

# Scotch College

## Future Pathways

### News

July 22, 2024

## Course, Careers & Campus Information:



### Accountants & Advisors **School Leaver Program 2025**

*SW Accountants and Advisors is an independent, national firm with a strong presence across Brisbane, Melbourne, Perth, and Sydney, SW offers a wide range of accounting and business advisory services.*

SW's **School Leaver Program** is a 2-year undergraduate initiative designed for students to start immediately after high school. The program combines work with structured education through TAFE or University. This allows students to earn while they learn and apply concepts from their education directly into the workplace. It opens doors to professional services and fast-tracks their careers.

There are two pathways:

1. **Non-Degree pathway:** *Fast track your career with little to no HECS debt! During your 2- year undergraduate program you will undertake Tafe study and Foundations training through CAANZ give you strong foundations into the accounting world, whilst gaining hands on experience.*
2. **University Pathway:** *During your 2-year undergraduate program you will take on a mixture of full-time and part-time work incorporating your university studies of accounting whilst getting hands on experience in the accounting world.*

Students will get to choose between two exciting divisions: the Business Private Client Advisory division and the Assurance and Advisory division. During the program students will

work on real client work, be a part of SW leading learning and development program and, of course, have fun events!

Find out more about this exciting program at [SW Accountants and Advisors School Leaver Program 2025](#).



### **Studying Engineering at Monash University**

The undergraduate engineering courses at Monash are designed with choice and flexibility in mind, to optimise career prospects and encourage students to diversify their study options. Students enrolled in the Bachelor of Engineering (Honours) can become a fully qualified and accredited engineer in just four years.

The degree commences with a 'common first year' that allows students to explore the ten engineering disciplines before specialising from their second year. The specialisations (majors) on offer are:

*Aerospace, Biomedical, Chemical, Civil, Electrical and computer systems, Environmental, Materials, Mechanical, Robotics and mechatronics, Software.*

Students also have access to ten minor study options in their 3rd and 4th year. These include:

*Artificial intelligence in engineering  
Civil engineering  
Design and Manufacturing  
Engineering entrepreneurship  
Engineering entrepreneurship  
Environmental engineering*

*Micro and nano technologies  
Mining engineering  
Renewable energy engineering  
Sensory Systems in Industry 4.0  
Smart manufacturing  
Sustainable engineering*

Find out more by browsing [Engineering at Monash](#).



### **New Sport and Recreation Management Degree**

*Learn how to manage and deliver community-based sport and recreation services and programs.*

From 2025, La Trobe will be offering the *new* **Bachelor of Sport and Recreation Management**, a 3-year degree being offered at the Melbourne Campus in Bundoora. The focus of the degree is to equip students with skills and knowledge on how to provide a range of experiences and community events that drive physical activity, community development and general wellbeing outcomes for individuals and communities.

Students will develop an understanding of sport and recreation management and policy, needs assessment and evaluation, planning and programming, service delivery, community engagement and how to work with volunteers. 75% of the course is based on core subjects,

with the remaining 25% based on a range of electives from university-wide electives, or electives from other interest areas or disciplines.

The VCE entry requirements are Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL, as well as an ATAR.

Find out more at [Bachelor of Sport and Recreation Management](#).



---

## News from the University of Queensland

### ➤ **UQ Ramsay Undergraduate Scholarship**

Valued at \$32,000 per year for up to 5 years and intended for academic Australian high school achievers who desire to make a difference in the world. These scholarships are for students who are creative and intellectually curious with the critical skills to challenge the status quo and cross boundaries, and who value discussion, debate, and the opportunity to learn from others. The purpose of the scholarship is to support students undertaking a sequence of study in Western Civilisation either through **the Bachelor of Advanced Humanities (Honours) program** or the **dual Bachelor of Humanities/Bachelor of Laws (Honours) program**.

An online application is required, and the closing date is 4 August 2024.

Find out more at [UQ Ramsay Undergraduate Scholarship](#).

## Careers in Maths Expo

August 8, 2024

With support from the Australian Mathematical Sciences Institute (AMSI), the IELLEN is excited to announce a 'Career in Maths' event targeted at year 9 and 10 students.

