

Scotch College

Future Pathways

News

August 12, 2024

Course, Careers & Campus Information:



Important News from Swinburne University

Students are to please note important changes to entry requirements for a number of courses for 2025.

These changes include:

- Updating the VCE English requirement to 20 in any English, and 25 for EAL across a wide range of courses - [see full course list here](#)
- Expanding the Maths requirement for Engineering to now include General Maths
- Updating the VCE English requirement for the Bachelor of Engineering (Honours) to a minimum study score of 23 in an English or 27 for EAL

Students can view these updates on [VTAC course search](#) and in the Swinburne [2025 Undergraduate Course Guide](#).



Launch of New Engineering Facilities at Burwood Campus

This year, Deakin's Melbourne Burwood Campus welcomed the full [Bachelor of Engineering](#) degree for the first time. The offering has been accompanied by a major refurbishment and now includes *new* state-of-the-art teaching equipment and laboratories that will serve first-year students and grow to meet the needs of second, third, and fourth-year students in subsequent years.

The Bachelor of Engineering (Honours) is a four-year degree with three majors offered at the Burwood Campus in 2024 – environmental, mechatronics, and mechanical. In 2025, two additional majors – civil engineering, and electrical and electronics – will be added, giving students the chance to pursue their interests and build the exciting career they dream of.

Students are encouraged to browse [Engineering at Deakin](#) and explore the range of opportunities student can access when studying engineering at Deakin.

Students will have an opportunity to see the *new* facilities at the [Burwood Campus Open Day](#) on Sunday 25 August, 9am–3pm.



MONASH University

News from Monash University

➤ **New Courses in 2025**

[Bachelor of Digital Business](#) at the Caulfield campus, and also being offered as a double degree with Business and IT.

[Bachelor of Global Business](#) at the City campus (Docklands), and may also be completed in a two-year fast track option.

[Bachelor of Learning Design and Technology](#) at the Clayton campus

➤ **New Double Degree Courses with Psychology in 2025**

The following *new* double degrees will all be offered at the Clayton campus

[Bachelor of Psychology/Bachelor of Arts](#)

[Bachelor of Psychology/Bachelor of Science](#)

[Bachelor of Psychology/Bachelor of Commerce](#)

[Bachelor of Laws/Bachelor of Psychology](#)

➤ **Bachelor of Business Administration**

To keep up with strong industry needs, companies are looking for graduates with strong business administration skills to improve day-to-day operations.

This course focuses on job readiness, to give students the practical skills they need to operate effectively in business environments. In this course, students can choose from the following majors, extended majors and minors. Some are only available as minors or only in certain locations, so click through to see the full details.

- [Accountancy](#)
- [Business administration studies](#)
- [Economics and business decisions](#)
- [Finance and economics](#)
- [Management practice](#)
- [Marketing and communications](#)

The VCE requirements are Units 3 and 4: a study score of at least 27 in English As An Additional Language or at least 25 in English other than EAL, and Units 1 and 2: satisfactory completion in two units (any study combination) of Maths: General Mathematics, Maths: Mathematical Methods or Maths: Specialist Mathematics or Units 3 and 4: any Mathematics. An ATAR around 70.00 is required.

Find out more at [Bachelor of Business Administration](#).

Monash | Clayton Campus Tour

August 16, 2024

August 19, 2024

Join us for a campus tour to see and experience all Monash has on offer! Led by our enthusiastic student ambassadors, come along to ask them questions and get a taste of life at Monash. With a tour duration of approximately 90 minutes, you will tour the outside of our buildings and explore our world-class campuses.

[Find out more](#)



Environmental Science Degrees in Victoria in 2024

Environmental scientists measure and record features of the environment and study, assess and develop methods of controlling or minimising the harmful effects of human activity on the environment. There are a number of Environmental Science or related courses on offer, many of which are listed below. *Environmental science is often offered as a major in science degrees. This is the case at [Monash University - Science](#) and [Uni Melbourne - Science](#). For a comprehensive list of all courses featuring environmental studies, their prerequisites and double degrees on offer, visit [VTAC](#)*

