



Futures Hub – Newsletter

Careers and Vocational Education

Edition 28

31 May 2022 – 13 June 2022



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Apprenticeships & Traineeships



A passion for motorsports leads to a rewarding trade

You may often ask yourself, “but how can my hobby/interest lead to a job”? Myfuture has an article about Mitchell Croke who turned his passion for motorsports into a rewarding trade qualification as a sign writer. [Click here to read his story](#) including a video showing Mitchell at work. Trades do take you places!

Videos about getting a trade or skill at your fingertips!

Finding it hard to find information about jobs and skills? At [Skills1NETv](#) you will find hundreds of videos about getting skills or a trade. There are: great feature videos, a list of the most popular videos and videos that highlight a particular skill set. Other short videos focus on the skills required in fourteen different industry areas and much more. [Click here](#) to see what's on offer. They are full of valuable information and can give you some excellent ideas to work with.



Australian Defence Force information sessions

If you are interested in the Australian Defence Force, it's a good idea to attend one of the information sessions and consider a work experience placement. You will get a better idea about the life and jobs in the Defence Force. For details about these events and for Army Reserve Information visit the [Defence Jobs Australia Facebook site](#). You can register to attend the following [information sessions](#):

- 31/05/2022 [Brisbane: Gap Year Information Session](#)
- 01/06/2022 [Normanton: Defence Careers Information Session](#)
[Murgon: Defence Careers Information Session](#)
- 02/06/2022 [Kingaroy: Defence Careers Information Session](#)
- 04/06/2022 [Brisbane: Army Reserve Experience Day](#)
- 06/06/2022 [Bundaberg: Women in Defence 'Careers and Coffee Chat'](#)
[Chermside: Defence Careers Information Session](#)
- 07/06/2022 [Hervey Bay: Women in Defence 'Careers and Coffee Chat'](#)
[Brisbane: Indigenous Pathways Information Session](#)
[Gold Coast: Defence Careers Information Session](#)
- 08/06/2022 [Cairns: STEM Careers Info Session](#)
[Beaudesert: Defence Careers Information Session](#)
[Toowoomba: Officers In Defence Information Session](#)
- 09/06/2022 [STEM Careers Virtual Information Session](#)
[Townsville: STEM Careers Information Session](#)
[Gympie: Defence Careers Information Session](#)
- 11/06/2022 [Cairns: Army Reserve Open Day](#)
- 14/06/2022 [Townsville: A Night in the Army Reserve](#)
[Brisbane: Women in the Army Reserve Evening](#)



[Gold Coast: Army Reserve Information Session](#)

15/06/2022 [Coomera: Defence Careers Information Session](#)

16/06/2022 [Cooktown: Defence Careers Information Session](#)

[Caboolture: Defence Careers Information Session](#)

[Toowoomba: Parents and Teachers Information Session](#)

Defence 2023 Gap Year opportunities

A gap year with the Airforce, Army or Navy is a great way to trial a career in the ADF and you get paid to do it! Jobs have different closing dates so visit the [website](#) for information about available GAP year jobs, closing dates and:

- Defence Force roles
- Frequently asked questions
- Eligibility and joining
- Lifestyle, pay and leave
- Life after ADF Gap Year

How do I apply for the Defence Force?

The ADF recruitment process is designed to ensure you have the qualities needed, while helping you identify the ideal role in the Navy, Army or Air Force. Visit the [Defence Recruitment website](#) to find out if you are eligible to join and to access the six steps in the recruitment process. Each step has a video that explains what happens during the step. The six steps are:

1. Apply online with your personal details, academic achievements and job preferences (if you have them)
2. Attend virtual YOU (Your Opportunities Unlimited) Session
3. Attend Assessment Session - medical assessment, psychological interview, ADF interview
4. Attend Officer Selection (if you are wanting this pathway)
5. Take a Fitness Test
6. Attend Enlistment and Appointment day

On the site you will also find information videos that will answer many of your questions along with information on:

- Quick eligibility check - use this tool to see if you can join
- Health and fitness - learn how fit you must be
- ADF entry methods - choose the way you want to join
- Help centre - have your questions and queries answered

Want to become an officer in the Australian Defence Force (ADF)?

There are many different pathways to becoming an officer in the ADF. Explore the following options:



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

- [Australian Defence Force Academy](#)
- [Royal Military College, Duntroon](#)
- [Graduate entry](#)
- [Defence University Sponsorship](#)
- [Reserves](#)



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000



Career Exploration

A boy's jobs/girl's job - Gender bias

Juliet Honey has written an article looking at how we sometimes still see jobs as boy jobs and girl jobs. At some point in your life, you may have been told: 'you can't do "X", you're a girl!' or 'you can't do "X" you're a boy'. Some industries suffer from what we call 'gender bias' meaning that the number of men and women working in that industry are not equal. There are fewer male primary school teachers than female and fewer female car mechanics. [Click here to read the full article](#) including suggestions to help you explore, evaluate and choose a career that may not meet others' expectations.

Be up to date with your career and job info

Sign up to [myfuture](#) (its free) and get career information sent straight to your inbox (scroll down). By having a myfuture account and checking the box to receive up-to-date career information about occupations, courses, career pathways, subject selections, open days you will receive current information that will assist you in your career research and decision making.

Career road test

It's hard to sort through your ideas and options for study and jobs in your future. JobJumpstart suggest that when buying a car, most people will shop around, look at different models and do a few test drives before making a decision. You can take the same approach when it comes to making decisions about your career. The Australian Government has developed a workbook that will help you investigate your chosen industry or occupation and then to think about how your research impacts on your career plans. [Click here](#) to access the booklet and start planning.

