

# Scotch College

## Future Pathways

### News

October 14, 2024

# Course, Careers & Campus Information:

## Useful Tips for Year 12 Graduates



**LOST ON CAMPUS:** Download this useful app from iTunes and Google Play for a Campus Map of many universities. You will be able to find every tutorial room, lab, lecture theatre, coffee shop, carpark, bus stop, even your nearest vending machines and free microwaves on campus - [Lost on Campus Maps](#)



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International undergraduate students can save 50% on an annual myki with an international Undergraduate Student Education pass (iUSEpass) myki card.  
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## How to be Successful in my First Year of Uni?

- I should attend orientation and transition activities – ***that way I can find out about support and advisory services available to me!***
- I need to seek assistance to learn expectations of my lecturers – ***I will have to learn about tertiary essay writing, using sources, avoiding plagiarism, and managing my time, etc.***
- I must remember to ask for help – ***no-one will necessarily be offering any!***
- I will need to be an independent learner – ***my lecturers and tutors will not be reminding me about deadlines!***
- I will need to take charge of my own learning – ***no-one will be checking up on me to see if I am keeping up with work or assignments!***
- I will need to organise my time effectively – ***there are no bells to remind me where to be!***
- I must remember that my classes may be much larger than what I have been used to at school – ***I will receive less individual attention!***
- I must make friends – ***building new friendship groups will help me cope and help me stay motivated!***
- I will be learning new skills that will be critical for my success – ***I will have to learn important research and referencing skills!***

### Useful links to Victorian Universities' Student Support Services

Australian Catholic University	<a href="#">Student Services – ACU student life</a>
Deakin University	<a href="#">Student life and Services - Deakin</a>
Federation University	<a href="#">Student Support - Federation University Australia</a>
La Trobe University	<a href="#">Support to Help You Thrive - La Trobe University</a>
Monash University	<a href="#">Support - Monash University</a>
RMIT University	<a href="#">Student Support - RMIT University</a>
Swinburne University	<a href="#">University Student Support Services - Swinburne</a>
University of Melbourne	<a href="#">Student Services directory - University of Melbourne</a>
Victoria University	<a href="#">Advice &amp; Support - Victoria University</a>

## Links to University Clubs & Societies

Australian Catholic University	<a href="#">Clubs and Societies – ACU student life</a>
Deakin University	<a href="#">Clubs and Societies - Deakin</a>
Federation University	<a href="#">Clubs and Groups - Federation University Australia</a>
La Trobe University	<a href="#">Amenities and Facilities - La Trobe University</a>
Monash University	<a href="#">Clubs and Societies – Monash University</a>
RMIT University	<a href="#">Student life - RMIT University</a>
Swinburne University	<a href="#">Clubs &amp; Student Organisations   Swinburne</a>
University of Melbourne	<a href="#">Student Groups and Clubs - UniMelb</a>
Victoria University	<a href="#">Sport &amp; Social clubs - Victoria University</a>



## Scholarships to Study Abroad

*Looking to study abroad but worried about the costs? Good news! There are hundreds of **scholarships to study abroad**, including general scholarships and more specialized funding schemes. Some are offered by government agencies, some by individual universities, and others by external funding organizations and charitable enterprises.*

The **Top Universities website** is an excellent resource to learn more about what scholarships are on offer. Students can search for **region-specific scholarships** or **country-specific scholarships**. Students can even search for **subject-specific scholarships**.

Students are encouraged to browse [Scholarships to study abroad | Top Universities](#)

### **Remember...**

Students who do best at university or TAFE are not necessarily those with the highest ATARs but those with **persistence, determination, organisational and self-management skills** that are also **assertive in asking for help**. Make sure you choose a course you will enjoy and are interested in; otherwise, you may experience problems with motivation. Form **friendship** groups with other students so you can be active in groups that discuss work and share ideas. Students that are engaged in **learning communities and networks** have a more positive university experience.