INSTITUTION	COURSE	VCE PREREQUISITES	MAJOR STUDIES IN 2024
CHARLES STURT	Environmental Science and Management	n/a but a successful completion of Year 12 is required <u>and</u> an ATAR is also used for selection.	Applied Earth Science, Aquatic Ecosystems, Climate and Sustainability, Ecology and Conservation, Parks, Recreation and Heritage.
DEAKIN	Environmental Science (Environmental Management and Sustainability)	Units 3 and 4: a study score of at least 25 in English (EAL) or at least 20 in English other than EAL.	Applied data analytics (minor only), Environmental management (Mapping, Bushfire, Catchment, Coastal and marine, Conservation, Land, Parks, Policy and Planning), Environmental science (Ecology, Social science, Research methods, Environmental health), Global engagement (minor only), Indigenous studies (minor only, online only), Sustainability (Waste management, Environmental impact assessment, Environmental protection, Water resources management, Natural resources management).
FEDERATION	Environmental and Conservation Science	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 any Mathematics or any Science.	Environmental and Conservation Science.
RMIT	Environmental Science	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.	Catchment management, Conservation, Ecology, Environmental analysis, Environmental biology, Environmental chemistry, Environmental engineering, Environmental monitoring, Environmental policy and management, Geospatial science, Recycling.
	Environment and Society	Units 3 and 4: a study score of at least 30 in English (EAL) or at least 25 in English other than EAL.	Applied environmental research, Climate change responses, Environmental assessment and monitoring, Environmental economics, Environmental representations and communications, Environmental systems and natural resource management, Environmental thought and action, Environmental work placements, Global politics and economics, Indigenous Peoples and land management, Policy practice, Power and governance, Sustainability, Urban and regional planning, Urbanisation.
VICTORIA	Science (Biotechnology OR Ecology and Environmental Management)	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.	Biotechnology, Ecology and Environmental Management.

Snapshot of the University of Adelaide in 2024

- The University of Adelaide is amongst the world's top 1% of universities and the top university in South Australia – [World Rankings](#).
- The University of Adelaide is a member of the [Group of Eight](#), a coalition of Australia's leading universities.
- The University has four [campuses](#); three in South Australia at North Terrace, Waite, and Roseworthy and one in Melbourne, Victoria.
- The [Melbourne campus](#) offers two bachelor degrees for international students. They are: [Bachelor of Commerce](#) and [Bachelor of Information Technology](#).
- The university has a number of [international partnerships](#) and regularly has international guest speakers presenting at the university.
- The university has three academic [faculties](#), each with a number of schools and disciplines.
- The University of Adelaide offers undergraduate and graduate [courses](#), and the [Bachelor of Medical Studies and Doctor of Medicine](#) is also offered. Entry to the Doctor of Medicine is based on completion of the Bachelor of Medical Studies at the University of Adelaide.
- Other Faculty of Health and Medical courses offered are -
 - [Bachelor of Dental Surgery](#)
 - [Bachelor of Health and Medical Sciences](#)
 - [Bachelor of Health and Medical Sciences \(Advanced\)](#)
 - [Bachelor of Nursing](#)
 - [Bachelor of Oral Health](#)
 - [Bachelor of Psychological Science](#)
- The university has a vibrant and diverse [volunteer](#) community, with volunteering and community service regarded by the university as an important enrichment activity.
- The University of Adelaide offers a wide range of [scholarships](#) ranging in value.
- The University of Adelaide students have access to an impressive portfolio of University-managed student [accommodation](#) options.
- [Study Overseas](#) supports students completing part of their degree overseas, with offerings including exchange programs, study tours, study abroad, practical experiences, and onshore programs to develop students' intercultural awareness.



Monash | Information Evening Online

August 21, 2024

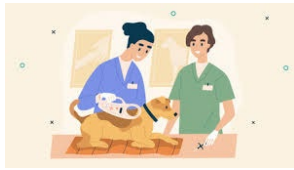
We know that choosing a university is a big decision, especially if you don't live in Melbourne. Our online Monash Information Evening is the perfect opportunity to have your questions answered on everything you want to know about undergraduate study at Monash. You'll hear about:

- our 10 diverse study and 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 need to know about VTAC, key dates and deadlines
- scholarships and fees
- Special Entry Access Scheme (SEAS) and the Monash Guarantee
- accommodation options, both on and off campus.

After the main information seminar (45mins), you'll have the opportunity to join a breakout room and chat with staff from your area of interest.