We expect to have over 40 stallholders showcasing exciting careers to inspire students to continue studying maths (and address the decline in enrolments) in the senior years and reduce maths anxiety.

Students can meet industry reps covering pathways in Actuary, Engineering, Data Analytics, Geology, Robotics, Software Engineering, Meteorology, Cellular Biology, Sports Science, Government and much, much more.

Each stallholder will have a maths challenge/equation for students to complete and highlight where each pathway sits within VCE maths.

[Find out more](#)

### ➤ **Spotlight on Studying Medicine at UQ**

*The University of Queensland's School of Medicine is committed to delivering a world-class medical education, with the best outcomes for our students.*

UQ offers the **Doctor of Medicine** program which has two options for entry:

#### **Option 1 – Provisional Entry**

- Student must be completing Year 12 in the year they apply
- have an adjusted ATAR 95 (or equivalent), and
- Queensland Year 12 ([or equivalent](#)) English, and
- a competitive [UCAT ANZ](#) aggregate score from the year you apply, and
- attendance at a [multiple mini-interview \(MMI\)](#)

#### **Option 2 – Graduate Entry**

- a bachelor's degree (or equivalent) (known as a key degree), and
- a grade point average (GPA) of 5.0 on a 7-point scale in their key degree, and
- a minimum score of 50 in each section of the Graduate Medical School Admissions Test (GAMSAT) or for international applicants 504 in the Medical College Admission Test (MCAT), and
- attendance at a [multiple mini-interview \(MMI\)](#), and
- successful completion of the required [MD subject prerequisite courses](#) \*\*\*

Find out more at [Apply to study a Doctor of Medicine at UQ - The University of Queensland](#) and [Doctor of Medicine prerequisites and recommended programs for entry - Study - The University of Queensland](#) \*\*\*

### **Uni Melb | eMeet a Biomedical Scientist**

August 12 to August 16, 2024

As part of National Science Week, the School of Biomedical Sciences at the University of Melbourne is connecting high school students with our biomedical scientists.

At the heart of multi-disciplinary healthcare teams our Biomedical Scientists are world-renowned. Their research drives the discovery of new medications, vaccines and treatments for many life-threatening diseases.

In these 20-to-30-minute Zoom meetings, our experts will help to inspire the next generation of biomedical scientists.

This is a one-of-a-kind opportunity for students to engage with passionate researchers. Discover how biomedical knowledge from the classroom translates to real-world applications.

Students in Years 9–12 from across metropolitan, regional and rural schools in Victoria are invited to ask questions such as:

- What it's like to make a major scientific discovery?
- What career pathways are available for budding young Biomedical Scientists?
- How does it feel to change the course of a person's health and life?
- How do biomedical career pathways take shape?

[Find out more](#)



## **Psychology Degrees in Victoria in 2024**

*Psychology is a popular field of study in Australia and is taught at universities in every state and territory. With diverse workplace settings and areas of expertise, psychology can be a highly rewarding and satisfying career choice. Psychologists who complete postgraduate studies in specific areas of psychology may be eligible to receive area of practice endorsement from the Psychology Board of Australia.*

Find out more at [Australian Psychological Society \(APS\) - Careers in Psychology](#).

Victorian universities that offer dedicated [APAC - Accredited](#) undergraduate psychology degrees include:

UNIVERSITY	COURSE	ATAR 2024
<b>ACU</b> M – Melbourne	<a href="#">Psychology (Honours)</a>	91.25 (M)
	<a href="#">Psychological Science</a>	59.35 (M)
<b>Deakin University</b> M – Melbourne G – Geelong Waurm Ponds GWF – Geelong Waterfront W – Warrnambool	<a href="#">Psychology (Honours)</a>	80.00 (M), 80.90 (G)
	<a href="#">Psychological Science</a>	60.35 (M), 60.15 (G), n/p (W)
	<a href="#">Arts (Psychology)</a>	60.35 (M), 63.05 (G)
	<a href="#">Human Resource Management (Psychology)</a>	66.25 (M), n/p (GWF)
	<a href="#">Marketing (Psychology)</a>	65.05 (M)
<b>Federation University</b> Ba – Ballarat Be – Berwick Gi – Gippsland	<a href="#">Psychological Science</a>	54.80 (Ba), 51.80 (Be), 53.90 (Gi)
<b>La Trobe University</b> A – Albury Wodonga B – Bendigo M – Melbourne	<a href="#">Psychology (Honours)</a>	80.15 (M), 88.50 (B), n/p (A)
	<a href="#">Psychological Science</a>	55.20 (M), 63.95 (B), 57.90 (A)
<b>Monash University</b> C – Clayton	<a href="#">Psychology</a>	84.00 (C)
<b>RMIT University</b> C – City	<a href="#">Psychology</a>	66.15 (C)
	<a href="#">Social Science (Psychology)</a>	65.05 (C)
	<a href="#">Criminology and Psychology</a>	65.25 (C)
<b>Swinburne University</b> H – Hawthorn	<a href="#">Psychology (Honours)</a>	80.75 (H)
	<a href="#">Psychological Sciences</a>	58.95 (H)
<b>Victoria University</b> FP – Footscray Park	<a href="#">Psychology (Honours)</a>	81.35 (FP)
	<a href="#">Psychological Studies</a>	n/p (FP)
	<a href="#">Criminal Justice and Psychological Studies</a>	n/p (FP)

For a comprehensive list of all courses offering psychology, including it being offered as a major in **arts, health science**, and **science degrees**, and the many double-degree options, visit [VTAC](#).

## **Our Ocean Our Future**

August 13, 2024

The ocean is a unique, irreplaceable environment that is home to many living things. This session builds on UNESCO's ocean literacy principles to help students understand why the ocean is important for all life on Earth.

We'll discuss the pollution problem facing our ocean. We'll learn about real life examples of sustainability and brainstorm achievable ways to help the ocean in our everyday lives.

This Inspiring Australia NSW initiative is supported by the Australian Government as part of National Science Week and proudly brought to you by Virtual Excursions Australia.

[Find out more](#)

## **Big Ideas and Inspiring Careers: Make an impact with a career in biodiversity science**

August 16, 2024

Don't miss this unique opportunity to connect with and learn from exceptional women who are addressing some of the most pressing environmental challenges of our time.

Our panellists are carving diverse and remarkable paths in the fields of wildlife biology, conservation, science communication and marine biology. They will share their career journey and the innovative approaches they are taking to develop successful and meaningful careers.

If you want to be inspired to build an exciting career that makes a real difference, join us for this fantastic event!

[Find out more](#)

## **The Austin Health Occupational Therapy Department Information Evening:**

The Austin Health Occupational Therapy Department hosts an annual information evening to promote Occupational Therapy as a Career – known as OT as a Career Night.

Again, this year we are hosting the evening both in person at the Austin Hospital (Austin Doyle Lecture Theatre, Level 4, Towers Austin Hospital ) and also virtually via Microsoft Teams for those who cannot attend the event in person.

We would like to invite students/parents/teachers at your school to attend. There are limited spots available for in-person attendance.

We invite anyone interested to please join us either in person or virtually on Thursday 19th September 2024 at 5pm for registration. Presentation starts from 5:30pm.

Please see the flyer attached for full details. For those who will be joining us virtually a link to join the online event will be emailed out to those individuals closer to the date.

Can you please forward this information on to anyone who may be interested in attending.

If you have any enquires, please contact [occupationaltherapy@austin.org.au](mailto:occupationaltherapy@austin.org.au)

To RSVP, please use the QR code on the flyer by **Thursday 12th September** and indicate if you will be attending in person or virtually. **RSVP is essential.**



OT AS A CAREER  
NIGHT 2024 updated.

### **Longerenong College Open Day**

We are excited to announce our upcoming Longerenong College Open Day on Sunday August 11, from 10am-3pm.

Longerenong College are leaders in Agriculture Education, specialising in Agribusiness, Agriculture, Agronomy, wool classing, short courses and more.

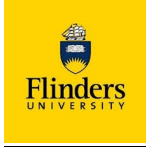
We would love to share this opportunity with your senior students and their parents. Attached, you will find various formats of our Open Day information for your convenience.