Finding jobs that use your skills

[Job Outlook has a section](#) that looks at why skills are the language of the workplace. You may not realise that the skills you've built doing work experience, part time job or community involvement can be used in many jobs and industries. You will move between a number of different jobs in your lifetime so it's important to understand how your skills can transfer from one job to another. [Skills Match](#) can assist you to identify the skills you already have and show you jobs that use similar skills. Some of these might surprise you! Check out the information and give Skills Match a go!



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Good Careers Guide could be your answer

[The Good Careers Guide](#) (GCG) features more than 500 job descriptions. Explore occupations based on your interests and traits and learn about job's skill and training requirements, employment outcomes and related jobs. Each career also links to relevant courses and education providers. Find career related Blog posts and career Ladders that provide the level of training required for a range of jobs and occupations. It is one way to start your career research and is available in print guide, e-book and website.

Occupations V Industries

'Occupation' is a word that refers to the type of work a person does, for example, a doctor, teacher or cabinet maker. 'Industry' refers to the main goods and services that are produced by a person's employer. Most occupations can be found in a number of industries. For example, while many cooks work in the Accommodation and Food Services industry, cooks are also employed in the Healthcare and Social Assistance industry in hospitals, childcare centres, Defence Force and aged care facilities. By understanding how flexible an occupation can be, you can broaden your options and increases your chances of finding the right career pathway. For information on different occupations, [visit myfuture](#) and for information on apprenticeships and traineeships, [visit AAPathways](#).

Top five ATAR questions answered

If you are finishing school this year, there's no doubt that your ATAR result is on your mind. You're thinking, "what do I do if I didn't get the score I expected"? To give you some perspective [The Good Universities Guide](#) has answered some of the most common questions school leavers have at this time of the year including:

- What can I do if my ATAR is too low?
- What if I can't get into Uni?
- What are pathways?
- Should I change my preferences?
- Am I eligible for special entry schemes?

VET Pathways aren't limited to the Trades only!

Vocational Education and Training (VET) qualifications include certificates, diplomas and advanced diplomas offered across a large number of industries and study areas. They offer many advantages from pathway options to skill development. If you fit into one of the categories below, find out more about VET courses that could be an excellent next step:

- You're looking for practical, hands-on training
- You're looking to qualify for a specific job or trade
- You're looking to 'try out' a study area before you commit to extensive study
- You're looking for a pathway to university study
- You're looking to add to your current skill set



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

The article from the Good Universities Guide explains:

- [What does VET offer?](#)
- [What does VET involve?](#)
- [Types of VET courses](#)
- [VET entry requirements](#)
- [Where are VET courses offered?](#)
- [VET study options](#)

Will a career test tell me what I should do?

It would certainly make career decision making easier, wouldn't it but it's not that simple! However, there are many tests that can help identify your career interests, work values, skills, aptitudes, personality, etc. at the point in time when you do the tests. While there isn't just one ideal job for you, assessment quizzes can increase your self-awareness and usually provides you with a list of possible jobs based on how you responded to the quiz questions. This information can be used to begin your career exploration. The following quizzes are examples of assessment tools you can use to come up with job ideas. You can talk to your school Guidance Counsellor/Officer and ask them about quizzes they recommend to help you begin your career exploration.

- [myfuture](#) – My career profile (Sign up when first entering this site - its free).
- [Job Outlook](#) – Career quiz - only available until mid 2022
- [Skills Road](#) - Career quiz
- [Jung Personality Test](#) – This is a personality test.
- [Career Interest Explorer](#) – The focus is jobs that require VET qualifications.

Employment, Job and Labour Market Info



ABS Labour Force Data - April 2022

Knowing current labour market information is very helpful with planning an appropriate and achievable career pathway. The Australian Bureau of Statistics has released its [Labour Force Data for April 2022](#). Click on the link for more detail but a brief summary follows:

- Unemployment rate remained at 3.9%.
- Employment increased to 13,401,700.
- Underemployment rate decreased to 6.1%.
- Participation rate decreased to 66.3%.
- Employment to population ratio remained at 63.8%.
- Monthly hours worked increased by 23 million hours.

Aged care: A career with diverse roles and opportunity for growth

The need to care for Australia's ageing population presents a vast variety of stable, diverse and growing career opportunities in the aged care industry. [According to research from CEDA](#), it's estimated that Australia will need an additional 105,000 residential care beds and 110,000 extra workers in the next 10 years. Working with older Australians offers incredible diversity in roles that can keep your career dynamic and interesting. There's also the potential for upskilling, training and career progression, enabling you to keep growing with your role. Access to these career options are only set to grow over the next decade and beyond as Australia's population ages. [Click here to read this Seek article](#) in full including more information on:

- Choose from varied and diverse roles
- Continue to develop and grow your career
- Futureproof your career thanks to long-term demand
- Discover a diverse, dynamic and in-demand career in aged care

Attitude V Experience - which is more valuable?

Looking for a job while at school or after school can be hard work especially when you are needing to record your 'experience' in your resume. It can even turn you off applying. Having a good attitude and a willingness to learn can make you more attractive to employers than someone who has plenty of experience but comes across as bored, jaded or disinterested. [Seek has put together a short article](#) about how a good attitude can matter more than experience. They talk about:

- Most employers choose passion over experience
- Your positive attitude can transform a workplace
- Employers are looking for people who add to the culture



- How to build a positive attitude
- How to demonstrate a great attitude to employers

Being job ready and successful in gaining a job takes time, research and personal reflection. Start the process now so when you are in the right place for a great job you are ready to shine at the interview!

Green jobs are a goer!

[In an article from HRD](#), according to *The Sydney Morning Herald (SMH)*, data about in-demand jobs attest that industries are committing to be “greener.” Based on a report released by tech giant [LinkedIn](#), an employment networking site operator, the recruitment of sustainability managers was 24 percent higher last year than the trend in 2016. Additionally, the report revealed the “fast-growing green jobs” include ecologists and geologists, while the “fastest-growing greening jobs” are power system engineers, surveillance supervisors and directors of risk management. Read the article and gain some insight into a greener tomorrow.