[Find out more](#)

Jobs & Skills for Work:



Career in Veterinary Nursing

The Good Careers Guide * states that Veterinary Nurses *provide support to veterinarians in the management and care of animals receiving medical and surgical treatment.*

The Personal requirements for a Veterinary Nurse include -

- Enjoying working with animals
- Able to handle animals with confidence and patience
- Able to make accurate observations
- Having good communication skills
- Having good organisational skills
- Being able to work as part of a team
- Being caring and understanding

Some of the tasks a Veterinary Nurse might have to do include –

- Providing animal care advice, and preparing, delivering, and reviewing animal care education programs.
- Assisting Veterinarians to administer anaesthetics and oxygen during operations.
- Holding animals to allow examination and treatment by Veterinarians.
- May act as receptionist, accept payments, and undertake clerical work.
- Giving medications to animals.
- Placing animals in cages for recovery from operations and monitoring their condition.
- Maintaining stock control and records.

- May perform diagnostic laboratory tests.
- Preparing instruments and handing them to the Veterinarian.
- Cleaning and sterilising examination tables and equipment.

* [The Goods Careers Guide – Veterinary Nursing](#)

Veterinary Nurses need to have a minimum of a Certificate IV in Veterinary Nursing, although qualifications can include diplomas and bachelor degrees. Some of these can be found at [Box Hill Institute](#), [Melbourne Polytechnic](#), and [La Trobe University](#).

Why do people want to get an apprenticeship anyway?

If you're not 100% sure what you want to do once school is over, but don't think university is the answer, you might want to consider an apprenticeship. But what are some of the reasons why you might want to do an apprenticeship? What are the benefits? Let's take a look.

The changing nature of careers

Careers look different to how they used to – once upon a time you picked uni, a trade, or a job, and that was pretty much it for the rest of your working life. Now, tradies get degrees in management, professionals take short courses to round out their qualifications, and [around 39% of students work and study at the same time](#).

Apprenticeships and traineeships are great because you generally don't need a lot of skills or knowledge when you start, and you'll get quality on-the-job training as well as classroom based training. Plus, you'll be earning an income all along the way.

That way, when you finish you'll have all the skills you need to work independently, as well as a formal qualification to prove how awesome you are.

Skilling Australia Foundation [found in 2019](#) that VET graduates had:

- Higher starting salaries – \$56k vs \$54k for uni grads
- A higher rate of employment – 78% vs 68% for uni grads
- Apprentices had a graduate employment rate of 92%

What's the difference between an apprenticeship and traineeship?

The main difference is usually the industry – apprenticeships tend to be for more technical trades, while trainees might learn business skills or job-specific skills they need before they can be fully employed. Traineeships are also generally shorter than apprenticeships.

Finding an apprenticeship might be easier than you think

It's easy to find apprenticeships if you know what to look for. Most people think of electrical or plumbing trades, but there are a huge number of things you can do with an apprenticeship or traineeship, and you can even get one in the military.

Finding a traineeship or apprenticeship can be a great choice – here's why:

- You'll enjoy satisfying and practical work, and in many trades you'll avoid being stuck behind a desk.
- Get paid while you learn, and start living in the 'real world' sooner.
- You'll probably have a job before you finish, and if you do move employers, you'll have recognisable skills that make you more employable.
- You generally don't need great marks to get started.

There are also usually a range of incentives for businesses to take on trainees and apprentices, which means more are available and there will be lots of support to make sure you finish your training.

How do I get started?

First, put together a [resume](#) (also known as a list of good stuff you've done). Include everything, and get it checked by someone who loves you (they'll point out the good things you've missed) and someone who's good with writing (like a teacher – they love helping students prepare resumes).

Find out what free stuff you can get – there's lots of support out there for apprentices and trainees. You could get allowances and living subsidies, cheap student loans and subsidised training, or even cash incentives to make you more appealing to employers.

Finally, start job searching. Fantastic employers won't come searching for you (most of the time), you need to go and find them. But it doesn't have to be difficult – there are heaps of apprenticeships and traineeships in just about every area, including regional and remote places.

Here's how to search for an apprenticeship or traineeship

Let people know you're looking. Tell your teachers, friends, or parents (and their friends). Word of mouth is still a great way to get a job.

Search job sites. Simply googling apprenticeships or traineeships in your area will give you a good start. You might also like to try searching popular job sites like [SEEK](#) or [Indeed](#).

