

Scotch College

Future Pathways

News

July 29, 2024

Course, Careers & Campus Information:



VTAC Year 12 Guides 2025

The online [VTAC Year 12 Guide](#) and the downloadable [VTAC Tertiary Research Guide](#) are designed to provide students with useful information regarding *course research and the application processes* for entry to tertiary study in Victoria in 2025. Year 12 students are encouraged to browse both resources and begin to familiarise themselves with what lies ahead over the coming months.



What is Visual Merchandising?

The [Good Careers Guide](#) states that a Visual Merchandiser *develops floor plans and three-dimensional displays of goods and services in order to maximise sales and profit. These include window displays, interior point-of-sale displays and special promotions.*

RMIT offers a range of visual merchandising courses and students keen on finding out more are encouraged to browse [RMIT Visual Merchandising](#) to find out more.

News from Monash University

➤ **Monash Information Evening Webinar**

Students who may have missed out on the recent Open Day events, or earlier events during the year, may wish to register to participate in a webinar where they will learn about –

- Monash' ten diverse discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities including study abroad and overseas tours
- how to apply – everything you need to know about VTAC, key dates and deadlines
- scholarships and fees
- SEAS and the Monash Guarantee
- accommodation options, both on and off-campus.

Date: Wednesday 21 August 2024

Time: 6.30pm – 8.00pm

[Book here](#) to participate.

➤ **New Bachelor of Learning Design and Technology**

In 2025, Monash will be offering the ***Bachelor of Learning Design and Technology***. *Learning design and technology is where learning meets innovation, where creativity transforms education, and where you become the architect of learning experiences.*

This course has been designed with industry leaders to ensure graduates are at the forefront of learning design with highly transferable skills, including project management, leadership, critical thinking and data-driven decision-making. In this course, students will learn how to create experiences that are not just within the classroom, but for everyday learning. They will get to combine their love of creativity, technology and psychology to explore how we best navigate new challenges and technologies, from robotics and simulations to corporate training and development.

Significantly, this course will require students to undertake off-campus industry experience. An application and interview will be part of the process to ensure a meaningful placement experience.

Find out more at **[Bachelor of Learning Design and Technology](#)**.

➤ **New EAL Study Score Requirements for 2025**

RMIT is introducing *new EAL Study Score requirements* for Australian Year 12 qualifications from 2025.

- Bachelor's Degrees require a **27 in EAL**
- Associate Degrees and the Diploma of Commerce require a **23 in EAL**

➤ **Early Offer Program**

Are you a leader in the community, good at problem-solving, a creative thinker or perhaps good at communicating? With an RMIT Early Offer your skills can count towards your dream course, allowing you to be accepted on a lower ATAR and receive a conditional offer before your final exams.

Australian and Permanent Resident students can apply for one course and must apply at the following RMIT link - [Early Offer Program](#). The eligible courses and expected ATAR are also found at this link.

The application process requires students to -

1. Choose one of the following categories:
 - Analytical and Critical Thinking
 - Leadership
 - Communication
 - Creative Thinking and Innovation
2. Write a 200-word statement of their experience for their chosen category
3. Supply supporting documentation verifying their involvement in the category they have written about.

Applications have opened and close on 15 September 2024. The outcome of the application will be released 26 September 2024. The conditional offer will become unconditional should students complete Year 12, meet the course prerequisites, and attain the Early Offer ATAR required. Visit [Early Offer Program](#).

➤ **Studying Professional Communication at RMIT**

Designed to equip you with in-depth knowledge of this essential field, the Bachelor of Professional Communication reflects the workplace reality of increasing demand for professional communication roles and functions.

With the 3-year Bachelor of Professional Communication, students can choose either a double major, or choose to specialise in one and choose three minors RMITs broad range of multidisciplinary areas. Students also get to participate in relevant projects and professional placements that integrate their theoretical learning with practical application. This course also involves interacting with industry, government, and community organisations that RMIT have existing relationships with, or students can even complete an approved placement of their own choosing.

