

# LIHS CAREERS

## Weekly News for New South Wales

**For March 8, 2021**

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### Open Days & Info Sessions

#### **March 8**

[Wollongong: Women In Defence, Ask Me Anything Information Session](#)

6.00pm – 7.30pm | Wollongong Defence Force Recruiting Centre

#### **March 9**

[Wollongong: Engineering Careers Information Session](#)

6.00pm – 7.30pm | Wollongong Defence Force Recruiting Centre

### **March 11**

#### [Wollongong: Trade Careers Information Session](#)

6.00pm – 7.30pm | Wollongong Defence Force Recruiting Centre

### **March 25**

#### [Wollongong: Defence Careers Information Session](#)

6.00pm – 7.30pm | Wollongong Defence Force Recruiting Centre

### **March 30**

#### [Wollongong: Army Reserve Information Session](#)

6.00pm – 7.30pm | Wollongong Defence Force Recruiting Centre

### [Crimson Education | US Application Breakdown – Insights from a Current Student & US Application Experts](#)

13 March 2021, 9:00 am

Online

Join current Australian Rice student Oliver M, US admissions expert Matt C, and US admissions expert/former New Zealand Student, Will Y, in this webinar to gain practical insights and examples into how to create an application. Learn how to apply to top US universities from Australia and New Zealand from people who've done it all before.

Find out more: <https://app.livestorm.co/crimson-education/au-us-application-breakdown-or-insights-from-a-current-student-and-us-application-experts>

### [iCanMed | Free UCAT Webinar: How to Finish Your UCAT Study During Term 1 & 2](#)

14 March 2021, 1:00 pm - 3:30 pm

Online

To help students succeed, iCanMed has broken down 100,000 UCAT exam questions to identify the key question types that are asked every year.

In this 2.5-hour workshop, we will be:

- Revealing a Term 1 & 2 timeline, including weekly preparation goals, time allocations and study milestones to help keep you on track
- Identifying the most common mistakes that cause students to waste valuable UCAT time
- Outlining optimal methods for preparing for the UCAT (minimum time, maximum return)
- Sitting a short mock test, followed by live step-by-step teaching of the most commonly asked Section 1, 2, 3, 4 and 5 questions

- Explaining why most students who wait until Term 2 to start UCAT preparation have an extremely high chance of failure

Find out more: <https://www.bigmarker.com/icanmed/Free-UCAT-Webinar-REPEAT-STREAM-How-to-Finish-Your-UCAT-Study-During-Term-1-2-recommended-timeline-e6d1b2e761fecb283319425>

### **Crimson Education | UK Application Breakdown – Insights from A UK Admissions Strategist**

16 March 2021, 6:00 pm

Online

Join current UK admissions strategist Abigail Colwyn in this webinar to gain practical insights and examples into how to create a compelling UK university application. Learn how to apply to top UK universities from Australia and show admission officers exactly what they're looking for in a student.

Find out more: <https://app.livestorm.co/crimson-education/au-uk-application-breakdown-or-insights-from-a-uk-admissions-strategist>

### **ACU | How to Support your Student with University Choices**

17 March 2021, 5:00 pm - 6:00 pm

Online

Parents play a big part in helping your teen choose a university. We'll offer tools and information you need to support them on their journey to university and ensure that ACU is the right fit.

Find out more: <https://www.acu.edu.au/about-acu/events/2021/march/how-to-support-your-student-with-university-choices>

### **ACU | Entry and Pathways to ACU**

30 March 2021, 5:00 pm - 6:00 pm

Online

Whether you're currently completing Year 12 or have been out of school for years, there are many entry pathways to ACU – including our ACU Guarantee early offer program.

Find out more: <https://www.acu.edu.au/about-acu/events/2021/march/entry-and-pathways-to-acu>

### **Crimson Education | How to Get into Stanford, Cambridge and Beyond! – Insights From US/UK Application Experts**

31 March 2021, 5:00 pm

Online

This webinar is an introduction to US & UK unis, covering everything students and parents need to know in 60 minutes. Hosted by two of Crimson's US and UK Admissions Experts, you'll learn exactly what you will need to prepare in order to crush your overseas application.

Find out more: <https://app.livestorm.co/crimson-education/au-how-to-get-into-stanford-cambridge-and-beyond-or-insights-from-usuk-application-experts>

### **Sydney Design School | Info Session**

15 April 2021, 1:00 pm - 1:40 pm

Sydney Design School, St Leonards

Find out everything you need to know about our flexible courses and career support. Our Director, Amanda Grace will introduce you to our unique philosophy, passionate Educators and industry focused approach to learning.