Look at government websites. Most countries usually have a government website built especially for apprentices and trainees to look for opportunities, including support options and other handy info. Here are some government sites you might like to browse:

- [Australian Apprentices](#)
- [New Zealand Apprenticeships](#)
- [Apprenticeships UK](#)
- [Apprenticeship USA](#)
- [Job Bank Canada](#)

Find out more

So, if you'd like to earn a good wage, enjoy a secure and rewarding job, and earn while you learn, getting an apprenticeship or traineeship could be the right option for you. And we can guarantee it'll be a whole lot more fun than spending your life on the couch.

If you'd like more help, or any advice on finding an apprenticeship then talk to your careers advisor or guidance counsellor. Or you might like to read more resources on our website [here](#).

How to become a Pharmacist

Ever wondered how you could turn your love for science and helping others into a cool job? Becoming a pharmacist could be your ticket to fulfilment.

A Pharmacist's job is to prep and provide over-the-counter drugs and fill prescriptions, provide advice about the best medications and treatments for minor ailments, as well as guiding customers on how to safely take medicines.

If you pay attention to detail, have great communication skills and a caring personality, this could be an excellent career to consider.

What skills do I need as a Pharmacist?

- Problem solving
- Meticulous & thorough
- Great in teams
- Approachable & trustworthy
- Excellent time management
- Empathetic & understanding
- Can multitask effectively
- Fantastic people skills

What does the job involve?

- Receiving, checking and filling prescriptions
- Advising patients on dosage, side effects and other important information
- Determining appropriate medication for a patient's situation
- Partaking in ongoing care and monitoring of patients
- Supervising Pharmacy Technicians and Assistants
- Conducting research into the development of new medicines
- Working with other professionals to refine manufacturing techniques
- Developing standards for medicine used in pharmaceuticals

What industries do Pharmacists typically work in?

- Retail Trade
- Health Care & Social Assistance
- Pharmaceuticals

What Career Cluster do Pharmacists belong to?

Because the role of Pharmacist focuses on helping people maintain their health and wellbeing, many [Guardians](#) are attracted to this kind of role. There is also an element of utilising personal skills and knowledge to support and guide other people, so it's quite common for [Informers](#) to thrive in a career as a Pharmacist.

What kind of lifestyle can I expect?

As a pharmacist, you can expect a pretty uniform lifestyle with part-time opportunities on the lower side. Only about 27% of pharmacists work part-time, so it might not be as flexible as other jobs. For those working full-time, the average is about 43 hours per week, which aligns with typical work hours in most professions.

You'll spend most of your time indoors, whether in pharmacies, labs, hospitals, or offices.

While many pharmacists work in these traditional settings, there are also diverse roles

available. You could find yourself in a lab developing new medicines, collaborating with chemists and engineers on medicine manufacturing, or working in advocacy and community education, making a real impact behind and beyond the pharmacy counter.

How to become a Pharmacist

To become a pharmacist, you need to follow a series of important steps, as it's a bit more of an involved career with some strict requirements.

First, you'll need to complete high school with a focus on science subjects like Biology and Chemistry, as well as Math. After high school, you should pursue a Bachelor's degree in a related field, such as a [Bachelor of Biological Sciences](#), [Bachelor of Chemistry](#), or [Bachelor of Health Sciences](#). Some pharmacy schools also accept students with other majors if they have taken the required science courses.

If you want to go straight into Pharmacy, you could elect to choose a [Bachelor of Pharmacy \(Honours\)](#) outright. Not sure about the difference between a Bachelor's degree, Master's, and Doctorate, or where Honours fits into all that? Check out our [guide to university degrees](#).

Once you have your undergraduate degree, you could then apply to a [Doctor of Pharmacy \(PharmD\)](#) program, which typically takes about four years to complete.

After finishing study, if you want to be a pharmacist in Australia, you'll need to apply for [provisional registration](#) with the [Pharmacy Board of Australia](#) (PharmBA). Then, you'll be required to complete a year-long [internship](#) with a registered pharmacist.

During that internship, you'll need to do [approved supervised practice](#) (minimum 1,575 hours). Then, there's a [board registration examination](#) you'll have to pass, before you finally apply for and are granted [general registration](#), and become a licensed pharmacist. .

Once you're licensed, you can start looking for jobs in various settings, such as retail pharmacies, hospitals, clinics, or pharmaceutical companies.

What can I do right now to work towards this career?

