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For Victoria Monday 25 March, 2024

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Victoria Police | Careers Information Session -

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7 tips to help with subject selection

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Early entry – Quick facts

The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

Find out more

Employment opportunities Study advice Gap year options

#### Find out more

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May 11, 2024

At our Collarts On-Campus Open Day, we invite you to come and experience all things Collarts life: from our passion for creativity, close community, state-of-the-art facilities, expert faculty, and more.

Up-skill in a creative workshop Learn more about the industry in a live panel Meet Collarts students and staff Visit one of our open campuses on the day Get an inside look into all our courses

### Find out more

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May 16 to May 18, 2024

The Victorian Careers Show, in its 4th year in 2024, follows on from the success of our flagship event, the VCE and Careers Expo.

Our exhibitors include:

universities, TAFE colleges and training providers providers of VCE resources, information and services organisations with apprenticeship information and opportunities organisations with employment opportunities organisations with cadetship opportunities career advisers and student support services providers of tutoring services, lecture and study skills programs providers of international exchange and GAP year programs providers of youth services and programs

Attend seminars on topics including:

**VCE** subjects

Subject selection advice for Year 10 students

Tertiary courses

Careers

**Employment opportunities** 

Study advice

Gap year options

### Find out more

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May 30, 2024 May 30, 2024

Join us at The Capitol RMIT University on Thursday 30 May for BiG Day In Melbourne. Bring your Year 9-12 students to learn where a STEM career can take you. Hear from organisations such as Wisetech Global, Adobe, Australian Signals Directorate & more to come.

Find out more

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Opens: January 1, 2024 Closes: December 20, 2024

The NIDA Open First Nations Subsidy offers subsidised tuition to help young First Nations people who are experiencing financial or other disadvantage to achieve their full creative potential.

Find out more

# English is important

strong language and communication skills. But in reality, the skills and knowledge you learn through English are vital no matter what you want to do in the future.

Your ability to communicate can impact on every part of your life. Every single job requires some -to-face, over the phone, or written in an application,

email, or letter. So the better your grasp of the English language, the easier your path to success could be.

### So is maths

class: when on Earth am I ever going to need to use this once I leave school?

Sure, science and finance jobs are clearly going to require maths, but the reality is, strong numeracy will benefit you in almosglisÙ

biochemistry, and it can be competitive work, but if you have sublime taste, it could be perfect for you.

Interested in exploring other jobs?

<u>Job Spotlights</u> page to read more about

heaps of other different careers in detail.

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Scholarships can provide a valuable pathway to success for many people. We believe that success stories deserve to be celebrated, as they not only highlight the incredible achievements of students, but also showcase just how much a scholarship could change your life. Join us as we look at some inspiring scholarship stories of real people it might convince you to go out and apply for one yourself.

# Pursuing a passion for justice

<u>Tuckwell Scholarship</u>, Jonathan Tjandra was able to follow his dream of becoming a lawyer. After his family emigrated from Indonesia to Australia to escape conflict, he wanted to study law to ensure that he could protect others still suffering from discriminatory laws.

Jonathan Tjandra, ANU Tuckwell Scholar

Jonathan studied a Bachelor of Politics, Philosophy and Economics (Hons I) and a Juris Doctor at ANU, and is now continuing his studies in Oxford University in the UK.

here.

## Inspiring Indigenous doctors

Joan Cassimatis graduated as the top performing medical student of 2022 and was helped to First Nations Medical Scholarship and Nyombil Indigenous Support Centre.

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Life is a balancing act, and students need to become master acrobats in order to navigate their menagerie of tasks and roles. Between school, study, work, chores, family, friends, and

have enough hours in the week to get things done, we have some tips for students to help them find life balance.

most working adults in only get <u>around 15 hours</u> of leisure (or non-work) time each day, including sleep. So once we take out the recommended 8 hours we should be snoozing each night, that only leaves 7 hours for everything else. If you want to see how you compare, check out this article from the ABC.

Lots of people write-off life balance as a luxury or a made up fad. But having good balance in your life can not only make you happier and healthier, but also help you accomplish more in the long run. The impacts of lack of balance in your life could include:

Burnout

Loss of motivation

Mental health issues
Physical health issues

Signs you could be out of balance
If you generally feel happy, healthy, and well-

If you often feel tired, low, or that every day is a struggle, then it could be time to reassess your

have any concerns about your mental health, then please see a professional.

You wake up tired You find it hard to get to sleep You often get sick

You no longer enjoy school o-2(jon)-2(t)-2(u)16(d)-3(e)55g

## Life balance tips for students

-size-fits-

rest, and play depends on how you operate in other words, you need to find the right balance for you, not what you think

## Work out where you are

Make a list of what *needs* to get done (think school, sleep, or chores) and what you would *like* to get done (think playing games, exercise, or volunteering). For example, you might include:

Sleep

School

Chores

Homework and other study

Work or volunteering

Extra-curricular commitments

Hobbies

Social time

Life admin

Time spent on your phone or other device

might find. Then think about the number of hours you spend doing these things and jot them down.

Work out where you want to be

### would like your week to look.

We all have 168 hours in a week. If you sleep the recommended 8 hours a day, go to school from 9am to 3pm 5 days a week, travel an hour for school (there and back), allow an hour for eating, and spend an hour for other life admin each day, that leaves you with 63 hours a week to spare. This number is just an estimate—work out your number then use that for the rest of the calculations. Now you need to work out what your priorities are. Go back to the list you made in step 1 and add

Use a planner, calendar, diary or app to write down your new timetable. This can help you stay in-check and create new habits instead of slipping back into your old routine.

Set goals and then break them down into manageable milestones.

Incorporate time limits into your schedule. If you want to play games or spend time social

ished in the allocated

time, reassess your study patterns and habits, or consider asking for help.