

# Scotch College

## Future Pathways

### News

June 11, 2024

## Course, Careers & Campus Information:



### Create for a Day Holiday Workshop

SAE College is opening its doors this July for a one-day program, designed to expand a student's skills and get them working on inspiring creative projects in the fields of *Animation, Audio, Design, Film, Games or Electronic Music Production*.

**Date:** Saturday 6 July 2024  
**Time:** 10-.00am – 4.00pm  
**Location:** 235 Normanby Road in South Melbourne  
**Cost:** \$25 per person (lunch included)

Book a spot at [Create for a Day at SAE - SAE Australia](#)



### Walk & Talk July Campus Tours

Bookings are open for July campus tours in the school holidays. These will be led by current Fed Uni students, meaning that visitors get the opportunity to hear firsthand about the study experience at Federation University. The tours will depart every 30 minutes from 10.00am – 1.00pm on **Thursday 11 July 2024** at each of the Berwick, Gippsland, and Mt Helen campuses.

- Book for the Berwick Campus [here](#).
- Book for the Gippsland Campus [here](#).
- Book for the Mt Helen Campus [here](#).



**VICTORIA  
UNIVERSITY**

**A NEW  
SCHOOL OF  
THOUGHT**

## **The VU Block Model**

*At Victoria University (VU) we have revolutionised tertiary education in Australia with our multi-award-winning VU Block Model.*

Unlike the standard university model where students juggle multiple subjects at once over a semester, at VU students get to focus on one unit at a time over a four-week 'block'. Students typically finish their block on a Friday and receive their results on the following Monday, taking away uncertainty and a long wait for results.

The top 3 reasons VU's Block Model is the "New Way To Do Uni" are listed below:

### **1) Achieve more**

Not only has Block Model seen pass rates increase, but more students are also becoming high achievers with Distinctions and High Distinctions grades increasing.

### **2) Stand out**

Block class sizes are small, students get to know their classmates and teacher, and become a working team, not just a face in a lecture theatre.

### **3) Build confidence**

Learning in small, collaborative working groups, students are empowered to share ideas, debate concepts, and explore learning opportunities from their first class.

Students might like to watch a YouTube clip on the [VU Block Model](#), as well as browse the link [Why Choose the VU Block Model](#).



## **Exercise and Sports Science/Nutrition Science**

*Physical activity and healthy eating are fundamental to good health and wellbeing for all human beings. Not only do they reduce the risk of disease, they improve or maintain overall quality of life through enhanced mental and social wellbeing.*

This course is ideal for students who are passionate about fitness and creating a better life for others. The Bachelor of Exercise and Sports Science/Bachelor of Nutrition Science will uniquely equip graduates to become experts in professions related to both exercise/sport science and nutrition science. Graduates will capitalise on the synergies between the two fields of study to promote optimal health and nutrition through the lifespan.

VCE entry requirements are: Units 3 and 4 – a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.

Subject bonuses are awarded to students who attain a study score of 40 in Biology, Chemistry, any English, Maths: Mathematical Methods, Maths: Specialist Mathematics or Physics equals 3 aggregate points per study. A study score of 45 in Biology, Chemistry, any English, Maths: Mathematical Methods, Maths: Specialist Mathematics or Physics equals 5 aggregate points per study.

Graduates of this double degree will be eligible to apply for further study in nutrition research or in dietetics to become an accredited practising dietitian. In addition, they will be eligible to apply for further study in exercise science/sports science research and clinical exercise physiology to become an accredited exercise physiologist, or further study in high performance sport.

Find out more at [Exercise and Sports Science/Nutrition Science](#).



## Exercise Science & Sport Degrees in Victoria in 2024

Many of the courses listed below provide an accredited pathway for graduates to be eligible to register and practise as an Accredited Exercise Scientist with [Exercise and Sports Science Australia \(ESSA\)](#). They are also often used as pathways to post-graduate study in courses such as the *Master of Clinical Exercise Physiology*, *Graduate Diploma or Master of Applied Sport Science*, *Graduate Certificate of Strength and Conditioning*, *Graduate Certificate of Sport Performance*, to name a few.

UNIVERSITY	COURSES	VCE PREREQUISITE SUBJECTS IN 2024	ATAR 2024
<a href="#">ACU</a> M – Melbourne	<b>Exercise &amp; Sport Science</b>	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	<b>63.05 (M)</b>
	<b>High Performance Sport</b>		<b>61.20 (M)</b>
<a href="#">DEAKIN</a> M – Melbourne G – Waurin Ponds  # Sports Science School ranked 1 <sup>st</sup> in the world	<b>Business (Sport Management)</b>	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	<b>80.00 (M)</b>
	<b>Exercise &amp; Sport Science #</b>	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	<b>62.10 (G)</b> <b>70.05 (M)</b>
	<b>Exercise &amp; Sport Science (Hon) #</b>		<b>70.20 (G)</b>
	<b>Sport Development</b>	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	<b>60.05 (M)</b>
<a href="#">FEDERATION</a> B – Ballarat Be – Berwick Gi – Gippsland	<b>Exercise &amp; Sport Science</b>	Units 3 and 4: a study score of at least 20 in any English; Units 1 and 2: satisfactory completion in two units (any study combination) of Maths: General Mathematics, Maths: Mathematical Methods or Maths: Specialist Mathematics or Units 3 and 4: any Mathematics.	<b>50.55 (B)</b> <b>51.95 (Gi)</b>
	<b>Sport, Physical and Outdoor Education</b>		<b>53.90 (B)</b> <b>51.65 (Be)</b> <b>50.15 (Gi)</b>
<a href="#">LA TROBE</a> B – Bendigo M – Melbourne	<b>Business (Sport Management)</b>	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	<b>n/p (B)</b> <b>55.45 (M)</b>
	<b>Exercise Science</b>	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL; Units 3 and 4: a study score of at least 20 in one of Biology, Chemistry, any Mathematics, Physical Education or Physics.	<b>55.85 (B)</b>
	<b>Sport and Exercise Science</b>	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL; Units 3 and 4: a study score of at least 20 in two of Biology, Chemistry, any Mathematics, Physical Education or Physics.	<b>60.90 (M)</b>
	<b>Sport Coaching &amp; Development</b>		<b>57.20 (M)</b>
<a href="#">SWINBURNE</a> H – Hawthorn	<b>Exercise and Sport Science</b>	Units 3 and 4: a study score of at least 25 in English other than EAL or at least 30 in English (EAL); Units 3 and 4: a study score of at least 20 in one of Maths: General Mathematics, Maths: Mathematical Methods or Maths: Specialist Mathematics.	<b>57.50 (H)</b>
<a href="#">VIC UNI</a> F – Footscray S.A. – St. Albans F/S.A. – Footscray / St. Albans	<b>Biomedical &amp; Exercise Science</b>	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL; Units 3 and 4: a study score of at least 20 in two of Biology, Chemistry, Health And Human Development, any Mathematics or Physical Education.	<b>65.55 (F/S.A.)</b> <b>n/p (S.A.)</b>
	<b>Exercise Science – Clinical Practice</b>	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	<b>65.55 (F)</b>
	<b>Exercise Science – Sport Practice</b>		<b>60.00 (F)</b>
	<b>Physical Education and Sport Science</b>		<b>n/p (F)</b>
	<b>Sport Management</b>		<b>n/p (F)</b>
	<b>Sport Science</b>		<b>n/p (F)</b>

