

Scotch College

Future Pathways

News

November 18, 2024

Course, Careers & Campus Information:

VU Early Childhood Education Information Session

November 25, 2024

There's never been a better time to study early childhood education at Victoria University. At VU, we offer:

- Upskill program (Certificate III in Early Childhood Education and Care)
- Traineeships (Certificate III and Diploma of Early Childhood Education and Care)
- Part-time training options (Diploma of Early Childhood Education and Care)

Early childhood education and care courses are currently listed under the Victorian Government [Free TAFE initiative](#) which means eligible students won't pay tuition fees for the duration of their course.

The sessions will cover:

- the course structure and information
- industry connections
- placement opportunities
- pathways to further study.

[Find out more](#)

Teen mental health matters: For parents and carers

November 25, 2024

Join us for an insightful and empowering webinar focused on providing strategies and resources to help you in supporting your teen.

Co-hosted by a Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter, we will explore:

1. How to make sense of adolescence.
2. Identify signs of mental health struggles.
3. Understand how to support your teen.
4. Know where you and your teen can get support.

This webinar is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care. Reserve your spot today and embark on a journey towards greater well-being for you and your family!

[Find out more](#)

The power of the ACAP placement program

November 28, 2024

Join us for an online session where you'll learn about the ACAP Placement Program. During this interactive session, we will delve into the program's core components, explore the courses in Counselling, Social Work, Psychology and Criminology that feature placement opportunities, discuss the program structure, and showcase the array of placement options available.

You will also gain firsthand insights from professional organisations who will discuss the benefits they have gained by partnering with ACAP. Additionally, we will introduce you to ACAP alumni who will share their transformative placement experiences and the outcomes they've achieved following their placement.

[Find out more](#)

SAE Info Night Melbourne – Technology Course Showcase

November 28, 2024

Want to embrace the latest technologies and engineer the impossible?

Join us in Melbourne for this exclusive event to discover SAE's new technology courses in VFX & Virtual Production and Computer Science!

Specially designed in consultation with industry experts from Technicolor and Ubisoft, our VFX courses will nurture your creativity and empower you to experiment, while our Computer Science programs have been developed to prepare you for the collaborative and geographically diverse world of technology and creative media.

[Find out more](#)

Defence University Sponsorship Information Session – Melbourne & Online

November 28, 2024

With Defence University Sponsorship (DUS) we pay you to complete your degree and pay your remaining fees. Earn a salary while studying and walk straight into a great ADF role following graduation.

Head to the upcoming info session to speak with current serving military personnel and learn more about the Defence University Sponsorship programme (DUS).

[Find out more](#)

AIT Melbourne Info Night

November 28, 2024

Exclusive invite to AIT's Melbourne Info Night on 28 November.

You'll hear from our inspiring Academic Director and meet our very talented current students talk about what it's like to study at AIT. You will have the opportunity to speak to our friendly course advisor crew one-on-one and learn about the flexible learning options and pathways available, career outcomes, and more. You'll get to meet the Admissions Team to discuss the admissions process or even better - apply on the spot to save your seat in the next Intake!

[Find out more](#)

Discover Blue Mountains International Hotel Management School Webinar

November 28, 2024

Are you passionate about hospitality and the hotel industry? Join this session to discover why BMIHMS is the ideal choice for you.

Hear from our successful alumni as they share their study journeys and how it has prepared them for success. Explore the vibrant campus life at our Leura campus and the unique student community. Learn about how our practical training distinguishes us from other universities and how it can get you 'job-ready' upon graduation.

[Find out more](#)

AIE Online Campus Day

November 30, 2024

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Online Campus Day. AIE will be running this event for students interested in studying online. You will be able to meet our teachers, explore how classes will run, course options, career pathways and see our amazing student work.

We will be covering everything you need to know about the:

- careers in games and VFX that we train students for;
- studios and industries that we work with;
- courses we offer - from beginners to professional mastery, and;
- the software, skills and knowledge we teach.

[Find out more](#)

Getting your results – What happens next?

December 10, 2024

Finishing year 12 this year? It's an exciting time as you wait for your results and figure out what the future holds for you.

Join the VTAC team for a live webinar which will cover what happens when you receive your results and ATAR, how change of preference and course offers works, and some really key things you should be thinking about now to ensure you get the best outcome.