Labour market information

If you are looking for a job now or in the future, the Australian Government's [Labour Market Information Portal](#) has lots of great information. On the site you can find information relating to:

- [Exploring the data](#) - employment rates, industries and more
- [Gain insights](#) - reports, publications, projections and more
- [Downloads](#) - data that will assist in your research
- [Employment projections](#) - where will jobs be in the future
- [Vacancy Report](#) - online job advertising levels and trends
- [Employers' recruitment insights](#) - National Skills Commission business surveys results
- [Workforce shortages](#) - work shortages at state and/or national level

Metaverse - What is that?

In McKinsey's podcast Cathy Hackl suggests that no one quite agrees on how to precisely define the metaverse, but there is no denying that we are already seeing glimpses of it and what it might become. In this episode of the [At the Edge](#) podcast, she joins McKinsey's Mina Alaghband to share her informed take on what the metaverse is, how it's currently manifesting and what it might evolve into in the future. She also discusses the potential opportunities—and responsibilities—for businesses as the metaverse develops. Although written for the business community, as future employees who will be working in the new world of work, it is important that you keep up with current and evolving workplace technologies and trends.

What is the Jobs Hub?

[Jobs Hub](#) is an Australian Government central portal for job seekers looking to link with employers who are currently hiring. The hub is broken into these sections:



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

- [Find employers hiring now](#)
- [Jobs in demand by location](#)
- [Start your own business](#)
- [Find government jobs](#)
- [Job Search Help](#)
- [Care and support sector careers](#)
- [Defence sector careers](#)
- [Construction](#)
- [Contact and Call Centres](#)
- [Employment and Recruitment Work](#)
- [Hospitality and Tourism](#)
- [Retail](#)

Where to look for jobs

There are many places to look for a job. New services are always being set up to compete with established players. You can search online, in newspapers, through specialist agencies, at job seeker centres or through networks. Don't limit your search to one source. [Myfuture has compiled 11 places](#) you can search for a job including:

- Job websites
- Company and organisation websites
- LinkedIn
- Labour hire and employment agencies
- Networking
- Professional and trade associations
- Events
- Centrelink
- Group Training Organisations
- Newspapers
- Noticeboards

Yes, you really do need digital skills!

The Australian Industry and Skills Committee's (AISC) National Skills Overview shows the current explosion in new technologies is reinventing the way businesses are run. This has significant implications for the workforce, which needs to evolve and be agile to keep up with technological expansion. [Digital skills](#) are becoming a priority for many industries including coding and programming, exploring the world of cloud computing and the Internet of Things, Blockchain and developing and using robotic and automation technologies. Find out more at [National Skills Overview](#).



Financial Assistance & Scholarships



Managing your money on a student budget - it can be done!

Moneysmart has some useful information on how you can manage your money when studying. Don't fall into the trap of waiting till you leave school to start managing your money because good money management is all about planning and getting into good money management habits. Moneysmart suggests that there's plenty to think about when studying, like living on a student budget and paying off student loans. [Click here](#) to find out their suggestions on how to make the most of your money including.

- How to get by on a student budget
- HECS and HELP for student costs
- Paying off your EHELP debt
- Study while you work
- Get help if you need it

USQ Scholarships

Explore what scholarships are available and those coming soon. You can apply for more than one scholarship at a time, so be sure to apply for all that you're eligible for. [Click here for the answers](#) to some of the following frequently asked questions:

- Are there scholarships available for international students?
- What is an Australian Commonwealth Government Research Training Program scholarship?
- Can I apply for more than one scholarship?
- What documents should I attach to my scholarship application?
- What if I'm offered more than one scholarship?
- How do I write my scholarship application?

First Nations Peoples



Away from Base program and courses

Away From Base (AFB) is a practical option for Aboriginal and Torres Strait Islander students. It involves studying via online learning combined with intensive residential blocks twice a semester. Tutorial support is offered free of charge in face-to-face, online or group tuition sessions or using a combination of delivery modes.

Government funding supports the travel, accommodation and meal costs for AbStudy compliant students participating in the intensive block. Prospective First Nations Peoples students may apply by direct entry to one of ACU's undergraduate programs below:

- [Bachelor of Business Administration \(Away From Base\)](#)
- [Bachelor of Midwifery \(Indigenous\)](#)
- [Bachelor of Education \(Primary\)](#)
- [Diploma in Educational Studies \(Tertiary Preparation\)](#)

[Click here for further information.](#)

Future UQ Aboriginal and Torres Strait Islander students

UQ offers First Nations Peoples students a complete university experience, including a mix of educational, social and cultural opportunities, to help you achieve your individual goals. [Click here](#) to download their Future student guide for First Nations Peoples students where you will find out about:

- [Outreach & Engagement](#)
- [Indigenous Admission Pathways](#)
- [Indigenous Tuition Program \(ITAR\)](#)
- [Indigenous Studies](#)
- [RAP Merchandise](#)
- [RAP and Resources](#)



Interstate and International



Are you an international student wanting to study at Griffith?

Griffith International can answer your questions about support and guidance for international students wanting to study in 2023. [Click here to read more about Griffith International including:](#)

- Courses
- Student support
- International scholarships
- University brochures in your language
- Griffith English Language Institute
- And more

SAT OR ACT requirement for study in the USA

[Internationally Educated](#) offers customised college search and application services for Australian students wanting to study in the USA. On the website you will find news and resources to help with your application process. Many US universities have temporarily amended their admission requirements to be SAT or ACT 'test-optional'. This means an application for admission may still be reviewed without the submission of an SAT or ACT test score. It is at the student's discretion or 'optional' if they submit the test result as part of their application. However, if you are considering applying to highly selective universities, it is worth considering preparing and sitting one of these tests. [Click here to read more](#) about the current admissions policies including the universities that still require a SAT or ACT test result.