Majors include:

- [Advertising](#) – RMIT is ranked #1 in Australia and #5 in the world* in the 2023 QS rankings by subject
- [Public Relations](#) – the first PR degree in Australia, or
- [Digital Communication](#) – informed by RMIT’s world-leading research and our industry partners.

Find out more about the minors on offer, as well as more details about this course at [Bachelor of Professional Communication](#).



Bachelor of Exercise and Sport Science

From 2025, the 3-year [Bachelor of Exercise and Sport Science](#) will be offered at Fed Uni’s Berwick Campus! The Bachelor of Exercise and Sport Science program is [ESSA](#) accredited and enables students to develop knowledge and practical skills with core studies in biomechanics, anatomy, physiology and health, whilst pursuing an interest in either applied exercise programming, health or teaching.

Students will gain valuable work experience within a range of exercise science industries both locally and state-wide.

Students who wish to progress to further study, the Bachelor of Exercise and Sport Science is a pathway to coursework masters degrees including a [Master of Clinical Exercise Physiology](#), [Master of Strength and Conditioning](#) and [Master of Teaching \(Secondary\)](#).



New Pathway Offerings to Deakin University

Deakin College offers a suite of diploma courses that students can use as pathways to Deakin University bachelor degrees. Recently Deakin College introduced two *new* pathway diplomas:

1. [Diploma of Communication](#) can be used as a pathway to Deakin University’s [Bachelor of Criminology](#) with credit.
2. [Diploma of Information Technology](#) can be used as a pathway to Deakin University’s [Bachelor of Data Science](#) and [Bachelor of Software Engineering \(Honours\)](#), also both with credit.

Students keen on learning more about all the pathway diplomas Deakin College offers, should browse [Deakin College](#).

News from the Peter MacCallum Institute:

- **Peter Mac Open House - Saturday 27th and Sunday 28th July, 2024 (this weekend).** This event is open to the public and aims to showcase the VCCC facility and the wonderful work that our organisation does. Please see link for event details, registrations and times: <https://openhousemelbourne.org/event/peter-maccallum-cancer-centres-75th-anniversary/>
- **Peter Mac Medical Radiation Open Day - Sunday 25th August 2024.** An opportunity for students interested in studying radiation therapy, nuclear medicine or diagnostic imaging, to come see the VCCC facilities, the equipment that is used in the profession and to ask staff questions about a career in medical radiations. Universities affiliated with medical radiations studies will also be present at the Peter Mac Open day, should students have any questions for them. Please see attached flyers for more information.

Peter Mac Research Open Day - Tuesday 27th August 2024. Although this day is targeted at university students looking at completing an honours, masters or PhD - it might interest students who are keen on a path into research and would provide them some insight into that chosen profession at Peter Mac. Please see link for more information and to register: <https://www.petermac.org/education/research-education/research-student-open-day>

Banking and Finance Degrees in Victoria in 2024

A number of universities in Victoria offer specific Banking and Finance, Accounting and Finance, or similarly named degrees. Also, *finance as a major*, is often offered in business and commerce degrees, and a number of these are included below. For a comprehensive list of all courses, visit [VTAC](#).