## Snapshot of Victoria University (VU) in 2024

- More than 45,000 students from around the world study at one of VU's many campuses, with its largest one being Footscray Park - [VU Campuses. VU also has a campus in Sydney and in Brisbane.](#)
- VU has a number of academic colleges including *arts & education, business, engineering, health & biomedicine, law & justice, sport & exercise science* - [VU Academic Colleges.](#)
- VU has very strong industry connections with over 900 industry partnerships, including sporting partnerships with *Western Bulldogs, Melbourne Victory, Western Health, FIFA*, and various others - [VU Industry Connections.](#)
- VU has agreements with over 50 *exchange partner* institutions worldwide, and students can often gain credit towards their degree by studying for a year or a semester with one of the international exchange partners - [VU Study on Exchange.](#)
- VU is a dual-sector institution, offering both vocational training (TAFE) and higher education with very accessible transition between courses at all levels. These *pathways* mean that a student's dream qualification is within reach, regardless of their study background, prior experience, or their ATAR score - [VU Pathways.](#)
- VU is one of Australia's leading sport universities, ranking #7 globally for sport science education in the [Shanghai Rankings 2023.](#)
- VU sport students may gain behind-the-scenes access at *Real Madrid Football Club* through a partnership - [VU Real Madrid Partnership.](#)
- The [Victorian Law School](#) sits within the College of Arts, Education, Business, Law and IT., and offers a number of courses from certificates and diplomas to postgraduate degrees, giving students more options to achieve their goals while balancing life and study commitments through flexible pathways.
- VU is one of only two universities in Victoria that offers a course in *osteopathy* - [Osteopathy at VU.](#)
- VU is the only university offering a *dermal therapies degree* of its kind in Australia - [VU Dermal Sciences Degree.](#)
- VU offers a number of courses linked to clinical practice and have dedicated clinics where current students put into practice that which they have learnt. Courses linked to clinics include *dermal therapies, massage, osteopathy, psychology* - [VU Health Clinics.](#)
- Victoria University (VU) is the first university in Australia, and the largest in the world, to deliver courses by the [VU Block Model](#) – students study one subject at a time, in four-week blocks. That means students can focus their efforts, master their skills, and receive real-time feedback before moving on to the next subject.

## **Chisholm | Sports Academy 2025 - Online Information Session**

June 18, 2024

Learn more about what it's like to be a student-athlete at the Chisholm Academy and train under the expert eye of Chisholm Sports Academy's coaches.

If you're an aspiring athlete passionate about sport and studying Year 11 or 12 in 2024, or you're currently completing your senior secondary program and looking to complete a Fitness industry qualification or Diploma of Sport (course code SIS50321), our Academy might just be for you!

During this session, you will discover more about:

- the Chisholm Sports Academy and what its like to be a student athlete
- how you reach your sporting potential and achieve your educational goals
- success stories from past students
- facilities and student support available
- eligibility criteria
- key dates and how to enrol

[Find out more](#)

## **AIE | Film Production Workshop**

July 20, 2024

Learn what it takes to plan and produce a film shoot in this intensive film production workshop. You will get hands-on with cameras, lighting, and the latest in virtual production LED screens. Industry-experienced filmmakers will guide you in taking your script through the various production stages.

In this workshop, we will fast-track the film production process by choosing one scene and taking it through the pipeline from idea to finished shots. As part of this process, participants will be leveraging virtual production sets! This is an exclusive opportunity to learn more about this revolutionary technology which is empowering filmmakers.

This workshop is suited to participants 16 years+ that are interested in learning more about film, working in film crews and developing their own short films.

[Find out more](#)

## **Marcus Oldham College | Open Day 2024**

July 21, 2024

Join us for our Open Day on July 21st 2024, either online or in-person, and discover the world of opportunities in the agriculture, agribusiness and equine industries.

Explore the campus, learn all about the courses we offer, tap into free career advice and meet staff and students.

[Find out more](#)

## **Swinburne | Open Day 2024**

July 28, 2024

Open Day is your chance to see what's possible at Swinburne and find where you fit in. Hear success stories from real Swinburne students. Discover a range of courses that combine your passion with a purpose. Learn about the research and tech that are changing the world – and meet the people behind it all. Expand your knowledge, and your horizons.

[Find out more](#)

## **Monash | Opens Day 2024**

**Caulfield:** August 3, 2024

**Peninsula:** August 3, 2024

**Clayton:** August 4, 2024

**Parkville:** August 18, 2024

Get ready to discover more at Monash Open Day! This is your chance to learn more about your future at Monash. With more activities repeated throughout the day, you can explore Open Day at your own pace and access key information at any time. You may even discover things you hadn't previously considered.

Visit a study area zone to hear from the course experts, tour facilities, chat with students, and take part in interactive and fun activities. Plus, get all your questions answered about our support services and how you can get involved in campus life as a student. Don't forget to explore the campus and enjoy the food, giveaways and entertainment too!

