

Scotch College

Future Pathways

News

August 5, 2024

Course, Careers & Campus Information:



Casper Entry Requirements for Teacher Qualifications

Casper is an online test designed to assess an applicant's personal and professional attributes. *Casper* is a requirement of applying to many initial teaching training courses in Victoria - [Casper](#).

Most universities offering undergraduate teaching courses will be requiring students sit the *Casper* online test as part of the selection into teaching degrees in 2025. Students are encouraged to browse [VTAC](#) and determine which courses will require the *Casper* for selection. Students might also like to browse [Casper FAQs](#) and have a look at [Casper Preparation](#) too. **Students might find this YouTube [clip](#) useful.**



Best Universities Ranking

The Australian Financial Review (AFR) **Best Universities Ranking** celebrates universities that have excelled across five key dimensions: *student satisfaction, research performance, global reputation, career impact and equity and access.*

Based on these criteria, the top ten universities are –

- The University of Queensland
- University of New South Wales
- The Australian National University
- Monash University
- The University of Adelaide
- Edith Cowan University
- Deakin University
- The University of Melbourne
- University of Technology Sydney
- University of Wollongong

To find out more about all forty Australian universities and where they rank based on the abovementioned criteria, visit [Best Universities Ranking | The Australian Financial Review | AFR November 2023](#).



MONASH University

News from Monash University

➤ **Upcoming Discover Monash Events**

Monash University will be hosting several [Discover Monash](#) events or activities from **September to December** and students are encouraged to register early. For a complete list, and to register, visit [Events Calendar - Discover Monash](#).

Monash Information Evening (webinar)	Wednesday 21 August, 6.30pm – 8.00pm
Discover Engineering (webinar)	Thursday 19 September, 6.00pm – 7.00pm
Peninsula Campus Tour	Wednesday 25 September, 10.00am – 11.15am
Discover Health: Peninsula Campus (hands-on tour)	Wednesday 25 September, 10.45am – 11.45am
Discover Monash Arts School Holiday Workshop (Caulfield)	Wednesday 25 September, 11.00am – 2.45pm
Discover the Language of Pop Culture (Caulfield)	Wednesday 25 September, 11.00am – 12.00pm
Discover Arts and Media Communications (Caulfield)	Wednesday 25 September, 12.15pm – 1.00pm
Discover Monash Media Lab (Caulfield)	Wednesday 25 September, 1.00pm – 1.30pm
Caulfield Campus Tour	Wednesday 25 September, 2.00pm – 3.15pm
Clayton Campus Tour	Thursday 26 September, 10.00am – 11.30am
Clayton Campus Tour	Thursday 26 September, 2.00pm – 3.30pm

➤ **Monash Teaching Suitability Test (MTeST)**

The Monash Teaching Suitability Test (MTeST) is designed for entry into Monash Initial Teacher Education courses only and cannot be used to apply for other institutions. Importantly, this is a *free* alternative to Casper.

Students do not need to book in for the test as it is open every day and only takes 15 minutes to complete. The results can take up to three weeks to be processed.

For applicants who sat both tests, Monash will use the better result of the two.

Students are encouraged to browse the following link which provides more information - [Monash Teaching Suitability Test \(MTeST\)](#).



News from La Trobe University

➤ **Aptitude for Teaching Assessment (AFTA)**

If you want to study an initial teacher education program at La Trobe, our AFTA is a free and on-demand alternative to the CASPer test.

La Trobe has developed the *free Aptitude for Teaching Assessment (AFTA)*, approved by the Victorian Institute of Teaching, and is a non-cognitive scenario-based aptitude test that students can use as an alternative to the CASPer test. Students should note that the AFTA can only be used for entry into initial teaching education programs at La Trobe. The assessment is divided into five sections, and within each section, students will be provided with three written scenarios, presented one at a time. The scenarios are randomised, and each section must be completed before a student can progress to the next section. This is an aptitude test that assesses a student's *communication, self-regulated learning, teamwork, professionalism, and problem-solving skills*.

Find out more at [Aptitude for Teaching Assessment \(AFTA\) - La Trobe](#).

➤ **La Trobe University – Sydney Campus**

Located in the centre of the city with views over Hyde Park, the [La Trobe University Sydney Campus](#) is close to work and internship opportunities and just a few minutes' walk to major transport hubs, vibrant café districts, shopping centres and Sydney's world-renowned icons.

