

Weekly Careers News

For Victoria

Monday 11 March, 2024

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What's On

Upcoming Events

Charles Sturt | Explore Day

March 5 to March 26, 2024

Are you in Year 10, 11 or 12? Then Explore Day is your chance to check out what life at Charles Sturt University is like.

Keen to check out where you'll be staying? Take a look at our accommodation and tour our campus, chat with students and get the lowdown from lecturers. There's even a free lunch and a swag bag of goodies. But the best bit about Explore Day? It's all about you! Pick which interactive session/s interests you, book your spot and then get set for some hands-on learning – and a whole lot of fun.

Each of our Explore Day campuses will run different sessions on everything from arts to vet science, so there's lots for you to explore.

[Find out more](#)

myfuture | Supporting First Nations kids toward career success: A yarn with educators

March 12, 2024

We all want a good job with a good wage, right? Sure, but our definitions of 'good' aren't always the same. And who is the 'we' referred to by each of us? It's important that we all understand each other's perspectives to support our whole community in achieving their employment goals. Unfortunately, First Nations kids often struggle to express their cultural values in their schooling and employment, struggling to balance the values and motivations of themselves and their mob with those expected in their schools, the world of work, and Australian society at large.

For educators, recognising key cultural differences, and how certain cultural values are privileged over others, is a key starting point to better supporting First Nations kids in their career journeys.

Tracy Ryan, Educational Designer (First Nations) at Charles Sturt University, invites you to join her in a yarn about how First Nations success is defined and shaped. Tracy will offer some ideas about First Nations cultural values around education and employment, to start a conversation about how educators can help First Nations kids envision, plan for, and achieve the kind of career that works for them and their community.

[Find out more](#)

ANU | RRR students: why choose ANU?

March 12, 2024

Hear from other regional students who will share their stories, talk about why they chose to come to ANU, and tell you about what to expect from life at ANU.

[Find out more](#)

UNSW | Year 12 Medicine Information Evening

March 12, 2024

Are you interested in a career in medicine?

Start your medical career at one of the top medical schools in the world. Studying the Bachelor of Medical Studies/Doctor of Medicine at UNSW will provide you with the theoretical understanding and practical experiences you need to launch your career as a medical professional.

UNSW's Medicine Information Evening, for current year 12 students, will provide insight into the dynamic blend of hands-on clinical experiences and research-focused learning that you will be immersed in as a UNSW Medicine student. You'll also find out detailed information on the application and admissions process for 2025 entry, including special entry schemes such as Rural, Gateway and Indigenous Entry Schemes.

Join us online where you will hear from our expert panel of academic staff, current students and advisors, and get all of your UNSW Medicine questions answered.

[Find out more](#)

AIE | Information Evening

March 13, 2024

Discover the courses designed to get you started in game development, film, 3D animation and visual effects at the AIE Information Evening. The evening will include presentations on different areas of industry to get into as well as information about AIE full-time and part-time courses and entry requirements. We will be showing off AIE student work and our staff and teachers will be available to chat with you about our courses and how AIE can get you into a creative career.

[Find out more](#)

SW TAFE | Course Info Sessions

March 13, 2024

Get info. Get help. Get enrolled. Attend an information session for your chosen course area and find out about study at South West TAFE.

[Find out more](#)

ISCD | Interior Design Info Session

March 14, 2024

Our interior design info sessions are a great way to explore the foundations of design and discover if a career in interior design is for you.

Join from anywhere, ask questions in real-time.

[Find out more](#)

Victorian Careers & Employment Expo 2024

March 14 to March 16, 2024

Victorian Careers & Employment Expo is open from March 14 to 16, 2024 at the Melbourne Showgrounds. The Expo will showcase over 130 organisations and employers with career opportunities for all ages. Visitor entry is free.

The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new opportunities.

[Find out more](#)

UniMelb | Meet Melbourne Mildura

March 18, 2024

Our Future Students team are visiting Mildura to meet with prospective undergraduate students like you to discuss your study options and the exciting campus life that awaits you at Melbourne.