[Find out more](#)

## **RMIT | Open Days 2024**

**Bundoora:** August 4, 2024

**Brunswick:** August 11, 2024

**City:** August 11, 2024

Explore your future university at RMIT Open Day.

- Take a tour of our campuses, you'll see everything from inspiring labs to tech-integrated learning spaces
- Catch a glimpse of what student life is like at RMIT
- Attend presentations, Q&As and more where you'll learn what it's like to study your dream course
- Meet your future employers, lecturers and current RMIT students

[Find out more](#)

## **Deakin | Open Days 2024, Warrnambool**

**Warrnambool:** August 4, 2024

**Geelong:** August 18, 2024

We're opening our campuses in August and can't wait to see you there. Get course information, chat with your future teachers and current students, and enjoy fun entertainment.

[Find out more](#)

## La Trobe | Open Days 2024

**Melbourne:** August 4, 2024

**Albury-Wodonga:** August 11, 2024

**Mildura:** August 14, 2024

**Shepparton:** August 24, 2024

**Bendigo:** August 25, 2024

Why attend Open Day at La Trobe?

- Chat with current students, alumni and teachers to get first-hand advice about your dream course, or just about the best places to eat on campus.
- Explore the campus by yourself or join a guided tour. See our world-class health facilities, leading IT and science labs, business trading room, accommodation and much more.
- Discover your options for placements, internships and work-based learning, and get all your questions answered about your dream course.
- Get a taste of what it's really like to be at uni. Join events and activities or kick back and enjoy the campus – Open Day is the place to see it all.

[Find out more](#)

## Fed Uni | Open Days 2024

**Gippsland:** August 11, 2024

**Berwick:** August 18, 2024

**Mt Helen, Camp St & SMB:** August 25, 2024

Open Day is your opportunity to explore all that Federation University and Federation TAFE has to offer you in your education journey, from extracurriculars to industry placements and everything in between.

Experience our stunning campuses and awesome facilities, join a campus tour and get the full student experience from our current students and staff.

[Find out more](#)

## AIE | Open Day

August 11, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra, and Adelaide from 10am to 3pm.

AIE's Open Day is a great opportunity to meet our teachers, staff and students. The day will cover everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer – from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

AIE's Open Day will also include presentations on entry requirements and how to apply. Find out how AIE can get you into a creative career.

[Find out more](#)



## **ACU | Open Days 2024**

**Melbourne:** August 11, 2024

**Ballarat:** August 25, 2024

Open Day is your chance to find out everything you need to know about studying at ACU before you enrol. You'll be able to check out the campus, meet staff and students, discuss entry pathways, and talk to experts about your study options and career goals.

[Find out more](#)

## **Charles Sturt | Open Day 2024, Albury-Wodonga**

August 11, 2024

What is Open Day? It's your opportunity to discover what life at Charles Sturt is all about. Open Day isn't just for students – parents and carers are welcome too!

Be inspired by our academics, explore our facilities and chat to current students about what studying with us is really like. From information sessions and campus tours to free food, entertainment and giveaways – there's something for everyone.

[Find out more](#)

## **VU | Open Days 2024**

**Footscray Park:** August 18, 2024

**Sunshine:** August 18, 2024

**City:** August 25, 2024

We can't wait to see you at one (or more) of our three exciting Open Day events!

Whether it's meeting our students and staff, finding the perfect course for you, or exploring one of our campuses, bring your whole self to VU – starting at our Open Day.

[Find out more](#)

## **University of Melbourne | Open Day 2024**

August 18, 2024

Save the date for Open Day 2024, where you can experience university life for yourself through an exciting program of information sessions, interactive workshops and tours.

What's on at Open Day:

- Chat to our academics, Future Student teams and current students to learn more about your study options and the exciting careers they could lead to
- Get a feel for campus life by exploring the spaces you'll be learning in, including our labs, libraries, galleries and other specialist facilities
- Learn how our curriculum works, including how you can combine your passions and strengths to set yourself apart for whichever career you choose
- Explore our range of student accommodation facilities and the social activities and study support on offer.

[Find out more](#)

## **ACAP | Open Day 2024, Melbourne**

August 24, 2024

Open Day is your chance to experience the ACAP difference, and find your path in the applied professions. Whether you're interested in Counselling, Psychology, Social Work, Criminology, Law, or Business, ACAP is your pathway to making a difference.

Be part of a workshop, meet our industry-renowned facilitators, and hear all about life as an ACAP student. Join us for a day of exploration and inspiration!

[Find out more](#)

## **SAE Institute | Open Day 2024, Melbourne**

August 24, 2024

Come along to SAE's Open Day and find your future in creative media!

Open Day is your ticket to everything SAE – get a taste of our courses in workshops, explore activations on campus and get some hands-on experience with our state of the art facilities.

[Find out more](#)

## **AIM | Open Day 2024, Melbourne**

August 31, 2024

Join us for Open Day, and experience everything AIM has to offer!

See our campus, get course advice, experience live performances, meet our teachers and students, and take part in activities that will give you a taste of student life here at AIM.

Whether you're ready to study now, or in five years' time, Open Day is open to all and a fantastic opportunity to discover how the Australian Institute of Music can help turn your passion for music into a career.

[Find out more](#)

## **Collarts | Open Day 2024**

August 31, 2024

At Collarts, our Open Day is all about making this process simple and hands-on. Information sessions, workshops and the chance to chat with students, teachers and leaders are an important part of learning more about what sets us apart from the rest.

We invite you to come and experience life at Collarts: from our passion for creativity, close community, state-of-the-art facilities, expert faculty, and more.

[Find out more](#)

## **NIE | Future Doctors Australia, Melbourne**

September 27 to September 30, 2024

Gaining medical work experience is essential for young people considering a career in medicine. It provides insight into the field, helps develop skills and attributes, and provides networking opportunities. However, obtaining medical work experience can be challenging due to various restrictions such as limited opportunities, safety concerns, and confidentiality issues.

That's why NIE has developed the "Future Doctors Australia" program. It is an engaging and high-impact 4-day program that provides young people with a unique opportunity to gain medical work experience in a safe and structured environment. Participants will have the opportunity to spend time with current junior and senior medical students. They will also have the rare opportunity to spend time with more senior clinicians and various medical specialists. You will get to learn about clinical specialist's relevant fields of work, ask them questions, and learn some hands-on skills from them.