We believe this event will be highly beneficial for students considering a career in agriculture. People are encouraged to learn more about Longerenong College or register their attendance to our Open Day here: <https://www.longy.com.au>



LC Open Day.pdf





## **Snapshot of Flinders University in 2024**

- Situated in South Australia, Flinders is a fairly young university, celebrating 55 years since opening in 1966.
- Over 26,000 students are enrolled in courses at Flinders University.
- Flinders main campus is located at [Bedford Park](#), 12km south of the centre of Adelaide, with additional Adelaide locations including the City Campus and Tonsley.
- The university has six colleges –
  1. [College of Business, Government, and Law](#)
  2. [College of Education, Psychology, and Social Work](#)
  3. [College of Humanities, Arts, and Social Sciences](#)
  4. [College of Medicine and Public Health](#)
  5. [College of Nursing and Health Sciences](#)
  6. [College of Science and Engineering](#)
- Flinders offers over 500 undergraduate, postgraduate and research [degrees](#), including flexible pathways to medicine - [medicine at Flinders](#)
- Flinders introduced a range of [new courses in 2024](#), in the areas of health, IT, science and law, plus others.
- Flinders welcomes inbound exchange students from more than 70 universities worldwide, and also offers outbound exchange programs for current students to study at one of its partner institutions across the globe - [study abroad](#).
- [Scholarships](#), worth \$2,2m in total, are on offer to students.
- Flinders offers a broad range of [facilities and services](#) to students.
- There is also a wide range of [support services](#) which include *health & well-being* and *study support*.
- [Flinders Living](#) offers both on-campus and off-campus accommodation options, either in the former of a catered collegiate form, or self-contained units.





# Jobs & Skills for Work:

## How to ask for a letter of recommendation

Getting ready to apply for university, a scholarship, or your first job? Not sure how to ask someone for a letter of recommendation, or what a letter of recommendation even is? Don't worry—we've got you covered with this easy guide.

It might seem daunting at first, but with a few simple steps, you'll be able to ask confidently and professionally, impressing both your current and future mentors.

### **What is a letter of recommendation?**

You might be in the process of finalising an application when you come to the 'letter of recommendation' section. The purpose of a letter of recommendation is to verify your abilities with an external and reputable source, so you can't just ask your parents to write you one. You'd usually ask a teacher, mentor, or employer to provide you with a letter of recommendation – bonus points if the area you're applying for is within their field.

Even if the application doesn't ask for it directly, including a strong letter of recommendation can significantly boost your application, giving it a personal touch that highlights your strengths and achievements.

No matter if you're applying for university, a scholarship, or a job, knowing how to ask for a recommendation letter properly demonstrates your professionalism and respect for the writer's time. Plus, if you do it right, it might even give an extra incentive for the writer to talk you up to your prospective institution.

### **Guidelines**

#### **1. Choose the right person**

Select someone who knows you well and can speak to your abilities and character. Ideally, this person should be familiar with your work ethic, skills, and achievements.

**Example:** "Dear [Teacher/Mentor's Name],

I hope you're doing well. I'm applying for [university/scholarship/job], and I was wondering if you would be willing to write a letter of recommendation for me."

#### **2. Ask politely and early**

Give your recommender plenty of time to write the letter. Asking at least a month in advance is a good rule of thumb, and you can follow up in this timeline as well.

**Example:** "I understand you have a busy schedule, so I wanted to ask well in advance if you would be able to write the letter by [specific deadline]."

#### **3. Provide context**

Explain why you need the letter and what you hope it will achieve. Share information about the position or program you are applying for, and why you're interested in it so the writer can better tailor the letter to suit.

**Example:** "I am applying for the [name of program/scholarship/job] because [brief explanation]. Your recommendation would greatly support my application as it highlights [specific skill or quality]."

#### **4. Offer to provide supporting information**

Make it easy for your recommender by offering to provide your resume, a list of achievements, or specific points you'd like them to mention.

**Example:** "I'm happy to provide my resume, a list of my accomplishments, or any other information that would be helpful."

## 5. Respect their decision

Be gracious and understanding if the person you ask is unable to write the letter, and thank them for their time and consideration regardless of their answer. You never know – you might need them again for something in the future.

**Example:** “Thank you so much for considering my request, and I completely understand if you’re unable to write the letter at this time.”