With just under 1000 students, the Sydney Campus offers a friendly and supportive community for students to learn and make friends.

The Sydney Campus features:

- Technology enhanced teaching spaces with interactive whiteboards
- Free, high-speed Wi-Fi across the entire Campus
- Dynamic classrooms that seamlessly adapt to different learning styles
- Quiet study hubs and collaboration zones designed to encourage creativity and learning
- Computer labs with the latest technology and software - free to use for all students

- A top floor library with stunning views across the city
- Fully equipped kitchen and lounge area

[Diploma](#), [Bachelor](#), and [Master programs](#) are available, with three intakes a year. Most courses on offer at the Sydney campus relate to business and information technology.



Studying the Bachelor of Applied Innovation with another Degree

In 2023 Swinburne University introduced the [Bachelor of Applied Innovation](#) to be studied in conjunction with a number of other degrees. With just one extra year, students get to graduate with a double degree.

Depending on the degree a student chooses to study alongside the Bachelor of Applied Innovation, various skills will be developed.

Students are encouraged to browse the link above that provides more details about the participating courses, and the core and major units on offer in the Applied Innovation degree, as they do differ from double degree to double degree.



Civil Engineering Degrees in Victoria in 2024

Civil engineers plan, design, construct, operate and maintain roads, bridges, dams, water supply schemes, sewerage systems, transportation systems, harbours, canals, dockyards, airports, railways, factories and large buildings. They may perform some of the following tasks*:

- investigate sites to work out the most suitable foundation for a proposed construction
- research and advise on the best engineering solution to meet a client's needs and budget
- produce detailed designs and documentation for the construction and implementation of civil engineering projects
- organise the delivery of materials, plant machinery and equipment needed for the construction project and supervise labour
- analyse and interpret reports on loading, labour, productivity, quality, materials and performance
- analyse risks associated with natural disasters including wind, earthquake, fire and floods, and design structures and services to meet appropriate standards

* [Good Universities Guide - Civil Engineering](#)

Universities in Victoria that offer undergraduate degrees in Civil Engineering include -

INSTITUTION	VCE REQUIREMENTS	ATAR 2024
Deakin University G – Geelong Waurrn Ponds Campus M – Melbourne Campus	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 Maths: General Mathematics, Maths: Mathematical Methods or Maths: Specialist Mathematics.	65.95 (G) 70.50 (M)
Federation University B – Berwick Campus G – Gippsland Campus MH – Mount Helen Campus	Units 3 and 4: a study score of at least 20 in any English; Units 3 and 4: a study score of at least 20 in one of Maths: Mathematical Methods or Maths: Specialist Mathematics.	n/p (B) n/p (G) n/p (MH)
La Trobe University M – Melbourne Campus Be - Bendigo	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 Maths: General Mathematics, Maths: Mathematical Methods or Maths: Specialist Mathematics.	65.00 (M) 66.25 (Be)
Monash University C – Clayton Campus Note: Engineering (Honours) - Masters Accelerated Pathway	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; Units 3 and 4: a study score of at least 25 in one of Chemistry or Physics.	85.00 (C)
RMIT University C – City Note: A pathway course to the bachelor degree is - Associate Degree Engineering Technology	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 20 in one of Maths: General Mathematics, Maths: Mathematical Methods or Maths: Specialist Mathematics. Bachelor of Engineering (Honours) ^^ has the same prerequisites.	80.20 (C) 75.00 (C) ^^
Swinburne University H – Hawthorn Campus *Professional Degree	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: Mathematical Methods or Maths: Specialist Mathematics.	70.05 (H) 80.30* (H)
Victoria University FP – Footscray Park **Not Foundation Mathematics	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 any Mathematics **	n/p (FP)