Find out more: <https://sydneydesignschool.com.au/information-sessions/>

### **CQUni | STEPS Information Session, Online**

30 April 2021, 12:00 pm - 1:00 pm

Online

Join us for an informative session that covers how CQUniversity's Skills for Tertiary Education Preparatory Studies (STEPS) course can help you achieve your study goals.

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/courses/study-information/work-and-study-preparation/steps/information-session-registration>

### **Wakakirri Performing Arts Careers Day**

6 May 2021, 11:00 am - 1:40 pm

Online

All Secondary Schools and Dance Schools are invited to attend our free Wakakirri Performing Arts Careers Day online event.

Careers Day is hosted by prominent Entertainment Industry Professionals who also make up the Wakakirri team of National Panel Reps. Teachers are invited to bring a team of passionate students, who have an interest in learning and creating pathways into the performing arts world. Students will be inspired, encouraged and informed about what it takes to succeed in the Entertainment Industry. Industry professionals will reflect on their career, talking about

career pathways that they have taken and discussing how the students can use event like Wakakirri to enhance their own career prospects.

Find out more: <https://www.wakakirri.com/wakakirri-live-information/#1603863219668-58d2a508-0593>

### **Year13 Expo**

17 May 2021, 9:00 am - 19 May 2021, 4:00 pm

Online

Not sure what you should be doing with your future or keen to know more about your dream career? The Year13 Expo is coming back during National Careers Week in May to sort you out. Hear career stories and advice from some incredible humans at the top of their game, plus explore hundreds of exhibitors across all of your post-school options in work, study and travel.

Find out more: <https://year13.com.au/expo>

### **NIDA | Open Day**

12 June 2021, 9:00 am - 3:00 pm

National Institute of Dramatic Art, Kensington

The National Institute of Dramatic Art (NIDA) is Australia's leading performing arts school, and its graduates are highly regarded throughout the creative and entertainment industries.

Find out more about studying at NIDA at their Open Day in 2021.

Find out more: <https://www.nida.edu.au/productions/open-day>

### **Macquarie University | Open Day 2021**

14 August 2021, 9:00 am - 3:00 pm

Macquarie University

Come to our Open Day and find out how our industry connections, passion for collaboration and appetite for unconventional thinking will help you achieve remarkable things. Attend lectures, speak with our experts, and explore our campus. Open Day is an experience made for (YOU)<sup>US</sup>.

Find out more: <https://www.mq.edu.au/open-day>

## Workshops & Courses

### [SAE | Film Masterclass, Byron Bay](#)

19 March 2021, 1:30 pm - 4:00 pm

SAE Institute Byron Bay

Are you an emerging filmmaker looking to break into the short film industry? Don't miss this exclusive masterclass where prominent industry experts will share their knowledge and give advice on how to get your big break into the world of short films.

Find out more: <https://sae.edu.au/news-and-events/events/sae-byron-bay-film-masterclass/?date=2021-03-19&id=1034>

### [Music Theatre Taster Workshop](#)

27 March 2021, 9:30 am - 1:00 pm

Sydney Conservatorium of Music

Join Dr. Narelle Yeo, Peter Cousins, Simon Kenway as they introduce you to the skills needed to be a great musical theatre performer.

During the session we will give you insights into the art of musical theatre including stagecraft and presence, vocal technique, characterization, ensemble work and more. You will have the chance to dance, act and sing in this hands-on workshop giving you not just a glimpse but a taste of the fascinating, exciting, sometimes glamorous but always hard working world of music theatre.

For students 15-25 years of age.

Find out more: <https://openacademy.sydney.edu.au/course/WFMTT>

### [Enter the World of Le Cordon Bleu – Career Residential](#)

20 July 2021, 9:00 am - 22 July 2021, 3:00 pm

16 November 2021, 9:00 am - 18 November 2021, 3:00 pm

Le Cordon Bleu Australia, Sydney

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like.

Meet lecturers and Le Cordon Bleu professionals, hear from industry experts, discover what Le Cordon Bleu hospitality management degree programmes involve and experience hands-on culinary arts with our chefs.

Find out more: <https://www.cordonbleu.edu/sydney/enter-the-world-of-le-cordon-bleu/en>

## Scholarships

### Macquarie University Co-Operative Education Program

Value: \$19,600 per year (2020 value)

Open/Closing Dates: April 1, 2021 – September 15, 2021

The Cooperative Education program will provide you with the opportunity to improve your employability outcomes and professional networks.