## 6. Send a reminder

If you haven’t received the letter close to the deadline, it’s okay to send a polite reminder. Be courteous and acknowledge their time constraints.

**Example:** “I just wanted to follow up on my previous request regarding the letter of recommendation. I appreciate your time and effort in helping me with my application.”

## 7. Show gratitude

Once the letter is submitted, send a thank-you note to express your appreciation. A handwritten note can be a nice touch, but an email works too.

**Example:** “Thank you so much for taking the time to write the recommendation letter for me. Your support means a lot, and I’m very grateful.”

## Tips for success

- **Proofread your request:** Make sure your request is free of typos and errors before sending it, so your mentor can remember just how professional you are.
- **Be timely:** Respect your recommender’s time by asking well in advance and sending polite reminders if needed.
- **Follow up:** Once your application is submitted, let your recommender know the outcome and thank them again for their help.

## Ready to Start?

Asking for a letter of recommendation is a valuable skill that will benefit you throughout your academic and professional journey. By following these guidelines, you’ll not only secure strong recommendations but also build positive relationships with your mentors and teachers.

Want more tips on career readiness and professional skills? We have loads more insightful blogs and resources to help you succeed right [here](#).

## [Getting a gig: opportunities for students](#)

A gig doesn’t just mean a cool music show, even though the music industry tends to lay claim to the term as slang for live performances. It also commonly refers to doing short-term, freelance, or contract jobs, which is the kind of work we love for students because they fit really well around a school schedule.

If you’re looking for a flexible way to earn some extra money while still in school, the gig economy might be the perfect solution for you. We’ll dive into what the gig economy is, explore some suitable gig jobs for students, and provide tips on how to succeed in this growing sector.

## What is a gig & how does it work?

The gig economy is a type of job market where you do short-term or freelance work instead of having a regular job, which is great for students. Instead of working for one boss, you pick up various jobs or “gigs” through online apps or websites. These gigs can be anything from delivering food to doing graphic design.

Gig jobs are usually:

- **Flexible:** You decide when and where you want to work.
- **Varied:** There’s a bunch of different gigs you can choose from.
- **Independent:** You work on your own, without a boss looking over your shoulder.

Apps like [UberEats](#), [TaskRabbit](#), [Fiverr](#), [Upwork](#) and [Airtasker](#) connect people (usually 18 years or older) who need work done with people who can do the work. This setup is super flexible, making it a great option for students who need to juggle work, school, and other activities.

## Gig jobs for students

### Tutoring

If you’re good at a certain subject, you can tutor younger students and earn some money on the side. Websites like [TutorTime](#) can help you find kids who need help with their homework across the world, or you can even self-advertise for gigs around your local community and organise sessions yourself.

### Babysitting or Pet Sitting

Parents and pet owners always need reliable sitters, and if you love kids or animals, working as a sitter could be perfect for you. Because you’ll be doing what you love, it might not even feel like work, which is an added bonus.

You can look on sites like [Care.com](#) or [Madpaws](#) for clients, or you can try the old fashioned method of self-advertisement and word-of-mouth.

### Freelance Writing or Graphic Design

If you like writing or designing, there are heaps of freelance gigs on websites like [Fiverr](#) or [Freelancer](#). You can work from home and pick your own deadlines and projects – plus it’s a great introduction to self-directed working schedules.

If you want to start your own freelance business, that’s an option too.

### Delivery Services

Companies like [pizza parlours](#), [pamphlet distributors](#), and even [newspapers](#) hire teens for delivery. You can choose your own hours and work in your local area – but keep in mind that if you want to work for companies like [DoorDash](#) and [Uber Eats](#), you’ll have to be at least 18.

### Social media management

Small businesses often need help with their social media accounts. If you’re good with Instagram or TikTok, this could be a fun gig for you. Getting paid to be creative online? Yes please.

You can reach out to small businesses directly, or keep an eye out for job ads that are looking for a casual or part-time social media manager.

### Lawn care and home maintenance

More of an outdoors kind of person? Maybe you’re a [Maker](#), and prefer working with your hands over some kind of office job. Don’t let that stop you from making money – you can

offer to mow lawns, shovel snow, or do minor home repairs for cash. Apps like [TaskRabbit](#) can help you find people in your neighbourhood who need help.