Snapshot of Macquarie University in 2024

- Established in 1964, today Macquarie is home to 44,000 students and 3000 staff, and awards more than 10000 degrees each year.
- Based in Sydney, the campus is in one of the largest business and technology precincts in the southern hemisphere, creating a hub of innovation and excellence.
- Macquarie University has its own metro station and has Australia's first and only not-for-profit hospital on a university campus.
- In terms of [rankings](#), Macquarie is:
 - ✓ Ranked among the top 1% of world universities in the world (QS World University Rankings, 2024)
 - ✓ Ranked #10 in Australia and #175 in the world (Times Higher Education World University Rankings, 2024)
 - ✓ Ranked #8 in Australia for employment outcomes (QS World University Rankings, 2024)
- Over 130 Macquarie researchers are ranked in the top 1% of researchers in the world.
- Macquarie has four [faculties](#) and many departments within those faculties.
- Macquarie has a few unique departments, including –
 - ✓ [Department of Security Studies and Criminology](#)
 - ✓ [Department of Accounting and Corporate Governance](#)
 - ✓ [Australian Institute of Health Innovation \(AIHI\)](#)
 - ✓ [School of Mathematical and Physical Sciences](#)
 - ✓ [Applied BioSciences](#)
- Macquarie offers a wide selection of both [undergraduate courses](#) and [postgraduate courses](#).
- An extensive range of [scholarships](#) are offered to both future students and current students.
- As with all leading universities, Macquarie offers excellent [overseas study opportunities](#) to students.
- There are a range of [clubs and societies](#) and [sporting](#) facilities available to students.
- Macquarie has a range of [accommodation](#) options to suite the various preferences of students.

Puckapunyal Military Area Open Day

When: 10:00am - 2:00pm, Friday 13th September 2024

Where: Puckapunyal Military Area - Passchendale Pde, Puckapunyal Victoria 3662

RSVP: Let us know you're interested by registering via the Defence Work Experience Website:

REGISTER NOW



What will you experience over the day?

- Main Battle Tank Displays
- Vehicle Displays including the opportunity to ride in one
- Communication System Displays
- Army School of Artillery display
- Physical training lessons
- Discuss with current serving ADF members
- Free Lunch Provided
- Complimentary transport from Seymour Station to Base



This is your opportunity to experience the Army for yourselves.

Read about reviews by students from last year's event:

LEARN MORE



VTAC | Understanding special consideration (SEAS) and scholarships

August 15, 2024

Finishing year 12 this year? Join the VTAC team for a live webinar which will focus on the application process for special consideration via SEAS, the Special Entry Access Scheme. We'll also cover the VTAC application for scholarships.

You'll have the opportunity to ask questions throughout, so join us to find out everything you need to know about submitting your applications for SEAS and scholarships!

[Find out more](#)

Astrophotography Workshop

September 14, 2024

The astrophotography workshop introduces concepts that will assist both the beginner amateur and professional photographer to take stunning photographs of the night sky. Night sky photography is very different to that done in daylight. The afternoon has an array of talks given by experienced and award-winning astrophotographers, with (weather permitting) practical hands-on sessions during the evening at our registered Observatory.

Topics include an introduction to smartphone photography, timelapses, capturing the Aurora Australis, nightscape imaging, deep sky photography and much more.

[Find out more](#)

Jobs & Skills for Work:

10 jobs for sporty people

Are you passionate about sports? Looking for a career that will let you stay active and engaged in the world of athletics? You're not just limited to being an athlete for a living – there are tons of jobs out there that can combine your love for sport with a fulfilling and stable profession.

Here are ten exciting jobs for sporty people just like you.

1. Personal Trainer

If you've ever been to the gym for the first time and needed a little guidance, you know the importance of a [personal trainer](#). Whether they're helping people who're new to the gym figure out equipment and workout routines, or using their qualifications to boost the performance of professional athletes, personal trainers are highly respected and coveted. As a personal trainer, you'll help clients achieve their fitness goals by designing personalised workout plans and providing counsel on exercise techniques and nutrition. Personal trainers work in gyms, fitness centres, or even as independent consultants.

2. Sports Coach

Want to work with the likes of [Cristiano Ronaldo](#) or [Serena Williams](#)? Always been the type to take on a leadership role, and enjoy supporting others? You could have the makings of a perfect sports coach. Coaches work with teams or individual athletes to develop their skills, strategy, and performance in their chosen sport.

Coaches often have backgrounds as athletes themselves and typically start by coaching at the youth or amateur level before moving up to higher levels of competition.

3. Physical Education Teacher

We all know of that one awesome P.E. teacher at school – they give us a lesson to look forward to, make sure we're getting active, and support all our physical education needs. If you want to be that inspiring individual for someone else, you could be perfect as a physical education teacher.