You'll have the opportunity to ask questions throughout, so join us to find out everything you need to know about getting to uni, TAFE, or college next year!

[Find out more](#)

Teen mental health matters: For parents and carers

December 12, 2024

Join us for an insightful and empowering webinar focused on providing strategies and resources to help you in supporting your teen.

Co-hosted by a Clinical Psychologist facilitator, and Black Dog Institute lived experience presenter, we will explore:

1. How to make sense of adolescence.
2. Identify signs of mental health struggles.
3. Understand how to support your teen.
4. Know where you and your teen can get support.

This webinar is free and open to all parents, caregivers, and anyone interested in supporting the mental health of teens in their care. Reserve your spot today and embark on a journey towards greater well-being for you and your family!

[Find out more](#)

AIE VTAC Change of Preference Days

December 12 to December 13, 2024

Connect with the team at AIE Melbourne on Thursday 12th and Friday 13th December, for help with Change of Preferences!

Here you can meet our friendly staff to discuss fees, scholarships, and more.

[Find out more](#)

VTAC Preferences, Pathways and Offers

December 12, 2024

Join the VTAC team for a live webinar which will cover how to change your preferences, how to research suitable pathways and pathway options as well as how course offers work.

You'll have the opportunity to ask questions throughout to our friendly team.

[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](#)

AIM Melbourne Info Day

December 13, 2024

Deciding which path to take after school can feel daunting, but if you're passionate about music, we're here to guide you.

Our Info Day offers the perfect opportunity to get first-hand insights into what it's like to study at AIM. Hear directly from current students about the skills they've gained and the networks they've built.

If you're thinking about studying with us in 2025, our expert staff can provide insights and answer your questions before VTAC preferences close.

[Find out more](#)

More than a Score – The SAE Difference

December 13, 2024

No matter where SAE University College lands on your higher education preference list, our More than a Score Online Session will help you figure out exactly where you want to be. Come vibe with us to uncover the real deal about who we are, what sets us apart, and where a degree from SAE could take you!

What to expect:

- Chat to our expert Course Advisors about our creative and tech-focused disciplines to find your dream course.
- Explore the electives, specialisations and hands-on work placement opportunities available throughout your studies.
- Discover the endless career paths available after graduation.
- Learn more about our Early Entry Program, scholarship opportunities, student services, and more.
- Ask all your questions about our application and enrolment process (no ATAR required!).

[Find out more](#)

Monash Change Day

December 13, 2024

Once you're on the other side of exams and receive your results, you may have lots of questions, and our Monash Change Day expo is the place to get all the answers.

From finding out how to change your VTAC course preferences to exploring study options based on your ATAR score, our course advisers will be on-hand to help you with your questions.

You'll have the chance to explore our ten study areas, attend information sessions, plus discover our range of pathway options and student support services, so you'll have all the answers you need to plan your future – all under the one roof.

[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](#)

RMIT Change of Preference

December 13, 2024

You've got the dreams, RMIT's got your back. We're here to help and answer your questions about what's next.

The Change of Preference event is your chance to get help with your preferences and learn more about what RMIT life is like.

Discover the various pathways into university and get guidance from staff to find the right option for you.

Whether you're a Year 12 student or the parent of a Year 12 student, this is your chance to ease your worries. You can have a 1-on-1 chat with RMIT staff about preferences and course advice. The event will have free food, games, giveaways, crafts and campus tours hosted by current RMIT students.

[Find out more](#)

Swinburne Change of Preference Expo 2024

December 13, 2024

Change of Preference Expo is your chance to explore your options, get personalised advice from course experts, and arrange your VTAC preferences to maximise your ATAR – and your chances of an offer.

Join us on campus for one-on-one guidance tailored to your Year 12 results and adjust your VTAC preferences before the Change of Preference window closes.

[Find out more](#)

Accepting Your ANU Offer – What's Next?

December 20, 2024

Have you received an offer to study a degree at ANU but unsure of your next steps?

Join us for a step-by-step guide on the deferral process, how to accept your offer and enrol in your program. We'll also discuss the many support services available to ANU students and key dates.

The webinar will finish with a live Q&A session where you can get all your questions answered.

This event is suitable for domestic students who have received an offer at ANU.

[Find out more](#)

2025 Collarts High School Summer Holiday Workshops

January 22 to January 23, 2025

Collarts are opening their doors to Victorian High School students going into years 10, 11 and 12 in 2025, and those that finished year 12 in 2024, to participate in a series of practical, hands-on workshops.

