

# Scotch College

## Future Pathways

### News

September 16, 2024

# Course, Careers & Campus Information:



### Reminder: VTAC 2025 Upcoming Key Dates



<b>SEAS Applications</b>	Friday 11 October 2024
<b>VTAC Scholarships</b>	Friday 11 October 2024
<b>VTAC Personal Statement</b>	Friday 6 December 2024
<b>ATARs Released</b>	Thursday 12 December 2024
<b>Change of Preference (CoP) closes</b>	Saturday 14 December 2024
<b>December Round Offers</b>	Monday 23 December 2024
<b>January Round International Offers</b>	Monday 6 January 2025
<b>January Round Domestic Offers</b>	Friday 10 January 2025
<b>February Offer Rounds</b>	Tuesday 4 February 2025 onwards

For a full list of cancelled, amended, and new courses, visit [VTAC Course Updates](#).

The VTAC website is [www.vtac.edu.au](http://www.vtac.edu.au)



## UNIVERSITY **New Diploma of Radiation Science**

*RMIT's Diploma of Radiation Science starts you on the path to gain the knowledge and skills required for further studies and opportunities in the medical radiation industry.*

In 2025, the one-year [Diploma of Radiation Science](#) will only be available as part of a packaged *Guaranteed Pathway* into the [Bachelor of Medical Radiation](#). Students can choose to focus their studies in one of three streams in the Bachelor degree via this diploma pathway:

- medical imaging
- nuclear medicine (RMIT is the only Victorian university to offer this degree)
- radiation therapy.

The VCE requirements are: Units 3 and 4: a study score of at least 20 in English other than EAL or at least 23 in English as an Additional Language and Units 3 and 4: a study score of at least 20 in any Mathematics.



## **New Majors in the Bachelor of Biomedicine**

The Bachelor of Biomedicine has been revised for 2025 and now includes four unique and industry-focused majors that offer students strong employment opportunities upon graduation, and the potential to pathway into further postgraduate studies in medicine or research.

The majors available from Semester 1, 2025 are:

- Cancer, heart and brain diseases
- Immunology and infectious disease
- Physiology and pharmacology
- Molecular and cellular biochemistry

Students can select a single major plus four electives or two majors in their third year of study. These majors will be offered at the Melbourne (Bundoora) campus only.

Find out more at [Bachelor of Biomedicine at La Trobe University](#).

## **NIDA September Spring Holiday Courses 2024 – VIC**

September 23 to October 6, 2024

NIDA's Holiday Program offers fun and engaging skills-based training for all ages and aspirations. From 3-week Residency programs to 1-day short courses for adults, children and young people, we have something to offer everyone.

[Find out more](#)

## Deakin | September Campus Tours

September 23 to September 26, 2024

There's only one way to choose a uni – you've got to experience it for yourself. Our tours are the perfect way to begin your university journey and get a feel for campus life. Register for a tour and experience Deakin's vibrant campuses and world-class facilities in a study area that interests you, as well as our on-campus student accommodation. Plus, have your questions answered by our staff and students at our course information expo.

[Find out more](#)



MONASH University

### News from Monash University

#### ➤ **New Courses and/or Majors/Minors in 2025**

Monash is offering a number of *new* courses or *new* majors/minors in existing courses in 2025. Students can apply for these courses through VTAC.

The *new* courses are:

- [Psychology/Arts](#)
- [Design/Arts](#)
- [Laws/International Relations](#)
- [Digital Business](#)

The following courses are offering *new* majors:

- [Bachelor of Information Technology](#) – *new* Applied Cybersecurity major and Human-Computer Interaction minor.
- [Bachelor of Computer Science](#) – *new* Algorithms and Software, Cybersecurity, Data Science, and Artificial Intelligence.

#### ➤ **Pathways into the Bachelor of Education**

*There's more than one way to become a student with Monash.* Students who are interested in becoming a teacher, but do not meet the entry requirements for the [Bachelor of Education \(Honours\)](#), Monash offers a range of pathway programs to help students achieve their goal.

There is a wide range of pathway options available, so students need to consider their reasons for completing a pathway and where they hope to end up. Students are urged to find out what pathway programs will suit your circumstances by browsing the links below.

- [Diploma of Tertiary Studies \(DoTS\)](#) – domestic students only
- [Diploma of Higher Education Studies \(DoHE\)](#) - domestic students only
- [Monash College Diploma](#) – domestic and international students

Students are encouraged to browse [Pathways into the Bachelor of Education](#).