### **Virtual assistant**

If you'd prefer a work-from-home environment, you can get a gig helping businesses or people with tasks like managing emails or scheduling appointments. This job can be done online and is pretty flexible, so is the perfect option for someone with a busy school schedule.

### **Tips for succeeding in gig work**

- **Set clear goals:** Know why you're doing gig work. Are you saving for something? Trying to get work experience? Having clear goals will keep you motivated.
- **Manage your time well:** Balancing gig work with school can be tricky. Use a planner or calendar to keep track of your work hours and schoolwork – there are also loads of [time management apps](#) that can be helpful for working students.
- **Build a strong profile:** Your profile on gig apps is like your resume, so make sure it looks professional and highlights your skills and experience. Include any good reviews from previous gigs – a previous guarantee tends to put potential employers at ease.
- **Communicate clearly:** Good communication is key, so be clear about when you're available, ask questions if you're unsure about a job, and keep your clients updated.
- **Deliver quality work:** Always try to do your best work. Happy clients will leave good reviews and might hire you again.
- **Be professional:** Treat gig work like any other job. By being on time, being polite, and acting professionally, you'll build a good reputation, which leads to more clients.
- **Stay safe:** Always be careful, especially if you're meeting clients in person. Use reputable apps and follow their safety guidelines, and always share your location with someone you trust when it comes to first-time meetings.

The gig economy is a great way for students to earn extra money and gain work experience. By understanding how it works, choosing the right gigs, and following these tips, you can make the most of gig work. Whether you're delivering food, tutoring, freelancing, or more, gig jobs can help you reach your goals while still having fun.

### **Want more?**

Want more tips on finding jobs and skills for work? We have heaps more insightful blogs and resources to help you succeed right [here](#).

## **Study & Scholarships:**

### **John Curtin Scholarship Program**

**Organisation:** Curtin University

**Value:** See details

**Open date:** May 1, 2024

**Closing date:** September 11, 2024

The John Curtin Scholarship Program invests in future leaders who intend to use their abilities and passion to lead positive change in the community. Scholars receive a high level of financial support over the duration of their undergraduate studies. More importantly, the program provides opportunities for scholars to develop the personal qualities to become a future leader and the capability to inspire change.

[Find out more](#)

## **Vice Chancellor's Elite Scholarship**

**Organisation:** Bond University

**Value:** 100% fee waiver

**Open date:** May 2, 2023

**Closing date:** August 1, 2023

The prestigious Vice Chancellor's Elite Scholarship is awarded to a small group of high achieving applicants each year. Chosen on the basis of exceptional academic achievement, leadership, and character, this is a full-fee scholarship.

[Find out more](#)

## **Bachelor of Information Technology Co-operative Scholarship Program**

**Organisation:** University of Technology Sydney

**Value:** \$49,500 AUD + 2 industry placements

**Open date:** May 20, 2024

**Closing date:** September 8, 2024

The Bachelor of Information Technology is a cooperative education program between the University of Technology Sydney and sponsoring organisations. The aim of the program is to produce graduates who will become leaders in information technology in Australian organisations.

The focus of the graduate's education is in computer-based information systems, with a strong practical flavour. The periods of industry based learning are key to the development of the graduate's skills. The graduates will also be well versed in business principles and practice, as well as the fundamentals of information technology.

[Find out more](#)

## **Bond University**

### **Elite Scholarships - Applications close 1 August, 2024\***

- **Vice Chancellor's Elite Scholarship** - 100% tuition remission for an approved single or combined degree
- **Vynka Hohnen Scholarship (WA only)** - 100% tuition remission for an approved single degree

Recipients of these scholarships are also invited to participate in the Vice Chancellor's Mentoring Program once commenced at Bond. The Mentoring Program connects each scholar with an influential corporate mentor, and is intended to cultivate industry links, networks and business acumen.

### **Sport Scholarships - Applications close 1 August, 2024\***

- **ADCO Sports Excellence Scholarship** - 100% tuition remission for an approved single undergraduate degree plus \$20,000 cash bursary
- **John Eales Rugby Excellence Scholarship** - 100% tuition remission for an approved single diploma or undergraduate degree plus \$20,000 cash bursary

- **Riewoldt Family AFL Excellence Scholarship** - 100% tuition remission for an approved single undergraduate degree plus free accommodation for the first year should you wish to live in a university residence.