Thinking of Uni of NSW next year?

Co-op scholars balance strong academic performance with their personal interests, professional development and community involvement throughout their time in the Program. To ensure scholars are prepared for this they look for a solid academic success from high school applicants. Students' communication skills, motivation and leadership potential are also considered. They consider outgoing students who get involved in a wide range of activities, are ambitious and keen to contribute. [Click here for more information](#) and the program brochure.



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Open Days, Expos & Career Markets



ADF Open Day

The ADFA Open Day gives you the opportunity to get an insight into the experience of studying at ADFA. [Register](#) for the 2022 Open Day on Saturday 20 August 2022 where you will find out about:

- Life at ADFA - Find out what it's like to live and learn at ADFA
- Hear from staff and students - Get an insider's perspective on everything from classes to military training
- See what you could study - Discover more about degrees on offer: Arts, Business, Engineering, IT, Science or Technology

Creative arts open day at Griffith Uni

Thinking of a career in the creative industries? Get inspiration and advice on your study options at Griffith Uni's Creative Arts Open Day. During the day being held on Sunday 12 June, Southbank Campus from 12 noon to 3pm, discover Griffith's creative arts schools and take part in practical experiences in design, visual and creative arts, music and performing arts, film, animation and games design, industrial design and architecture. [Click here for more information and to register.](#)

Endeavour College of Natural Health Open Day events

The College will hold an [in person open day](#) on 18 June and a [virtual Open Day](#) on 29 June 2022. Attending either Open Day is a great way to find out more about Endeavor College and ask all the study and enrolment questions you need to. [Click here](#) for more information and to register.

Shillington College information session

Shillington College is hosting a [Zoom Information Session](#) on 27 July at 6pm where you can learn about:

- Their mission
- Discover how their unique approach works for online, on campus, part-time and full-time
- Watch an interactive demonstration of design software and creative thinking techniques
- Check out student work and hear graduate stories
- Meet Shillington teachers and staff to get all your questions answered in real time



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Sunshine Coast Daily Careers Expo

The Sunshine Coast Careers Expo will be held on Tuesday 19 July from 9am - 5pm at Venue 114, Bokarina. Entry is free. [Click here](#) for more information on:

- Visitors
- Exhibitor directory
- Seminars
- Competitions
- Downloads
- Getting here

UQ Open Day

UQ will be holding two open days during 2022:

- 7 August 2022 - St Lucia Campus
- 21 August 2022 - Gatton Open Day

Attending Open Day will give you an opportunity to find out more about the courses/degrees that you are interested in, talk to current students, get a feel for the campus and what other activities you can join in on when at Uni. Make sure you go prepared with questions and plan your Open Day activities so you don't waste time and you get around all the activities you have ear marked. More details will be published on [their website](#) closer to the date, but you can click here to find out more about:

- taking a [virtual tour](#)
- diving into the [Unknowns Explored](#)
- [discovering our programs](#).



Private Provider Updates

College of Aeronautical Science

[Courses conducted at the College of Aeronautical Science](#) will help you advance quickly in your chosen aviation career. Students will learn the necessary Mathematics, Physics and technical skills to be the best possible candidate in a competitive industry. Aptitude and Selection test training programs are available for Commercial/Defence Force Pilot, Cadet and Aircrew Candidates. Contact Dr Steven Holding for times and dates of the five day Air Transport Pilots Licence Flight Planning Lecture Course (ATPL). [Click here for more information](#).

Entry to Griffith College with or without an ATAR

Did you know you can study a Higher Education Diploma with [Griffith College](#) whether you have an ATAR or not? A Senior Secondary Certificate of Education (e.g. QCE or equivalent) guarantees entry to study with Griffith College in March 2023. Click here to find out more including:

- [Study options](#)
- [Campuses](#)
- [Student life](#)
- [How to apply](#)
- [Payment options](#)

Keep checking for updates for 2022/2023 entry but start your research now. If you are in Year 12, don't leave it till the second half of the year when time can run out.

SAE film masterclass opportunity

SAE are running a film masterclass on Thursday 7 July from 5pm - 7pm. It will be presented by Flickerfest Short Film Festival director and distribution manager Bronwyn Kidd. By attending you will learn:

- What makes a short film irresistible to Oscar qualifying film festivals?
- Should you target the Australian or International film circuit?
- What are big Australian festivals looking for?
- Targeting the smaller festivals – why would you do it?
- How to get your film out beyond festivals and make money through distribution of your short film
- What you need to know to make your film market-ready

You will walk away from the masterclass with more confidence in how to present your films, knowledge in how festivals work, how to make your application stand out and how to engage with the industry. [Click here to find out more and to register](#)



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000



QTAC & Tertiary Entry

How IB Diploma students are considered for entry to tertiary courses in Australia

Results from the IB Diploma, which are reported on a whole number scale between 24 and 45, are converted into an ATAR-like value to allow IB students to be considered for tertiary places alongside their counterparts who have completed state curricula. This ATAR-like value is known as the Combined Rank because it is a national conversion that combines results from all states. This means that IB students can apply in any Australian state or territory with confidence about how their results compare to their peers who have completed state curricula and received an ATAR. [Click here to find out more.](#)

What are minimum selection thresholds?

The minimum selection threshold is the minimum adjusted score (ATAR/rank) that was considered for an offer of a place to all applicants in the January 2021 offer round. Minimum selection thresholds vary from year to year and from offer round to offer round, depending on the number and quality of applicants a course receives. When planning your preferences, it's important that you check the minimum selection threshold for appropriate preferencing.

What is the ATAR?