As a P.E. teacher, you'll motivate students to stay active and teach them about the importance of physical fitness. P.E. teachers work in schools, organising and leading sports and fitness activities.

4. Athletic Trainer

Are you someone who's into science, but also sports? Maybe you're a [Guardian](#) and get your kicks from helping others maintain their health and wellbeing. If this is the case, you might like to consider a career as an athletic trainer.

Athletic trainers work with athletes to prevent, diagnose, and treat sports-related injuries. They often work for sports teams, schools, or healthcare facilities, providing immediate care and developing rehabilitation programs.

To become an athletic trainer, you'll need a [degree in athletic training](#) and [certification](#). Then, you'll be able to put your highly specified skills to use.

5. Sports Nutritionist

If you're into sports, you probably already know that nutrition plays a massive role in how well athletes perform. Depending on their field, athletes may need to maintain, gain, or lose

weight, and as a sports nutritionist it would be your role to ensure they do this in a safe and healthy manner.

Sports nutritionists help athletes optimise their performance by designing nutrition plans tailored to their specific needs, and provide advice on diet, supplements, and hydration to ensure athletes are fuelling their bodies correctly.

[A degree in nutrition](#) or [dietetics](#), along with [specialised knowledge in sports nutrition](#), is typically required for this role.

6. Sports Journalist

Do you love reading about sports just as much as you like watching them? Want to engage with the best of the best and bring these athletes into the public eye? If you love writing and have a passion for athletics, you might like to consider a career as a sports journalist.

As a sports journalist, you'd cover sporting events, interview athletes, and write articles or create multimedia content for newspapers, magazines, websites, or broadcast media. Plus, you'd always be up to date on the latest in sporting news, or on the sidelines so you never miss a game.

7. Sports Event Manager

Are you the friend who's always making stuff happen? Do you love attending games, and have great organisation skills? That's all in the making of a sports event manager.

Sports event managers organise and oversee sporting events, from local tournaments to international competitions. They handle logistics, marketing, sponsorships, and ensure that events run smoothly. When you're watching an awesome sporting event, or even the Olympics, know that sports event managers have a major hand in making it possible.

A [degree in sports management](#) or [event planning](#) can help you get started in this field, along with experience in organising events of any kind.

8. Sports Psychologist

Interested in psychology, but don't want to step away from the world of sport? Sport psychology combines the two in a way that's incredibly important for those on the field.

Sports psychologists work with athletes to improve their mental game, helping them manage stress, enhance focus, and overcome mental barriers. They play a crucial role in ensuring top athletes perform at their best, but the job can also extend to a variety of settings like helping children or working in clinical environments.

A degree in psychology with a focus on [sports psychology](#), along with [certification](#), is required for this career.

9. Fitness Instructor

Fitness instructors are a little different from personal trainers – instead of working one-on-one, they lead group exercise classes, such as aerobics, spinning, yoga, or Pilates. Their job is to create fun and engaging workouts that help participants stay motivated and reach their fitness goals.

If you're outgoing, great in groups, and love fitness, you might be the perfect fit for this job.

10. Sports marketing specialist

Do you think you'd be good at promoting your favourite team, or making people want to go to a game? If so, sports marketing might be right up your alley.

Sports marketing specialists promote teams, events, and products. They create marketing campaigns, manage social media accounts, and work on sponsorship deals to increase visibility and engagement.

If you want to pursue this career, a degree in [marketing](#) or [sports management](#) would definitely be essential. In the meantime, you could spend your time thinking about what kind of ads or promotions catch your attention the most, or coming up with new ideas.

Want more career options?

Check out our blog [11 careers you may never have heard of](#). Whether you're looking for inspiration or specific career advice, there's lots more to explore on our website [here](#).

Study & Scholarships:

[Crafting the perfect personal statement](#)

If you've been looking for scholarships, applying for jobs, or preparing university applications, you might have been asked for something called a personal statement. But what exactly is it, and how can you make yours stand out? In this blog, we're going to break it down step by step, providing tips on crafting a personal statement that showcases your unique qualities and aspirations.