Join us to learn more about:

- How our Melbourne curriculum supports you to explore your passions, follow your curiosity and find your path through our wide range of majors and breadth subjects
- Our special Entry Access Scheme (SEAS) Access Melbourne which takes into consideration your personal circumstances in your application – you may even be eligible for guaranteed entry
- The new Narrm Scholarship Program for eligible Access Melbourne recipients which offers a relocation allowance and tailored enrichment program to help you with the cost of moving and to build your connections and make the most of your time at Melbourne
- Our University Accommodation options and student life initiatives to support you in making Melbourne your new home and feeling welcomed by our community
- How you can take advantage of opportunities in and out of the classroom, such as concurrent diplomas, work-integrated learning and internships, exchange programs, and peer mentoring.

You'll also have the chance to speak to us one-on-one and ask us any questions you may have. Don't miss this opportunity to uncover your Melbourne future. We look forward to meeting you in Mildura.

[Find out more](#)

Swinburne | Try VET

March 19, 2024

Can't wait to turn your passion into a career in 2024? Our Vocational Education and Training (VET) courses, also known as TAFE, will get you there.

Our Try VET event is like a mini open day – designed to give you all the information you need to choose a new career.

Drop into our Try VET event to:

- hear about key study areas and our range of certificate and diploma courses
- try workshops in engineering tech, community services and health
- speak directly to our teaching staff and applications team
- get all your questions answered
- enjoy a free BBQ on us.

[Find out more](#)

UniMelb | Hansen Scholarship Program application support webinar

March 20, 2024

Join us for this one-hour webinar to maximise your chances of being selected for the [Hansen Scholarship Program](#).

With applications **open from 5 February to 3 April 2024**, this will be your opportunity to:

- Learn more about the eligibility criteria and application process
- Discover tips on how to submit a competitive application
- Hear from a current Hansen Scholar who will share their experiences about the program and answer any of your questions.

Family members and teachers are also welcome to attend the webinar. A recording of the session will be made available for all registrants.

[Find out more](#)

UniMelb | Meet Melbourne Echuca

March 20, 2024

Our Future Students team are visiting Echuca to meet with prospective undergraduate students like you to discuss your study options and the exciting campus life that awaits you at Melbourne.

Join us to learn more about:

- How our Melbourne curriculum supports you to explore your passions, follow your curiosity and find your path through our wide range of majors and breadth subjects
- Our special Entry Access Scheme (SEAS) Access Melbourne which takes into consideration your personal circumstances in your application – you may even be eligible for guaranteed entry
- The new Narm Scholarship Program for eligible Access Melbourne recipients which offers a relocation allowance and tailored enrichment program to help you with the cost of moving and to build your connections and make the most of your time at Melbourne
- Our University Accommodation options and student life initiatives to support you in making Melbourne your new home and feeling welcomed by our community
- How you can take advantage of opportunities in and out of the classroom, such as concurrent diplomas, work-integrated learning and internships, exchange programs, and peer mentoring.

You'll also have the chance to speak to us one-on-one and ask us any questions you may have. Don't miss this opportunity to uncover your Melbourne future. We look forward to meeting you in Echuca.

[Find out more](#)

Monash | Discover Medicine

March 21, 2024

Discover what it's like to study Medicine at Monash. Join us for an informative session where we'll discuss the course structure, placement opportunities and entry requirements. Our current students will be online to provide insights into their own experiences as well.

[Find out more](#)

Important Future Events

Monash | Year 10 Discovery Day

April 5, 2024

Have you been thinking about your future – what you should study, how to get the best study outcomes, and what's it like to be a Monash student? Year 10 Discovery Day is for you!

Participate in our interactive faculty workshops and attend our information sessions that are designed to ignite your curiosity, fuel your aspirations, and guide you through the next steps that lead to a bright and promising future at Monash.

We even have custom-tailored sessions for your parents or guardians. We understand the importance they play in your education journey and we want them to be as prepared as they can be to help you reach your academic goals!

[Find out more](#)

AIM | School Holiday Workshops

Music Theatre: April 8 to 9, 2024

Performance & Songwriting: April 11 to 12, 2024

AIM's holiday workshop is designed for high school students interested in theatre, performance, and songwriting. Created for students in Years 9-12, the two-day workshops provide incredible opportunities to experience performing and being mentored by AIM's own accomplished industry professionals.