Experience what it's like to live a day in the life of a Collarts student. With 13 workshops to choose from across 2 days, check out the Collarts website to see what's on.

[Find out more](#)

Study & Other Opportunities:

5 tips for open day success

Open days are one of the best ways to explore your future education options and get a first-hand experience of what each university has to offer. With so much happening in a single day, it's important to plan ahead to make sure you don't miss anything important. Let's look at how you can make the most of upcoming open days with these 5 tips.

What are open days?

University open days are special events where institutions throw open their doors to prospective students and their families. It's your chance to explore the campus, meet the teaching staff, and get a real taste of what studying there might be like. Most universities hold these events once or twice a year, and the best part is – apart from any food or drinks you buy – they're completely free!

Top tips for open day success

With so much packed into a single day, it's important to plan ahead to make sure you don't miss anything important. In this blog, we'll provide you with some tips to get the most out of your open day visits and help you gather all the information you need to make decisions about your future study.

Plan ahead

A little bit of preparation can make a huge difference to what you get out of open days. Since there are bound to be conflicting dates, we don't recommend trying to visit more than one university per day. Instead, spend some time researching the courses you're interested in to decide which open days are must-attend events.

Once you've made your choices:

- Register for the events you want to attend
- Add the dates and directions to your calendar
- Download or print the open day programs
- Research parking options or plan your public transport route
- Consider asking a friend or family member to come along for support

Make sure to wear comfortable clothes and shoes – you'll be doing plenty of walking as you explore the campus. It's also worth having a map app ready on your phone to help you navigate between different buildings and sessions.

Talk to everyone you can

There'll be loads of people available to help at open days, including lecturers, current students, and other staff members. They're there specifically to answer your questions and help you understand your options.

Try to find the lecturers and faculty staff you might be studying with and ask them about their courses. Here are some key questions to consider:

- What are the core units and available majors?
- How is the course taught and assessed?
- What are the job outcomes like for graduates?
- Are there internship or work experience opportunities?
- What support services are available if you need help?

Current students, on the other hand, can give you the inside scoop on what university life is really like. They can tell you everything from where to find the best coffee to tips for balancing study and part-time work. Don't be shy about asking questions – everyone remembers what it was like to be new and uncertain and is more than happy to help.

Make time to explore

Open days are your chance to really get a feel for where you might be studying. Take time between scheduled sessions to explore the campus and its facilities. Most universities will offer guided campus tours, which are a great way to see everything without worrying about getting lost.

Make sure to check out:

- The libraries and study spaces
- Lecture theatres and labs
- Student common areas
- Cafes and food outlets
- Sports facilities and gyms

It's also worth exploring the surrounding area to get a sense of where you might be living and studying. Look for accommodation options, public transport connections, and local shops and cafes.

Compare your options

Even if you're pretty certain about which university you want to attend, we recommend visiting at least two or three different open days. This helps you make a more informed decision and might open your eyes to possibilities you hadn't considered.

Think about creating a simple checklist of what's most important to you in a university. You could include things like:

- Course content and teaching style
- Campus atmosphere
- Location and transport options
- Available facilities
- Support services
- Social life and clubs

Remember, you'll be spending several years and a significant amount of money on your university education, so it's important to feel confident about your choice.

Enjoy the experience

Most importantly, open days are meant to be fun! Universities usually put on entertainment, provide free food and drinks, and run competitions with great prizes. Take the time to soak up the atmosphere and see if you can picture yourself as part of the university community.

We suggest you use the day to:

- Meet other potential students
- Try out any hands-on activities or workshops
- Collect information about clubs and societies
- Sample the campus food
- Get a real feel for university life

Open days are by far the best way to find out if a university is going to be a good match for you. Take advantage of everything on offer and don't be afraid to ask questions – everyone is there to help you make the right choice for your future.

Ready to explore?

Whether you're just starting to think about university or you've already got your heart set on a particular course, open days are a great opportunity to help you make informed decisions about your future. The more open days you attend, the better equipped you'll be to choose the right path for you – hopefully this tips can help you make the most of each event.