## Useful Websites and Links

- [Your Career](#)  
a website launched by the National Careers Institute, and become more informed about career ideas, career industries, and how to become job ready.
- [MyFuture](#)  
a career information & exploration service providing current career information, articles and links to many resources.
- [Careers Online](#)  
career research, resume help, job hunting tips, job links, etc.
- [Workforce Australia](#)  
free online jobsite, searches can be made by region and state, occupational category, type of employment – casual, part-time, or full-time, and covers a range of occupations.
- [Victorian Government Vacancies](#)  
find out about government jobs and careers in the Victorian Government.



## Snapshot of Whitehouse Institute of Design in 2024

- Originally named the Whitehouse School, the institute was opened in 1988 in Sydney with the first accredited course being taught in 1992.
- Today Whitehouse is home to a creative community with diverse interests, talents, and backgrounds at both the [Sydney](#) and [Melbourne](#) campuses.
- Whitehouse Institute of Design offers specialist higher education degrees and vocational education and training certificate courses - [courses](#).
- The [Bachelor of Design](#) is delivered over six trimesters so students complete their degree in two years. Students undertake 5 core and 2 supporting subjects per trimester with subjects divided into 3 specialisations of design focus:  
[Fashion Design](#), or  
[Interior Design](#), or  
[Creative Direction & Styling](#).
- There are two [vocational courses](#) on offer: the Certificate III in Design Fundamentals and Certificate IV in Design and both provide a direct entry to the Bachelor Design should students wish to further upskill.
- When browsing the [Whitehouse Difference](#) students will note that the institute has strong industry connections – nationally and internationally.
- Students are encouraged to travel internationally and accept global exchange programs in Japan, London and Paris, with some of the best international design schools - [partnerships](#).
- [Awards and Scholarships](#) are available to prospective and current students.

- Students choosing to move interstate can seek assistance from Whitehouse who can help advise students where and how to look for their living accommodation and home before their studies commence.
- The Whitehouse Institute is a private college, but students can access FEE-HELP which is a government loan scheme that helps eligible Australian fee-paying students (full-time or part-time) pay their tuition fees – [Study Assist](#).



## **Victoria Police: A Day in the Life of a Police Officer – Online Webinar**

October 24, 2024

Victoria Police is hosting an online information session for members of the community who are interested in gaining insight into a 'Day in the Life' of a Police Officer in Victoria.

Hear from current serving Victoria Police members about what is involved in their shifts, including night shift. Hear about all the different type of scenarios you may be faced with throughout your shift and what career progression options you have.

The recruitment team will also be joining to touch briefly on the recruitment process and training at the Academy. There will also be an opportunity for you to partake in a Q&A session with the current members.

[Find out more](#)

## **VU Cookery, Hospitality, Tourism & Event Management Information Sessions**

October 16 to January 29, 2025

Start your career in tourism, hospitality and events. Prepare to join one of the world's largest and most dynamic industries. Learn from expert teachers with the latest professional knowledge, and put theory into practice in our modern facilities.

The sessions will cover:

- the course structure and information
- industry connections
- placement opportunities
- pathways to further study
- facility tour (in-person sessions only).

[Find out more](#)

## **Melbourne Polytechnic Hospitality Information Sessions**

October 17, 2024

October 29, 2024

Choosing a brand-new career path, knowing where to upgrade your skills or how to start doesn't need to be a decision you make alone.

Hosted by teachers who can answer questions and offer advice on your chosen field, our information sessions help you make an informed decision around your study and career options.

Find out more about the following course(s) at Melbourne Polytechnic:

- Certificate III in Commercial Cookery - Non-apprenticeship
- Certificate III in Patisserie
- Certificate IV in Kitchen Management
- Certificate III in Hospitality
- Certificate IV in Hospitality
- Diploma of Hospitality Management

[Find out more](#)

## **La Trobe Change of Preference Fest**

December 12, 2024

We know getting your ATAR results can be a big moment, so La Trobe is hosting the Change of Preference Fest to give you the support and advice you need, no matter what your results are.

Here's what you can expect:

- Course advice and pathways: Chat with our course advisors about your options and explore alternative pathways if your results aren't what you expected. We'll help you figure out what's best for you.
- Food, fun and giveaways: To keep things relaxed, we've got free food, live music, and exciting giveaways.