Understanding the personal statement

Think of a personal statement as your chance to introduce yourself beyond numbers and grades – almost like your personal highlight reel, where you get to shine a light on who you are, what you're passionate about, and why you're a perfect fit for that scholarship, job, or university program.

Top tips for crafting a great personal statement

Let's dive into the nitty-gritty of crafting a standout personal statement. These five tips will guide you through the process and hopefully leave you feel more confident about your applications.

Be authentic

Your personal statement should be, well, personal! Don't try to be someone you're not or just write what you think people want to hear. Be true to yourself. Share your experiences, interests, and dreams in your own voice – this is your chance to let your personality shine through.

Tell your story

Your personal statement should be a mini-story about you. Start with a compelling opening that grabs the reader's attention and take them on a journey through your experiences, challenges, and achievements. Show them how these moments have shaped you and led you to where you are now.

Highlight your achievements and goals

This is your time to brag a bit (but in a humble way, of course!). Talk about your accomplishments, both inside and outside the classroom or workplace. Whether it's winning a debate competition, leading a community service project, or overcoming a difficult situation, let your achievements speak for themselves. Don't forget to share your future goals and how this scholarship, job, or program could help you achieve them.

Be specific and concise

Avoid being too vague or generic. Provide concrete examples and anecdotes to illustrate your points. Paint a vivid picture of who you are and why you're a great fit. On the other hand, remember to keep it concise. Admissions officers and employers can have a lot of statements to read, and sometimes there are strict word limits, so you need to make every word count.

Edit, edit, edit

Once you've poured your heart onto the page, it's time to polish it up. Check for spelling and grammar errors (and don't just rely on Word to point them out for you). Read it aloud to make sure it flows smoothly. Have someone you trust, like a teacher, friend, or parent, read it and give feedback. A well-edited statement shows that you care about the details and are serious about your application.

Final thoughts and next steps

Crafting a standout personal statement might seem like a big task, but with these tips, you're well on your way. Take every opportunity, whether successful or not, as a chance to learn and grow. Even if you apply but aren't accepted, you might receive some feedback that can make your next application even better.

If you're eager to explore more about your future study and career options, take a look at some of the other blogs on our [website](#). Or if you're ready to apply, you can search for [scholarships](#) or [experiences](#).

How to stay focused while studying

It can be hard to stay focused when studying. From the itch to check Instagram to staying comfortable in your chair, there can be lots of distractions keeping you from getting the job done. Luckily, there are plenty of tools and tricks out there that can help you stay focused and study hard – here are some of these methods.

Find a suitable environment

Some people find it easiest to study in complete silence, while others might like a bit of background noise. Try some different places around the house, or even in your favourite coffee shop, to see what works best for you.

Regardless, there are some things that you need to have no matter where you are:

- Plenty of space and a flat surface for all your materials and tools
- An outlet to charge your devices – there's nothing worse than your battery going flat in the middle of writing an assignment when you haven't saved for a while!
- A comfortable chair or standing position

Create a study ritual

Help yourself get into the mindset of study by creating a little ritual for yourself that you follow every day. Maybe you can clean your desk before you start, or go for a short walk. Having this ritual can help prepare your mind for the study to come.

Block distracting websites and apps

We're all guilty of being distracted by our Facebook or Instagram feeds when we're supposed to be doing something else. But if it's becoming a bad habit, it might be time to step it up and

block those websites and delete the apps from your phone. It might be tough, but it will do wonders for your study!

Divide up and space out study sessions

Got lots of study to get through? It can seem daunting when you add it all up together. Make it less scary by dividing up your time into smaller, more manageable blocks, instead of trying to cram everything in at once.

Find the best tools

There are tons of apps and websites out there designed to help you get the most out of your study sessions. From helping you get organised, to helping you focus, to build good habits, there's something for everyone. Here's a few that could help you to get started:

- [Quizlet](#)
- [SimpleMind](#)
- [Elevate](#)
- [Todoist](#)
- [Schooltraq](#)

There are some other great recommendations in [this video](#) too.

Focus on skills, not grades

Learning is a skill that will last you a lifetime. Remember that while it might be important to do well on your exams and assignments, it's not the be all and end all. Building valuable study skills is important too – and feeling like you're accomplishing something just by learning can be very motivating.