Want an easy way to find upcoming open days? [Take a look at our open day calendar here.](#)

Apprenticeships & Traineeships

[3 vocational careers you can start without an apprenticeship](#)

You've probably heard about lots of jobs that require either an [apprenticeship](#) or a degree to get started. But if you're eager to get into the workforce right after high school without spending any extra time studying, we have good news: there are several well-paying and interesting career paths that allow you to do just that. Let's take a look at three vocational careers to explore that don't always require a formal apprenticeship, though some hands-on experience or [short courses](#) may be beneficial.

Landscape labourer

Landscape labourers work outdoors, helping create and maintain outdoor spaces like gardens, parks, and commercial properties. This job involves planting, trimming, mowing, mulching, and sometimes operating light machinery.

You'll need physical stamina, teamwork skills, and attention to detail. Basic gardening knowledge is also important so you can tell an ornamental from a weed, and determine the level of care required for each area.

Many landscaping companies hire entry-level labourers without requiring formal training or an apprenticeship. You can build your skills as you work, and if you enjoy it, you could eventually become a landscape supervisor or even start your own business. It could be a perfect fit if you

enjoy physical work and being outdoors. The practical skills you'll gain, like equipment operation and plant care, can be useful in other areas too.

Tiler

Tilers specialise in laying tiles for walls, floors, and other surfaces in homes and commercial spaces. They work with a variety of materials, including ceramic, porcelain, and stone, and often assist clients in selecting tile patterns and designs.

Many tilers begin with on-the-job training, and some construction companies or independent tilers hire assistants or entry-level workers to help with simpler tasks, like mixing mortar, grouting, and cleaning up. Over time, as you learn from more experienced tile setters, you can start handling more complex parts of the job, from preparing surfaces to be covered and cutting and tiles around obstacles, to laying and setting tiles that create decorative designs.

You'll need precision and attention to detail, basic math skills (to get the measuring and layout spot on, as well as working out volumes of tiles and grout needed), as well as physical stamina, dexterity, and a healthy splash of creativity to get designs just right.

Becoming a tiler could be great if you don't want to work in an office and are creative and practical in equal measure. Once you gain experience, you may also have the option to start your own business.

Painter and decorator

Painters and decorators focus on preparing and painting interior and exterior surfaces. They also handle tasks like wallpapering, colour consultations, and finishes that meet customer needs and enhance aesthetic appeal. As a painting and decorating assistant, you'd be helping prepare surfaces, applying paint, and finishing surfaces, and helping with setting up and cleaning.

To work as a painter and decorator you'll need physical dexterity, attention to detail, great hand-eye coordination, the ability to follow instructions, and a willingness to work in various settings.

Entry-level positions are widely available with no formal requirements, but you'll need to be willing to put in long hours with early starts. Many painters and decorators start by working as assistants, learning proper techniques for prepping surfaces, building knowledge of different painting techniques and materials, and managing clean-ups.

Taking [short courses or vocational studies in painting or interior decorating](#) could expand your skills or fast track you to moving up the ladder (pun intended) or starting your own business.

Enter the workforce straight away

These vocational careers provide an entry point into the industry without the commitment of an apprenticeship, while still offering hands-on experience and valuable skills. Whether you're interested in outdoor work, interior finishing, or specialised installation, each of these jobs could let you jump in, learn, and grow within the industry.

Plus, there's always the option of studying while you work or upskilling down the track if you have a change of heart or would like to progress faster.

If you're unsure about your next steps, check out the [Study Work Grow website](#) for more ideas, and speak to a career practitioner to help you work out what would be best for you.

Jobs & Skills for Work:

[How to become a Park Ranger](#)

Park Rangers monitor, preserve, and maintain parks, scenic areas, historic sites, nature reserves, recreation areas and conservation reserves. They work on the ground to implement conservation policies, educate visitors, and enforce relevant laws and regulations. They also play a crucial role in protecting native flora and fauna while managing visitor activities.

If you're passionate about conservation and education, love being outdoors, and are great at communicating, this could be an ideal career to explore further.

What skills do I need as a park ranger?

- Excellent communicator
- Physically fit & resilient
- Environmentally aware
- Customer service oriented
- Problem-solving abilities
- Project management skills
- Leadership capabilities
- Safety consciousness

What does the job involve?

- Patrolling and monitoring natural areas
- Managing invasive species and pests
- Protecting endangered species
- Maintaining park facilities and assets
- Managing fire and flood control
- Working with indigenous communities
- Enforcing park rules and regulations
- Conducting educational programs
- Writing reports and maintaining records

What industries do park rangers typically work in?