- Over 15 hours of face-to-face interaction with leading specialists and clinicians
- Meet current medical students
- Develop advanced communication and team working skills
- Create new friendships with like-minded, highly driven young individuals
- Learn about the admission process into various medical universities in Australia
- Morning tea and lunch included

[Find out more](#)

# Jobs & Skills for Work:



## **Career as a Firefighter**

*Every workday has meaning. Every workday makes a difference.* Firefighting is suited to people with a genuine desire to serve the community, and who thrive on working closely in a team. Firefighters need to -

- have appropriate all-round strength and fitness
- exhibit problem solving skills
- demonstrate high level interpersonal skills
- genuine desire to work with the community
- have appropriate physical and psychological capability

There is a diverse range of roles available to firefighters, with great opportunities for specialisation and career progression.

### ***Emergency response activities may include:***

- suppression of all types of fires
- search and rescue
- high angle rescue
- road accident rescue
- emergency medical response (EMR)
- marine Response
- industrial accidents and hazardous material handling and storage incidents
- assisting other agencies in emergencies
- fire investigation analysis

### ***Community resilience activities may include:***

- educating the community about fire safety
- working with diverse community groups, across all age groups, to promote emergency prevention and preparedness activities through a variety of community resilience programs.

Find out more, including salary scales and work hours, by browsing [Fire Rescue Victoria](#).

## Clean Energy Career Opportunities

Federal 2030 targets for a renewable energy grid which stretches from Queensland to South Australia will expand historical capacity six-fold and this, alongside global net zero targets for 2050, offer some ongoing career growth opportunities in 'green collar' industries and jobs.

### Identified Critical occupations:

Architects, Building trades and Surveyors.

Electrical Engineers and trades in electrical engineering.

Electricians and Technicians.

Civil Engineers.

Industrial and Mechanical Engineers.

Environmental Scientists, Managers and Engineers.

For a more detailed guide to the wide range of occupations needed for these targets check out this [link](#).

<https://www.cleanenergycouncil.org.au/advocacy-initiatives/workforce-development/careers-guide>

Senior boys may also like to explore some of these careers via a virtual work experience opportunity [here](#).

<https://year13.com.au/virtual-job-experience>

Want to know more about the different types of engineering? You can watch a brief overview [here](https://youtu.be/u389Bs00isQ). <https://youtu.be/u389Bs00isQ> And find a summary of green engineering [here](#)

<https://www.jcu.edu.au/this-is-uni/natural-and-built-environments/articles/what-is-green-engineering>.

The U.N. [Green General Skill index](#) identifies four groups of work tasks that are especially important for green occupations:

- Engineering and technical skills: hard skills encompassing competences involved with the design, construction and assessment of technology usually mastered by engineers and technicians. This know-how is needed for eco-buildings, renewable energy design and energy-saving research and development (R&D) projects.
- Science skills: competences stemming from bodies of knowledge broad in scope and essential to innovation activities, for example physics and biology. These skills are especially in high demand in each stage of value chains and in the utility sector, which provides basic amenities such as water, sewage services and electricity.
- Operation management skills: know-how related to change in organizational structure required to support green activities and an integrated view of the firm through life-cycle management, lean production and cooperation with external actors, including customers. Such skills are important, for example, for sales engineers, climate change analysts, sustainability specialists, chief sustainability officers and transportation planners.
- Monitoring skills: technical and legal aspects of business activities that are fundamentally different way from the remit of engineering or of science. They refer to skills required to assess the observance of technical criteria and legal standards. Examples are environmental compliance inspectors, nuclear monitoring technicians, emergency management directors and legal assistants.

In addition to these skills, a range of soft skills are also considered to be increasingly important, not only for green skills, but generally for “skills of the future”, including also those necessary for the Fourth Industrial Revolution. In particular, skills related to design thinking, creativity, adaptability, resilience, and even empathy, are regarded as critical.

From: <https://www.unido.org/stories/what-are-green-skills> see this link for more detailed information.

### **Job Spotlights:**



Electrician-PDF.pdf



Surveyor-A5.pdf



Climate-Scientist-A5.  
pdf



Solar-Technician-PDF  
.pdf



Engineer-A5-DIGITAL  
.pdf

### **How to become a Cartographer**

Cartographers are map makers. They design, create, and adapt maps, charts, and plans using a combination of geographical, scientific, and mathematical methods. The scope for this job ranges from creating traditional maps to driving directions, and cartographers are employed by individuals, businesses, or specific industries such as the military. While it may seem obscure, this role is in fact more in demand than ever, with jobs expected to increase in the coming years.

If you love maps and geography, and enjoy researching and designing things, then a career in Cartography could be perfect for you.

#### **What skills do I need as a cartographer?**

- Geographical, environmental & mathematical knowledge
- Graphic & design skills
- Analytical thinking & technical skills
- Thorough & precise
- Proficient communicator
- Collaborative & adaptable
- Computer literacy skills
- Strong spatial awareness

#### **What does the job involve?**

- Researching, evaluating, and manipulating data to create maps, charts, and plans
- Using [GIS](#) (geographical information systems) to study and copy landscapes
- Engaging with digital and graphical source material for design and collation of maps
- Conducting topographic (land) and hydrographic (sea) surveys
- Editing and updating older versions of maps
- Using specialist technical software to design maps for different media
- Collaborating with other industry professionals such as surveyors, architects, and engineers
- Using attention to detail to ensure details are accurate and to scale

- Rendering data into visual translations

### **What industries do cartographers typically work in?**

- Public Administration and Safety
- Professional, Scientific and Technical Services
- Mining

### **What Career Cluster do cartographers belong to?**

Because their work involves using their skills and knowledge to collate specialised information, [Informers](#) tend to suit careers in cartography. [Innovators](#) may also enjoy cartography due to the design and creativity elements of map-making.

### **What kind of lifestyle can I expect?**

Cartographers tend to work full time, with an average work load of 40 hours a week, although some work additional overtime. There aren't many part-time opportunities available for this profession. You most likely won't need to work weekends or holidays, as the work is generally expected to be done in normal business hours.