As a Co-op student, you'll alternate between classroom studies with practical workplace experience, while receiving financial support from our partner organisations.

Actuarial Studies Co-op applicants must be:

- completing or have completed the HSC (or equivalent)
- active in school and/or community activities
- able to demonstrate exceptional communication, teamwork, problem solving, innovation, service and leadership skills
- an Australian/New Zealand citizen or permanent visa holder

In addition, applicants must also:

- show genuine interest and motivation to enter the actuarial profession
- be expecting or have achieved Band E4 for HSC Mathematics Extension 2, or equivalent
- be expecting or have achieved a minimum selection rank of 98.00, which includes a maximum of 5 Educational Access Scheme adjustment points, if eligible. Students expecting a selection rank of 97.00 or above are strongly encouraged to apply. No adjustment points (except Educational Access Scheme) will be considered for this requirement.

[Find out more](#)

## Competitions

### Future Leaders Future Justice Award 2021

The Future Leaders Future Justice Award recognises Year 12 students who have shown leadership and initiative on intergenerational equity, future justice. Future justice is concerned with what those living today leave behind for future generations.

Australian secondary schools are invited to nominate Year 12 students for the Award.

In 2021, the award winner will receive \$1,000. Where there is more than one winner the prize money will be shared.

Nominations should include detailed information about the student's future justice activities. This should be in the form of a letter on school letterhead and include two references.

**Nominations close Monday 31 May.**

Find out more: [http://www.futureleaders.com.au/awards/FL\\_FutureJusticeAward\\_2021.pdf](http://www.futureleaders.com.au/awards/FL_FutureJusticeAward_2021.pdf)

### **Future Leaders Writing Prize 2021**

The Future Leaders Writing Prize is designed to recognise and reward talented young writers. It aims to encourage expressive and creative writing.

Year 11 and 12 students in Australian secondary schools are invited to submit a piece of writing (800 to 1,000 words). The writing can be fiction or non-fiction and on any topic.

In 2021, the award winner will receive \$1,000. Where there is more than one winner the prize money will be shared. The winners of the Future Leaders Writing Prize will have their work published.

**Entries are open until Monday 31 May.**

Find out more: [http://www.futureleaders.com.au/awards/Writing\\_Prize\\_2021.pdf](http://www.futureleaders.com.au/awards/Writing_Prize_2021.pdf)

### **Ayn Rand Essay Contest 2020**

Have you ever read one of Ayn Rand's thought-provoking novels? Now's the time! Enter an Ayn Rand Institute essay contest and you'll have a chance to win thousands of dollars in scholarship prize money.

ARI has held worldwide essay contests for students on Ayn Rand's fiction for more than thirty years. This year we will award more than \$30,000 to student winners.

**Entries are open until Thursday 29 April.**

Find out more and enter here: <https://aynrand.org/students/essay-contests/>

### **Wakakirri Dance Challenge**

Wakakirri is a nation-wide performing arts competition, inviting schools from across Australia to create a 'Story-Dance' that reflects student's thoughts, ideas and aspirations.

A Wakakirri Story-Dance is a 3 to 7 minute performance by a group of students that theatrically tells a story using a combination of dancing, creative movement and acting to pre-recorded music.

After rehearsing, students can either perform their Story-Dance live for a panel of judges, or submit their Story-Dance by video.

There are plenty of great prizes to be won in a variety of categories.

Registrations for the 2021 Wakakirri Challenge are open now. **Live registrations close on Wednesday 31 March, and Video registrations close Friday 13 August.**

Find out more and register here: <https://www.wakakirri.com>



### 2021 Bach Competition

Now in its twelfth year, Melbourne Recital Centre's Bach Competition is dedicated to young musicians passionate about J.S. Bach. The competition repertoire will consist of any works of J.S. Bach not exceeding 10 minutes in total duration. The Performance Finals will be held at Melbourne Recital Centre on Sunday 30 May 2021.

This year's prize includes:

- Richard Mills Prize: \$4,000 – Supported by Richard Mills AM and Martine Letts
- Encouragement Awards: two prizes of \$2,000 each – Supported by Vivienne Ritchie
- Young Bach Scholar Award: \$1000 – Supported by Maria Johnson on behalf of the Late Harry Johnson

The Competition is open to:

- soloists and ensembles of up to five members
- any instrument/s
- permanent residents or citizens of Australia
- 17 years of age and under (at 1 January 2021)
- minimum performance level of AMEB Grade 5 or equivalent is expected

**Applications close on Wednesday 21 April 2021 at midnight.**

Find out more and apply here: <https://www.melbournerecital.com.au/events/2021/bach-competition-2021/>

### Virtual Future Leaders Eco Challenge

Starting Monday 1 March 2021, the Great Barrier Reef Marine Park Authority's Reef Education team are running a series of fun, STEM-based weekly challenges, across term one and two, for primary and high school students.