- Agriculture, Forestry & Fishing
- Public Administration & Safety
- Arts & Recreation Services

What Career Cluster do park rangers belong to?

Park rangers are dedicated to protecting our safety and wellbeing, so they make excellent Guardians. They often work alongside Makers who maintain park facilities, and Informers who help educate the public about conservation.

What kind of lifestyle can I expect?

Working as a park ranger often means spending lots of time outdoors in all weather conditions. You may need to live in remote areas and be comfortable working independently or in small teams. Most park rangers can expect to earn an average salary, though this varies with experience and location.

Many park rangers work full-time, and you'll likely need to work on weekends, holidays and sometimes nights.

How to become a park ranger

While formal qualifications aren't always required, many employers prefer candidates with relevant education. This could include a vocational qualification in conservation or ecosystem management, or a university degree in environmental management or science.

Practical experience through volunteering or seasonal work is highly valued in this field. You'll also need a driver's license and may benefit from first aid certification or other relevant qualifications.

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

If you're in high school and interested in becoming a park ranger, here are some steps you can take:

- Focus on subjects like Sciences, English, and Mathematics.
- Find work experience at a relevant organisation, such as your local council or land management body.
- Develop outdoor skills like hiking, navigation, and plant identification.
- Get involved with environmental groups or programs at school or in your community.

Where can I find more information?

You can learn more about careers as a park ranger through these organisations:

- [International Ranger Federation](#)
- [Australian Ranger Association](#)
- [Rangers of Aotearoa New Zealand](#)
- [Countryside Management Association](#) (UK)
- [European Ranger Federation](#)
- [Association of National Park Rangers](#) (US)
- [Parks Canada](#)

Similar careers to park ranger

- [Conservation Officer](#)
- [Disaster Management Officer](#)
- Environmental Scientist

- [Zookeeper](#)
- [Tour Guide](#)
- [Climate Scientist](#)
- [Marine Biologist](#)
- [Wildlife Biologist](#)

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

Entrepreneurship

Sole trader vs company owner: What's the difference?

Thinking about starting your own business after graduation? Maybe you're already earning money from your social media presence, or planning to start a side hustle while studying? Understanding different business structures might seem boring, but it's actually super important for your future business journey. Let's look at the difference between being a sole trader vs a company owner, and explore the main ways you could potentially structure your business.

NOTE: before anyone gets all excited, this is not financial or accounting advice – always ask a professional about your options before making any big decisions.

What is a sole trader?

A sole trader (known as a sole proprietorship in North America) is the most straightforward way to run a business. Think of it like this: you and your business are basically the same thing in the eyes of the law.

Common terms around the world include:

- Australia/New Zealand/UK: Sole Trader
- USA/Canada: Sole Proprietorship

What being a sole trader might look like

Imagine you're a talented makeup artist doing formal makeup for fellow students, or maybe you're great at graphic design and creating logos for local businesses. As a sole trader, you could start taking bookings or clients right away without too much paperwork. You might operate under your own name like "Sarah's Beauty Services" or choose a business name like "Glow Up Studio."

What is an incorporated company?

An incorporated company creates a separate identity for your business. In Australia, you might hear people talk about "Pty Ltd" companies. Other countries have similar structures with different names.

Common terms around the world include:

- Australia/New Zealand: Proprietary Limited (Pty Ltd)
- UK: Private Limited Company (Ltd)
- USA: Corporation (Inc.) or Limited Liability Company (LLC)

When might someone choose to be a sole trader?

Let's look at some real-world scenarios where starting as a sole trader might make sense.

For the creative entrepreneur

- Imagine you're a budding copywriter taking on freelance work while studying
- Maybe you're building a following as a fitness influencer on social media
- Perhaps you're selling handmade jewellery through Etsy

For the trade professional

- You might be an apprentice electrician planning to go out on your own
- Or a qualified beauty therapist starting with a small client base
- Maybe you're a personal trainer building up your client list at the local gym

The great thing about being a sole trader instead of a company owner in these situations is that you can start small and test your business idea without a lot of upfront costs or paperwork. You might find this structure works well while you're building your client base and learning the ropes of running a business.

When might someone consider an incorporated company?

Let's look at when some of these same businesses might think about incorporating.