If you're currently in high school and considering a career as a pharmacist, here are some steps to help you explore the profession:

- Gain practical experience by working in a local pharmacy, doctor's office, or hospital. This hands-on experience will provide insight into the field and help you figure out if it's something you want to do with your future
- Really focus on getting good marks in Biology, Chemistry and Maths, and doing any kind of subject that might relate to a career in pharmacy. If it's something you enjoy, that passion can carry you through the rigorous higher education requirements you'll need for the job.
- Research various pharmacy programs thoroughly to understand the requirements and workload involved. This preparation will help you make informed decisions about your education and future career path.

Similar careers to Pharmacist

- [Cosmetic Chemist](#)
- [Registered Nurse](#)
- [Lab Technician](#)
- [Pathology Collector](#)
- [General Practitioner](#)
- [Surgeon](#)

- [Paramedic](#)
- [Dentist](#)

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

[7 jobs for people who love video games](#)

Are you a gamer who dreams of turning your passion into a career? Good news—there’s a whole world of jobs out there that can combine your love for video games with a fulfilling and exciting profession. It’s time to put your gaming skills to good use, and learn how you can fill your work days with the likes of [Fortnite](#), [The Witcher](#), or even [Elden Ring](#).

If you’re ready to level up your career prospects, check out these 7 awesome jobs for gamers that could be perfect for you.

1. Game Developer

Ever wondered who develops the games you can’t stop playing? We’ll give you a hint – first word Game, second word Developer.

As a game developer, you’d be the mastermind behind the scenes, designing, coding, and bringing new game ideas to life. Whether you’re into coding visual elements, storyline, or monitoring game stability, game development offers endless possibilities.

In your inventory: Programming, creativity, problem-solving.

How to unlock: Consider a degree in [game design](#), [computer science](#), or [software engineering](#). [Building your own games](#) and joining [game development communities](#) can also give you a kickstart.

2. Game Tester

Love actually *playing* games more than anything else? You might like to become a game tester, especially if you’ve got an eye for glitches and a knack for smoothing over problems. Game testers play a crucial role in ensuring games are bug-free and ready for release. You’ll spend your time playing games, testing various features, and reporting any issues you find to developers.

In your inventory: Attention to detail, patience, analytical skills.

How to unlock: A background in gaming or [a degree related to game design](#) can help. Many game testers start as interns or through entry-level positions at gaming companies.

3. Pro Gamer

Dream of competing in video game tournaments and making a name for yourself in the world of pro gaming? As a pro gamer, you’d compete in organised video game competitions, possibly even earning sponsorships and prize money. It’s a high-stakes, fast-paced career for people who thrive under pressure.

In your inventory: High skill level in specific games, teamwork, strategic thinking.

How to unlock: Build your skills by [playing competitively](#), [streaming your gameplay](#), and participating in [online tournaments](#). Networking with other gamers and teams is also a great way to break into the industry.

4. Game Streamer

If you love sharing your gaming experiences with others, becoming a game streamer or content creator might be your calling. You could entertain viewers on platforms like Twitch or YouTube by playing games, sharing tips, and engaging with your audience. It’s a fun way to connect with fellow gamers while building your brand.

In your inventory: Charisma, communication, video editing.

How to unlock: Set up your streaming equipment, create engaging content, and build your audience through social media and online communities. Consistency and creativity are key if you want to break into this profession.

5. Game Designer

Ever dreamed of designing your own game worlds, characters, or gameplay mechanics? As a game designer, you could be responsible for the creative aspects of a game, from conceptualising new features to working closely with developers to bring your ideas to life.

In your inventory: Creativity, storytelling, knowledge of game mechanics.

How to unlock: A degree in game design or a related field is always helpful. Building a [portfolio](#) of your own game designs and participating in [design contests](#) can also boost your chances.

6. Video Game Journalist

Do you love writing as much as you love gaming? As a video game journalist, you could spend your time reviewing new games, interviewing developers, and covering gaming news. It's a great way to combine your passion for gaming with your writing skills.

In your inventory: Strong writing skills, knowledge of the gaming industry, research abilities.

How to unlock: Start a blog or contribute to gaming forums and publications. A degree in [journalism](#) or [communications](#) can also be super helpful.

7. Game Marketing Specialist

If you've got a knack for promoting and strategising, you might love a career as a game marketing specialist. You'd work on marketing campaigns, create buzz around new releases, and managing social media accounts to build excitement for upcoming games.