Whole schools are able to participate in fun marine themed challenges that will allow students to care, learn, act and share their love for the Great Barrier Reef.

Each week, the entries will be judged by the Reef Education team. Weekly winners will receive a winner's certificate for themselves and their school will receive a free videoconference from Reef HQ Aquarium, the National Education Centre for the Great Barrier Reef.

There will also be a prize for the participant who submits the most entries over the 10 weeks.

Find out more and register for the challenge here: <https://www.gbrmpa.gov.au/the-reef/learn-about-the-reef/virtual-future-leaders-eco-challenge>

## Careers & Jobs

### A Career as a Research Scientist

When you think of research, you might imagine sitting in a lab all day hunched over a desk. But a career as a research scientist can be much more exciting than that, as proven by QUT Adjunct Professor Dr David Flannery.

Dr Flannery, who is an expert in geology, palaeobiology and astrobiology, used his expertise to help NASA to land their Perseverance Rover on Mars.

Dr Flannery's top piece of advice is to make sure you follow your passions and do what you love. "What I do is a huge amount of fun and if it wasn't fun I wouldn't do it," he says. "It might sound cheesy but if you follow your interests you'll be good at it and you'll apply yourself well."

Learn more about Dr Flannery's career and read the full interview on Careers with STEM's website here: <https://careerswithstem.com.au/profiles/david-flannery/>

### **Innovation and Entrepreneurship at University**

Have you always dreamed of starting your own business? Maybe you want to become the next big entrepreneur? Many universities across Australia offer innovation and entrepreneurship programs for both students and the public.

These programs can help you build your entrepreneurship skills, learn about the stages of starting a business, and can provide access to exclusive services and workshops.

Keen to find out more? Check out some of the programs on offer at universities around Australia:

#### **New South Wales**

- [UNSW Founders Program](#)
- [ACU Collaborate Plus](#)
- [University of Sydney Genesis](#)
- [Macquarie University Incubator](#)
- [CSU Innovation Hub](#)
- [University of Newcastle Integrated Innovation Network \(I2N\)](#)
- [SCU Enterprise Lab](#)
- [UTS Innovation and Entrepreneurship](#)
- [UOW Univariate](#)
- [WSU Launch Pad](#)

#### **Queensland**

- [Bond Business Accelerator](#)
- [UQ Ventures](#)
- [CQUniversity iActivate](#)
- [Griffith Innovate](#)
- [JCU Ideas Lab](#)

- [QUT Entrepreneurship](#)
- [USQ Ignition Project](#)
- [USC Innovation Centre](#)

### **Victoria**

- [The Generator at Monash](#)
- [SPARK Deakin](#)
- [La Trobe Accelerator Program](#)
- [RMIT Activator](#)
- [Swinburne Innovation Precinct](#)
- [Melbourne Entrepreneurial Centre](#)
- [VU Innovations](#)

### **Australian Capital Territory**

- [Innovation ANU](#)

### **South Australia**

- [University of Adelaide ThinLab](#)
- [Flinders New Venture Institute](#)
- [UniSA Innovation & Collaboration Centre](#)

### **Western Australia**

- [Innovation Central Perth at Curtin](#)
- [WA AustCyber Innovation Hub at ECU](#)
- [Murdoch Launchpad](#)
- [UWA Innovation Quarter](#)

### **Northern Territory**

- [CDU Darwin Innovation Hub](#)

## **Further Learning**

### **[Join the Aspiring Scholars Community](#)**

Applications are open for high-achieving secondary students in their final year who live in Australia outside of Victoria or in New Zealand, to join our online community of Aspiring Scholars – students connected by their interest in moving to Melbourne to study at the University of Melbourne.

Through the community you'll gain exclusive access to the Aspiring Scholars 2021 Facebook group where you'll:

- Get to know an Australia/NZ-wide network of like-minded high achieving students
- Uncover our University community and get a taste of life at Melbourne
- Have access to a dedicated staff member for support and to answer any questions you have throughout the year
- Receive exclusive invites to webinars and information sessions on topics related to the Melbourne curriculum, choosing the right degree, finding accommodation and help with applying through the Victorian Tertiary Admissions Centre (VTAC)
- Be invited to meet staff members and other Aspiring Scholars in your state at networking events (dependent on travel restrictions)
- Have the chance to win a trip to the University of Melbourne's 2021 Open Day for you and a parent/guardian so you can explore the campus yourself (dependent on travel restrictions).