INSTITUTION	COURSE NAME	VCE PREREQs	MAJOR STUDIES IN 2024
ACU M - Melbourne	Accounting and Finance ATAR: 63.55 (M)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	Accounting Theory, Auditing, Company Law, Corporate Accounting, Economics, Financial Accounting, Financial Risk Management , Principles of Finance , Taxation Law.
DEAKIN M - Melbourne G - Geelong WF	Commerce ATAR: 80.00 (M) 70.80 (G)	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	Accounting, Business analytics, Economics, Emerging technology, Entrepreneurship, Event management, Finance , Financial planning , Global and social impact, Human resource management, International business, International trade, Management, Management information systems, Marketing, People management, Production management, Project management, Property investments, Recruitment and talent acquisition, Retail management, Social entrepreneurship, Wealth management.
FEDERATION B - Berwick	Business ATAR: 50.75 (B)	Units 3 and 4: a study score of at least 20 in any English.	Banking and Finance , Cognitive Enterprise, Management, Marketing.
LA TROBE M - Melbourne	Business ATAR: 55.05 (M)	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	Finance . Note: A finance major is also offered in the commerce degree with an ATAR of 80.25 and the same VCE prerequisites.
MONASH Ca - Caulfield Cl - Clayton	Banking and Finance ATAR: 76.65 (Ca)	Units 3 and 4: a study score of at least 27 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 22 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics or at least 25 in Maths: General Mathematics.	Banking and Finance.
	Finance ATAR: 86.05 (Cl)	Units 3 and 4: a study score of at least 27 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics.	Finance.
RMIT C - City *Prof. Prac. degree	Business ATAR: 67.05 (C) ATAR: 80.00* (C)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	Blockchain Enabled Business, Business Information Systems, Business and Technology, Economics, Entrepreneurship, Finance , Financial Planning , Global Business, Innovation and Enterprise, Logistics and Supply Chain, Management and Change, Marketing, People and Organisation, Social Impact.
SWINBURNE H - Hawthorn *Professional degree	Business ATAR: 55.30 (H) ATAR: 75.15* (H)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	Accounting, Accounting and finance , Accounting and financial planning, Business administration, Business analytics and analysis, Entrepreneurship and innovation, Finance , Financial planning , Human resource management, Logistics and supply chain management, Management, Marketing, Sports management.
UNI MELB P - Parkville	Commerce ATAR: 92.00 (P)	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL; Units 3 and 4: a study score of at least 25 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics.	Accounting, Actuarial studies, Economics, Finance , Management, Marketing.
VICTORIA C - City	Business ATAR: n/p (C)	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	Accounting, Analytics, Banking and Finance , Business Analytics, Event Management, Financial Risk Management , Human Resource Management, Information Systems Management, International Trade, Management and Innovation, Marketing, Supply Chain and Logistics, Tourism and Hospitality Management.

Snapshot of James Cook University (JCU) in 2024

- JCU is the second-oldest university in Queensland and is dedicated to research in areas such as marine sciences, biodiversity, tropical ecology and environments, global warming, tourism, and tropical medicine.
- JCU is also a leading university in the tropics and ranked in the top 400 universities in the world - [Times Higher Education World Rankings](#). Browse here for other [rankings](#).
- JCU has a number of [campuses](#) with the main campuses being in [Townsville](#) and [Cairns](#), and there is an international campus in [Singapore](#).
- Some of the most highly sought after [courses](#) offered at JCU include:
 - [Bachelor of Medicine Bachelor of Surgery](#)
 - [Bachelor of Dental Surgery](#)
 - [Bachelor of Physiotherapy](#)
 - [Bachelor of Veterinary Science](#)
 - [Bachelor of Marine Science](#)
- JCU has six colleges and one centre
 - [College of Arts, Society and Education](#)
 - [College of Business, Law and Governance](#)
 - [College of Healthcare Sciences](#)
 - [College of Medicine and Dentistry](#)
 - [College of Public Health, Medical and Veterinary Sciences](#)
 - [College of Science and Engineering](#)
 - [Indigenous Education and Research Centre](#)
- JCU offers a broad range of student exchange programs - [JCU Global Experience](#).
- **Fast Facts for Health or Veterinary Science Applicants**

JCU has a few programs where a combination of a [written application](#) and academic results is required for selection including ***dental surgery, medicine, and veterinary science***. Students applying for one or more of these courses should take note of the recommendations made at the above link.

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](#)

Whitehouse Institute of Design | Open House 2024, Melbourne

August 17, 2024

Are you excited by design and dreaming of a creative career? Whitehouse Institute of Design, Australia invites you to Open House, a day where you can explore our courses and the endless possibilities within the world of design.

