who ensure the processes are running according to government regulations. They might also report on any environmental impact, and advise on any cultural or religious practices (such as the preparation of halal and kosher meats).

- Environmental Health Officers
- Policy Developers

What kinds of Innovators work in a butchery?

The Innovators are the people who design the tools and machines used in butcheries. They might also design new packaging, and come up with more efficient and safe ways to store and transport meat.

- Engineers
- Product Designers

The role of Guardians in a butchery

Guardians are responsible for upholding the safety and hygiene standards in a butchery. They can advise on the safe operation of dangerous equipment and machines. They might also educate workers on proper food handling and preparation techniques, or make surprise inspections to ensure a business is meeting safety requirements.

- Workplace Health & Safety Advisors
- Food Safety Inspectors

How do we expect working in a butchery to change in the future?

Manufacturing processes have changed a lot over time, with new machines and tools making the job easier and safer. Into the future, we can expect that some of the processing work will be done by machines instead of people, though a lot of precision techniques will still need a human touch.

Safe food packaging and transport options also mean people can have perishable goods delivered directly to their home, lessening the need for people to visit an actual store. But there is still no substitute for face-to-face contact, particularly if people have questions or want advice.

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