In your inventory: Marketing knowledge, creativity, communication skills.

How to unlock: A degree in [marketing](#) or [digital communications](#) is useful for this kind of role. Experience with social media and other digital marketing can also give you an edge.

Ready to game on?

These are just a few of the exciting career options available for video game enthusiasts.

Whether you're interested in creating games, playing competitively, or sharing your passion with others, there's sure to be a career out there that's perfect for you.

Want more career ideas? Check out our blog [here](#) for more inspiration and tips on how to turn your passions into a profession.

Study & Scholarships:

Single vs. Double Degrees: what's the difference?

Can't decide between studying 2 different degrees at uni? As it turns out, you might not even have to make a decision, because a double degree offers the best of both worlds.

As we approach the latter half of the year, we're also approaching the end of high school. Yep, you know what that means – thinking about your future and what's next for you after high school. University is a big step, and understanding your options can help you make the best decision for your future.

Today, we're diving into the difference between single degrees and double degrees to help you decide which path might be right for you.

What is a Single Degree?

A single degree, often called a [Bachelor's degree](#), is the most common type of university qualification. It's your standard undergraduate degree and is designed to give you in-depth knowledge and skills in one particular area. Here's what you should know:

- **Duration & focus:** A single degree typically takes around 3 to 4 years to complete. During this time, you'll focus on one major subject, such as [Business](#), [Engineering](#), or [Psychology](#). This allows you to gain specialised knowledge in your chosen field.
- **Career paths:** A single degree prepares you for entry-level jobs and provides a strong foundation for further education or career advancement. For example, a [Bachelor of Arts in English](#) might lead you to a job in writing, publishing, or education.

What is a Double Degree?

A double degree is a more advanced option that allows you to study two different fields at the same time. This can be a great choice if you have multiple interests and want to combine them into one career path. Here's what you need to know about double degrees:

- **Duration & focus:** Double degrees usually take around 4 to 5 years to complete. You'll be enrolled in two different programs, such as a [Bachelor of Business and a Bachelor of Law](#), or a [Bachelor of Science and a Bachelor of Arts](#). This means you'll have a more extensive study load than if you just did a single degree.
- **Career paths:** With a double degree, you gain expertise in two fields, which can make you more versatile and open up a wider range of career opportunities. For example, combining [Business and IT](#) can prepare you for roles in tech management or consulting.

Why choose a Double Degree?

Broader knowledge

Studying two subjects means you'll have a more diverse skill set, which could make you more adaptable. If you're not sure what you want to do for a job, a double degree gives you way more options than a single degree.

More career opportunities

A double degree can qualify you for jobs in both fields you studied. This flexibility can be a huge advantage in a competitive job market, or if you want to do something that combines fields of study.

Personal challenge

If you enjoy taking on academic challenges and have strong time management skills, a double degree can be a really rewarding experience. Plus, you'll get to see what it's like in two different study pathways.

Why choose a Single Degree?

Focused expertise

With a single degree, you'll gain specialised knowledge and skills that can make you stand out in that field, preparing you for a more targeted career path.

Shorter study duration

Single degrees typically take around 3 to 4 years to complete, which is usually shorter than the duration of a double degree. This means you can enter the workforce or pursue further studies sooner. If you're eager to start your career or prefer a more straightforward academic journey, a single degree offers a clear and efficient path to achieving your educational and professional goals.

Less academic pressure

Pursuing a single degree generally involves a more manageable academic workload compared to a double degree. You'll focus on one major subject area, which allows for a balanced study schedule and reduces the stress of juggling two different sets of coursework.

What to consider

Choosing between a single and double degree depends on your career goals, interests, and academic strengths. Here are a few things to consider:

- **Interest & passion:** Are you passionate about one specific field, or do you have multiple interests you want to explore? A single degree might be best if you want to specialise deeply in one area, while a double degree is ideal if you want to combine different fields and be more of a jack-of-all trades.
- **Career goals:** Think about your long-term career goals. If you need expertise in two areas to achieve your career aspirations, a double degree could be beneficial. For more focused career paths, a single degree might be more than enough.
- **Workload & time:** Double degrees involve a heavier workload and longer study time. Consider if you're ready for the commitment, if you want to study for a longer period of time, and if you can balance it with other responsibilities.
- **Tuition cost:** Consider your financial situation, and which route would suit you better in the long run. Double degrees are inherently more expensive than studying a single degree, due to the longer time period as well as increased coursework and resources. While they may be more expensive upfront, double degrees cost less than studying the same two degrees separately as single programs one after the other. We always recommend applying for [scholarships](#) and financial assistance where possible to alleviate HECs debts too.