## **Bachelor of Educational Studies**

The ***Bachelor of Educational Studies*** allows students to take their first step towards teaching or other education-related fields. This course is a pathway for students who are passionate about becoming teachers but do not meet the admission rank for their desired pre-service teacher degree.

Eligible students who successfully complete their first year of study (subject to meeting certain progression and non-academic requirements) may apply for transfer into the second year of the Bachelor of Education suite.

This 3-year degree allows students to gain the necessary knowledge to pursue a career in corporate training, educational consultancy, online learning, vocational and community education, curriculum writing, youth services or adult learning, but will not lead to early childhood, primary or secondary teacher registration in Australia. Should teaching be the end goal, students who complete the Bachelor Of Educational Studies can progress to a postgraduate Initial Teacher Education qualification.

Find out more at [Bachelor of Educational Studies](#).



## **Diploma in General Studies (DiGS)**

*The Diploma in General Studies (DiGS) gives students a sample of various University of Melbourne degrees and provides a pathway to further tertiary study.*

Open to domestic students, this one-year course provides students with the opportunity to study a wide range of subjects from Science, Commerce, Design and Agriculture - providing some students with guaranteed entry into a University of Melbourne degree based on their weighted average mark.

**DiGS** provides a pathway to one of the following University of Melbourne bachelor's degrees:

- Bachelor of Agriculture
- Bachelor of Arts
- Bachelor of Biomedicine
- Bachelor of Commerce
- Bachelor of Design
- Bachelor of Science

The VCE prerequisite for entry is Units 3 & 4: A study score of at least 20 in English/English Language/Literature or at least 25 in EAL, and the Lowest Selection Ranked ATAR for 2024 was 52.00.

Find out more at [Diploma in General Studies \(DiGS\)](#).



## Media, Communication & Journalism Degrees in Victoria in 2024

Many universities in Victoria offer *advertising, media, media & communication, and/or journalism* degrees, and many of these are listed below. These areas of interest are often also offered as majors in Arts degrees. Note: An English is usually the only prerequisite subject for entry.

**For a comprehensive list of all courses (including double-degree options) visit [VTAC](#).**

INSTITUTION	COURSE NAME	MAJOR STUDIES IN 2024	ATAR 2024
<b>ACU</b> M – Melbourne	Creative Arts	Drama, English/Literature, Media, Music, Visual arts.	<b>60.00 (M)</b>
<b>DEAKIN</b> M – Melbourne G – Waurn Ponds	Communication	Advertising, Creative advertising, Digital and social media, Digital media, Indigenous studies, Journalism, Photojournalism, Public Relations Strategy, Public relations, Social media, Strategic advertising.	<b>60.35 (M)</b> <b>n/p (G)</b>
	Communication (Advertising)	Advertising.	<b>n/p (M)</b>
	Communication (Digital and Social Media)	Digital and social media.	<b>61.10 (M)</b>
	Communication (Journalism)	Journalism.	<b>60.45 (M)</b> <b>n/p (G)</b>
	Communication (Public Relations)	Public relations.	<b>64.15 (M)</b> <b>62.55 (G)</b>
<b>LA TROBE</b> M – Melbourne	Media & Communication	Creative and professional writing, Journalism, Marketing, Media industries, Sports media.	<b>61.90 (M)</b>
	Creative & Prof. Writing	Creative and professional writing.	<b>n/p (M)</b>
	Journalism	Journalism.	<b>60.05 (M)</b>
	Marketing	Marketing.	<b>61.65 (M)</b>
	Media Industries	Media Industries.	<b>74.55 (M)</b>
	Sports Media	Sports Media.	<b>61.60 (M)</b>
<b>MONASH</b> C – Caulfield	Media Communication	Journalism, Media, Public relations, Screen.	<b>72.20 (Ca)</b>
<b>RMIT</b> C – City	Communication (Journalism)	Broadcast journalism, Digital journalism, Fact checking and verification, Feature writing, Journalism, Journalism ethics, Journalism law, Journalism practice, Journalism reporting, Journalism technologies, Newsroom practice, Photojournalism, Podcasting, Radio Journalism, TV journalism.	<b>71.25 (C)</b>
	Communication (Media)	Asian media and culture, Audio production, Cinema studies, Community media production, Film production, Internet and multimedia, Literature, Live media, Media, Media industries, Media production, New media, Non-profit media production, Online media production, Politics and communication, Popular culture, Radio production, Social media management, Social media marketing, Social media production, Television production, Video production.	<b>68.05 (C)</b>
	Communication (Prof. Communication, majoring in <i>Advertising, Digital Communication and Public Relations</i> )	Advertising, Advertising Briefs, Advertising Campaigns, Advertising Communication, Advertising Concept Development, Advertising Marketing, Advertising Production, Advertising Research, Advertising Strategy, Approaches to Popular Culture, Brand Management, Business Practice, Communication, Communication Management, Communication Research, Concept Development, Consumer Behaviour, Contemporary Politics and Communication, Content Development, Digital Communication, E-marketing, E-media, Gender Studies, Journalism, Literary Studies, Marketing, Marketing Communication, Marketing Research, Media, Media Planning, Media Production, Media Strategy, Photography, Professional Practice, Public Relations, Social Media, Strategic Planning.	<b>70.00 (C)</b>
<b>SWINBURNE</b> H – Hawthorn * Professional Degree	Media & Communication	Advertising, Cinema and screen studies, Creative writing and publishing, Immersive media, Journalism, Public relations, Social media.	<b>59.00 (H)</b> <b>77.90 (H) *</b>