**Applications are open until Sunday 7 March.**

Find out more and apply here: <https://study.unimelb.edu.au/study-with-us/programs-for-high-achievers/aspiring-scholars>

### **[Apply for the NAS HSC Intensive Studio Practice](#)**

The NAS HSC Intensive Studio Practice is endorsed by the NSW Education Standards Authority and has been offered by the National Art School to Year 11 Visual Arts students in all government and non-government high schools since 2000.

This course is designed for students from both government and non-government seeking to further their studies in Visual Arts in Year 12 and beyond to tertiary level and who are considering a career in the Visual Arts.

Applicants must be nominated by their Visual Arts teacher and must be those who are achieving at the highest level of excellence in their Preliminary Course and who demonstrate a mature attitude to their studies.

**Applications are open until Monday 19 April.**

Find out more and apply here: <https://nas.edu.au/hsc-intensive-studio-practice/>

### **[University Portfolio Entry](#)**

Portfolio Entry is an alternative pathway into university for students who may not meet the other requirements. It's most commonly used for courses such as design, visual arts and architecture.

Instead of basing your entry on ATAR alone, the university will also look at a portfolio of work you provide, which can boost your chances of gaining entry into your chosen course.

This pathway is ideal for students who have already built up a body of creative works, either at school or personally, and are interested in studying art or design at university.

Even if you're only in Year 9 or 10, it might be wise to start building up works for your portfolio now. These could be things like drawings, paintings, photography, sculpture, digital art, design mockups, 3D renders, and more. What you put in your portfolio will depend on the course you're applying for.

Wanting to study visual arts? Your portfolio should probably include your best paintings and drawings.

Thinking of design? Show off some cool logo designs and magazine layouts you've done.

What about architecture? Fill your portfolio with your favourite SketchUp models.

Remember to check with the institution so you know exactly what they're looking for when you submit a portfolio – it would be a shame to have your application rejected because your portfolio was full of the wrong work.

If you're looking for some tips and tricks to help build the perfect portfolio, there are plenty of workshops and resources out there to help.

- Check out [Deakin University's Folio Guide](#)
- The University of Sydney [also have some information about portfolios](#)
- Murdoch University has a yearly [Portfolio Preparation Day](#)
- The National Art School runs [free portfolio advice sessions](#) – keep an eye out on their [short courses](#) as well
- Flying Arts Alliance [offers courses and workshops for artists](#)
- Whitehouse Institute of Design offer [portfolio workshops and other workshops for artists](#)
- NCAT offer a [Folio Preparation Course](#)

## Work Experience

### [UTS Engineering and IT Work Experience Program](#)

Get hands-on experience with this 5-day program designed to give you an insight into what it's like to choose a career in engineering or IT.

You'll get to take part in a range of workshops (including computer science, cyber security, biomedical engineering, electronics engineering, civil engineering and more) as well as spend time with current UTS students and academics from UTS Faculty of Engineering and IT.

Work Experience week runs from 22-26 November 2021. Students are expected to attend for all 5 days.

**Applications close 31 May 2021.**

[Learn more](#)

### [Virtual Work Experiences with Career Starter](#)

Career Starter has partnered with real businesses and organisations to provide virtual work experiences, taken from actual projects that you might be expected to complete if you're to pursue a career in the sector that you interested in.

They currently have experiences in IT, law, business, and education, from companies like ASIO, Fujitsu and MECCA.

[Learn more](#)

## Resources

### [Join the NSW Public Schools Aboriginal Dance Company](#)

Applications for the 2021 Aboriginal Dance Company are open. This is an ensemble for students who have ability, talent and experience performing contemporary and traditional cultural dance.

Students in the Aboriginal Dance Company experience exciting opportunities to perform, learn new skills and build relationships with others from across the state.

If you are in Year 7 to Year 12, go to a NSW public school, identify as Aboriginal or Torres Strait Islander and have a passion for contemporary or cultural dance, apply now.

**Applications are open until Thursday 1 April at 4pm.**

Find out more and apply here: <https://www.artsunit.nsw.edu.au/apply-adc-2021>

### [Zoom Interview Tips](#)

Although video and phone interviews have both been around for a long time, in the post-2020/COVID era, Zoom and the like have never been more popular. In some instances, this method of interviewing may have replaced physical interviews because it's just easier all around.