[Register for Music Theatre](#)

[Register for Performance & Songwriting](#)

AIE | Industry Experience Day

April 11 to April 17, 2024

AIE's Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

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](#)

Discover ACU Ballarat

April 12, 2024

Join us for the 2024 Discover ACU. A free event tailored to your study area of interest, these sessions will give you an insight into life as a uni student.

Sessions include:

- [Nursing and paramedicine](#)
- [Education and arts](#)
- [Occupational therapy and physiotherapy](#)

Holmesglen Institute | Open Day, April 2024

April 18, 2024

Open Day is a great opportunity for you to meet with teachers, explore our campuses and study facilities, and get a feel for Holmesglen life. Our sessions include presentations, tours and Q&As – perfect for helping you map out your future study and career plans. Plus, our friendly team is also available to help you apply on the day.

[Find out more](#)

VCE and Careers Expo 2024

May 2 to May 4, 2024

Australia's biggest education and careers event is now in its 32nd year in a new, bigger venue!

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](#)

Collarts | Open Day 2024

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](#)

Victorian Careers Show 2024

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](#)

BiG Day In, Melbourne

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](#)

Free Money

Scholarships

ANU George Alexander Foundation Scholarship

Opens: March 1, 2024

Closes: May 13, 2024

Each year the Australian National University may offer up to five awards known as the George Alexander Foundation Scholarships. The objectives of this award are to support commencing students who must move from rural, regional or remote areas in order to undertake an undergraduate degree at the University, and students who demonstrate strong academic merit, community involvement and leadership potential.

[Find out more](#)

UTS Council Indigenous Scholarship

Opens: February 28, 2024

Closes: May 20, 2024

The intention of this scholarship is to support a commencing Indigenous Australian student who is identified as a potential high achiever and who may have barriers to undertaking tertiary studies.

[Find out more](#)

Torrens University - Vogue Australia Scholarship

Opens: March 1, 2024

Closes: May 20, 2024

Vogue Australia and Billy Blue have a long-standing partnership founded on a mutual love of design, innovation and fostering emerging talent in the Australian creative industries. That's why we launched the Vogue Australia Design scholarship.

[Find out more](#)

Competitions

JMC Songwriting Competition 2024

Opens: March 1, 2024

Closes: August 31, 2024

JMC Academy is proud to announce the 2024 Songwriting Competition for students across New South Wales, ACT, Victoria and Queensland in years 9-12. The competition aims to

highlight the talent of high-school songwriters from across the country and to showcase the creativity of young people.

The demo can simply be recorded on your phone (we just want to hear the song performed!) and only include the vocals, however instrumental accompaniment is encouraged. You're welcome to record the demo in other ways too if you have the means.

[Find out more](#)

Canvas Art Award 2024

Opens: February 1, 2024

Closes: June 30, 2024

JMC is excited to launch the Canvas Award Competition for 2024, showcasing the incredible work of young artists and designers in years 9-12 who are taking creativity to the next level.

If you are a high school student in years 9-12 with a knack for drawing, painting or using creative digital mediums, we invite you to creatively interpret the brief into an illustrated scene: "A creature in its native environment".

You must include a "RUBBER DUCK" somewhere in your scenes.

[Find out more](#)

Sleek Geeks Science Eureka Prize

Opens: October 3, 2023

Closes: April 12, 2024

Sponsored by the University of Sydney, the Sleek Geeks Science Eureka Prize encourages students to communicate a scientific concept in a way that is accessible and entertaining to the public while painlessly increasing their science knowledge or, as Dr Karl and Adam like to say, "Learn something without even noticing". It is intended to support budding young scientists across the nation, who will be our future leaders in research, discovery and communication.

The 2024 theme is 'Energy'.

[Find out more](#)

Study

Study Tips

[7 smart study tips for high school students](#)

Navigating the demands of high school can be tricky, particularly when it comes to study. It can seem like a daunting task, especially if you don't have any study techniques to rely on yet, but don't fret – we're here with some smart study tips for high school students.

Whether you're gearing up for exams, tackling a challenging subject, or simply looking to improve your study habits, you've come to the right place.