## **Snapshot of the University of Tasmania (UTAS) in 2024**

- The University of Tasmania is ranked in the top 300 universities in the world and is one of Australia's premier universities for teaching excellence.
- The University has more than 29,000 local, national, and international students, with 90,000 alumni spread across more than 120 countries.
- The university is also ranked as a world leader in research.
- UTAS has [campuses](#) within the three main regions of Tasmania – Hobart in the south, Launceston in the north and Burnie in the north-west. The University also has a campus in Sydney – Rozelle. Virtual tours of the campuses can be browsed at [Virtual tours | Our campuses](#).
- UTAS has a number of colleges –
  - [College of Arts, Law and Education](#)
  - [College of Health and Medicine](#)
  - [College of Sciences and Engineering](#)
  - [Tasmanian School of Business and Economics](#)
- The university has three main specialist institutes –
  - [Australian Maritime College \(AMC\)](#)
  - [Institute for Marine & Antarctic Studies \(IMAS\)](#)
  - [Menzies Institute for Medical Research](#)
- UTAS offers specialised courses in [marine and Antarctic studies](#).
- The University of Tasmania also offers courses in Medicine, Biomedicine, Medical Radiation Science - [Health and Medicine](#).
- There are many undergraduate and post-graduate [courses](#) offered at the University of Tasmania.
- UTAS has numerous industry partners where students in the College of Health and Medicine can participate in [Professional Experience Placements](#).
- The University of Tasmania's generous [Scholarships and Prizes](#) program encompasses state, national and international sponsored programs for domestic and international students.
- The University of Tasmania has exchange agreements with over 150 exchange partners across the world - [Exchange Partner Institutions](#).
- UTAS offers a range of [accommodation options](#) to students.



# Study & Other Opportunities:

## The power of practice tests: Why they're helpful for exam success

We've all been there – staring at our textbooks, highlighting passages, and re-reading notes, hoping the information will magically stick in our brains before a big exam... But what if there was a better way to prepare? This is where practice tests come in: the secret superpower you can use in exam preparation. Let's look at why (and how you can use them to boost your results).

### **What are practice tests and why do they work?**

Before we get into the benefits, let's explain what we mean by 'practice tests'.

These are mock exams or quizzes that ask similar questions to the test you'll be taking. They can be official past papers, questions from your textbook, or even tests you create yourself based on your study materials.

You might be wondering, "Why should I spend time on practice tests when I could be studying more?" Well, here's four reasons why:

### **Active recall**

When you take a practice test, you're actively pulling information from your memory. This process, known as [active recall](#), is much more effective for learning than passive review methods like re-reading notes.

### **Identifying knowledge gaps**

Practice tests help to show what things you know well and what things you need to work on. It's like a skills checklist for your study sessions, showing you exactly where to focus your efforts.

### **Reducing test anxiety**

The more comfortable you are with taking tests and the types of questions you'll be asked, the less anxious you'll feel on exam day. Imagine doing one each week rather than two per term – you'll be far less stressed about the real test. That's why practice tests can help build your confidence and reduce your anxiety.