Whether you're thrilled with your results or need a bit of guidance, we've got your back. This is your chance to get all the info you need to make the best decision for your future.

[Find out more](#)

## **Deakin Change of Preference Advice**

December 13, 2024

Whether you need general uni information, pathway options or reassurance about your course choices, don't miss the opportunity to get personalised advice at our Change of Preference events.

- Get personalised one-on-one study, course and pathway advice
- Chat with expert Deakin staff and current students
- Discover course and pathway options at the course information expo
- Join a student-led campus and accommodation tour
- Explore our world-class facilities and learning spaces
- Learn about student support and life at Deakin

[Find out more](#)

# Study & Other Opportunities:

## University offers and your options explained

For those of you planning on heading off to university, school is nearly over and the next chapter of your lives is about to begin. Hopefully your exams will go really well, your results will be even better than expected, and you'll get an offer for your dream course. But what if that's not the case? We're here to guide you through the university offer process and what to do if things don't go quite to plan.

### **When can I expect to receive an offer?**

The first thing you probably want to know is when you'll receive the news about your university offers. In most cases, you'll need to wait until results are released before you'll know whether or not your application is successful (unless you've applied for [early entry](#)). Here's when most school leavers can expect to receive their first offers to university:

Location	Offer Date
AUS – NSW & ACT	23 December 2024
AUS – VIC	23 December 2024
AUS – QLD	23 December 2024
AUS – SA & NT	10 January 2025
AUS – WA	21 December 2024
AUS – TAS	Mid-December
NZ	Mid-January*
UK	Before 14 May 2025**
Ireland	Late August 2025
US	Late March – Early April 2025
Canada	January – May 2025

\*Universities will often send out provisional offers as early as November, but they only become unconditional once NCEA results are released in mid-January to ensure you meet University Entrance requirements.

\*\*Universities make offers on a rolling basis at their discretion – this is the final deadline for universities to send offers to students who submitted their application before 29 January 2025.

### **What if I change my mind about the course I applied for?**

Once you submit your application, it's not set in stone. Universities will often allow you to change your preferences, allowing you to re-order the existing courses on your list or even add and remove courses.

If you've applied through a centralised or tertiary admissions centre, there is usually a set date you need to change your preferences by to ensure you still receive an offer in the upcoming round. Here are relevant change of preference closing dates for school leavers:

Admissions Centre	CoP Deadline (Main Offer Round)
<a href="#">UAC</a>	18 December 2024
<a href="#">VTAC</a>	14 December 2024
<a href="#">QTAC</a>	18 December 2024
<a href="#">SATAC</a>	2 January 2025

<a href="#">TISC</a>	17 December 2024
<a href="#">COA</a>	1 March 2025
<a href="#">OUAC</a>	15 January 2025

If you've applied directly to a university, you will need to get in touch with them to discuss your options when it comes to changing your preferences. As long as you contact them early, they will usually be able to help.

### **Find out more about change of preference**

Still confused about change of preference? Lots of universities hold special events leading up to the first round of offers to guide you through the process and answer any questions you might have.

You can see upcoming change of preference events on our website [here](#) – simply click the “change of preference” filter on the right-hand column.

### **What are unconditional and conditional offers?**

If you receive an unconditional offer, congratulations! This means your place in your chosen course is secured, and you (usually) don't need to do anything else to accept.

If you receive a conditional offer, this is still great news! This means your place in your chosen course is yours pending any *conditions* that come with the offer. The most common condition is waiting for your final results to be released and seeing if they meet the course requirements. Other common conditions include:

- Needing to submit other documents to complete your application
- Completing a bridging course before your first Semester
- Securing financial aid or support to ensure you can pay your course fees

### **What if I don't receive an offer in the main round?**

We know it can seem like the end of the world, but you still have time and options on your hands, so don't stress.

Admissions centres and universities will release offers over multiple rounds, so even if you miss out the first time, you might receive an offer in a subsequent round. If you're still happy with your course choices, just sit tight and be patient.

If you want to maximise your chances of receiving an offer, you can always change your preferences to put a course with lower entry requirements at the top of your list.