Although most cartographers work in an office, there are options for remote work-from-home positions (if you have the software). You may also occasionally need to travel to locations that are being mapped, so expect to occasionally work outdoors as well.

Most cartographers earn an average salary throughout their career, but salaries vary depending on your skill and experience.

### **How to become a cartographer**

You usually need to complete a formal vocational or undergraduate qualification in spatial or geographical sciences to become a cartographer.

You may be required to learn programming languages such as Python or Javascript to draw web maps and spatial analysis. Practical experience is also important, so securing an internship could be a beneficial step toward becoming a cartographer.

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

- Focus on STEM subjects at school, such as mathematics, geography, mechanical drawing, and computer science. Finishing Year 12 with an emphasis on these skills is your first step to becoming a cartographer.
- Do an [online GIS course](#) to familiarise yourself with the technology.
- Join a professional cartography organisation, such as the [Mapping Sciences Institute Australia](#). This is great for networking within your field, as well as keeping an eye on any events or training on offer.

Find out more here:

- [Geospatial Council of Australia](#)
- [International Map Industry Association](#)
- [Women in GIS](#)
- [Geospatial Information & Technology Association](#)
- [ESRI – Environmental Systems Research Institute](#)
- [American Association of Geographers](#)
- [ICSM – Intergovernmental Committee on Surveying and Mapping](#)

### Similar careers to cartographer

- Surveyor
- Geologist
- Geophysicist
- Environmental scientist
- Geographer
- Spatial information scientist
- Remote sensing scientist
- Soil scientist

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

## Study:

### Burnout: tips to prevent and manage it

Are you feeling tired, demotivated, or just plain down in the dumps? Chances are you might be suffering from burnout. Emotional, mental, and physical exhaustion are all side effects of this too common condition. It might creep up on you, but when you're struggling with burnout, it can be all-encompassing. Don't worry though – you're not alone, and there are things you can do to prevent and manage it.

#### **When you feel like you can't go on**

Anyone can experience burnout – whether it's school, work, or personal factors influencing you, your mental load may feel increasingly difficult to handle when the stress is piling on. Difficulty finding a [balance](#) between school, study, work, extracurriculars, and maintaining social connections can explain why you're feeling at your limit. We've all been there, but it's important that you identify how you're feeling and make an effort to turn things around. If you're reading this article, you've already taken the first step – well done!

#### **Find your mojo again**

If you feel like you're reaching the end of your tether, there are lots of things you can do to help your wellbeing. It's time to bounce back and feel like yourself again – and we're here to help.

#### **7 tips to reduce or prevent burnout**

Tackle burnout head-on with these 7 tips, and you could find yourself feeling better in no time.

#### **Remember to take breaks**

Whether you're actively learning and [revising](#), or your life is just busy, taking breaks throughout the day or before bedtime can help you to feel more in control. Incorporate rest periods into your to give you back some energy and keep your motivation up.

#### **Get some balance back**

It's hard to strike the [right balance](#), especially when it feels like everything is piling up. First, think about what stresses you out. Then, figure out ways you can remove them or reduce their



impact. Setting boundaries (and sticking to them) or learning to say “no” are often effective methods to start with.

### **Manage your time**

Making a plan or schedule can help you to visualise what time you have available and help you to see where you need to make changes.

Need help making a plan? [This self-care plan](#) from Black Dog Institute contains a personal planning template which you can use to identify your wellbeing needs. Smart Girl also has a [free daily planner](#) that you can use for study or if you just want to make a to-do list.

Decide what your priorities are and go from there. Getting organised could help you remember important commitments and spend less time on things that don't make you happy or add value to your life.

### **Get some stress relief**

What makes you feel good? Plan to do whatever it is in your down time. Make the effort even if you're feeling low or too tired, because once you've done it, the chances are you'll feel a hundred times better.

Here are some stress relief ideas to get you started:

- Walking
- Swimming
- Hot bath or shower
- Yoga or meditation
- Reading
- Watching a movie
- Cooking
- Massage
- Hanging out with friends

### **Give your body what it needs**

You wouldn't expect a car to run on empty or if you filled it up with water. So don't expect your body perform at its best if you don't look after it.

You know what comes next: make sure you get enough [sleep](#), stay hydrated, make good food choices (but treat yourself sometimes too), and exercise. Doing all of these things could help you to focus better on what you need to get done.

### **Get creative**

Engaging the creative side of your brain can be a great distraction, but it can also help to boost your mood. You could try some creative writing, make some art, or listen to music.

If your regular de-stressing options aren't an option right now (e.g. you can't get to the gym or catch up with your bestie in person) try alternatives that might work for you instead.

You could sign up for online workouts, schedule a video call with your friends each evening after you've finished up with study, work, and chores, or just spend some time with your family.

### **Ask for help**

If you're in a really bad headspace or struggling physically and you're not managing to help yourself, then it's time to reach out.

There are lots of people who'll be there for you. Friends, family, teachers, your GP, online support services – all you have to do is let them know that you need a bit of extra help or support.

### **It's OK to not feel OK**

Whatever you do, don't brush your feelings under the carpet or keep struggling on. Taking action when you recognise the signs could help you to get back on track and feel like your old self again sooner.

You can find more wellbeing resources on our website [here](#).

## **How to apply to university in 7 steps**

Thinking about going to university once you've finished high school? The process can seem overwhelming, but if you know how to apply then you might find yourself feeling better about the way forward. If you'd like to join over one million Australians currently studying at uni, there are a few steps to follow; but we're here to walk you through them one by one in this article.

### **Step 1 – Decide to go to university**

The first thing you need to do is decide that you actually **want** to go to university, and that it's the right decision for you. We know that lots of parents want their children to go to university, and if your parents want you to go then it can feel like there's lots of pressure to apply.

Uni could be right for you if:

- You **want to study** a topic in depth
- You want a job that needs a **degree** (like teaching, nursing, engineering)
- You're doing well at school and want to **better yourself academically**
- You're doing well but you're **not sure which career path** is right for you

University takes an adult approach to education, so not only will you be studying in a flexible learning environment, you'll also be building your professional networks and gaining experience.

Plenty of people who go to uni are still unsure about what they want to do after graduation, and it's super common for uni students to change subjects mid degree.

If you need some inspo, take a look at the [most popular uni courses](#) to see if anything sparks your interest.