We've put together a few of the top Zoom interview tips that could help you wow your interviewers.

#### **Mute yourself**

Use the mute button so that if the interviewer(s) are talking they can't hear anything going on at your end. From the dog barking or your parents shouting at your siblings. It could help you to feel more relaxed and allow your interviewer to stay focused.

#### **Make good eye contact**

In face-to-face interviews it's easy to give good eye contact to show that you're engaged. We recommend that you look at the camera and consider closing the window where you can see yourself – that way it won't look like you're watching yourself instead of paying attention to the interviewer.

### **Be selective about where you set up**

When you're preparing for an interview, pay some attention to the background.

Choose a room that's well lit – the interviewer will want to see your face, not just a halo or a silhouette.

Get away from the main house traffic; you can also make sure that you close the door and windows if you're in a noisy environment.

Think about what's going to look the most professional in the background – do you really want them seeing the posters on your wall or your neighbour's washing flapping on the line?

It's worth taking a few minutes before your Zoom slot to try out the area you have in mind and make sure that you're happy with it.

Struggling to find a great spot? Ask your school or local library if they have a little room that you could use.

### **Eliminate distractions**

Before you start, *remember to silence your phone*; you don't want you BFF calling you halfway through to find out how you went. It could be really distracting and probably isn't the image that you want to be presenting.

You could also turn off any notifications on your computer while you're at it. You could also close any other applications or web pages and set the Zoom meeting to full screen.

Let those around you know you'll be in an interview, whether it's family or friends, so they'll be sure not to interrupt.

### **Stay Focused**

Just as you would when you're talking to someone in real life, make sure that you use all of your communication skills to show that you're giving your full attention to what's being said or asked.

A good posture, eye contact, nodding and other non-verbal gestures all show the interviewer that you're actively listening (don't forget, if you've muted your audio, they won't hear you if you're agreeing verbally).

### **Sort your technology out**

Yes, you can use Zoom on a phone, and that could be really handy, but if you have the option, it's best to use either a laptop or computer. That way you can set it all up on a table, have your hands free and present an image that doesn't wobble about or shake.

Whatever you decide to connect on, make sure it's fully charged or on the charge before you go online. It would be disastrous if you got cut off mid-way through an interview and couldn't get back online.

Make sure Zoom is up to date and that you've got a great internet connection.

### **Be professional**

If you're being interviewed from home, it could be tempting to wear your work out gear – our advice is don't. Dress as you would for a face-to-face interview. Not only will you look the part, but it could also help to put you in the right frame of mind. So pull out your best outfit, get it ironed, do your hair and shine your shoes.

It's also a good idea to close down everything else on your computer (browser windows, apps, social media accounts etc.), so that if you have to screen share or accidentally hit the wrong button, there won't be anything in view that you wouldn't want the interviewer to see.

### **Practise beforehand**

As well as practicing some interview questions and answers and doing your background research on the company, it's a good idea to brush up on all your Zoom functions. Maybe do a mock interview with a friend or relative over Zoom and see what tricks you can pick up.

### **Plan a couple of questions**

At the end of an interview, you'll often be asked if you have any questions. Asking a couple of well thought out questions could show that you're interested in the job and also that you've been paying attention.

You could ask about the company's culture, the role's responsibilities or what the interviewer enjoys most about the company. Don't ask questions about topics that the interviewer has already covered though, even if it was on your list.

### **One final pro tip**

*Stay away from the filters* - <https://youtu.be/s-frHneo95k>

### **Need more Interview tips?**

Find [mock interview tips](#), suggestions on [what to wear for an interview](#), [our top 5 interview tips](#), or how to [ace an MMI interview](#), plus more in our resources at [Study Work Grow](#).



## Defence Force FitPrep Program

For people who are looking to enter the defence force, but require additional support and development with fitness, confidence, and resilience, there is an alternative pathway.

Redesigned in 2020, the Fitness, Confidence & Resilience Preparation (FitPrep) Program is now available to both women and men looking to join the ADF who might need a bit of help meeting the fitness requirements. FitPrep is a seven-week course that guides you through fitness activities and basic army skills, and helps to strengthen your confidence, mental resilience and independence.

To be eligible for the program you must be applying for a General Entry role, aged over 17 years and able to achieve a minimum of:

### **Females**

- Push ups: 2
- Sit ups (feet held): 20
- Shuttle run score: 5.5

### **Males**

- Push ups: 8
- Sit ups (feet held): 20
- Shuttle run score: 6.1

The Army remains keen to give females every opportunity to join Army, so females will remain the priority for this course.