Growing your creative business

- Your copywriting business has grown and you're thinking about hiring other writers
- Your fitness influence has led to creating your own supplement line
- Your jewellery business is now supplying to major retailers

Scaling your professional services

- Your electrical business has expanded to managing multiple jobs and contractors
- Your beauty therapy practice has grown into a full salon with staff
- Your personal training has evolved into a chain of boutique fitness studios

Things to think about

Remember, this information is just to help you understand the basics – it's not financial or legal advice! When thinking about business structures, here are some things you might want to consider:

As a sole trader

- You might find it easier to get started quickly
- Your accounting could be simpler at first
- You might have more flexibility while figuring out your business model
- You could be personally responsible for business debts (something to think about!)

With a company

- You might find it easier to grow and bring in partners

- Your personal assets could be better protected
- You might look more professional to bigger clients
- There could be more paperwork and costs involved

Starting your journey

Many successful businesses start small and change their structure as they grow. Take the example of a student starting as a freelance graphic designer: they might begin as a sole trader, taking on small projects between classes. As their client base grows, they bring in other designers, and eventually might choose to incorporate their growing design agency.

Important note

This article is for general information only and doesn't consider your situation (of course). Business structures can affect your taxes, legal obligations, and financial future. So, **it's always important to chat with qualified professionals like accountants, lawyers, or business advisors** before making any decisions about your business structure. They can look at your specific situation and help you understand what might work best for you.

Remember, there's no one-size-fits-all answer – the right structure depends on your unique circumstances, goals, and the type of business you want to build. The key is to get some good advice before you get started. Running a business can be one of the most amazing experiences, so best of luck to you whichever way you go.

If you want to find out more about starting your own business, [we also have other blogs on entrepreneurship you might like to check out](#).

Skills for Work

[Are you more adaptable than you think? 5 everyday signs that show you're great at rolling with change](#)

Ever wondered if you're good at handling change? You might be more adaptable than you realise! While some people think adaptability is about making massive life changes, it's actually a skill we build through everyday experiences. Let's explore some common activities that show you're already developing this crucial skill.

You've mastered the group project shuffle

Remember that time your group project completely changed direction halfway through? Or when someone dropped out, and you had to redistribute the work? If you've successfully navigated these situations, you're already showing strong adaptability skills.

Group projects rarely go exactly as planned. Being able to adjust your approach, take on different roles, or help others catch up shows you can handle unexpected changes while keeping the end goal in sight. This kind of flexibility is a key component of adaptability.

You're a pro at Plan B (and C, and D...)

Think about the last time your original plans fell through. Maybe the venue for your friend's birthday closed unexpectedly, or your study spot was suddenly unavailable before a big exam. If you quickly came up with alternatives and helped others adjust to the new situation, that's adaptability in action!

The ability to think on your feet and generate alternative solutions, rather than getting stuck on what "should have" happened, is a valuable skill. It shows you can maintain a positive attitude while managing unexpected changes.

You've survived tech changes without drama

Have you recently learned to use a new phone, adapted to a different social media platform, or figured out new software for a school project? If you approach these changes with curiosity rather than frustration, you're showing great adaptability.

Being able to transfer your knowledge from one system to another and quickly learn new interfaces demonstrates cognitive flexibility – a key component of adaptability. It's not about being a tech expert; it's about being willing to learn and adjust to new ways of doing things.

You can switch between different social groups

If you can comfortably move between different friend groups, adjust your communication style for different teachers, or adapt your behaviour between school and work environments, you're showing excellent adaptability skills.

This ability to "read the room" and adjust your approach shows you can recognise different social contexts and modify your behaviour accordingly – a crucial aspect of adaptability that many people find challenging.

You've handled schedule changes like a champion

Think about times when your routine was disrupted – maybe exam schedules changed, or you had to juggle unexpected commitments. If you can reorganise your time and adjust your priorities without major stress, that's adaptability at work.

Being able to revise your plans and stay productive when your usual routine is disrupted shows you can maintain effectiveness even when circumstances change – a valuable form of adaptability.

Where you'll use this skill in the workplace

Adaptability is one of the most sought-after skills in modern workplaces. Here's where you might use it:

Project management

When deadlines shift, resources change, or client requirements evolve, adaptable project managers keep things moving forward by adjusting plans while maintaining team morale.

Customer service

Each customer interaction brings unique challenges and unexpected situations. Adaptable customer service professionals can switch between different approaches to find solutions that work for each individual.