If you're still 'on the fence' about going to uni, it's a good idea to apply anyway. Not applying will guarantee that you don't get in, which means you'll have less options once school is over. If you've decided that applying is right for you, then move on to the next step. If not, you can check out [why an apprenticeship might be right for you](#).

### **Step 2 – Choose what you want to study**

Before you start looking at shiny university brochures and [going to open days](#), take a minute to think about the kind of things you want to study. You can approach this a couple of different ways, depending on how certain you are about your future career;

If you've **chosen** a preferred career pathway:

- Identify the **qualification requirements** for that pathway – do you need a degree? If so, which degree do you need?
- You may be able to choose from more than one degree, and if this is the case then **decide which ones you prefer**. For example, if you want to work in robotics, you

could study mechatronics engineering, or mechanical engineering, or electrical engineering – work out which is right for you.

If you **haven't chosen** a future career:

- **Focus on things you enjoy and find interesting**, rather than pathways you aren't interested in. This means if you don't like maths and spreadsheets, don't pick accounting just because you think you'll earn lots.
- Look for more **general degrees** which give you a wide range of possible career options and allow you to specialise during your degree. For example, many business degrees have a general first year, then let you pick specific courses further on.
- **Avoid super specific degrees** unless you also like the career they lead to. For example, dentistry almost always leads to [becoming a dentist](#).

Once you've chosen what you want to study, write it down, and be clear about it *before* you start looking for somewhere to study it.

[Course Seeker](#) is a great one-stop-shop for looking at and comparing courses.

### Step 3 – Find somewhere to study

Where you go to study isn't as important as *what* you study. Once you've graduated, most employers won't really care where your degree was from, as long as you can do the work – all degree qualifications at the same level are considered equal within the [Australian Qualifications Framework](#).

There are some important things to consider when you're looking for a place to study:

- **Do they offer the course** you want to study? If not, cross them out.
- **Where will you live** if you study there? Can you stay at home for the first year or so, or are you keen to move out straight away? Will you be able to afford to live on campus? If you're thinking about living out of home, take a look at our accommodation database [here](#).
- **What opportunities do they offer for [building your network](#)**? Your network will be one of the most valuable things you gain from university, and the internships and connections you make there will give you access to better employment or business opportunities once you leave.

If you're in the lucky position of having a few good options to choose from, see if you can connect with current students at each university and get their feedback – are they happy with their course, are they getting the support they need, and what advice would they give you?

### Step 4 – Prepare for application

Once you know what you want to study, and where you want to study it, you need to find out how you can apply.

You'll need to first find out about any **important cut-off dates**, so you don't miss out. Add these into your calendar – it could also be a good idea to tell your parents and other key people about them as well.

Next, find out what documents and details you need to apply. You'll [probably need your USI](#), and you may need other student numbers, depending on your state. Some courses may require you to complete additional processes, for example if you want to study medicine you may need to [sit the UCAT](#), which you need to do earlier in the year. **Find out what you need to do early**, so you can prepare in advance and don't end up missing out by accident.

The last step is to make sure you meet the ATAR or other entry requirements. ATARs are much less important than they used to be, and only a fraction of Year 12s rely on their ATAR

as the only thing they use to get into uni. Regardless, you need to know what ATAR you may need, and if there are any other pathways you can use, find out what you need to do for them as well.

### **Step 5 – Apply and select your preferences**

The application process varies depending on which university you've picked. Remember, it may not be enough to simply apply through the tertiary admissions centre in your state, so check **directly with the university** to make sure you have met all the entry requirements *before* you start your application.

When you apply, you'll also be asked to select your course preferences. The key thing to remember here is to **fill out every preference**, even if you don't think you need to.

You can always reject an offer, but if you only list one course, then you're limiting your options before you start. Even if you are 110% certain that there is only one course you want to pick, find a few similar courses and list them just in case.

We recommend you list your number one course choice first, then your second favourite. For the rest of the list, put some other courses you think you'd be happy with, and add a few 'easy' lower ATAR/requirement options at the end, which will give you a couple of backups. Watch this [short video](#) for tips on choosing your preferences.

### **Step 6 – Wait**

After you've submitted your application, you need to wait for an offer.

Use this time to get some space from your choices, [focus on your final exams](#) and enjoy the last few weeks and months of school. If you decide you want to change your preferences during this time then you'll be able to do so, but be mindful of the cut off dates and don't let it dominate your thinking.

### **Step 7 – Accept an offer and enrol**

All Year 12 students who are eligible for an ATAR will get it just before Christmas, and if you've been successful, you'll [receive an offer](#) after that.

You'll only receive **one offer** for **each state** for **each round** (so if you've applied in NSW and Queensland, you can receive an offer for both states), and you'll get an offer for the **highest preference you are eligible for**. This means that if your top-rated preference requires an [ATAR](#) of 70, and you got 62, you may not get your first preference, but if your second preference requires an ATAR of 60 then you will receive an offer for that course.

If you want to take the offer, then follow the process to accept it and enrol. If you don't want to accept it, you can always wait for a later offer round to see if you get a higher preference, which does occasionally happen.

### **What are my other options?**

University straight out of school is not your only option. Lots of students [defer](#) for 6 or 12 months and work, gain another skill, or just have some time off. Other students start with a [VET qualification](#), [apprenticeship](#), or [traineeship](#), and from there they may work for a while and eventually go to university as a mature student.

Whatever you decide to do, take some time to reflect on your choices, and don't rush into a decision.

You can read more about university courses and pathways on our website [here](#).

## How to master your next Zoom interview

Since the post-COVID era, using Zoom and other online platforms has never been more popular for all kinds of connectivity, including interviews. If you're not sure how to navigate an online interview, we've put together a few of the top Zoom interview tips that could help you wow your potential employers.

### **Zoom interview tips and tricks**

Not only are video interviews more convenient for all involved, they allow hiring managers to reach a bigger pool of candidates. Think about it – if you're looking for international jobs but don't want to hop on a plane until everything's certain, Zoom's got you covered.

Being online can also help if you're someone who gets nervous during in-person interviews; having a computer interface and being in the comfort of your own home can help ease anxiety for some people.