#### **Other Scholarships - Applications close 29 August, 2024**

- **Excellence Scholarship** – 50% tuition remission
- **Leadership Scholarship** – 25% tuition remission
- **Bond University Indigenous Scholarship** – up to 100% tuition remission
- **Transformer Scholarship** – 50% tuition remission

**CoLab Industry Scholarships** - 25% tuition for any of the four Transformation degrees offered in the Transformation CoLab

### **How to ace group projects**

We know you probably hear the phrase ‘group project’ and immediately suppress a groan. Look, we’ve all been there – we know you might be worried about how to manage it with all the other stuff you’ve got going on, or maybe you’ve had a bad experience in the past that makes you nervous about group projects.

The fact of the matter is, you’re never going to escape them. From school, to uni, to the workplace, group projects or even just working as a team is inevitable (and there’s a good reason for it). But fear not – group projects don’t have to be stressful.

In fact, they can be a great opportunity to develop important skills and achieve great results. Let’s take a look at how you can become an ace at group projects.

#### **What you can gain**

We tend to think of group projects as just another coordination challenge. But they can also be a powerful learning experience, teaching you collaboration, communication, and time management. Plus, they can be a great opportunity to get to know people a little better, and potentially make new friends through a shared experience.

Group projects aren’t just about sharing the workload (though that’s a big part of it). They’re also about learning to work effectively with others, which is a skill that’s highly valued in both further education and the workplace – like we said before, there’s no escaping it. If you’re worried about what might go wrong, consider what you might gain from a group project instead.

#### **Develop collaboration skills**

One of the best reasons to embrace group projects is the opportunity to work on your collaboration skills. Working with others means learning to listen, share ideas, and find common ground – all of which are essential skills in any career.

For instance, you might nominate yourself be the project manager who coordinates tasks and ensures everyone meets deadlines. This role isn’t just handy for your current project – it could also be an asset in future career opportunities, because you’ll know you have ability to lead and manage a team.

#### **Enhance communication**

Effective communication is key to successful group projects. By working closely with your group, you can develop clear and concise communication skills that can benefit you in all areas of life.

Through regular meetings, updates, and feedback sessions, you can discover new ways to express your ideas and listen to others. Yes, this is useful for the outcome of your current project, but don't forget it will also solidify your ability to communicate effectively in future academic and professional settings.

*“Effective teamwork begins and ends with communication.”*

Mike Krzyzewski, basketball coach

### **Master time management**

Balancing multiple tasks and deadlines is very characteristic of group projects, but don't stress – this is your chance to develop strong time management skills that'll be an awesome asset for your future. If you're struggling, why not utilise some [apps](#) created specifically for time management? It's also a great way to test your organisational skills in real-world scenarios.

By dividing tasks among group members and setting clear timelines, you can ensure that the project progresses smoothly. This approach not only helps you stay on track but also teaches you how to manage your time effectively when juggling multiple responsibilities.

You can also try [batching](#) – by sorting tasks into categories and distributing them amongst team members whose strengths they play to, you could increase productivity and ensure an even administration of the work load.

### **Planning your group project**

If you're about to face a group project, now is the perfect time to start planning. Even if you've had bad experiences in the past, approaching this project with a fresh perspective can make a big difference. Here are some tips to help you get started:

- **Set clear goals:** Define what you want to achieve and ensure everyone is on the same page.
- **Assign roles:** Identify each member's strengths and assign tasks accordingly.
- **Create a timeline:** Break the project into manageable tasks and set deadlines for each.
- **Communicate regularly:** Schedule regular check-ins to discuss progress and address any issues.
- **Be flexible:** Be open to changes and willing to adjust your plans as needed.

By going into group projects with a positive attitude and a clear plan, you can turn them into a valuable learning experience. Whether you're aiming for top grades or just want to develop new skills, group projects can offer a unique opportunity to grow and succeed.

### **Learn More**

Ready to start planning your group project or want some more tips? You can find heaps more information on our website [here](#).