If you've applied through UCAS and didn't receive an offer, you can still apply for courses with available places through [Clearing](#). CAO also has a similar system called [Available Places](#).

### **What if I don't receive any offers?**

If all the offer rounds have passed and you still don't have an offer, it doesn't mean you have to give up. There are lots of alternative pathways you can take to get into your dream course. Here are just a few:

- Complete a tertiary preparation course
- Take an alternative entry test, such as the [STAT](#)
- Study a lower qualification, like a Diploma, and use this for entry
- Wait a few years and re-apply as an adult with work and life experience

### **Our top tips for university offers**

Here are some of our top tips to keep in mind as offer season approaches.



- You usually have some time before you must respond to an offer, so don't panic and think things through before making a decision.
- You can sometimes accept an offer as a backup, then withdraw from it later if you receive another offer that suits you better.
- If you do accept multiple offers, make sure you withdraw from all but one *before* any key dates.
- Admissions centres and universities are more than happy to answer any questions you might have, so don't be afraid to get in touch.
- Remember to keep your contact info up-to-date to ensure you don't miss any important information.

### **You've got this**

The wait between applying and offers can be daunting, but in the meantime, you still have time to study hard and do your best on your exams. Remember, no matter what happens, there are options open to you and people who are more than happy to help.

Good luck and best wishes from all the Study Work Grow team.

## **10 effective exam prep tips for high school students**

The end of the school year can feel like a rollercoaster, with exams, assessments, and future planning all happening at once. But don't worry – with some smart preparation, you can tackle it all and maybe even reduce some stress along the way. We've put together ten exam prep tips to help you create a study plan, stay organised, and hopefully boost your grades.

### **Design your study blueprint**

Think of your study schedule as a roadmap to success. Break down your subjects into manageable chunks and plan your study sessions in advance. This approach helps you stay organised and ensures you cover all the necessary topics. *Pro tip:* Use a [digital planner](#) or app to keep track of your schedule on the go.

### **Set clear goals**

Define specific study goals for each subject and study session. Having a clear purpose keeps you focused and motivated. Plus, there's nothing quite like the satisfaction of ticking off completed tasks. Try using the [SMART goal-setting technique](#) to make your objectives more effective.

### **Engage with active learning**

Passive reading isn't enough to truly grasp complex concepts. Instead, try summarising key points in your own words, teaching the content to a study buddy, or creating digital flashcards for quick reviews. Websites like [Quizlet](#) or [Anki](#) can help you create and share flashcards with classmates.

### **Tackle your weak spots**

Identify the subjects or topics you find challenging and allocate more study time to them. While it's important not to neglect your strengths, giving extra attention to problem areas can significantly improve your overall performance. Don't hesitate to reach out to your teachers or tutors for additional support.

### **Master the art of the break**

Regular breaks are crucial for maintaining focus and preventing burnout. Try the [Pomodoro Technique](#): study for 25 minutes, then take a 5-minute break. After four cycles, take a longer 15-30 minute break. This method can help you stay productive without feeling overwhelmed.

### **Fuel your brain and body**

A balanced diet, regular exercise, and adequate sleep are your secret weapons during exam season. Opt for [brain-boosting foods](#) like blueberries, nuts, and dark chocolate. Stay hydrated and aim for at least 8 hours of sleep each night. Remember, physical activity can actually improve your cognitive function, so don't skip your workouts!

### **Practice makes perfect**

Reviewing past exam papers is like a rehearsal for the big day. It helps you familiarise yourself with question formats, manage your time better, and identify any knowledge gaps. Many schools provide access to past papers, or you can find practice exams online for most subjects.

### **Harness the power of online resources**

The internet is a treasure trove of study materials. From educational YouTube channels to interactive learning platforms, there's something for every learning style. Just be mindful of potential distractions – consider using [website blockers](#) during study sessions to stay focused.

### **Form a study squad**

Studying with classmates can be both productive and fun. You can discuss complex topics, quiz each other, and share different perspectives on the material. If you can't meet in person, virtual study groups using platforms like [Zoom](#) can be just as effective.