### **Improving long-term memory**

Research shows that the act of retrieving information through testing strengthens your memory of that information. It's like giving your brain a workout to make it better at recalling info and applying it to challenges. The good thing is that the practice test results don't matter – so practice away!

### **How to use practice tests effectively**

Now that you know why practice tests are so helpful, let's talk about how to use them to maximise your exam success.

### **Start early**

Don't wait until the night before the exam to start taking practice tests. You need to go to sleep with a clear mind to give you the best rest you can get. So begin incorporating them into your study routine early on. This gives you time to identify and work on your weak areas.

### **Simulate exam conditions**

Try to recreate the actual exam environment as closely as possible. Use the same time limits, don't use your notes, and even find a quiet space similar to where you'll be taking the real test.

### **Review your mistakes**

Getting questions wrong on a practice test isn't a failure – it's just an opportunity to learn. Carefully review each mistake and make sure you understand why the correct answer is right. If you don't know why, then do some research online, check your textbooks, or simply bring the question and your answer to your teacher – they'll be happy to show you why.

### **Mix it up**

Don't just do only one type of practice test. Use a variety of sources and question types to ensure you're prepared for anything that might come up on the real exam.

### **Space it out**

Instead of cramming all your practice tests into one study session, spread them out over time. This technique, known as spaced repetition, helps reinforce your learning and improve your long-term retention.

### **Creating your own practice tests**

Can't find enough practice tests for your subject? No worries! You can create your own:

1. Review your notes and textbook, writing down potential questions as you go.
2. Transform chapter summaries into a question-and-answer format.
3. Use flashcards to quiz yourself on key terms and concepts.
4. Team up with classmates to create and exchange practice questions.

### **Balancing practice tests with other study methods**

While practice tests are incredibly effective, they shouldn't be your only study strategy. Here's how to balance them with other methods:

1. Use these tests to identify weak areas, then focus your studying on those topics.
2. Alternate between taking practice tests and reviewing your notes or textbook.
3. Use them to apply the information you've learned through other study methods.

### **Overcoming common challenges**

If you haven't incorporated practice tests into your study routine before, then you might have some challenges. Here's how to overcome them:

#### **I always run out of time!**

Start with untimed tests to build your confidence, then gradually introduce time limits as you improve.

#### **I get discouraged when I get a lot wrong**

Remember, the point of practice tests is to learn, not to get a perfect score. Every mistake is an opportunity to improve.

#### **I can't find enough practice tests for my subject**

Get creative! Use end-of-chapter questions in your textbook, create your own based on your notes, or ask your teacher for additional resources.

### **Last of all...**

Practice tests are a powerful tool in your exam preparation arsenal. They help you actively engage with the material, identify your strengths and weaknesses, and build your confidence for the real



thing. So next time you're preparing for a big exam, don't just read and re-read your notes – put yourself to the test.

Remember, it's not about just working hard, but working smart. By taking practice tests on a regular basis, you'll set yourself up for exam success and develop valuable learning skills that will serve you well beyond your school years.

Want more study tips and tricks? Take a look on our website [here](#) to see our other articles.

## Jobs & Skills for Work:

### [Jobs that give you the best chance of earning six figures \(or more\)](#)

Are you dreaming of a future where you're earning a six-figure salary? While money isn't everything, it's natural to aspire to financial stability and the opportunities that come with a higher income. But here's the thing: the path to those impressive earnings isn't always straightforward. Let's dive into the world of salaries and explore some jobs that could put you on the fast track to earn that coveted six-figure income.

#### **The reality check: What the data tells us**

Before we jump into specific careers, let's take a moment to understand what the salary landscape really looks like. We'll use data from Australia as an example, but keep in mind that these patterns are similar in many countries around the world.

#### **What's the average?**

Believe it or not, most of us earn within a pretty narrow range. In Australia:

- The median income for women is \$45,813
- The median income for men is \$61,988
- The minimum wage works out to around \$47,000 per year

Surprised? You're not alone. We often hear about high-flying executives and their jaw-dropping salaries, but the reality for most people is quite different.

#### **The average vs. the median: A tale of two numbers**

Here's where it gets interesting. You might hear about average salaries that sound pretty impressive. For instance, the average taxable income for surgeons in Australia is a whopping \$460,000. Sounds amazing, right? But hold on a second.