Be organised

You still need to study in the lead-up to an exam or test, but don't leave *all* of your studying until the last minute. Studies have proven that the best way to understand what you're learning and remember that information long-term is by [spacing out your studies and revision](#).

So instead of leaving everything to the last minute and cramming, create a study schedule. Keep track of important dates and deadlines using a planner or calendar (physical or digital) so you know what you need to study and when. It's also a good idea to [set some goals](#) for yourself at the start of the year, term, or semester – having a clear objective in mind will help you stay focused and motivated, particularly for days when you don't really feel like studying.

Practise makes perfect

Okay, not necessarily *perfect*, but definitely *better*.

Say you wanted to learn how play the guitar. You might go onto YouTube and watch hundreds of tutorials or read a whole book about music theory. No matter how much preparation you do, the first time you pick up a guitar and play, it's probably not going to sound great. Realistically, you need to [practise](#) what you've learned lots of times before you're expected to get it right.

Why not treat your studies the same way? You could:

- Incorporate past practise tests into your study schedule
- Write your own flash cards with questions on one side and answers on the other
- Test yourself often, or have other people test you on the information
- Ask your teachers to write you some example or revision questions

Make it visual

Textbooks, notes, Word documents, hundreds of facts and figures to read... Sometimes they just make your eyes swim, and you lose concentration as well as understanding. If you're finding it hard to read for long periods of time, you could try using diagrams, graphs, and other visual material as a basis for your revision instead. Then, if you need to, add notes or explanations to help you expand your learning. Make it as intricate or simple as you like; the important thing is finding a way to represent information that you can recognise at a glance.

You could even have a go at [sketchnoting](#) (and if you're not artistically-inclined, don't worry – you don't have to be great at drawing for it to be effective).

Mix it up

When you're planning your study schedule, it's tempting to revise each subject in a block, move on to the next, and never look back.

But imagine you're learning to play tennis, and for the first four months all you do is learn forehand. Next you learn backhand. Then finally you're onto learning volleys. This style of learning is called "blocking". Sure, you'll eventually learn all the skills...but it can get kind of boring, and it's not reflective of what an actual tennis game involves.

This is where another learning technique called "interleaving" comes in. Studies have suggested interleaving can produce much better and longer-lasting benefits. It involves switching between related topics, training your brain to not only learn the information, but [making connections](#) between it all too.

Not convinced? [In one study](#), students were given homework sheets using either the blocking or interleaving methods. When they were tested one day later, the students trained with interleaving scored 25% better. When they were tested one month later, the interleaving advantage grew to a massive 76%.

Go over material you've learned at different times throughout the term, instead of revising once and leaving it behind until exam time. For example, each time you learn a new topic, put a reminder in your calendar or phone to go over the material again in 2, 4, and 6 weeks down the track.

Mistakes can help you learn

Everyone makes mistakes, especially when you're learning new things. But instead of letting it get you down, you can turn your mistakes into a learning tool. Understanding where you went wrong and how to make your answers right is a great way of focusing in on your problem areas.

Keep time in your study plan to go over material and check for mistakes. When you do homework or practice tests, ask your teacher for feedback – they can help you better

understand exactly how to complete a specific task or give you ways to improve your responses.

Ask questions

Simply reciting long lists of facts and figures off by heart doesn't necessarily show deeper understanding of a topic, which is often what teachers want to see in your exams. But if you give those facts and figures some more context, it could make things easier to remember *and* improve your answers.

The simplest way of doing this is to just ask questions. Ask your friends what they know about the topic, quiz your parents, or even do some searching online (just don't get too distracted). Doing this will expand your knowledge of a topic beyond simple recall, and might even expose you to concepts or interpretations you hadn't thought of before.

Seek help when needed

Don't hesitate to reach out for help if you're struggling with a concept or subject. We get it, asking for help isn't always easy, especially if there are high expectations of you or you're too embarrassed to admit you don't understand something. But even though school is important, your health and wellbeing always comes first, and it's not worth the stress and anxiety.

If you're feeling unsure, don't leave it to the last minute to ask for help. Whether it's letting your teacher know you're struggling, joining a study group, or seeking tutoring assistance, there are heaps of people out there who are more than happy to help you – all you need to do is ask.