FitPrep is run at the Army Recruit Training Centre in Kapooka at various times throughout the year. Keep an eye out for updated dates for 2021 soon.

To find out more about the entry pathways available for women to the Defence Force, visit their website [here](#).

You can also check out various information sessions that are held for women looking to join the Defence Force [here](#).

## Work and Learning Styles

We all have different preferences for how we work and learn. Some of us like to gather all the information in the one place before we start making decisions, others like to get started and adjust along the way. Knowing the way you work and learn and finding strategies to incorporate these styles can help you work and learn more efficiently.

Most of us have a preference for one type of work or another – let's take a look and see which one you identify with the strongest.

### **Active v Reflective**

Active people like to jump right into the task at hand, but reflective people like to think things through first.

Active people might:

- Enjoy hands-on activities
- Like working and learning in a fast-paced environment
- Find it easier to work in groups

Reflective people might:

- Enjoy doing thorough research
- Like learning and working in a slower, more methodical environment
- Find it easier to work alone

If you're an active learner, try studying with a group and testing out concepts you've learnt in class. Reflective learners should spend time reviewing what they've learnt and thinking of possible other questions you could ask.

### **Sensing v Intuitive**

Sensing people like to follow the plan and stick to facts and thrive in a predictable environment.

Intuitive people like to innovate and try things out and can get bored doing the same job twice.

Sensing people might:

- Easily memorise facts and data
- Want to know how the things they learn connect to the real world
- Be more practical and careful

Intuitive people might:

- Learn best from trying out new things
- Get bored trying to memorise facts and data
- Work faster and more intuitively

If you're a sensing learner, try thinking about what you've learned and how it can apply to the real world, or situations in your own life. Intuitive learners need to make sure they go over the details of their work and don't miss anything important.

### **Visual v Verbal**

Visual learners remember pictures and images easier, while verbal learners work best with written and spoken words.

Visual people might:

- Like seeing charts and graphs instead of written data
- Enjoy learning from videos and images

Verbal people might:

- Enjoy learning from reading or listening
- Benefit from hearing other people's explanations

As a visual learner, you might find it handy to colour code your work or include lots of diagrams and pictures. Verbal learners can benefit from having something explained to them from multiple perspectives.

### **Sequential v Global**

Sequential people like to follow steps one at a time, while global people can see the bigger picture.

Sequential people might:

- Want things explained to them step-by-step
- Learn better by following a logical order
- Connect small details to find the bigger picture

Global people might:

- Like seeing an overview of things
- Learn in large jumps, without following any order
- Understand the big picture without worrying about the small details

If you're a sequential learner, you might like to make a step-by-step timeline for yourself of what you're learning and see how it all connects together easily. Global learners might benefit from seeing a bigger overview or summary of what they're learning, then going back in to fill in the details.

Remember, most people are a mix of both different styles, and learn best from using a combination of both. Think about which style you prefer and try and incorporate it more into your studies.

You can take a [Learning Styles Questionnaire](#) to see which learning styles might suit you. You can also find more [study tips here](#).

## **Job Spotlight**

### **[How to become a Lab Technician](#)**

***Assisting in the running and functions of laboratories***

**What do Lab Technicians do?**

Lab Technician roles can vary hugely depending on the industry and organisation you're employed with. You could be carrying out tests and experiments, providing support and assisting with research and design, production or teaching.

You might also be responsible for maintaining lab tools and equipment, recording data, setting up for experiments, or performing inspections of and calibrating and maintaining test equipment. There are opportunities to work in many industry areas from chemistry and earth sciences, to life sciences and physical sciences.

If you enjoy maths and science, have fantastic attention to detail, are patient and great at working as part of a team, becoming a Lab Technician could be a career goal to aim for.

### **About you:**

- Meticulous approach to work, thorough, accurate and detail-oriented
- Highly organised and methodical when running tests, prepping or ordering in supplies
- Able to multitask effectively but focus when required
- Good hand-eye coordination and dexterity for using the equipment, safely handling samples and testing
- Excellent numeracy skills for both running tests and creating reports
- High level communication skills, especially written. Required for clear and concise recording of results, report writing and creating Standard Operating Procedures (SOPs).
- You must be able to work well and communicate effectively as part of a team, which could sometimes be extremely large.

### **The job:**

The specific duties you'll have to do will vary depending on where you're employed, and the kind of work being carried out there.

You will always have to be able to follow strict rules, guidelines, protocols or regulations no matter where you work.