The *median* salary for surgeons is actually \$192,000. That's still a great salary, but it's less than half of that flashy average. So what's going on?

The average can be misleading because a small number of super-high earners pull it up. The median, on the other hand, tells us what the 'middle' surgeon earns – a much more realistic figure for most people in that profession. You can read more about the difference between average and median salaries in [this blog](#).

#### **There's still a gender gap...**

Unfortunately, the data also shows us that gender pay gaps are still a reality. Let's stick with our surgeon example:

- Overall average for surgeons: \$460,000
- Average for women surgeons: \$285,000
- Median for all surgeons: \$192,000

This pattern repeats across many professions. It's a sobering reminder that we still have work to do in achieving pay equity.

### **What this means for you**

As a young person planning your future, what can you take away from this data?

1. **Expectations vs reality:** While it's great to aim high, it's also important to have realistic expectations. The path to very high salaries is often longer and more challenging than it might seem.
2. **Risk vs reward:** Jobs with higher earning potential often come with trade-offs. They might involve more stress, longer hours, or less job security. It's about finding the right balance for you.
3. **The power of choice:** Some career paths do offer better odds of reaching that six-figure salary. By choosing strategically, you can increase your chances of higher earnings.
4. **Beyond the paycheck:** Remember, salary isn't everything. Job satisfaction, work-life balance, and personal fulfilment are equally important factors to consider.

### **Jobs with the best shot to earn six figures**

Now, let's explore some jobs that offer a good chance of earning over six figures. We'll use Australian data as an example, but these trends are often similar in other countries. Remember, these are *general* trends – individual experiences may vary.

#### **For everyone**

First, let's take a look at the top 10 careers with high earning potential that are available to everyone.

#### **Defence force officer**

Serving your country can be both rewarding and lucrative. As an officer in the defence force, you'll lead teams, manage resources, and potentially work with cutting-edge technology. The structured career progression often leads to higher pay grades, and the skills you develop are highly transferable to civilian roles.

#### **Police officer**

Law enforcement offers a path to six-figure salaries, especially as you move up the ranks. As a police officer, you'll protect and serve your community, solve crimes, and maintain public order. The job can be challenging and sometimes dangerous, but it offers job security and the satisfaction of making a real difference.

#### **Solicitor (Lawyer)**

If you have a knack for analysis and argumentation, a career in law could be your ticket to a high salary. Solicitors advise clients, prepare legal documents, and represent clients in court. While the path involves years of study and often long hours, the financial rewards can be significant, especially if you specialise or become a partner in a firm.

#### **Chemical or mining engineer**

For those who excel in science and problem-solving, engineering offers excellent salary prospects. Chemical engineers design and optimise processes in industries like pharmaceuticals or oil and gas, while mining engineers plan and oversee the extraction of valuable minerals. Both roles involve a mix of technical skills, project management, and environmental considerations.

### **IT business analyst**

In our increasingly digital world, IT business analysts are in high demand. You'll bridge the gap between technical teams and business stakeholders, analysing processes and recommending technology solutions. This role combines technical knowledge with business know-how, offering good salary prospects and the chance to work across various industries.

### **General practitioner (GP)**

Becoming a doctor is a long road, but it can lead to a stable, six-figure income. As a GP, you'll be the first point of contact for many patients, diagnosing and treating a wide range of conditions. The job demands long hours and continuous learning, but offers the reward of directly improving people's lives.

### **Human resources (HR) manager**

If you're a people person with strong organisational skills, HR management could be your path to a high salary. HR managers oversee recruitment, training, and employee relations within an organisation. As you progress to senior roles, you'll be involved in shaping company culture and strategy, with commensurate financial rewards.

### **Geologist**

For those fascinated by the Earth's processes, geology offers paths to high earnings, particularly in the resources sector. Geologists study the Earth's structure and composition, often working to locate and extract valuable resources. The job can involve fieldwork in remote locations, but also offers the excitement of discovery and the potential for high salaries in industries like mining or oil and gas.

### **Policy and planning manager (government)**

If you're interested in shaping public policy, a career in government could lead to a six-figure salary. Policy and planning managers research, develop, and implement policies that affect entire communities or nations. While the path to high earnings in the public sector can be slower than in private industry, it offers great job security and the chance to make a broad impact.