QTAC is the body that calculates and provides eligible Year 12 students with their Australian Tertiary Admission Rank (ATAR). The ATAR:

- Is the primary mechanism used nationally for tertiary admissions
- Indicates a student's position relative to other students
- Is a 2,000 point scale from 99.95 down to 0.00
- ATARs less than 30.00 are expressed as "30 and below"

QTAC calculated the first Queensland ATARs in December 2020 which brought Queensland in line with the rest of Australia. Thirty students received an ATAR of 99.95 with 16 different subjects including Biology, Chemistry, Economics, Engineering, English, English and Literature Extension, French, German, Italian, Latin, Literature, Mathematical Methods, Modern History, Philosophy and Reasoning, Physics and Specialist Maths. This list of subjects is NOT an indication of subjects that will guarantee a high ATAR. It has been included to show the wide range of subjects that students studied, did very well in and who received an excellent ATAR.



What subjects should you study to gain an excellent ATAR

Year 10 students and their parents often ask this question. [The answer is](#), the subjects that you enjoy, have had past success in and meet any future tertiary course prerequisites. You want to get to the end of Year 12, receive your results and be able to say to yourself that they are the best results you could get while maintaining life balance and well being. Your ATAR is a rank used by QTAC for competitive entry into tertiary institution courses. It is NOT an indication of your 'intelligence' and future success and happiness in life.



Study Skills and Wellbeing

Ideas to assist you with managing panic and reducing anxiety

Idea 1: When you are starting to panic remember this is an exaggerated physical reaction to stress. The feelings are unpleasant, but you can cope with them ... breath!

Idea 2: Concentrate on your breathing – Breathe three deep breaths in and out slowly closing your eyes (when possible) as you do it ... repeat until your heart rate is settled.

Idea 3: Watch your thinking. Say in your head statements like: “It’s OK”, “I can cope”, “breath”, “I can manage this” ...

Idea 4: Use distracting techniques – count backwards from 100 or describe a painting to yourself or remember a happy time

Idea 5: Tell yourself that this is just one point in time and it will pass ...

It is important to think in positive words to yourself. Everyone gets stressed and can panic but learning how to manage it will make the panic become less frequent. Always remember to back yourself. If you are finding managing your stress and/or panic difficult, speak with your school guidance officer, school counsellor or make an appointment to see your family doctor. They will all have great ideas to assist you to move forward positively and confidently.



Ashmore TAFE opportunities

The Ashmore specialised campus is the trades training hub of the Gold Coast. You will learn your chosen trade/skills using the industry-standard learning technologies at the TAFE. [Click here](#) and find the course guide and learn more about the range of courses available on the Gold Coast. [Click here](#) for a full list of courses offered at the campus

Diploma of Graphic Design entry requirements

[The Diploma of Graphic Design](#) is a suitable course if you want to work in graphic design, digital design and visual communications. It can be completed in one year full time (three days per week) and is offered on Brisbane, Gold Coast and Sunshine Coast campuses. As part of your application, you will need to provide evidence of your technical skills developed through personal or work experience or through formal study showing your ability to:

- produce multiple examples of graphic design work that respond effectively to different design challenges
- produce typography that supports the overall design solution
- use graphic design industry software

Start getting your portfolio together now as the end of the year will be here before you know it! [Click here](#) for more information around the portfolio requirements (scroll down).

Nursing webinar

On 15 June from 10 - 11am and then repeated at 7 - 9pm, TAFE Queensland, Gold Coast is hosting a Nursing webinar. This online information session is an opportunity to:

- Learn about their new clinical wards and state-of-the-art simulation labs
- Hear about their flexible study options and how they can work for you
- Chat to staff about Residential Schools at the Southport campus and ask their experienced educators any questions you may have
- Facilities
- Graduation pathways

[Click here](#) to find out more and to register.

Payment options

TAFE Queensland have a range of payment options, concessions, loans and scholarships you may be eligible for to assist you with the cost of your study. You may also be eligible for a TAFE Queensland payment plan to help you pay your course fees over the course of your studies. If you are asking yourself if you can actually afford to study, there are a number of options that could make your study at TAFE Queensland more affordable. [Click here to check out:](#)

- What it costs
- How you can pay
- What financial assistance is available
 - Concessions
 - Subsidised training
 - Certificate 3 Guarantee
 - Commonwealth supported places | Degrees
 - Construction Skills Queensland | VET qualifications
 - Fee-free training for Year 12 graduates
 - Higher Level Skills subsidy
 - User Choice funding
- Scholarships
- How to apply

TAFE Qualifications that will get you places

TAFE offer a full range of nationally recognised qualifications from entry-level certificates through to bachelor degrees. They also offer comprehensive trade training from beginner to advanced levels. [Click here](#) to see the range of qualifications on offer through TAFE Queensland and scroll down to see the full range.

TAFE courses through CQU

Find out about the range of [TAFE study options](#) available through CQUni. Check out your local campus for actual or virtual career expos held by CQU. At these events, you will be able to find out more about the courses and career pathways available to you.



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

English Language requirements for Nursing at all universities

As a Year 12 student, before you can be considered for a place in a Nursing or Midwifery course, the [Australian Nursing and Midwifery Accreditation Council \(ANMAC\)](#) requires that all applicants demonstrate their English language proficiency via one of the following options:

Option 1: English is your primary language AND you have attended and satisfactorily completed at least six years of primary and secondary education taught and assessed solely in English. At least two years of this education must have been between grades 7 and 12. This education must have been completed in one or more of the following countries: Australia, Canada, New Zealand, Republic of Ireland, South Africa, United Kingdom, United States of America. If this describes you, then you will need to complete a declaration confirming that you meet the requirements as described above.

Option 2: If you do not meet the above option you will need to sit an approved English language proficiency test. If this describes you, then you will need to sit one of the following approved English language proficiency tests and achieve the minimum scores: IELTS Academic, TOEFL iBT, PTE Academic, or OET. Before booking one of these tests, [check to see which tests are accepted by the institution you are applying to](#).