Explore your study options, meet our incredible team, and tour Whitehouse's unique facilities. Whether you're interested in Fashion Design, Interior Design or Creative Direction and Styling, this is your chance to see what makes Whitehouse has to offer.

[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.

[Find out more](#)

Jobs & Skills for Work:

[How to write a great cover letter](#)

Whether you're job hunting, applying to scholarships, or trying to nab your dream internship, chances are you'll need a cover letter for your applications. You might be tempted to skip the cover letter step, but if you want to stand out from the crowd and prove your professionalism, a great cover letter can do all that and more.

There's a foolproof format to writing an awesome cover letter, and we're here to show you just how it's done.

Do I really need a cover letter?

Simply put – yes. It's a super important part of any application process, and some employers will even ignore an entire application if the applicant hasn't bothered to include a cover letter. We want you to rise above the rest, so it's key to know how to write a cover letter that gets you noticed and shows off what a great fit you'd be.

How to write a cover letter: step by step

By following these guidelines, you'll never have to stress about what to put in a cover letter again. It's simple, foolproof, and easy to adapt.

1. Tailored opening

Your opening should be specific and personalised. Address the hiring manager by name if possible, and mention the position you're applying for. It's the first thing they'll read, so make it count.

For example, "Dear Ms. Smith, I am writing to express my interest in the Summer Internship position at ABC Company."

2. Engaging introduction

Start your cover letter with a brief introduction of yourself. Highlight how you found out about the opportunity and why you are excited about it.

An example might be:

"After learning about the Summer Internship at ABC Company through Study Work Grow, I am thrilled to apply for this position. As a high school student passionate about marketing, I believe this internship aligns perfectly with my career aspirations."

3. Highlight your skills and experience

Clearly state why you are the best fit for the position. Provide specific examples of your skills and experiences that are relevant to the job.

An example of this could be:

"During my time as a member of the school's marketing club, I developed skills in social media management and event planning. I successfully coordinated a fundraising event that raised \$500 for a local charity."

4. Show enthusiasm

Demonstrate your excitement about the opportunity and how it aligns with your career goals. Employers want to see that you are genuinely interested in the position.

For example:

"I am particularly drawn to ABC Company because of your innovative approach to digital marketing. I am eager to contribute my skills and learn from your experienced team."

5. Professional tone

Maintain a respectful and professional tone throughout your cover letter. Avoid slang, abbreviations, or overly casual language.

6. Keep it concise

Your cover letter should be no longer than one page. Be concise and to the point, ensuring that every sentence adds value.

7. Closing

End your cover letter with a polite closing. Thank the hiring manager for their time and express your eagerness for the opportunity. Make sure to include a professional signature with your full name and contact information.

For example:

“Thank you for considering my application. I look forward to the opportunity to discuss how I can contribute to ABC Company. Sincerely, [Your Name]”

Tips for success

- **Proofread:** Always proofread your cover letter before sending to catch any typos or errors.
- **Be timely:** Submit your cover letter before the application deadline.
- **Follow up:** If you don't hear back within a reasonable timeframe, it's okay to follow up politely.

Ready to start?

Mastering the art of writing a good cover letter is a skill that will serve you well throughout your academic and professional journey.

By following these guidelines, you'll not only make a positive impression but also enhance your communication skills, which are crucial in today's competitive job market.

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

8 jobs for people who love movies

Are you someone who loves watching movies, and might like to make that passion your career? There's a whole world of careers out there that could turn your love for film into a rewarding job. Here's a quick read of 8 exciting jobs for movie enthusiasts like you.

Movie critic

Do you love watching movies and sharing your thoughts about them? You're not just confined to posting your hot takes on [Letterboxd](#) – as a movie critic, you could get paid to review the latest releases. You'd watch films, analyse them, and write reviews that help others decide what to watch. Plus, you might even get invited to exclusive screenings and film festivals.