Schedule downtime

You don't have to be a study machine 24/7 – in fact, trying to cram everything in non-stop will probably be more harmful than good. Make sure you have some time to relax, unwind and take care of yourself as well. It will improve your learning in the long run.

Exercise

Studying can involve a lot of sitting, and it's important that you get up and move. Even if it's just getting up from your chair every 30 minutes to have a stretch and walk to the fridge, something is better than nothing. Exercise doesn't just benefit your body – it can help reduce stress and anxiety and help you to focus better as well.

Review and adapt

Tried something that you found just wasn't working? That's okay! Adapting to your changing schedule and needs is important, so make a list of tips and techniques you found worked wonders, and things that didn't work so well. Review your list over time to see if things need a bit of a shake-up.

You can find more study and wellbeing tips on our website [here](#).

[LinkedIn for students: Creating a professional profile](#)

These days, most of us probably look for work online. Whether it's browsing a job database, asking in a Facebook group, or even just doing a quick Google search, there's no doubt that the internet has certainly changed the way we search for jobs. So how can you make your online presence work in your favour, and actually help you find (and secure) a job?

That's where professional social media sites like [LinkedIn](#) come in. LinkedIn is a social media site that focuses on jobs, career development, and even skill building. Using LinkedIn as a student can help you appeal to potential employers, network with your peers and mentors, and help build a name for yourself in the professional world.

Why do I need a LinkedIn profile as a student?

You might be thinking that this all sounds well and good, but I'm just in high school or my first year of uni – why do I need a professional profile?

Student or not, if you apply for a job, chances are [your potential future employer will look you up online](#). And if they can't find anything (or don't like what they see), this might actually affect your chances of being hired.

Additionally, job seeking isn't the only reason to have a LinkedIn profile. It's also a great place to explore, network, connect with like-minded people, and even [learn new things](#). Plus, it's free, so why not give it a go?

One quick note – according to LinkedIn's [User Agreement](#), you need to be at least 16 years old to open an account.

LinkedIn profile basics

Ready to go ahead and make a LinkedIn account? Here are some tips to consider when creating your profile.

Use a personal email address

If you're still studying, you probably have an email associated with your school or university. While it might be tempting to use this email, you should use a personal one instead – this way you will have access to your LinkedIn account long after you graduate. Don't have a personal email account? [Gmail](#) is a free and easy option.

Add a profile picture

It's always good to be able to put a face to a name, and LinkedIn is no different. People are [more likely to respond](#) (and it seems less spammy) if your profile includes a picture. But unlike Instagram or TikTok, there are a few things to keep in mind when picking the perfect LinkedIn profile pic:

- **It needs to be of you**, of course! LinkedIn might [remove your picture](#) if it's a cute snap of your dog, for example.
- **Wear something nice** – like what you would wear to an interview or work.
- **Selfies aren't totally off-limits**, but it's best to ask a friend to take the photo for you.
- Make sure you get a **good angle** and **nice lighting**.

There are some other useful tips to keep in mind in [this video](#).

About you

This is where a lot of students get tripped up when making a LinkedIn profile. If you haven't had a job before or only have casual experience, what else are you supposed to add to fill out your profile?

While LinkedIn is a platform for jobs, it's not the be-all and end-all – in fact, there are probably lots of things you've done and achieved throughout school and university that you can add to your profile, including:

- Awards you've received or competitions you've won
- Clubs you've been a part of (e.g. debating, chess, sports, robotics, etc.)
- Unpaid or volunteer work you've done (e.g. working the canteen at the local sporting grounds, participating in advisory/advocacy groups, etc.)
- Projects you've done or participated in (e.g. building a website, organising a charity drive for your school, etc.)
- Your leadership roles (e.g. school captain, student body leader, etc.)
- Your top skills and strengths
- Your favourite/best classes or subjects
- Short courses, workshops, or microcredentials you've done
- Qualifications you already have (even things like First Aid)
- Tools and programs you're proficient with (e.g. Microsoft Word, using power tools, etc.)
- Languages you know (whether you're fully fluent or not)

There is also a section where you can add a little summary about yourself too. This could include things like your future goals and dreams, your hobbies and interests, things that inspire you, and even a bit about your journey so far. If you need a hand getting started, here are some [examples of great LinkedIn profile summaries](#).