Find out more

If you'd like to keep searching for even more smart study tips for high school students, check out the other articles on our website [here](#).

Short Courses & Microcredentials

[Top online course providers](#)

If you're keen to learn something new, or are just looking for something different than watching Netflix all day, have you ever considered taking a short course? There are heaps of online providers that offer short courses in almost any subject you can think of, and many of them are free as well. Here are some of the top online course providers – take a look and see if there's one that's right for you.

edX

edX hosts over 3000 short courses online, in almost any subject imaginable. You can learn from real universities and global business leaders from around the world. They offer standalone courses, pathways to university, as well as boot camps, professional certificates, and more.

Check them out [here](#).

TED-Ed

TED-Ed is packed with fun, bite-sized lessons. Learn about a topic through video, then delve deeper with mini quizzes, guided discussions, and access to further resources.

Take a look [here](#).

FutureLearn

Similar to edX, FutureLearn offers a variety of online short courses and microcredentials. They have lots of courses available for free, and you can study at your own pace.

Find out more [here](#).

OpenLearn

OpenLearn is a totally free learning platform, packed with tons of online courses. They don't just offer subject-based courses either, but handy life courses, teaching you about skills for work, money matters, and more.

See more [here](#).

Coursera

Coursera is another online course provider that offers both free and paid short courses. And if you really don't want the learning to stop, you can even study full degrees from universities around the world.

Learn more [here](#).

Khan Academy

Khan Academy offers free online resources and tools for students from ages 2 to 18. They work as a great supplement to your existing schoolwork, or something extra to learn if you're feeling curious.

Find out more [here](#).

Want more?

If this list leaves you wanting more, you might also like to check out the other blogs and articles on our website on study, courses, and learning [here](#).

Work

Job Spotlight

How to become a Dentist

Dentists are primary healthcare professionals who treat, repair, and help prevent diseases and other conditions that affect the teeth, gums, and mouth. They also carry out surgical and cosmetic procedures.

If you are kind and empathetic, can handle any problem that comes your way, and are dedicated to improving people's health, becoming a dentist could be ideal for you.

What skills do I need as a dentist?

- Caring and compassionate
- Dextrous
- Good attention to detail
- Calm in difficult situations
- Reliable and trustworthy
- Excellent communicator
- Great problem solver
- Can work independently

What tasks can I expect to do?

- Examine teeth, gums and mouth
- Diagnose dental and oral diseases
- Perform treatments and procedures
- Develop treatment plans
- Educate patients on dental care
- Prescribe medications and treatments
- Administer anaesthetics
- Lead teams of other dental workers

What industries do dentists typically work in?

- Health Care and Social Assistance
- Manufacturing
- Education and Training

What kind of lifestyle can I expect as a dentist?

Full-time roles tend to be more common for dentists. You can expect to have fairly regular working hours, with only the occasional need to work overtime or on holidays.

Dentists typically work in private clinics and as part of other healthcare centres.

Performing examinations and procedures for patients will require you to work on-site, so opportunities to work from home are extremely limited.

Most dentists earn an above average wage.

How to become a dentist

To become a dentist, you must complete a bachelor or master's degree in dentistry. After completing your degree, you must also complete an internship or residency program, where you will receive hands-on training in a dental clinic under the supervision of experienced dentists.

Additionally, you must obtain a license to practice by passing other theoretical and practical examinations.

If you're in high school now and are thinking of becoming a dentist, here are some steps you could take:

- See if you can find work experience in a dentist's office or other health-related setting. This can help you decide whether or not the career is right for you and can help you start building connections.
- Browse courses and make sure you know the entry requirements for the degree you would like to study. A lot of them have certain subject prerequisites, such as Maths or Chemistry, and other additional entry requirements like external testing and interviews.
- Talk to a dentist and get an insight into what a day in their life is like. They may also be able to provide you with some tips when it comes to choosing a degree or a place to work.