### **Keep calm and study on**

Maintaining a positive mindset is crucial during exam season. Practice stress-management techniques like deep breathing, meditation, or even simple stretching exercises. Remember, it's normal to feel some pressure, but don't let it overwhelm you. Apps like [Headspace](#) or [Calm](#) can guide you through quick relaxation exercises.

### **Looking for more study advice?**

Remember, success in exams isn't just about the hours you put in – it's about how effectively you use that time. By implementing these exam prep tips and finding what works best for you, you can improve your performance and maybe even make the study process more enjoyable.

If you're still after more exam or study tips, check out our other helpful resources on our website [here](#). Good luck with your exams!

## **[Scholarships for entrepreneurship and innovation](#)**

Are you the type of person who's always dreaming up new ideas? Maybe you've got a business concept that you think could change the world, or you're passionate about solving problems in your community. If this sounds like you, then entrepreneurship and innovation

scholarships might be right up your alley. Let's take a look at what they are and why you should apply.

### **What are entrepreneurship and innovation scholarships?**

These aren't your average scholarships. Sure, they offer financial support, but that's just the beginning. These scholarships are designed to recognise and nurture your creative spirit, offering you a chance to turn your innovative ideas into reality. They often come with extra perks like:

- **Mentorship programs:** Get guidance from experienced entrepreneurs who've been in your shoes.
- **Networking opportunities:** Connect with other young innovators and industry professionals.
- **Access to resources:** This could include things like workshops, software, or even office space.

### **Who can apply?**

The great news is that there's probably a scholarship out there for you, no matter what your specific interests are. Some focus on particular areas like tech or sustainable energy, while others are open to any kind of innovative idea.

When you're looking at these scholarships, consider:

- **Your passion:** What problem are you trying to solve?
- **Your experience:** Have you already started working on any projects or initiatives?
- **Your goals:** Where do you see your ideas taking you in the future?

### **How to stand out in your application**

When you're applying for these scholarships, it's not just about your grades (although those are important too). Here are some tips to make your application shine:

1. **Highlight your entrepreneurial spirit:** Talk about any projects you've started, even if they're small.
2. **Show your passion:** Explain why your idea matters to you and how it could make a difference.
3. **Be specific:** Rather than saying you want to "change the world," explain exactly how you plan to do it.
4. **Demonstrate your skills:** Whether it's coding, public speaking, or creative thinking, show off what makes you unique.

### **Entrepreneurship and innovation scholarships to check out**

Here are a few scholarships that might interest you:

- [Jane M. Klausman Women in Business Scholarship](#) (International): For women pursuing business management degrees.
- [QUT Budding Entrepreneur Scholarship](#) (Australia): Supports student entrepreneurs in both for-profit and non-profit spaces.
- [WBS Young Entrepreneurs Scholarship Programme](#) (UK): Offers full undergraduate tuition and entrepreneurship mentoring at Warwick Business School.

- [The Milton Fisher Scholarship](#) (US): A four-year renewable scholarship for innovative and creative high school students.
- [Stephen Riady Young Entrepreneur Scholarship](#) (Singapore): Awarded to exceptional individuals who aspire to be entrepreneurs.

Remember, these are just a few examples. There are many more out there, so don't be afraid to do your own research too – our [scholarships database](#) is a great place to start.

### **Making the most of your scholarship**

If you're lucky enough to win one of these scholarships, congratulations! Here's how to make the most of it:

1. **Engage with your mentors:** They have valuable experience to share.
2. **Network, network, network:** You never know where your next big opportunity might come from.
3. **Take advantage of all resources offered:** Whether it's workshops, software, or events, use everything available to you.
4. **Keep pushing your ideas forward:** Use this opportunity to refine and develop your entrepreneurial skills.

### **Ready to take the leap?**

Applying for scholarships can seem daunting, but every successful entrepreneur started somewhere. Your innovative idea could be the next big thing, and these scholarships are designed to help you get there.

Want to learn more about scholarships or explore other study options? Check out our website [here](#) for more information and resources to help you on your journey.

## **Jobs & Skills for Work:**

### **[How to become a Human Resources Manager](#)**

Human Resources (HR) Managers play a crucial role in organisations by overseeing employee relations, recruitment, training, and ensuring compliance with labour laws. They are the skilled professionals who help maintain a positive work environment and support both employees and management.