Technology roles

With constant updates and new systems being implemented, tech professionals need to continuously adapt their skills and approaches to stay effective in their roles.

Team leadership

Leaders need to adapt their management style for different team members, adjust to changing business conditions, and help their teams navigate through changes.

Product development

Market conditions, user feedback, and technological capabilities can all impact product development. Being able to pivot while keeping the core objectives in mind is crucial.

Event planning

From last-minute vendor changes to unexpected weather conditions, event planners need to be ready to modify plans while ensuring the event's success.

Becoming a master of change

Remember, adaptability isn't about never feeling stressed by change – it's about being able to adjust and move forward effectively when change happens. If you recognised yourself in any of these scenarios, you're already building this valuable skill.

Want to strengthen your adaptability even more? Try deliberately putting yourself in new situations, taking on different roles in group projects, or learning new skills just for fun. The more you practice handling change in low-pressure situations, the more adaptable you'll become when it really counts.

[You can learn more about building skills for work and life on our website.](#)

Health & Wellbeing:

[7 ways to forget exam stress](#)

The exam period can feel like running a marathon, both physically and mentally draining. Once it's over, you definitely deserve time to rest and recover – but switching off that study mindset isn't always easy. Here are 7 practical ways to help you forget exam stress and move forward.

Why is post-exam recovery important?

Taking time to properly recover after exams is important for both your mental and physical health. Prolonged stress can affect your sleep, mood, and even your immune system. By actively working to reduce your stress levels, you'll be better prepared for whatever challenges come next, whether that's starting something new, planning for next year, or simply enjoying your well-earned break.

7 tips to forget exam stress

Let's look at some practical ways you can start your post-exam recovery and get back to feeling like yourself again.

Clear your study space

Your study space has probably been exam central for weeks or months. Seeing all those textbooks, sticky notes and study guides can keep you mentally stuck in exam mode. Taking time to clear away your study materials isn't just about being tidy – it's a symbolic way to show yourself that this chapter is finished.

- Pack away your textbooks, notes and study materials
- Clean and organise your space to signal to your brain that exam season is done
- Store important materials somewhere accessible but out of sight
- Consider donating old textbooks you won't need again

Express your feelings

It's completely normal to have a mix of emotions after exams – relief, worry, excitement, or even feeling a bit lost. Bottling up these feelings can prolong your stress, so it's important to find healthy ways to express yourself. Whether you prefer talking things through or processing your thoughts privately, letting these emotions out helps you move forward.

- Talk through your exam experience with supportive friends or family
- [Write down your thoughts in a journal or diary](#)
- Share your relief with classmates who understand what you went through
- Remember that what you're going through is normal and there's nothing to be ashamed of

Focus on relaxation

Your body and mind need time to recover from the intense pressure of exam preparation.

Relaxation isn't just about doing nothing – it's about actively choosing activities that help you unwind and reset. Find what works for you, whether that's quiet meditation or energetic exercise.

- [Try meditation apps designed for teens](#)
- Put together a calming playlist
- Catch up on lost sleep
- Consider joining a yoga class
- Take long walks to clear your head

Celebrate finishing

You've accomplished something significant, and that deserves recognition. Celebrating doesn't have to be elaborate or expensive – you can do anything that feels meaningful to you. Taking time to acknowledge your hard work helps create closure and positive memories.

- Organise a small gathering with friends
- Plan a special dinner with family
- Have a movie night with your study group
- Treat yourself to a shopping spree

Structure your free time

Suddenly having lots of free time can feel strange after following a strict study schedule. While it's tempting to have completely unstructured days, having even loose plans can help you make the most of your break without feeling overwhelmed or letting time slip away.

- Make a loose schedule of fun activities
- Balance socialising with downtime
- Consider a casual job or volunteer work
- Try not to let days drift by without purpose

Get active outdoors

Being stuck inside studying can take its toll on both your physical and mental wellbeing. Getting outside in the fresh air and natural light can help boost your mood and energy levels. Even small amounts of outdoor time can make a big difference to how you feel.

- [Spend time in nature to boost your mood](#)
- Join friends for sports or swimming
- Go for bike rides or hikes
- Simply sit outside in the fresh air

Practice self-care

Self-care isn't selfish; it's essential for recovering from stressful periods. This is your chance to reconnect with activities and people that make you feel good. Take time to rediscover what you enjoy doing when you're not focused on studying.