Using LinkedIn – the basics

Once you've set up your profile, you can now start using the rest of the site's features. There are quite a few and it might seem a bit intimidating at first, but here are the most useful:

Connections

Connections are just like friend requests, allowing you to connect with other LinkedIn users and see their posts and information. LinkedIn usually starts out by suggesting some connections for you based on the information you provide in your profile – people who went to your school/university, live in the same town, work in similar fields, etc.

Most of the time, we suggest only connecting with people you know personally. Some people might feel a bit awkward connecting with someone they don't know; and conversely, you might also not want a stranger seeing your full profile.

But what if there's someone you think is really cool and you want to know more about them? Well, there's a solution for that...

Following

This feature works basically like any other social media. You can follow people, organisations, and even pages on specific topics, and their activity will show up on your feed. It's a great way of expanding your network without needing to connect with people you don't know.

You might not see all of someone's information as a follower, but you can still read and interact with their posts.

Still not sure of the difference? Take a look at this [quick video](#).

Messaging

LinkedIn only allows you to send and receive messages to and from people you're connected with. They do have another service (InMail) that allows you to message people you're not connected with, but it's part of their paid service.

If you don't want people you don't know to send you InMail, you can [turn InMail requests off in your account settings](#).

Your feed

Just like when you open Facebook, Instagram, or TikTok, the first thing you see on LinkedIn is your feed. You'll see things like posts from your network (connections and follows), trending and recommended content, and sponsored content.

How should I use LinkedIn as a student?

Here are some things you can do as a student on LinkedIn to grow your network and find jobs.

Follow lots of people and pages

Try and follow a variety of people from all walks of life, not just people from your local area or your friends from school. This can help you gain a better understanding of work and careers all around the world and listen to different perspectives and opinions.

Browse the page of your future university or company you'd like to work for and learn more about their impact, see courses and jobs on offer, and find affiliated people to connect with or follow.

Interact with people

You can leave reactions and comments on people's posts on LinkedIn. Engaging with someone's post, particularly by leaving relevant and friendly comments, can be a great way to start a conversation, and may even lead to further connection down the track.

Do lots of searching

Use the search bar to browse to your heart's content. Search for a topic that interests you and see what's out there – see what people in that field are doing, read and watch articles and videos about the topic, and find groups to join based on your interests.

Find jobs

LinkedIn has an entire section dedicated to [finding and applying for jobs](#). You can use it to search for listings, get help and advice on resume and skill building, and even ask your connections to endorse your skills.

Keep your profile updated

Don't forget to take some time every now and then to make sure your profile details are all still current. Add news jobs, skills, and experiences; share your own posts and insights with your network; or if you've had a major appearance change, upload a new profile picture.

Stay professional

While it is technically social media, remember that LinkedIn is a professional platform – so it's probably not the place to be sharing your holiday pics or details of last night's date. When

engaging with others, remember to keep your language polite and formal, even if it's someone you know in real life.

Find out more

You can read more about how LinkedIn and other social media can be beneficial for students in our blog [here](#), or find heaps more resources about the world of work [here](#).

Health & Well-Being:

7 life skills every school leaver should have

Leaving school is a huge milestone, and at this time of the year it's getting nearer and nearer to becoming a reality. We know better than anyone that you're probably buzzing with excitement, possibilities, and maybe a little bit of nerves too. No matter if you're moving out or not, you're gonna have to start adulting once you leave high school – but don't worry, because we've been there before and we're here to help.

Here are 7 essential life skills every school leaver should have.

1. Managing money

One of the most daunting parts of becoming independent is having to understand and handle your own finances. Whether it's saving up for something special, budgeting for daily expenses, or planning for the future, good money management skills will always come in handy. It's best to start good habits as early as possible, so we've got a few tips to kickstart your journey to getting on top of your finances.

- **Budgeting:** Learn to create a [budget](#) to track your income and expenses.
- **Saving:** Start a [savings habit](#), no matter how small. There are tons of [apps](#) out there that can be a big help with this.
- **Avoiding debt:** Use [credit](#) responsibly and understand the implications of [debt](#) – [don't rely on buy now, pay later services](#) either, because they can quickly spiral out of control.

2. Cooking basic meals

We all love Mums cooking, but you might not have that luxury for much longer. Being able to cook for yourself is not only healthier but also more cost-effective than eating out all the time. You don't need to be a Masterchef; just having a few basic recipes under your belt can go a long way.