## **Health & Well-Being:**

### **[7 tips for tackling procrastination](#)**

Ever found yourself scrolling through TikTok or playing video games when you should be doing homework? Or maybe instead of facing that essay you've got coming up, you'd prefer to embark on an unnecessary cleaning spree. Sound familiar? You're not alone – [studies](#)



[show](#) that almost all students procrastinate once in a while, and that 75% of students consider themselves habitual procrastinators.

While procrastination is [normal human behaviour](#), letting it get out of hand can be really bad for your mental health and overall wellbeing. Getting rid of that “due today, do today” mindset can eliminate anxiety, give you more time, and boost your self-esteem.

We’ve got some tips to help you tackle procrastination and get back on track with your projects.

### **What is procrastination?**

Procrastination is delaying or postponing tasks that need to be done. Ever chosen to do something more enjoyable or easier instead of tackling what’s important? That’s procrastination. Procrastinating often leads to stress and a mad rush to meet deadlines, which in turn results in a lower quality of work.

Being a habitual procrastinator can affect your grades, your stress levels, and your overall well-being. By learning to manage it, you can improve your performance, reduce anxiety, and have more free time to enjoy the things you love.

### **Why do we procrastinate?**

Procrastinating doesn’t have just one root cause – there can be a ton of things that contribute to why people procrastinate, and it’s different for everyone. Here are some common reasons why people procrastinate:

- **Fear of failure:** Worrying that you won’t do well can make you avoid starting a task.
- **Perfectionism:** Wanting everything to be perfect can make it hard to begin.
- **Lack of motivation:** If a task seems boring or uninteresting, it’s easy to put it off.
- **Feeling overwhelmed:** Not knowing where to start can lead to delaying the task altogether.
- **Poor time management:** Struggling to prioritise tasks correctly can result in procrastination.

Luckily, we’ve got some tips for targeting these common causes, so you can get ahead with your tasks and start eliminating stress.

### **How to overcome procrastination**

#### **1. Break tasks into smaller steps**

Large tasks can be overwhelming, so try breaking them into smaller, manageable steps to make them less daunting.

**Example:** Instead of thinking, “I need to write a 5-page essay,” break it down into steps like researching, creating an outline, writing a draft, and revising.

#### **2. Set clear goals**

Set specific, achievable goals for each study session or task. This gives you a clear direction and makes it easier to start.

**Example:** “I will read and take notes on one chapter of my textbook today.”

#### **3. Use a planner or calendar**

Keep track of assignments, deadlines, and study sessions using a [planner](#) or digital calendar. This can help you manage your time and stay organised in an easy to access, visual system.

**Example:** Write down all your homework assignments and due dates in a planner, and plan out when you’ll work on each one.

#### **4. Eliminate distractions**

Find a quiet place to work and remove distractions like your phone, social media, or TV. Creating a focused environment can help you stay on task – we've also got a blog for [the perfect study setup](#) if you'd like to optimise your study time.

**Example:** Turn off notifications on your phone and find a quiet spot in the library to study.

#### **5. Use the Pomodoro technique**

Work for 25 minutes, then take a 5-minute break. After four work sessions, take a longer break for up to 30 minutes – this can help you stay focused and prevent burnout. You can read more on this productivity hack right [here](#).

**Example:** Set a timer for 25 minutes, work on your homework, then take a short break to stretch or grab a snack.

#### **6. Reward yourself**

Give yourself a reward for completing tasks and trick your brain into wanting to do more. This can be something small like letting yourself have a treat or taking a short break to do something you enjoy.

**Example:** Finish your math homework, then watch an episode of your favourite show.

#### **7. Find an accountability partner**

Try sharing your goals with a friend or family member who can help keep you accountable. Check in with each other regularly to stay on track, or try studying together so you can have accountability in real-time.

**Example:** Form a [study group](#) with your friend or classmate, and track your goals together.

#### **Moving forward**

Procrastination can be a tough habit to break, but with the right strategies, you can manage it and improve your productivity. By breaking tasks into smaller steps, setting clear goals, and eliminating distractions, you can stay on top of your work and reduce stress.

Want more tips on managing your time and staying productive? Check out our [website](#) for more helpful blogs and resources to help you succeed in school and beyond.