If you're passionate about working with people, are a great communicator and organiser, and want to help businesses and employees thrive, a career as a human resources manager could be perfect for you.

### **What skills do I need as a human resources manager?**

- Excellent communication and interpersonal skills
- Strong leadership and team management abilities
- Critical thinking and problem-solving skills
- Attention to detail and organisational skills
- Ability to maintain confidentiality and handle sensitive information
- Proficiency with HR software and data analysis tools

- Knowledge of labour laws and regulations
- Adaptability and cultural sensitivity

### **What does the job involve?**

- Developing and implementing HR strategies and policies
- Overseeing recruitment, hiring, and onboarding processes
- Managing employee benefits, compensation, and leave programs
- Conducting performance evaluations and managing employee relations
- Ensuring compliance with relevant laws and company policies
- Providing training and professional development opportunities
- Mediating workplace conflicts and addressing employee concerns
- Maintaining employee records and HR information systems

### **What industries do human resources managers typically work in?**

- Public Administration & Safety
- Professional, Scientific & Technical Services
- Healthcare & Social Assistance

### **What Career Cluster do human resources managers belong to?**

HR managers are need strong organisational skills and are adept at planning and managing, so they make excellent [Coordinators](#).

### **What kind of lifestyle can I expect?**

As a human resources manager, your work will typically be done in office settings, though some travel may be required for recruitment events or multi-site organisations. The job often involves regular business hours, but you may need to work extra hours during busy periods or to address urgent employee issues.

You can expect to earn an above-average salary throughout your career. The role also offers opportunities for advancement to senior HR positions or even executive roles, like Chief Human Resources Officer.

Most HR managers work full-time, with many working more than 40 hours per week. The job can be emotionally demanding when dealing with sensitive employee issues. Work-life balance is generally good, but can vary depending on the organisation and industry.

### **How to become a human resources manager**

The path to becoming a human resources manager typically involves a combination of education, experience, and ongoing professional development. Here are the general steps:

- Earn a bachelor's degree in Human Resources, Business Administration, Psychology, or a related field.
- Gain experience in entry-level HR positions or related roles, working your way up through various HR specialties.
- Develop strong leadership and management skills through experience and training.
- Stay updated on labour laws, HR trends, and best practices through continuous learning and professional development.

Many HR managers also pursue additional education or specialisations throughout their careers to enhance their expertise and advance to higher positions.

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

If you're in high school and you'd like to find out if a career as a human resources manager is right for you, here are a few things you could do right now:

- Focus on subjects like Business Studies, Psychology, and IT at school.
- Develop your leadership skills by participating in school clubs or community organisations.
- Look for internships or part-time jobs that involve working with people or in office environments.
- Practice your communication and problem-solving skills through debating or public speaking activities.

### **Where can I find more information?**

You can read more detailed information about careers in HR management here:

- [Australian HR Institute](#)
- [Human Resources Institute of New Zealand](#)
- [Chartered Institute of Personnel and Development](#) (UK)
- [Human Resources Professionals Association](#) (Canada)
- [National Human Resources Association](#) (US)

### **Similar careers to human resources manager**

- [Public Relations Professional](#)
- [Administrative Assistant](#)
- [Business Development Manager](#)
- [Lawyer](#)
- [Social Media Manager](#)
- [Virtual Assistant](#)
- [Accountant](#)
- [Logistics Manager](#)

Find out more about alternative careers on our [Job Spotlights](#) page.

## **7 innovative careers for Makers**

[Makers](#) are the doers, the builders, and the problem solvers of our world. They're the people who keep everything running smoothly, from constructing buildings to preparing our food. If you love working with your hands, enjoy seeing tangible results from your efforts, and have a knack for practical problem-solving, a career as a Maker might be perfect for you. Let's explore 7 innovative careers where Makers can truly shine and make a difference.

### **Custom furniture designer**

Imagine turning a client's vision into a beautiful, functional piece of furniture they'll treasure for years. As a custom furniture designer, you'll blend artistic flair with woodworking skills to create one-of-a-kind pieces. You might work independently in your own workshop or collaborate with interior designers on larger projects. This career allows you to express your creativity while mastering traditional craftsmanship techniques.