### **School principal**

For those passionate about education, becoming a school principal can lead to a six-figure salary. As a principal, you'll lead a school community, manage staff, set educational goals, and ensure student success. The role demands strong leadership skills and often requires years of teaching experience, but offers the reward of shaping future generations.

### **And men can also choose these options**

While these roles should be equally accessible to everyone, current data shows they're more commonly pathway to six-figure salaries for men. This highlights the ongoing need for greater diversity and equality in these fields.

### **Surveyor**

Surveyors play a crucial role in land development, measuring and mapping the environment. This career combines outdoor fieldwork with technical analysis, offering variety and the potential for high earnings, especially in booming construction markets.

### **Safety inspector**

In an increasingly safety-conscious world, this role is both important and potentially lucrative. Safety inspectors ensure workplaces and public spaces meet safety standards, potentially saving lives while earning a solid income.

### **Intelligence analyst**

For those with sharp analytical skills and an interest in national security, this career offers both intrigue and good salary prospects. Intelligence analysts gather and interpret information crucial to government decision-making.

### **Construction manager**

If you enjoy seeing tangible results from your work, construction management offers a path to high earnings. You'll oversee building projects from planning to completion, managing teams and budgets along the way.

### **Urban planner**

Shaping the cities of the future can be both fulfilling and financially rewarding. Urban planners design community layouts, considering factors like sustainability, transportation, and quality of life.

### **Engineer (various types)**

Engineering continues to be a reliable path to high earnings. Whether it's civil, mechanical, electrical, or another specialisation, engineers solve complex problems and drive innovation across industries.

### **IT professional (various roles)**

The tech industry offers numerous paths to six-figure salaries. Whether you're into software development, cybersecurity, or data science, the digital revolution continues to create high-paying opportunities.

### **Paramedic**

While not traditionally associated with high salaries, experienced paramedics in some regions can earn six figures. This demanding job involves providing emergency medical care in high-pressure situations, but also offers the chance to literally save lives.

### **Train driver**

Perhaps surprisingly, train drivers in some areas can earn six-figure salaries. The job involves a high level of responsibility for passenger safety and adherence to strict schedules.

### **Advertising manager**

For the creatives with a business mindset, advertising management can lead to impressive earnings. You'll oversee campaigns that shape public perception and drive business success.

### **Pilot**

Although entry-level salaries may be modest, experienced pilots (especially in commercial aviation) can earn well into six figures. The job offers the thrill of flying and opportunities to see the world.

## Power plant operator

Keeping the lights on is a well-compensated responsibility. Power plant operators control the systems that generate and distribute electricity, requiring technical knowledge and a cool head under pressure.

## Conclusion: Charting your course to six figures

As you can see, there are many paths that can lead to a six-figure salary. Some require years of specialised study, others demand you work your way up through the ranks, and many involve a degree of risk or pressure. The key is to find a path that aligns with your interests, skills, and values. Remember, while a high salary can provide financial security and opportunities, it's not the only measure of career success. Job satisfaction, work-life balance, and the ability to make a positive impact are equally important factors to consider as you plan your future.

Also, keep in mind that salaries can vary significantly based on factors like location, experience, and individual performance. The figures and trends we've discussed are general guides, not guarantees. Lastly, don't be discouraged by the gender disparities we've noted. Be aware of them, certainly, but don't let them limit your aspirations. Many organisations are actively working to close these gaps, and your generation has the power to continue driving positive change.

Whatever path you choose, remember that your career is a journey. It's OK if you don't reach six figures right away, or if your priorities change over time. The most successful careers are often those that bring personal fulfilment alongside financial rewards.

Want to dig deeper into salary data for your country? Check out these resources:

- Australia: [Australian Taxation Office](#)
- NZ: [Stats NZ Tatauranga Aotearoa](#)
- UK: [Office for National Statistics](#)
- US: [Bureau of Labor Statistics](#)
- Canada: [Statistics Canada | Statistique Canada](#)

Remember, these are just starting points. Your individual skills, experience, location, and negotiation abilities all play crucial roles in determining your actual salary. Good luck in your career journey!

## Learn more

Keen to explore more potential future jobs? We have heaps of other blogs on our website to check out [here](#).