- **Meal prep:** [Plan your meals ahead](#) to save time and money.
- **Basic recipes:** [Learn simple dishes](#) like pasta, stir-fry, and rice.
- **Kitchen utensils:** Understand [what utensils you need](#) and how to use them.

3. Doing laundry

Knowing how to wash, dry, and fold your clothes properly is a must, but we know that it's probably not something you think about at the moment. You've got to be clean and presentable, so knowing how to do your own laundry will seriously be a lifesaver.

- **Sorting clothes:** Separate whites from colours to avoid mishaps. Trust us, you really don't want to be that person who washes their red sock with their white shirt.
- **Reading labels:** If you're not quite sure the best way to deal with your clothes, check the washing instructions on your clothing tags. If there's specific instructions, it's best to follow them.
- **Folding:** Learn the best way to fold clothes to keep them wrinkle-free – not because you love folding, but because you love *not* having to iron.

4. Time management

Balancing study, work, and personal time can be super challenging, but there are some great techniques you can implement to help out in that department. Good time management skills help you stay organised and productive, so you can get everything done without experiencing [burnout](#).

- **Prioritising tasks:** Focus on what's most important first, so you can reduce your stress levels. Some people find it helpful to make lists from most important to least important tasks.
- **Using a planner:** Keep track of deadlines and appointments in a planner – this can be a physical or digital diary, planner or calendar, whichever works best for you.
- **Avoiding procrastination:** Break tasks into smaller steps to avoid feeling overwhelmed and stop yourself from succumbing to [procrastination](#).

5. Basic first aid

Look, it happens – no matter if you burn yourself on the stove trying to cook for the first time, or if your term paper gives you a nasty papercut, it's best to have some basic first aid under your belt. Knowing how to handle minor injuries and emergencies is important for your wellbeing, and to keep you from freaking out if something does happen.

- **First aid kit:** Keep [a well-stocked first aid kit](#) at home.
- **CPR and Heimlich Manoeuvre:** Learn the life-saving techniques of [CPR](#) and [Heimlich Manoeuvre](#), just in case.
- **Handling cuts and burns:** Know [the basics of treating common injuries](#) like cuts and burns, so you can handle it calmly if it happens to you.

6. Communication skills

Having to go out into the big wide world, make new friends and talk to people you don't know can be really scary, and we totally get that. Especially if you're neurodivergent, it can be hard to know how to go about expressing yourself and communicating with others.

It's ok if you don't know how to communicate well yet – everyone's gotta start somewhere, and we all had to learn how to communicate effectively at some point in our life. With practise and dedication, you'll be an awesome communicator in no time. Here are some tips to get you started:

- **Active listening:** This seriously makes all the difference. If you pay attention and respond thoughtfully, the person you're talking to will appreciate the effort.
- **Clear speaking:** Try to be clear and concise when you're talking, but it's ok to backtrack and say “let me try that again.” Trust us, no one will think anything of it.

- **Non-verbal communication:** This is definitely way harder if you're neurodivergent, but [understanding body language and tone](#) can really help carry a conversation. If it doesn't come naturally to you, you can teach yourself – there are tons of videos and [resources](#) out there to help with this too.

7. Job search skills

Of course, getting a job is key to seizing your independence and being able to support yourself financially. That being said, landing your first job can be a challenge, but with the right skills, you can make a great impression and secure a position. Luckily for you, we've got a whole [website](#) dedicated to helping you become [career ready](#) and giving you [skills for work](#). Here are a few to get you started:

- **Resume writing:** Creating a professional and concise resume will go wonders toward nabbing you that golden job opportunity – check out our [resume guide](#) for more.
- **Interview preparation:** Whether you've got to have your interview in-person or [virtually](#), practicing [common interview questions](#) and answers beforehand can be a huge help.
- **Networking:** We think [networking is super important](#) no matter how old you are, so focus on building connections with people in your desired field.

Want more?

Learning these essential life skills will not only help you navigate the adult world but also give you confidence as you embark on this new journey. Remember, it's okay to make mistakes and learn along the way. Each step you take brings you closer to becoming a capable and independent adult.

For more tips and advice on life after school, check out our other blog posts on our website [here](#).