Check the [QTAC site for more details](#) and [institutional approved English language tests](#).

Tax File Number and Unique Student Identifier

Year 12 students who are planning to undertake tertiary study at either a university, TAFE Queensland or a private provider must have a [Tax File Number \(TFN\)](#) and a [Unique Student Identifier \(USI\)](#). You should apply early to avoid any stress at the end of the year. To be eligible for HECS-HELP or FEE-HELP (Commonwealth assistance), when enrolling at uni, you must provide a TFN and a USI on your Commonwealth Assistance Form. Visit the government [StudyAssist](#) website for more information. Don't leave it till the last minute!

Which is the best university?

All Australian universities offer accredited courses that can lead to employment. Consequently, the better question is 'Which is the best university for me?' Consider the following when researching universities.

- Is the course offered at this university a pathway to the job I eventually want?
- Where is this university located? Can I realistically travel there? What are the transport options?



- Will the university help me gain work experience in my career area of interest while I do the course?
- How hard is it to get into this course at this university?
- Are the courses at this university full-fee or are they subsidised by the Commonwealth Government and eligible for HECS-HELP?
- If the courses are full-fee, is the institution accredited for FEE-HELP?
- Where do students of this course at this university go after they graduate?
- What support services are available at this university?
- What co-curricular activities (sport, clubs, etc.) are available at this university?
- What is the 'atmosphere' or working and social environment of the university like?
- Is it important to me to go to the same university as my friends?
- Does the university offer overseas study options?

These websites can help you with your research.

- [QILT](#) (Quality Indicators for Learning and Teaching) can help you compare study experience and employment outcomes data from Australian higher education institutions to select the institution with all the qualities you want.
- [The Good Universities Guide](#) has a course and institution search function and information on careers and scholarships. It also has a rating section for all Australian universities.
- [Study Assist](#) provides information on Australian Government financial assistance for further study
- [Course Seeker](#) - Thousands of on-campus and online courses across Australia

Other sources of information are:

- Open days and career expos – access information from the Options Career Information bulletins and the [Open days and expos page](#) on the QTAC website. Term three is big for open days and check if they are being held live, virtually or both.
- University brochures – obtain these at open days, career expos and university websites
- University websites
- Current students at the university (you will have access to these students at open days).

Australian Catholic University

Bachelor of Arts (Western Civilisation)/Bachelor of Laws

Based at their North Sydney Campus, this double degree will give you a broad understanding of Western literature, philosophy, art, politics, religion, science and history, as well as the necessary skills and qualifications for admission as a practicing lawyer in Australia. By choosing this double degree, you'll gain:

- Skills to become a confident, ethical lawyer
- You'll undertake pro bono placements providing valuable experience in the practical operation of the law while supporting marginalised and disadvantaged community members



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

- You will undertake a community engagement placement experience and one general elective

There are thirty scholarships valued at \$30,000 per year for the double degree. [Click here for more information.](#)

Get a taste of ACU before you enrol at Discover ACU

On 29 June ACU will be hosting their [Discover ACU event](#). It will give you an insight into life as a uni student. You'll be able to:

- participate in interactive workshops related to your degree of choice
- meet staff and current students
- explore your local ACU campus
- learn about industries and careers
- get helpful tips on preparing for university
- soak up the campus atmosphere.

Choose a workshop from a range of study areas, including nursing, midwifery, paramedicine, sport and exercise science, speech pathology, occupational therapy, biomedical science, law, criminology, business, arts and education, as well as student panels and campus tours. To sign up for the events that suit you, [register here](#).

Pathway finder tool

ACU had developed a tool that you can access and identify study pathways that best meet your situation. You will be able to search by study area or situation to view the available pathway options at ACU. [Click here for more information](#) and to access the Pathway Finder Tool.

Bond University

Bond Care

Bond University is committed to building a safe and supportive campus for everyone and they encourage the Bond community to notify the university about situations that require attention including:

- Students can seek support or make a report of their concerns.
- Staff can seek support for, or report issues concerning students.
- Members of the public can report concerns regarding misconduct, unwanted behaviour and inappropriate behaviour.

[Click here to read more about Bond Care.](#)



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Can I use a VET qualification for entry?

If you complete a VET qualification in school and successfully complete Year 12 (with or without an ATAR), Bond will consider your VET qualification for admission. You may be required to demonstrate English language proficiency by passing the English subject with a grade of C or better, or by undertaking an English proficiency test and achieving the required scores for entry. If you have also attained an ATAR, Bond University will consider the higher ranked of the two qualifications (ATAR or VET) for admission. Advanced standing (credit) may be provided in a similar undergraduate degree. [Click here](#) to read more.

Year 12 entry in 2023

Bond University will support students by assessing applications based on their first semester Year 12 results. Year 12 early offers for 2023: How it works:

1. Complete Bond's direct online application, submitting results from your Semester 1 Year 12 report, as well as your Semester 1 and 2 Year 11 reports.
2. Bond University will assess your application and high school grades against the minimum entry requirements for Bond's undergraduate and diploma programs.
3. If you meet the entry requirements, you receive an early offer that guarantees entry to Bond conditional on the completion of Year 12 and meeting any subject prerequisite requirements for your program.
4. When you successfully complete Year 12 and pass any prerequisite subjects, your offer becomes unconditional and you are officially a Bondy!

Note: Bond's Medical Program is excluded from these revised entry requirements and you can [apply now](#).

Central Queensland University

Career in Health, Law or Digital Media?