# Health & Wellbeing:

## [Why focusing on the big picture matters in your career journey](#)

Have you ever stressed over a bad mark, missed an assignment due date, or made a decision you later regretted? If you're a high school student (or even if you're not), chances are you've experienced moments like these. It's natural to feel worried or upset when things don't go as planned, especially when it comes to your future career. But here's a secret that successful people know: tough times don't last, but tough people do. Here's why it's important to stay focused on the big picture, both in your career and personal life.

## That's where the idea of 'zooming out' can help

Imagine you're looking at a map on your phone. When you're zoomed in, every turn and obstacle is big right? But when you zoom out, you start to see the bigger picture – the entire route, the

destination, and all the different ways you could get there. The same thing applies in your career journey.

When you're in the middle of what seems like a crisis, like you've just failed an exam or something, it can feel like the whole world is crashing down. But if you take a step back and think about it in the perspective of a long life that's ahead of you, you'll realise that while this might not feel great right now, this moment is actually just a tiny blip.

### **Why the small stuff doesn't matter as much as you think**

Your career is a marathon, not a sprint.

Think about the most successful people you know or admire.

Did they get to where they are without any setbacks? (Probably not). Careers are long, winding roads with plenty of ups and downs. Every adult has made mistakes, and even some of the most successful people on the planet *still* make mistakes. Lots of them. What matters most is knowing where you're headed and what you want, not the individual failures or stumbles along the way – that's the big picture.

### **Mistakes are simply learning opportunities**

Every 'stuff-up' is just another chance to learn and grow.

In fact, many innovations and breakthroughs come from (lots of) mistakes or unexpected turns.

Remember that old guy who invented the electric lightbulb, Thomas Edison? He's reported to have said "*I have not failed. I've just found 10,000 ways that won't work.*" I don't know about you, but I would have long given up before 10,000 attempts! But he didn't let failure stop him, because he had a burning desire (literally) to achieve something.

What has failure taught you? And how can you apply that to your future?

### **Flexibility is a superpower**

The ability to adapt and pivot when things don't go as planned is super valuable in today's world of work. By not getting too hung up on small setbacks, you develop resilience and flexibility – skills that will serve you well throughout your entire career.

### **4 things to help you keep the big picture in mind**

All of this stuff is easy to say, but harder to put into practice – so here are some tips that might come in handy.

#### **What will this matter in 100 years' time?**

When something goes wrong, even *really wrong*, ask yourself: "What will this matter in a hundred years' time?". More often than not the answer is not a whole lot! This simple question is so fantastic because it can help you to quickly regain perspective, sometime in even the worst of situations. Sure, the thing/failure/upset/mistake might feel awful now, but even in 5 years' time, it's likely you won't even remember it.

#### **Focus on your core values and long-term goals**

Instead of obsessing over something, keep focused on what truly matters to you. What are your core values? What do you want to achieve? Let these answers help to guide your decisions and reactions.

#### **Embrace the power of "yet"**

When you face a setback, add the word "yet" to your thoughts.

"I haven't mastered this skill...*yet.*"

"I haven't achieved my goal...*yet.*"

It's such a simple trick, but it can shift your mindset from negative to positive in seconds.

### **Seek perspective from others**

Talk to parents, teachers, or mentors about their career journeys. You'll likely find that their paths weren't always smooth, and hearing about how they navigated challenges can be incredibly reassuring and inspiring.

### **Real-life examples of 'small stuff' that didn't matter**

Everyone knows the author of the multi-billion-dollar Harry Potter book and movie series. But did you know [J.K. Rowling](#) was rejected by 12 different publishers before Harry Potter was accepted? Imagine if she had given up after the first few rejections.

[Steve Jobs](#) was famously fired from Apple Computer by the company's board members (the company he literally co-founded). He later returned when things were going bad and then led Apple to become one of the most valuable companies in the world.

[Oprah Winfrey](#) was fired from her first TV job as an anchor because they said she was "unfit for television". Ridiculous, right? She went on to become one of the most influential media personalities in the world – and still is today, more than 10 years after ending her globally famous talk show.

### **Don't be afraid to make mistakes**

Imagine a world where these amazing people had given up after their setbacks. So whatever you do or whatever happens, just keep your eye on the big picture – remember where you're headed instead of being bogged down in what's happening right now.

Give yourself the freedom to explore, learn, and grow. And more importantly, allow yourself to take risks and make mistakes – you'll ultimately find your own way to success.

Want more future career and life inspo? Check out our website [here](#).