Here are some things to consider and tips to remember if you're invited to a Zoom interview.

### **Mute yourself**

We've all been there: you're in class or in a meeting, and then someone's unmuted audio disrupts the flow.

The best solution? Use the mute button so that if the interviewer(s) are talking, they can't hear anything going on at your end.

Whether you're worried about the dog barking or your parents shouting at your siblings, it could help you to feel more relaxed and allow your interviewer to stay focused on how well you're doing.

### **Make good eye contact**

In face-to-face interviews it's easy to give good eye contact to show that you're engaged.

When you're on a video call, it can be really tempting to get distracted by other windows, or to admire how good you look on screen (we're all guilty of this).

We recommend that you look at the camera and consider closing the window where you can see yourself – that way it won't look like you're watching yourself instead of paying attention to the interviewer.

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

When you're preparing for an interview, pay some attention to the background. Choose a room that's well lit – the interviewer will want to see your face, not just a halo or a silhouette. Get away from the main house traffic – you can also make sure that you close the door and windows if you're in a noisy environment.

Think about what's going to look the most professional in the background – do you really want them seeing the posters on your wall or your neighbour's washing flapping on the line? It's worth taking a few minutes before your Zoom slot to try out the area you have in mind and make sure that you're happy with it.

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

### **Eliminate distractions**

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

You could also turn off any notifications on your computer while you're at it – closing any other applications or web pages and setting the Zoom meeting to full screen is another good idea to make sure you're focusing properly.

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

### **Stay focused**

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

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

### **Sort your technology out**

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

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

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

### **Be professional**

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

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

### **Practise beforehand**

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

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

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

You could ask about the company's culture, the role's responsibilities or what the interviewer enjoys most about the company. Don't ask questions about topics that the interviewer has already covered though, even if it was on your list – this could make it seem like you weren't listening properly before.

### **One final pro tip**

*Stay away from the filters.* Whatever you do, don't make [this district attorney's mistake!](#)

## Need more interview tips?

You can find [mock interview tips](#), take a look at [our top 5 interview tips](#), or see how to [prepare for a scholarship interview](#), plus more in our resources at [Study Work Grow](#).

## [A high school student's guide to understanding tax](#)

Feeling a bit confused about tax? You're not alone, but we're here to make it easy for you. We've spoken directly to the ATO, and they've provided us with a handy guide for high school student who might be new to the tax system. So if this is you, you're in the right place.

### Tax for high school students

As a student, you probably don't spend much time thinking about tax. If you have a part-time or casual job though, it's time to make sure you understand the ins and outs of why tax might apply to you.

In this article, we'll take you through some important information and tips on how to lodge your tax return.

### Why does the ATO collect tax?

The Australian Taxation Office (ATO) collects tax to fund essential community services, such as:

- Healthcare
- Education
- Emergency services
- Roads and train lines
- Welfare and disaster relief

Chances are you use these services yourself – and your quality of life would go down if these services weren't available to the wider community.

Everyone with an income over a certain threshold needs to pay tax, which means there's only so much you can earn before you cross that limit and become taxable. We've made a list [here](#) so you can see the different tax-free threshold amounts according to which country you're in. The good news though (depending how you look at it) is that the more money you earn the more tax you must pay. As a result, if you're earning a lower rate – say, if you're a student working part time – the amount of money you need to pay as tax will also be lower.

So, what else do you need to know about tax?

### Your tax file number

Your tax file number (TFN) is your **personal reference number** in the tax and superannuation systems. It's free to apply for a TFN, and your TFN is yours for life, even if you move to another country, change jobs or change your name. You don't have to have a TFN but **without one you pay more tax**. You also won't be able to apply for government benefits or lodge your tax return electronically.

Your TFN is one of the most important parts of your identity, so make sure you keep it secure. You should not share it with anyone except:

- The ATO
- Services Australia
- Your bank
- Your employer
- Your super fund

- Your registered tax agent

### Applying for a TFN

How you apply for a TFN depends on your circumstances, but it's completely free to [apply for a TFN with the ATO](#). To apply for a TFN **online** you will need to:

- Be 15 years or older
- Have an Australian passport
- Be an Australian citizen (which means you were either born here, or have a citizenship certificate)
- Have at least one other Australian identity document (e.g. driver's licence)
- To set up a [Strong myGovID](#)

If you don't have a passport or are under 15 years old, you can use one of the other [application options](#).

If you're struggling to set up your TFN, consider asking a trusted adult for help. Remember, they've had to do this before too.

### Lodging your return

You'll lodge your tax return **annually** – yes, you'll need to do this every year if you're earning over the tax limit we talked about earlier.

You can use a [registered tax agent](#) or lodge it yourself. If you're lodging your own tax return, it's due by 31 October every year. If you plan to lodge through a tax agent you usually have longer to complete your return, but make sure you contact them before 31 October.

If you choose to lodge your own tax return, [lodging online with myTax](#) is easy, safe and free. To use myTax, you need to have a [myGov](#) account, which you can [link to the ATO](#). Once linked, you can use myTax simply by clicking through to the ATO in myGov, then click **Prepare** to start your tax return. If you have simple tax affairs, your return should be processed in around two weeks.

You can check if you need to lodge a tax return using ATO's [Do I need to lodge](#) tool. Even if you don't need to lodge a tax return, **once you have a TFN you need to tell the ATO if a tax return is not necessary**. You can do this by completing a [non-lodgment advice](#), which can be done through ATO online services via myGov.

### What income should I declare?

You must declare **all the income** you receive from your job, government payments, investments, business and foreign income.

The ATO usually receive this information from your employers and financial institutions, but you will need to check to make sure it is complete and correct. You may also need to enter some of your income manually.

### What are deductions and how do I claim them?

If you spend money on things to do your job, you may be able to deduct these from your income on your tax return. These are called [deductions](#) and might include items like protective clothing or other equipment.

To claim a deduction for a work-related expense:

- you must have spent the money yourself and were not reimbursed
- the expense must **directly relate to earning your income**
- you must have a [record](#) to prove it (usually a receipt).

If the expense was for both work and private purposes, you only claim a deduction for the work-related part.



## Record keeping

If you claim work-related deductions, **you must have records** or be able to [show how you calculated your claims](#). Keep your records for five years from the date you lodge your tax return. Keeping track of your records on the go is easy with the [myDeductions](#) tool in the ATO app.