Makeup artist

If you're good at makeup and love movies, then the life of a movie makeup artist could be for you. In this role you could find yourself creating anything from zombies to Bridgerton royalty, and interacting with the biggest stars in the industry while you bring their characters to life.

Makeup artists work closely with directors, actors, and costume designers to create the perfect look for each character, whether it's a natural look, special effects makeup, or period-specific styles.

Screenwriter

Ever dreamed of writing your own movie? As a screenwriter, you could create the stories that captivate audiences around the world. Screenwriters write scripts for movies, TV shows, and even video games.

To become a successful screenwriter, you'll need strong writing skills, and if you're already a movie lover, we know you've got the vivid imagination that's key for a screenwriting role.

Sound designer

When you watch movies, do you ever find yourself focusing more on the way the music builds emotion, or zoning in on certain dialogue? If so, you're probably a sound designer in the making.

Sound designers create the audio landscape of a film, from dialogue and sound effects to music and ambient noise. If you have a passion for sound and a technical mind, this could be the job for you. Sound designers work with directors and editors to ensure the audio enhances the overall viewing experience.

Studying audio production and gaining experience with sound editing software are great ways to start your career as a sound designer if you think you'd like to pursue this pathway into the movie industry.

Actor

We know this one might sound obvious, but if you're someone who loves watching movies, chances are you've already picked up on what makes a good actor. If you enjoy drama classes or simply want a chance to bring characters to life, then a career as an actor could be for you.

As an actor, you'll be the face of a film, embodying different roles and delivering performances that captivate audiences. Actors work closely with directors and other cast members to create believable and engaging characters.

Movie editor

More of a behind-the-scenes kind of person? Movie editors play a crucial role in the post-production process, by taking raw footage and piecing it together to create a cohesive and engaging story. The polished, finished product of your favourite movie is something you have the movie editor to thank for.

As a film editor, you'll work with directors and producers to ensure the final product matches their vision, and you'll be responsible for making sure the movie makes sense in all its parts.

Production designer

Do you find yourself drawn to the visual components of a movie? If you have a flair for design and a love for watching movies, becoming a production designer might be the perfect fit. Production designers are responsible for the overall look of a film, including sets, costumes, and props, and tend to work closely with directors and other department heads to create a particular visual style.

Camera operator

Without cameras, there would be no movie, so it goes without saying that the role of camera operator is one of the most important in the movie-making business. As a camera operator, you'll be responsible for operating the camera during film shoots to capture the action as envisioned by the director. If you're fascinated by the art of capturing dynamic visuals, a job as a camera operator for the movies could be the career of your dreams.

Study & Scholarships:

[Launch your career from the start of university with a cadetship in Melbourne](#)

Are you in Year 12 and interested in a business career? Why not take your degree further and secure your future by applying for a cadetship under the **Business Cadetships in Melbourne Program**.

What do Business Cadets do?

Business Cadets combine study at the university of their choice in Melbourne with paid work at [UBS Melbourne](#). UBS is a leading global investment bank. The firm has been placing cadets in Melbourne over the last eight years (and in Sydney for the last eighteen years). This year, Melbourne cadet placements are in Global Research. Cadets are able to rotate through different areas of this division, enabling them to discover what they are really interested in and to tailor their degree accordingly. You will work alongside world-class professionals and be well remunerated.

[Find out more here](#).

Quantum Computing: the future of super-fast computers

Have you ever wondered what the future of computers looks like? It's all about quantum computing. Imagine computers that can quickly solve the problems that would take today's supercomputers thousands of years. Sounds cool, right? Let's dive into the world of quantum computing and see what all the buzz is about.

What is quantum computing?

Quantum computing is like traditional computing but on steroids. Traditional computers use [bits](#), which are like tiny switches that can be either 0 or 1. Quantum computers use [qubits](#), which can be both 0 and 1 at the same time, thanks to a property called [superposition](#). This allows them to process a massive amount of information at the same time.