Find out more:

- [Dental Board of Australia](#)
- [Te Kaunihera Tiaki Niho | Dental Council of New Zealand](#)
- [General Dental Council UK](#)
- [An Comhairle Fiaclóreachta | Dental Council of Ireland](#)
- [American Dental Association](#)
- [The National Dental Examining Board of Canada | Le Bureau national d'examen dentaire du Canada](#)

Similar careers to dentist

- Orthodontist
- Dental Hygienist
- Medical Doctor
- Registered Nurse
- Dental Assistant
- Surgeon
- Aged Care Worker
- Support Worker

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

Jobs & Careers

[Why we work](#)

Work is something most of us engage in at some point – in fact, [it's estimated that we spend around one third of our lives at work](#), so it also tends to be a big part of our identity. But *why* do we work? Even if it's a necessity, it's still a conscious choice we make. Let's take a look at some of the reasons why we work – they might help you figure out what you want your future career to look like.

The main reason we work

The main reason most people get up and go to work every day is pretty simple: they do it to earn money. In today's world, we need money for:

- Paying for the home we live in
- Getting around (fuel for the car, public transport, a bike, etc.)
- Buying food, clothes, and other things we need
- Paying bills, like water, phone, internet, and electricity
- Going on holidays and doing fun stuff
- Buying luxuries and things we don't need but want
- Saving so you can enjoy your retirement when you eventually stop working
- To spend on our loved ones

Just remember that not everyone is lucky enough to be able to work; and if you can't work for some reason, that's OK too. Not working doesn't de-value you as a person, and it doesn't mean you shouldn't be able to have a good quality of life.

There are lots of other reasons people work

We get it, the thought of forcing yourself to work every day just so you can make some money doesn't sound particularly enticing. But while money is important, it's definitely not the only reason we work. There are lots of other influences behind why we work, such as:

- We enjoy it
- It makes us feel important
- We can challenge ourselves and learn new things
- We can help our community
- It gives us something to do each day
- We are part of a team
- It can help us to grow

Let's look at each of these in more detail.

Some people love what they do

People who love what they do will often find their career very rewarding, regardless of whether the money is good. It doesn't matter what the job is; it could be teaching kids, looking after people, writing novels, coding apps, growing food, building things...anything at all! And people are passionate about all kinds of jobs, even if they might seem strange or boring to others.

It can make you feel important

Like we mentioned above, because work is such a big part of our lives, it's often closely tied to our identity (or how we think about ourselves). When we receive positive feedback at work or feel like the things we do make a difference, that increases our self-esteem and can make us feel valued.

You can learn lots of new things

Learning can make life fun and exciting – and it doesn't stop after you leave school or university. At work, you might learn about new apps and computer programs, meet new people, or learn how to use different equipment and machines. It won't always be fun (sometimes you have to do tasks that are boring or hard), but either way you'll still be gaining valuable new skills and experiences.

Give back to your community

When you earn money, you pay taxes, which doesn't sound like much fun. But taxes help to pay for all kinds of important things, like roads, parks, hospitals, and emergency services. Your taxes also help to support other people who are less fortunate and aren't able to work, so that they can have a good quality of life.

So no matter what your job is, when you go to work you're helping your community become a better place to live – and that can really make you feel good.

Stop you getting bored

Years and years ago people didn't have structured work. Their "job" each day was to hunt and gather food, make clothes, move to new areas, build shelters, and look after their children. But now we have houses built for us, we buy our food from the supermarket, we don't move about as much, and our children go to school – so without work, what would we do all day?

Of course, there are other, more fun ways to spend the day, like going to the movies, but these things usually cost money – so you couldn't afford to do them if you didn't work anyway.

You become part of a team

You probably have lots of people at school that you like and enjoy being around, or you might feel proud if your sports team wins a tournament. When you work, you essentially join another kind of team, and it can feel really good to help them do bigger and better things. People also tend to make friends at work, and are [more productive and happy when they work with other people](#).

Work helps you to keep growing

When you keep learning, when you feel happy, and when you're part of a team, that changes you *in a good way*. These might not be not huge changes (unless you're lucky enough to really love your job and it makes you super happy all the time), but lots of little things can add up to help you become more patient, more confident, and more fulfilled.