- Do activities that make you feel good

- Reconnect with hobbies you've missed
- Spend quality time with friends and family
- Give yourself permission to truly relax

Moving forward

Remember that exams are just one part of your academic journey. While it's important to acknowledge the effort you put in, it's equally important to let go and recharge. Hopefully these tips can help you forget your exam stress, reflect on what you've learned, and gradually prepare yourself for what's next.

Want more tips on managing study stress and wellbeing? [You can find more helpful resources on our website here.](#)

Volunteering

3 reasons why volunteering is more rewarding than you might think

I'm a member of the Study Work Grow team where I work full-time, but I am also a passionate volunteer. I can't remember when or how it all started, but the first volunteering role I had was collecting stamps off mail (back in the days when people sent post by mail on the regular) which I'd send in to the Guide Dogs and they'd somehow use to generate funds to support their programs. I've volunteered for roles in school, at uni, and have generally had a volunteering role throughout most of my working life. Whether it's fundraising, working for mental health charities, helping schools through the P&F or in class, donating blood or plasma, helping conservation efforts through tree planting days, clean-up events, or helping to rescue wildlife; it's been a constant source of happiness and reward throughout my life. Other than the main reward of helping and meeting all the other "helpers" along the way, volunteering has given me a lot both personally and professionally.

Here's a breakdown of why giving back can be so much more than just another item on your resume, but that is also an awesome bonus as well.

Discover your passions and interests

Volunteering is a great way to explore different fields and causes that might resonate with you. Are you passionate about animals? Volunteer at a shelter. Interested in healthcare? Look into programs that let you assist at a hospital or with elderly care. Whatever the cause, it's an opportunity to figure out what you love without long-term commitments.

Plus, volunteering can show you sides of the world – and yourself – that you never knew existed. You might find that you enjoy working with young kids, want to pursue environmental science, or feel drawn to helping people in crisis. These experiences can help shape your career goals or even lead to new hobbies and interests.

Build skills and confidence

Volunteering is a fantastic way to build real-world skills. You might learn project management, organisation, teamwork, public speaking, or customer service skills, all of which are highly transferable. Even if you're not sure what career you want to pursue, these skills are valuable in any field. Not to mention the hands-on experience and behind the scenes experiences that will also help you learn and grow.

For example, if you're volunteering at an event, you might learn to manage logistics, work to a budget, communicate with attendees, coordinate efforts or work as part of a larger team. These situations push you out of your comfort zone and help you gain confidence in your abilities, preparing you for bigger responsibilities in school and beyond.

Make genuine connections and improve your mental health

Volunteering can help you meet people from different backgrounds, ages, and walks of life.

Whether you're working alongside fellow volunteers or connecting with the people you're helping, you're likely to form friendships and gain perspectives that enrich your life.

Networking is effective no matter where you are in life. When you get involved with volunteering you just never know when someone you meet along the way will offer you an amazing opportunity.

Whether it's the chance to learn about something you're interested in, go on a trip, take part in something fun or life changing, it could even lead to job opportunities.

On top of that, studies show that volunteering can actually boost your mood and reduce stress.

When you volunteer, your brain releases chemicals like oxytocin and dopamine, which help you feel happier and more relaxed. And the sense of accomplishment from helping others can increase your overall life satisfaction. So, while you're giving back, you're also taking care of your own mental health!

Don't believe me or the research? There's a simple way to test if it'll work for you – just give it a go.

Wrapping up

Volunteering isn't for everyone, and that's OK. If you're unsure but decide to give volunteering a go, it can be a game-changer, not just for the people you're helping but for yourself as well. So whether it's helping out at a local food bank, tutoring younger students, or planting trees in the community getting out and doing your bit is something I'd recommend to everyone. At the end of the day what have you got to lose?

Sure if you give up some time and don't feel it was right for you could think it was time wasted, but actually it's still helping you to learn about yourself, you can still add it to your resume, and it might help point you towards something that is perfect for you.

Volunteering is about more than just giving your time. It's a chance to explore who you are, gain new skills, and make meaningful connections — all while making a positive impact. So next time an opportunity to volunteer comes up, give it a shot! It might just turn out to be one of the most rewarding things you do in high school.

If you're tempted to give it a try, [check out more articles about volunteering](#) to see what inspires you and how to get started.