CQUniversity provide innovative and flexible study options in Brisbane. Some of the courses offered at their Brisbane campus are:

- [The Bachelor of Echocardiography \(Cardiac Physiology\)/Graduate Diploma of Echocardiography](#) comprises a three-year bachelor degree and a one-year graduate diploma and leads to a career as an echocardiographer. Apply your knowledge of cardiac physiology, measurement science and practical echocardiographic scanning skills in a diagnostic setting.
- [Bachelor of Digital Media](#) – (also offered at Brisbane, Bundaberg, Cairns, Mackay, Rockhampton) a course for students with a flair for design who are keen to create digital media works using soft wear tools and techniques. It is offered on line and face-to-face.
- [Bachelor of Science \(Chiropractic\)](#) – an evidence based degree, you will develop patient assessment skills and therapeutic approaches to manage common musculoskeletal issues like back, neck and shoulder pain, headaches, movement problems and more.
- [Bachelor of Law](#) - CQU offer a range of double degrees with Law

Check out the [CQU website](#) for more courses offered in Brisbane.

SUN Term two 2022 applications now open

Start Uni Now (SUN) students gain an insight into university life and after successful completion may be eligible for direct entry to a wide range of CQUni courses (excludes quota managed courses). Applications for Term two (11 July – 7 October 2022) close on 24 June 2022. Find out how to apply and access more information about SUN [here](#).

Student Accommodation

Student on-campus residences are available at CQUni Mackay and Rockhampton. Off-campus accommodation options are also available. Organising suitable accommodation is key to a smooth transition from school/home to university/independent living if you need to move to attend university. [Click here](#) for more information.

Griffith University

2023 Undergraduate study guide

The Griffith University 2023 undergraduate study guide is available online. You need to [register to receive a copy](#) which will be emailed to your nominated email address. Some of the information it contains is:

Page 2: Welcome to Griffith including how to apply

Page 14: Their Degrees

Page 98: VET pathways

Page 100: Scholarships

Page 101: Admission Pathways

Page 104: First Peoples

Page 106: Griffith College

Page 113: Key Dates

Marketing project/Leadership challenge

Griffith Uni's Business school is hosting several opportunities for students interested in a career in business. They are currently hosting their Responsible Leaders Challenge for Year 10 and 11 students. You will be required to put together a marketing plan for a chocolate company wanting to



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

attract 18 - 25 year old clients. [Click here to find out more](#) about the challenge, marketing plan, eligibility and registration. Marketing plan must be submitted by 26 August.

Study a uni subject/course while at school

You can study at Griffith while you finish high school and you may gain credit transfer towards a degree at Griffith after school. Griffith University Early Start to Tertiary Studies (GUESTS) program gives you the opportunity to study a course (subject) at Griffith while completing your high school studies. This free program lets you sample university life at Griffith, learn from industry lecturers and stretch your academic boundaries. If you are motivated, there are over 60 courses to choose from and if eligible, you can complete up to two courses while at school and can commence from Semester 2 of Year 11. Applications for Semester/Trimester 2 close on 15 June. [Click here for more information, eligibility and entry requirements and how to apply.](#)

University campuses

Griffith University has five campuses that offer a range of undergraduate degrees. Depending on the degree you are interested in may determine which campus you will attend. Find out more about the various campuses and degrees by clicking on the links below.

[Gold Coast](#) is located at the Gold Coast and has a range of state-of-the-art facilities and offers teaching and research in almost all disciplines or study areas.

[Logan](#) is a community campus with a strong focus on community health, education and business. It specialises in flexible learning options for students.

[Mt Gravatt](#) is adjacent to Nathan campus and offers criminology and criminal justice, education and applied theatre and psychology.

[Nathan](#) is on the south side of Brisbane. It offers degrees in business and government, engineering and information technology, environment, humanities and languages, law and science and aviation.

[South Bank](#) is located in Brisbane's South Bank Parklands and includes the Queensland College of Art, the Queensland Conservatorium, Griffith Film School and Griffith Graduate Centre.

Using VET and other alternative qualifications for competitive entry to Griffith University

Griffith accepts standalone VET qualifications for current Year 12 or mature applicants and acknowledges that it is a highly effective pathway to university. Students with a [VET qualification](#) completed at high school will continue to be considered for admission whether or not they are ATAR-eligible. QTAC will consider your VET qualification in conjunction with other senior subjects or as a stand alone qualification when you are applying for entry into Griffith courses. VET qualifications will not be accepted into certain Griffith courses/programs so check the link for more information.



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Queensland University of Technology

Early offer scheme

The Year 12 Early Offer Scheme could provide you with an offer to study at QUT before receiving your ATAR, IB Diploma or VET Diploma. If eligible, you'll receive an offer for your QTAC first preference the day you complete Year 12. The scheme includes more than 50 single and double degrees from a wide range of study areas including business, creative industries, engineering, health and science. [Click here](#) to find out about:

- [Important dates](#)
- [Am I eligible?](#)
- [Required school results](#)
- [What courses are included in the scheme?](#)
- [How to apply](#)
- [Supporting documentation](#)
- [Receiving approval](#)
- [Responding to your early offer](#)
- [Other things to consider](#)
- [Contact us](#)

Eligibility for entry to QUT - Recent secondary education

If you're a current Year 12 student or completed Year 12 within the last two years, you're considered a recent school-leaver. For most QUT courses, entry will be based on your past academic achievement such as your ATAR or selection rank. Some courses may also have additional entry requirements such as an audition, portfolio, interview or written statement. Your Year 12 results don't expire after you finish school. They are converted to a selection rank and you can continue to use them to get into university in the future. [Click here to find out more](#) about QUT's:

- Minimum entry requirements
- Get an early offer
- A guide to entry
- Offer guarantee
- Converting your results to a selection rank
- Assumed knowledge and prerequisites

Support for students' wellbeing

QUT provide a range of programs and services to help you make the transition to university and improve your personal, physical, mental and financial wellbeing. You can access support with accommodation and settlement, accessibility and disability, chaplaincy, counselling, financial assistance, health services and welfare advice. [Find out more about our support services here.](#)