Why should you care about quantum computing?

Quantum computers could revolutionise everything from medicine to climate change. Imagine discovering new medicines in days instead of years, or creating unbreakable encryption to keep your data safe. These are just a few ways quantum computing could totally change our world.

The basics of quantum mechanics

Quantum mechanics might sound scary, but it's all about understanding the very small particles that make up our universe. Qubits, the building blocks of quantum computers, can exist in multiple states at once (superposition) and can be linked together in strange ways ([entanglement](#)). Think of a regular bit as a coin that is lying on a table as definitely heads or tails, while a qubit as a spinning coin that could land on either side.

How do quantum computers work?

Quantum computers look way different from the ones you're used to. They're built with special components to maintain the delicate state of qubits, which are really fragile and sensitive to things like noise and temperature. The components used to help stabilise them include things like supercooled environments and precise lasers.

Quantum computing in action

Scientists and researchers are already using quantum computers to tackle big problems. For example, they're working on finding new materials for better batteries and solving complex mathematical problems that were previously impossible, and there is so much more that can be done with further research and more breakthroughs.

The future of quantum computing

In the next 10-20 years, quantum computing could transform industries. We might see breakthroughs in artificial intelligence, renewable energy, and even space exploration. If you're excited about technology, quantum computing is definitely something to watch.

Getting involved

Curious to learn more? There are plenty of resources online to get you started. Websites like [IBM Quantum Experience](#) and educational platforms like [Coursera](#) offer courses on quantum computing.

If you're interested in more to do with education and the future of technology, we have heaps of cool articles on our [website](#), like this one on the [changing world of work](#).

The 8 best study apps for students

Studying can be tough, but the right apps can make it way easier. There are loads of apps out there to help you take better notes, organise your study, and learn more effectively, and we've collected the best of the best just for you.

Here are 8 of the best study apps that can help you ace your classes and get the grades you need.

1. Evernote

[Evernote](#) is a super handy note-taking app. You can create, organise, and share notes across all your devices, which is great when you've got multiple study tools. You can also add text, images, audio recordings, and even scanned documents to your notes, making it easy to keep all your study materials in one place. Plus, it has a great search function, so you can quickly find what you need.

2. Zotero

[Zotero](#) is a lifesaver for managing citations and references, and can be used on your computer or phone. You can add books, articles, and websites to your personal library, and Zotero will automatically create citations and bibliographies in various styles, like APA, MLA, and Chicago. You can also add sources manually by scanning the barcode of a book or just entering the title (which sounds a bit like magic to us). The app can then create a bibliography, saving time and making sure your citations are up to the standard your teachers expect.

3. Brainscape

[Brainscape](#) is great for creating and studying flashcards. You can make your own flashcards or use any of the heaps they have in their database. The app also lets you take quizzes and track your progress, helping you see where you need to focus your study efforts.

4. Dragon Anywhere

[Dragon Anywhere](#) is a voice recognition app that turns speech into text. This can be super useful for taking notes quickly during lectures or recording your thoughts on the go. The app is also really accurate and can save you a lot of time compared to typing.

5. GoConqr

[GoConqr](#) offers a bunch of tools to help you study better. You can create mind maps, flashcards, quizzes, and notes that are all contained within the app. This app also lets you join study groups and share your resources with other students, making it a great way to study with friends.

6. Office Lens

[Office Lens](#) is a really cool app from Microsoft that basically turns your phone into a portable scanner. You can use it to take photos of whiteboards, documents, and notes, and the app will automatically make the images clear and readable. OfficeLens also works great with OneNote and other Microsoft Office apps, so you can easily organise your scanned documents.

7. My Study Life

[My Study Life](#) is perfect for managing your school schedule. It lets you store your class timetable, track homework assignments, and set reminders for exams and due dates. The app also syncs across all your devices, so you can check your schedule and tasks anywhere.