Work is about more than money

Sure, it's nice to have your own money and support yourself, but work can (and should) be about much more than just earning money. Your job should be fun, interesting, exciting, and challenging too. So think about the reasons why you might like to work, and try to choose a career that makes you both financially stable and fulfilled.

If you'd like to learn more about work, we have lots of other blogs on our website [here](#).

Grow

Personal Skills

[How to include participation in a competition on your resume](#)

If you're still in school and haven't had a job before, it can be tricky to know what to put on your resume to look appealing to potential employers. But one thing you might have done is enter a competition. And while it might not seem like much, it can be very valuable to include participation in a competition on your resume. So let's go through why and how you should do it in this blog.

Why should you include competitions on your resume?

Taking part in competitions is a great way to build up your skills and experience. Even if you didn't win anything, it's still good to include participation in a competition on your resume to show what you learned, and how you honed your skills.

Employers don't just want to know about your work experience either – they want to get to know a bit about who you are and your interests to see if you'll be a good fit for their company. Competitions are a great way to show this.

And if the competition topic happens to be related to the job field you want to work in, even better.

Including competitions on your resume

If you want to add that you participated in a competition to your resume, here's how we suggest you go about it:

- Add the details of the competition. What it was, when you entered, and if you placed or won anything.
- Optionally, write a brief summary of what the competition involved and what you learned from it.

Here are a couple of examples to help:

Example 1

The Best Young Photographer Competition – July 2023 – 3rd Place

I have always been passionate about photography and entered this competition to have a professional critique my work. I was able to improve my composition skills and learned more about the use of DSLR cameras. I placed third out of more than 5,000 entries from around the world.

Example 2

Google Code an App Contest – September 2023 – Participated

- Improved my coding skills
- Worked as part of a team
- Kept to strict deadlines

Including competitions on other applications

Competitions don't just come in handy for job applications – the skills and experience they give you are really valuable for other applications too. This includes applications for things like:

- Universities and courses
- Scholarships
- Leadership programs/positions
- Volunteer positions
- Gap year programs

In fact, if you ever need to demonstrate your commitment to a particular subject or topic, participation in a competition is a great way to show it.

Certain competitions can even include prizes and opportunities that can help you secure work or get into your dream course, like scholarships and networking opportunities.

Find out more

You can find competitions to enter on our database [here](#), or learn more about nailing your job applications by browsing some more blogs and articles [here](#).

Health & Wellbeing

[7 mental wellbeing apps teens need to know about](#)

Between study, work, friends and family, life can get pretty stressful. When there's a lot going on, it's important to make sure you're doing OK mentally. The good thing is there are heaps of tools out there to help. There are lots of apps made especially to help with mental health, whether it's connecting with a community of people to help you feel less alone, to relaxation and meditation guidance. Here are some of the top mental wellbeing apps for teens we've found.

Kooth

[Kooth](#) is an online community for young people, designed to provide free, safe and anonymous support. You can find helpful articles, join discussions with the community, live chat with the Kooth team, and keep track of your emotions with a daily journal.

Smiling Mind

[Smiling Mind](#) is a mindfulness and meditation app, packed with a ton of exercises, including some designed especially for young people. The best part is it's totally free.

Catch It

[Catch It](#) is a diary app that lets you record your feelings, and encourages you to reflect on your mood and how you can change it.

Woebot

[Woebot](#) is an AI therapist you can chat with, who will offer you insights and guidance when you're struggling. Check-in with Woebot whenever you need, any time of the day or night.

Finch

Who said self-care couldn't be fun (and cute!)? [Finch](#) gives you a cute virtual pet to take care of while caring for yourself. Finch can help you track your moods and habits, and suggest exercises to help build your mindfulness.

Calm

[Calm](#) is a meditation app, packed with tons of guides, recordings, and videos to help you meditate, focus, relax, and sleep better. You can even fall asleep to the sound of Harry Styles' voice (if that's the sort of thing you're into). Most of the content is behind a paywall, but there's some available for free too.

Happify

[Happify](#) is an app that uses science-based activities and games to help you take control of your emotional wellbeing. Use Happify to help you overcome negative thoughts, stress and life challenges.

Want more?

You can take a look at all of the wellbeing resources on our website [here](#).

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