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Virtual tours to find out more

You can explore QUT's faculties and facilities through their 360° videos and 3D tours. You can do a video tour of Gardens Point and Kelvin Grove campuses as well as individual faculty areas including:

- [Creative Industries](#)
- [Design](#)
- [Fine Arts](#)
- [Communication](#)
- [Health](#)
- [STEM](#)
- [Education](#)
- [Business](#)
- [Law](#)
- [Library](#)
- [QUT College](#)
- [Self-guided campus tours](#)

The University of Queensland

Auditions for the 2023 B Music (Honours) Program

The UQ School of Music invites applications from everyone who is interested in auditioning for a place in the [B Music \(Honours\)](#) program commencing in Semester 1 2023, The prerequisites are:

- Queensland Year 12 (or equivalent)
- General English subject (Units 3 & 4, C)
- Audition/interview
- A pass in a test of practical ability and musicianship skills. Applicants must arrange an audition with the School of Music, to take place between 1 September and 30 November of the year preceding admission. A program of no longer than 15 minutes must be prepared.

Details must be provided to the School of Music when you arrange for your audition. For an audition to be at a competitive standard, the repertoire performed should be comparable to Grade 7 AMEB. Selection is based on audition, interview and academic results. For more information about the audition process (including closing dates and the application form) please visit the [School of Music website](#). Note: UQ have not yet updated the 2022 application closing date so start preparing for your audition and keep checking for closing date.

Doctor of Medicine prerequisites

All graduate entry applicants including domestic, international and UQ-Ochsner pathway, need to have successfully completed two subject pre-requisite courses, or equivalent prior studies in cell and tissue biology and systems physiology, within the last 10 years when enrolling into the MD Program. Similarly, provisional entry offer holders need to successfully complete the two subject prerequisites or equivalent in their undergraduate program prior to commencing the MD program. [Click here](#) for more information and suitable UQ prerequisite courses and UQ programs which meet MD prerequisites and more.



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Future Students portal

UQ's [Future Student portal](#) will help you easily find information on:

- Programs (undergraduate degrees) you can study
- The admissions process
- University life
- Taking a Virtual tour
- Find a scholarship
- Information for
 - [Aboriginal and Torres Strait Islander students](#)
 - [High school students](#)
 - [Parents](#)
- Events
- Stories

Guaranteed accommodation

UQ offers guaranteed accommodation for all commencing students enrolled at St Lucia or Herston campuses. Guaranteed accommodation helps UQ students secure accommodation at select providers which reserve a number of rooms so students can easily compare, choose and apply for accommodation. Offers of accommodation are made by Residential Colleges (on campus) and Approved Providers (off campus). [Click here](#) to find out more about these options.

Thinking of Science and want to know more

UQ have put together some short videos highlighting what studying Science might be like and where it could take you. Click here to access the videos on topics including:

- [Opportunities for high school students](#)
- [Study science at UQ](#)
- [Tips for new students](#)
- [Agriculture and Food Sciences](#)
- [Biological Sciences](#)
- [Chemistry and Molecular Biosciences](#)
- [Earth and Environmental Sciences](#)
- [Mathematics and Physics](#)
- [Veterinary Science](#)

University of Southern Queensland



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

Set your own pace for completing your degree

If you are not sure what your plans are for 2023, USQ offers the opportunity to study full-time or part-time and you can choose how many subjects you take each semester. You can fast-track your degree by completing some subjects during summer semester or slow it down and reduce your classes when life gets busy. Click here to [Explore their degrees](#).

University of the Sunshine Coast

High Performance Sport

At USC, high performance athletes achieve at the highest level in study, research, training and competition with purpose-built facilities and support from world-leading coaches, performance development specialists and sport and exercise scientists. USC's [high performance student athlete program](#) enables elite athletes to achieve their personal best in study and sport. [Click here for more information](#) about:

- [Nationally-accredited facilities](#)
- [Physical performance coaching](#)
- [Strength and conditioning](#)
- [USC Clinics](#)
- [Study sport and exercise science](#)
- Resident teams



Upcoming Events

Date	Event
31/05/2022	Griffith University's Tertiary Education Experience
31/05/2022	START QUT semester 2 applications close
31/05/2022	Vermilion High application closing date
12/06/2022	Creative arts open day at Griffith Uni Southbank
12/06/2022	Griffith Uni's Open Day at their Southbank campus
15/06/2022	Griffith Uni's GUESTS program Semester 2 applications close
15/06/2022	TAFE Queensland Nursing webinar session
16/06/2022	Power of Engineering 2022
18/06/2022	Endeavour College of Natural Health in person Open Day
21/06/2022	USQ Year 10 - 12 Experience Day Toowoomba
22/06/2022	USQ Year 10 - 12 Ipswich Experience Day
23/06/2022	Power of Engineering 2022
23/06/2022	USQ Year 10 - 12 Springfield Experience Day
24/06/2022	CQU SUN applications close
29/06/2022	ACU Discover ACU event
29/06/2022	Endeavour College of Natural Health virtual Open Day
29/06/2022 to 30/06/2022	Griffith University Queensland College of Art Portfolio Workshops
01/07/2022	UCAT testing period commences
01/07/2022	USQ Semester 2 Head Start applications close
16/07/2022 to 17/07/2022	2022 Tertiary Studies Expo
16/07/2022 to 17/07/2022	TSXPO 2022, Brisbane is on
18/07/2022	2022 Young ICT Explores competition application closes
19/07/2022	2022 Sunshine Coast Daily Careers Expo



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000

27/07/2022	ACU Guarantee application process and student panel webinar
27/07/2022	Shillington College Virtual Info session
31/07/2022	QUT Open Day



Mount Alvernia College
82 Cremorne Road
Kedron Qld 4031



mta@mta.qld.edu.au



07 3357 6000