Examples of work include:

- Collect and prepare samples, specimens and equipment for experiments
- Carry out or supervise experiments and tests
- Record precise and accurate results
- Calculate, compute, collate and present results in graphic and written formats, e.g. charts, maps, sketches, diagrams and reports
- Cleaning of the lab and equipment
- Perform routine maintenance and calibration of laboratory equipment
- Create reports and operating procedures based on experiments and other lab-based activities
- Supervise junior lab workers and support other professionals with their work

- Carry out stocktakes, order in supplies, do inspections

### **Lifestyle Impact: Low**

- Part Time opportunities: Average – around one in three (29%) Lab Technicians work part-time (source: joboutlook.gov.au)
- Average hours for full-time workers: 43 hours a week (source: joboutlook.gov.au)
- Lab Technicians salary (average) \$75,000\* per year (source: com.au)

\*salaries vary between industries, your role, and depending on your skills and experience

- Future career growth: Stable overall, but strong in some industries e.g. Medical (source: joboutlook.gov.au & seek.com.au)
- In some roles you may be able to rotate between labs, learn new skills and techniques opening up a range of new opportunities. You may need work flexible hours to set up experiments, see them through until they're done, or clean up afterwards. It's unlikely that you will be able to work from home.

### **Lab Technicians are most in demand in these locations**

Most Lab technicians work within these industries:

- Education and training
- Professional, Scientific and technical services
- Manufacturing

The majority of jobs are in New South Wales, Victoria, Queensland and Western Australia.

### **How to become a Lab Technician in Australia**

You'll most likely need a formal qualification to gain employment as a Lab Technician.

It is possible to work in this field without formal qualifications, but you'll need to have extensive work experience under your belt; and you may have to compete with applicants who have formal qualifications.

**Step 1** – Obtain your high school certificate; doing subjects like chemistry, biology, and advanced math could really help you out. English will be a requirement in any role, and you could consider IT as well.

**Step 2** – Complete a relevant VET or tertiary qualification, e.g.:

[Certificate III in Laboratory Skills](#)

[Certificate IV in Laboratory Techniques](#)

[Diploma of Laboratory Technology](#)

[Bachelor of Biomedical Science \(Laboratory Medicine\) at RMIT](#)

[Bachelor of Medical Laboratory Science at Griffith](#)

[Bachelor of Medical Laboratory Science \(Honours\) at JCU](#)

You could also consider applying for a Traineeship or Apprenticeship, where you'll receive a VET qualification, work experience and be paid a salary. This also has the added advantage of being able to network and showcase your abilities, meaning you could end up with a job once you're qualified.

**Step 3** – Obtain licensing and other certification if they're required. For example, if you're working in schools you may need a working with children check and police check. If you work in a lab with dangerous chemicals, then you may need a handling license.

**Step 4** – Gain work experience, continue your education and specialise into an area that interests you, or pursue roles in research, product development, and administration or management.

Find out more here –

<https://www.aims.org.au/>

<https://seta.edu.au/>

<http://www.sciencevictoria.com.au/labtech/index.html>

<https://www.aacb.asn.au/>

### **Similar Careers to Lab Technician**

[Pathology Collector](#)

Forensic Scientist

Medical Laboratory Technician

Dental Technician

Biologist

Chemist

Sonographer

[Radiographer](#)

[Technician](#)

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

### **Frequently Asked Questions (FAQs)**

#### **What do Lab Technicians do?**

Laboratory Technicians perform procedures, run experiments, maintain equipment, and assist other scientists with their work.

#### **What career advance opportunities are available to Lab Technicians?**

You could, with some additional training or experience, move into other roles including research and development, administration or management.

### **What industries employ Lab Technicians?**

Lots of industries need Lab Technicians – Education, Medical, Pharmaceutical, Agriculture, Aquaculture, Public Safety, Forensics, Manufacturing, Chemical; the list goes on.

### **Do I need to go to university to become a Lab Technician?**

You don't have to get any formal qualifications to work as a Lab Technician, but you could be limiting your opportunities without them. If you go to uni, you might be able to specialise earlier in life and work in more senior positions faster.

### **Where do Lab Technicians work?**

Laboratory Technicians work in many settings such including hospitals, medical laboratories, schools, in the police and forensics, manufacturing plants and even out in the field.

### **What are 3 things I can do right now to help me become a Lab Technician?**

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

1. Work on your technology skills
2. Practise being organised and flexible
3. Develop hobbies that require lots of focus, patience and repetitive tasks – cooking, painting, woodwork, or body building are just a few ideas.

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