8. Quizlet

[Quizlet](#) is an awesome app for studying with flashcards and games. You can create your own flashcards or use sets made by other students, and it's a really fun way to start remembering stuff. The app also has fun study modes like matching games and practice tests to help you learn in a more interactive way.

Ready to improve your study game?

Using the right study apps can make a huge difference in how well you learn and remember information. Whether you need help with taking notes, organising your schedule, or studying for tests, these apps have you covered.

For more study tips and app recommendations, visit our site [here](#). Whether you're looking for ways to fix your [time management](#) or new techniques to [improve your learning](#), we've got all the resources you need to succeed.



CAMP COUNSELORS USA & CANADA



SPEND YOUR GAP YEAR
WORKING AT A USA OR
CANADIAN SUMMER CAMP!

APPLY NOW

**HEAD TO OUR WEBSITE
TO LEARN MORE:**

www.ccusa.com.au

Health & Well-Being:

Why you should start journaling

Sometimes it can be tough to sort out what's going on in our heads. You might be feeling overwhelmed in some aspects of your life, or struggling to keep your thoughts organised, but with no outlet these problems are just going to keep building up and tangling together. But what if there was a way to separate your thoughts, experiences and emotions clearly on a page, just for you?

That's where journaling comes in. It's gained traction recently, and is used by top athletes like [Kobe Bryant](#) and [Serena Williams](#), actors like [Dwayne Johnson](#) and [Emma Watson](#), musicians like [Taylor Swift](#) and [Shawn Mendes](#), and even people like [Arnold Schwarzenegger](#) and [Jocko Willink](#). This is just the tip of the iceberg when it comes to successful people who journal, but it's been proven time and time again that journaling can [positively impact our health](#).

If you want to take charge of your own life and reap the benefits of emotional wellness, we've got some reasons why you should embrace the power of journaling.

Reduce stress and anxiety

Journaling can be a powerful tool to improve your mental health – by writing down your thoughts and feeling, you can better process emotions and gain clarity. Here are some mental health benefits of journaling:

- **Reduces stress and anxiety** by giving you a safe place to vent
- **Helps you understand and manage your feelings** better
- **Boosts mood** by focusing on the positive parts of your day

[Studies have shown](#) that regularly expressing yourself through writing can reduce symptoms of depression and anxiety. So, grab a notebook and start jotting down your thoughts.

Improve your grades

Journaling isn't just good for your mental health – it can also help improve your grades. Here's how:

- **Increases focus** by organising your thoughts
- **Helps with goal-setting** and tracking your progress
- **Enhances memory and comprehension** by summarising what you've learned

Try writing a summary of what you studied each day or setting weekly academic goals. Reflecting on your learning process can help reinforce what you've studied and make your study sessions more effective.

Think positive

Keeping a positive outlook can be tough, especially when school gets hard. Journaling can help you stay positive. Here are some ways to use your journal for positivity:

- **Keep a gratitude journal** – write down things you're thankful for each day
- **Document your achievements** and celebrate your successes
- **Write positive affirmations** to boost your self-confidence

By focusing on the positive aspects of your life, you'll be more resilient and better equipped to handle challenges.

Get better at writing

Regular journaling can also help you get better at writing, which is useful for your schoolwork. Here's how:

- **Enhances vocabulary** and language skills by writing regularly.
- **Improves writing fluency** by practicing expressing your thoughts.
- **Helps you develop your own writing style** through consistent practice.

Whether you're working on essays or creative writing assignments, the practice you get from journaling will make your writing clearer and more effective.

See how you've grown

Journaling lets you look back and see how much you've grown over time. Here's why this is valuable:

- **Provides a record of your thoughts and experiences** that you can reflect on
- **Helps you recognise patterns** in your behaviour and thoughts
- **Encourages self-reflection** and personal development

By regularly looking back at your journal entries, you can gain insights into your growth and make more informed decisions about your future.

Want more?

We have loads more to explore on our website, like this article on [10 ways to study that aren't boring](#).