## Car expenses

You can claim a deduction for the cost of using your own car while performing your duties. This includes travel between different work locations, including for different employers. You generally can't claim the cost of trips between home and work, even if you live a long way from your usual workplace or work outside normal business hours, as these are private in nature.

## Clothing expenses

You can't claim the cost of buying, hiring, repairing or cleaning **conventional** clothing you bought to wear for work, even if your employer says this is compulsory or you only wear it when you are at work.

'Conventional clothing' is everyday clothing worn by people regardless of their occupation – for example, business attire worn by office workers, black pants and a white shirt, or jeans or drill shirts worn by tradespeople.

You can claim the cost of buying, hiring, repairing or cleaning clothing if it falls within one of these categories:

- Occupation-specific
- Protective
- Compulsory uniforms
- Non-compulsory uniforms (registered with AusIndustry).

Make sure you keep records of your clothing and laundry expenses, [such as receipts or a diary](#), to prove your claims. You can't claim the cost of the item if your employer pays for or reimburses you for the expense.

## ATO app

You can keep on top of your tax and super with the [ATO app](#). By downloading this, you can quickly access your personal tax and super information in one place. Download it from the [Google Play Store](#) or [Apple App Store](#).

## Need more info?

The ATO is there to help you. If you need more information you can check out their [New to tax and super](#) page, ask a question on [ATO Community](#) or [contact the ATO](#).

You could also check out their handy [Get your tax right the first time](#) poster.

You can find lots more info and advice on all things financial on our website [here](#).

# Health & Well-Being:

## What to do when disaster strikes

There's never a good time for an emergency to happen, but sometimes we're powerless to what life throws at us. So, if you have an accident, become seriously ill, are coping with grief, or if there's a natural disaster – what do you do when disaster strikes?

It can be easy to freak out about things that are out of our control, but there are a few things to remember that might help alleviate anxiety. Sometimes you can't avoid a crisis, but there are steps you can take to make it easier to manage. Don't forget, you're never alone, and there will always be someone to give you the help you need.

### **You are the priority**

Firstly, remember that you'll never be penalised for events that are beyond your control, and that the most important thing is to [take care of yourself](#).

### **If you can't be at school or an exam**

- **Reach out** – if you don't tell anyone about what's going on, they won't be able to help. You can talk about what's going on with a trusted adult, and they may be able to offer some resources or other options. It never hurts to have a helping hand.
- **Contact the school** – You'll need to do this ASAP, as they'll want to know that you're ok and start making alternative arrangements for you. Plus, if you leave it too late, it might be harder for them to make special consideration adjustments.
- **Get a medical certificate** -This is especially important in the case of missing an exam. Your GP or hospital should be able to provide you with one, and these days there are also options for getting one online or via telehealth. General medical centres also sometimes take walk-ins free of charge.

### **If you're already in an exam and start to feel unwell**

- **Let the moderator know** – they'll arrange for you to leave the room and school can help you get the help you need.
- **Get a medical certificate** – by obtaining this ASAP and giving it to the school, the exam board may be able to use an internal mark as a reference to calculate a replacement exam mark.

### **If you or a loved one are experiencing a mental health crisis**

- **Seek professional or medical help** – there are plenty of [mental health resources](#) available out there, and having a professional on hand is one of the best ways to address a mental health crisis head on. If this is a bit daunting, try [5 ways to get mental health support without talking on the phone](#).
- **Let your school know** – they also need to be aware of what's happened, so keep them updated. Again, they can only help you if they know about what's going on.
- **Get a medical certificate** – medical certificates are also necessary in these instances, so that exams can be rescheduled or alternative arrangements made to get you back on track with your studies.

It's important to know that the steps for navigating a mental health crisis is the **same** as any other serious medical crisis. Mental health is just as valid as a physically manifesting illness, and you are entitled to support just the same.

### **Educational disadvantage**

Years 11 and 12 are formative years of schooling, especially when preparing for the transition from secondary school to higher education. If something happens and your education is negatively impacted, your final grades may also be impacted as a result. If you've suffered from situations like chronic illness, a learning disability, a death or other difficult family situation, mental illness or any other big upheaval in your life, chances are such experiences will affect your learning ability. Don't worry – most universities and tertiary admissions centres will have a process to make allowances for these kinds of exceptional circumstances.

Get more information from your relevant institution about the application process and any bonus points that you may be eligible for. Most universities also have a student support hub, so don't hesitate to reach out and make the most of the support you are entitled to at this difficult time.

### **Emergency situations during school time**

From lockdowns to fire alarms, your school is sure to have emergency procedures in place for your safety.

You'll no doubt have practised these drills at school, but if you can't remember what you're supposed to do, remain calm and follow the instructions given by your teachers and other staff.

Once any potential danger has passed, you'll probably just have to go back to class and carry on with your day. Usually when an emergency happens at school other entities like police or fire-fighters will be called in, so once they give the all clear you should be able to rest assured that they've disposed of any threat to your safety.

In the very unlikely event that returning to class isn't possible, your school will let you know what's going to happen and contact your parents or carers to update them. They'll always ensure you're safe, so be sure to follow directions.

### **Disasters outside of school hours**

If there's a bushfire, cyclone or other natural disaster near your home or school, (or that is predicted to affect those areas), your school will advise your parents if they'll be open and the protocols in place for if there's any change.

In all cases, if it's not safe for you to travel, or you cannot get to school – call the office if possible and wait until it's safe to sort out what can be done about any missed work or exams.

If you're in Year 11 and 12, you can find out more about management plans and reasonable adjustment processes for your state or territory here:

- [New South Wales](#)
- [Victoria](#)
- [Queensland](#)
- [Australian Capital Territory](#)
- [Western Australia](#)
- [South Australia](#)
- [Tasmania](#)
- [Northern Territory](#)

**Always contact your school for advice**

No matter what happens, keeping an **open line of communication** with your school will allow them to help you, and do what's best for your health and wellbeing.

They'll always have up to date information about the steps you'll need to take and help you implement any action that you'll need to undertake.

**Want more?**

You can check out more wellbeing tips and advice on our website [here](#).