### **Robotics technician**

In this cutting-edge field, you'll build, maintain, and repair the robots that are revolutionising industries from manufacturing to healthcare. As a robotics technician, you'll need a solid understanding of mechanics, electronics, and programming. You might find yourself working on anything from industrial assembly line robots to sophisticated medical devices. It's a career that combines hands-on skills with high-tech innovation.

### **Artisanal food producer**

For Makers with a passion for culinary arts, becoming an artisanal food producer can be a delicious career choice. Whether you're crafting small-batch chocolates, brewing craft beer, or making artisanal cheeses, this career allows you to create products that delight people's taste buds. You'll need to master both the science of food production and the art of flavour creation.

### **3D printing specialist**

As 3D printing technology continues to advance, specialists in this field are in high demand. You might work in industries ranging from aerospace to medicine, using advanced printers to create everything from prototype parts to customised medical implants. This career requires a mix of technical knowledge about 3D printing processes and materials, along with problem-solving skills to overcome design challenges.

### **Automotive restoration expert**

If you have a passion for classic cars and a eye for detail, automotive restoration could be your calling. In this role, you'll breathe new life into vintage vehicles, combining skills in mechanics, bodywork, and even upholstery. You might work for a specialist restoration shop or even start your own business, preserving automotive history one car at a time.

### **Prosthetics fabricator**

As a prosthetics fabricator, you'll use your skills to create custom-fitted artificial limbs that can dramatically improve people's lives. This career combines elements of engineering, anatomy, and even artistic sculpting. You'll work closely with patients and medical professionals to ensure each prosthetic is comfortable, functional, and as natural-looking as possible.

### **Sustainable construction specialist**

With growing concern for the environment, sustainable construction is an exciting field for Makers. In this role, you might work on anything from installing solar panels to implementing green building techniques. You'll need to stay up-to-date with the latest eco-friendly materials and technologies, applying your practical skills to create buildings that are both functional and environmentally responsible.

### **Which one sounds best to you?**

These innovative careers represent just a fraction of the exciting opportunities available to Makers. Whether you're drawn to traditional craftsmanship, cutting-edge technology, or somewhere in between, there's likely a Maker career that aligns with your interests and skills. The world is constantly evolving, with new technologies and techniques emerging all the time. To prepare for a career as a Maker, focus on developing a strong foundation of practical

skills, stay curious about new developments in your field of interest, and never stop learning. Remember, your ability to create, build, and problem-solve will always be in demand.

### **Learn more about careers**

Find heaps more blogs and resources on the world of work on our website [here](#).

## **Health & Well Being:**

### **Here's the best food to keep your brain powered all day**

Staying focused all day, whether it's at school, work, or during an exam, is all about giving your brain a steady supply of energy. Your brain runs on glucose, a simple sugar that's essential for clear thinking, concentration, and tackling difficult tasks – so if you want to perform at your best (and get better grades) then you need to make sure you're eating the right food to keep it powered on.

In his book *[Thinking, Fast and Slow](#)*, Daniel Kahneman talks about how glucose plays a crucial role in cognitive processing, with research showing that mental effort depletes glucose levels. In their study, they found that students who were given glucose could continue performing simple mathematical equations long after a control group without the glucose could.

### **What is glucose?**

Glucose is a type of sugar that your body uses as its main source of energy. It's found in many foods, not just the sweet treats we often think of like lollies or candy. When you eat carbohydrates—whether they're in bread, pasta, fruits, or vegetables — your body breaks them down into glucose, which then enters your bloodstream. From there, glucose is delivered to your cells, including brain cells, to be used for energy.

While glucose is technically a sugar, it's important to understand that the best sources of glucose come from complex carbohydrates, like whole grains, fruits, and vegetables, rather than processed sweets. These complex carbs provide a slow and steady release of glucose, helping you maintain consistent energy levels, as opposed to the rapid spike and crash that comes from consuming sugary snacks.