Ready to explore your options?

No matter which path you choose, understanding your options will help you make an informed decision about your future. Whether you're excited about specialising in one field or eager to combine your interests with a double degree, there's a world of opportunities waiting for you.

Worried about the financial side of uni? Check out some of these helpful articles:

- [HELP Loans explained](#)
- [Should you study a degree based on what it costs?](#)
- [What is a Student Contribution Amount?](#)

Explore more about university and career options on our website [here](#). If you're unsure whether university is the right path, you can check out our guides on [apprenticeships & traineeships](#), [alternative pathways](#), and much more.

Health & Well-Being:

Strategies for managing mental health

Mental health is a big deal, especially for young people. According to the [2024 Australian Youth Barometer](#), 98% of young Australians reported feeling anxious or depressed at least once in the past year. That's almost everyone, so trust us, you're not alone in what you're feeling.

But don't worry, there are ways to manage these feelings and take control of your mental health. Let's break the cycle with some simple strategies.

Talk about it

Talking about your feelings can make a huge difference. If you're feeling anxious or down, talk to someone you trust. This could be a friend, family member, teacher, or school counsellor. Sometimes just [sharing what you're going through](#) can make things seem less overwhelming.

Stay active

Exercise is not only good for your body but also for your mind. Physical activity can [boost your mood](#) and help reduce anxiety. You don't need to hit the gym; even a walk, dancing, or playing a sport can help. Aim for at least 30 minutes of activity most days.

Get enough sleep

Sleep is super important for mental health, and [teens actually need a lot more than most](#) – in fact, most high school students need about 8-10 hours of sleep each night. Try to go to bed and wake up at the same time every day. Avoiding screens (like your phone or laptop) at least an hour before bedtime can also help you wind down.

Eat well

What you eat can affect how you feel, and it's been proven that there's a [correlation](#) between nutrition and mental health. Eating a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins can help you feel better physically and mentally. Avoid too much sugar and junk food, as they can make you feel sluggish and more anxious.

Stay connected

Feeling connected to others is crucial. The [Barometer report](#) shows that 70% of young Australians volunteered in their communities last year. Helping others can make you feel good about yourself and build strong relationships, so why not join a club, volunteer, or just spend time with friends and family.

Take breaks

School can be stressful, but it's important to take breaks. Step away from your studies every now and then to relax and recharge by doing something you enjoy, like [reading](#), drawing, or listening to music. Breaks can help you stay focused and reduce stress.

Practice mindfulness

[Mindfulness](#) is about staying in the moment and being aware of your thoughts and feelings without judging them. Practices like deep breathing, meditation, or yoga can help calm your mind and reduce anxiety. There are heaps of apps and online resources to guide you through mindfulness exercises – if you're keen, we've got a list for you right [here](#).

Seek help if you need it

If things get too tough, don't hesitate to seek professional help. The [Barometer](#) found that one in five young Australians received mental health support in the past year, so know that you're not alone. Talk to your school counsellor or visit a doctor to get the help you need.

Remember, asking for help is a sign of strength, not weakness.

Limit social media

Social media can be a double-edged sword – while it's great for staying connected, it can also lead to feelings of [anxiety and inadequacy](#). Try to limit your screen time and be mindful of how social media makes you feel. We also recommend following positive accounts and taking breaks if you need to.

Focus on the positives

It's easy to get caught up in negative thoughts, but try to focus on the positives. Keep a [gratitude journal](#) where you write down things you're thankful for each day. This simple practice can shift your mindset and help you feel more optimistic.

Break the cycle

Managing mental health is important, and there are heaps of strategies you can try to feel better. Remember, it's okay to have tough days, but with the right tools and support, you can break the cycle of anxiety and depression. Take small steps each day, and don't hesitate to reach out for help when you need it.

For more information, check out the [2024 Australian Youth Barometer report](#) and learn more about what young Australians are experiencing today.

We also have loads of helpful tips and articles for improving your mental health on our website [here](#).