You can also find more study and wellbeing tips [here](#).

How to stay motivated during the school year

Are you struggling to stay motivated during the school year? Maybe you started the year full of energy and enthusiasm, but are losing a bit of steam and worried how this might affect your end results.

Don't worry – staying motivated during the school year is a challenge heaps of students face, but it's definitely manageable. Let's explore why getting motivated can seem like such a challenge at times, and how we can tackle it head-on.

Intrinsic vs extrinsic motivation

Before we get into the nitty gritty of *how* to be better motivated, it's important to understand the science behind it (so we can use it to our advantage). There are two different types of motivation – the type that comes from within, and the type that comes from outside forces. Sometimes, you need a bit of both, but [studies show](#) that intrinsic motivation tends to be the more effective of the two.

Intrinsic motivation: doing it for yourself

Intrinsic motivation comes from within you – it's when you do something because you genuinely enjoy it or find it interesting. For example, if you love reading because it takes you to different worlds and makes you happy, that's intrinsic motivation. You're not doing it for a reward or to impress anyone else; you're doing it because it makes you feel good.

Think about a hobby you love, like playing a sport, drawing, or playing a musical instrument. You do it because it's fun and fulfilling, not because someone is making you or because you'll get a prize.

Extrinsic motivation: doing it for a reward

Extrinsic motivation, on the other hand, is when you do something to earn a reward or avoid a punishment – in other words, it's driven by external factors. For instance, if you study hard because you want to receive praise from your parents or teachers, that's extrinsic motivation. Or maybe you clean your room to avoid getting in trouble – yep, that's extrinsic motivation at play.

How can we get intrinsically motivated?

It's pretty obvious that people who are intrinsically motivated do better in the long run, but how can we make sure that's us? We all have different needs and desires, but there are some things we can do to make sure we're being motivated by internal rather than external factors and as a result, increase our levels of motivation to engage positive output.

1. Discover your interests

One of the best ways to get intrinsically motivated is to find out what truly interests you. Think about the subjects or activities that make you excited and curious. Whether it's science experiments, creative writing, or playing a musical instrument, focus on what you love, because when you enjoy what you're doing, motivation comes naturally.

2. Set personal goals

Set [goals](#) that are meaningful to you, not just ones that others expect you to achieve. Personal goals give you a sense of purpose and direction, which can help boost intrinsic motivation and allow you to succeed at what's important to you.

For instance, if you love art, aim to complete a series of paintings by the end of the semester – the bonus to this is that you could include it in a portfolio for art school, which means your intrinsic motivation has allowed you to achieve something you might not have started on if the only propeller was extrinsic motivation. Achieving these goals will give you a sense of satisfaction and pride, which will allow your motivation levels to continue to grow.

3. Connect learning to real life

Try to connect what you're learning in school to real-life situations or your personal interests. If you're studying biology, think about how it relates to your interest in animals or the environment, and then see if this motivates you to actually apply what you're learning. Making these connections can make your studies feel more relevant and interesting, plus it'll help you understand the value of learning.

4. Challenge yourself

Take on challenges that push you out of your comfort zone. When you overcome obstacles and succeed in difficult tasks, it can boost your confidence and make you feel accomplished, which inspires a higher sense of motivation from within. Choose challenges that are just beyond your current abilities, so they're tough but achievable with effort, and watch as small successes mount to bigger ones.

5. Reflect on your progress

Take time to reflect on what you've learned and how far you've come, so you can track your personal growth. Keeping a journal or a progress tracker can help you see your growth and improvement visually, and remind you of your successes when the going gets tough. Celebrating small wins along the way can keep you motivated and remind you why you started in the first place.

Staying motivated during the school year is all about finding what works best for you and maintaining a balanced approach. With the right strategies and mindset, you can achieve your goals and make the most of your school experience.

Learn more

Ready to take your motivation to the next level? Explore more tips and resources on our website [here](#) to help you stay focused and succeed throughout the school year.