So, when we talk about “glucose for energy,” we're not just talking about sugar from lollies and junk food – we're talking about the healthy carbs your body can use effectively to keep your brain running at its best. The trick isn't just eating sugary snacks, but managing your diet to provide a constant source of glucose.

Let's look at two scenarios: lasting a long day full of activities and preparing for an important exam.

### **Scenario 1: A full day of school plus work/training/study/social life**

A long school day followed by work, training, or study in the afternoon requires careful planning so you don't run out of energy before you get to the end of the day. Here's how you can keep your glucose levels steady and avoid the dreaded energy crash.



### **Morning fuel**

A combination of complex carbs, healthy fats, and protein will help you start the day strong. Try a wholegrain cereal with milk and some sliced banana, or wholegrain toast with peanut butter. Try to avoid sugary cereals – they can cause a glucose spike followed by a crash, making you feel sluggish by mid-morning.

### **Mid-morning boost**

Around mid-morning, have a small snack to maintain your energy. A banana with a handful of nuts or an apple with cheese slices works well. This combination balances natural sugars with some protein and fat to keep energy levels steady.

### **Lunchtime recharge**

To power through the afternoon, your lunch should include complex carbohydrates, lean protein, and veggies. A good option might be a wholegrain sandwich with chicken, salad, and cheese, or a pasta salad with lots of veggies. This provides a slower release of glucose, keeping you fuelled until your next snack.

### **Afternoon pick-me-up**

By mid-afternoon, you might notice your energy dip. This is a good time for a snack that includes a mix of carbs and protein. Crackers with cheese or a granola bar can give you that needed boost while keeping blood sugar stable.

### **Evening meal**

If you have training or work in the afternoon and want to avoid feeling wiped out, dinner should still include complex carbs and protein but focus on lighter options to aid recovery. Think a wrap with grilled chicken and salad, or spaghetti with a simple tomato sauce and some lean meat.

### **Timing tips**

Space out your meals and snacks by 2-4 hours to keep your glucose levels stable throughout the day. Dehydration can also make you feel tired, so make sure you're staying hydrated too. Water is best, but diluted fruit juice can help as well.

### **Scenario 2: Exam days**

Exam days need extra planning, especially as you often can't bring snacks into the exam room unless you have a medical reason. The goal is to keep your energy balanced so you can focus without feeling distracted or tired.

### **Pre-exam breakfast**

Eating a good breakfast is key to starting the exam day right. Wholegrain toast with peanut butter and sliced banana, or a breakfast smoothie with yoghurt, oats, and berries are great choices. They provide complex carbs, healthy fats, and protein, all of which help release energy slowly over the morning.

### **Just before the exam**

If there's time before your exam, about 30 minutes before you start, have a small, easily digestible snack like a piece of fruit or a granola bar. It gives a small glucose boost without causing a sugar rush.

### **Hydration during the exam**

You probably already hear this a lot, but it's important to stay hydrated. Water is the best option, as dehydration can impact your focus. Make sure you've drank enough before the exam starts, and if allowed, keep a water bottle with you.

### **Post-exam snack**

Once the exam is over, your body and brain will need to recharge. A smoothie made with fruit, yoghurt, and a small handful of oats can help replenish your energy without overloading your system with sugar.

### **The energy drink trap**

It might be tempting to rely on energy drinks or caffeine tablets to stay alert, but they come with drawbacks. Energy drinks often contain a lot of sugar, which can lead to a rapid spike and crash in glucose levels, leaving you feeling worse in the long run. The high caffeine content can also cause jitters, anxiety, and even impact sleep, which ultimately harms your ability to focus and retain information.

So instead of quick fixes, aim for balanced, steady energy from nutritious foods and proper hydration to keep your brain functioning at its best.

### **Are you eating the right foods for your brain?**

Managing your glucose levels throughout the day comes down to eating a balanced mix of complex carbs, proteins, and healthy fats at regular intervals. This helps you stay energised without the spikes and crashes that can make it hard to concentrate. On exam days, a well-thought-out breakfast and some simple snack food can give your brain the steady power it needs to think clearly, even under pressure.

Want more health and wellbeing tips tailored for students? You can read more on our website [here](#).