

Weekly Careers News

For South Australia

Monday 12 February, 2024

Jump to:

What's On

Study

Important Future Events

Work

Free Money

Grow

What's On

NIE | Pathways into Medicine and Dentistry Live Webinar

February 20, 2024

This forum is an excellent opportunity for teachers, students and their parents to find out about the UCAT, pathways into medicine, and have all questions answered by an expert teacher who has been working in the field since 1999.

The session is packed with invaluable information during which we will be covering the following topics, and more:

- What is UCAT? UCAT scores? UCAT Sub-tests?
- Year 10, 11 and 12 – things to consider now.
- The Undergraduate Selection Criteria

- Application process into universities for medicine and dentistry
- When and who can sit the UCAT
- GAMSAT
- Can you prepare for the UCAT?
- Undergraduate interview process
- What, how and why about Gap Year?
- Alternative degrees and career choices
- Work experience advice
- Q & A

[Find out more](#)

UniMelb | Hansen Scholarship Program online information evening

February 21, 2024

Are you a high achiever completing Year 12 in 2024?

The Hansen Scholarship Program is the University of Melbourne's most generous undergraduate accommodation scholarship, valued at up to \$108,000.

The program rewards high-achieving Year 12 students from across Australia who have faced adversity and are committed to helping others. Hansen Scholars receive free accommodation at Little Hall, generous financial support, tailored academic mentoring and more throughout their undergraduate degree at Melbourne.

Applications for the 2025 program will open on 5 February 2024. In this online information session, you'll discover more about the range of benefits on offer, as well as the eligibility criteria and tips on submitting a competitive application. You'll also hear from a current Hansen Scholar and have the chance to ask any questions.

[Find out more](#)

AYAC Spotlight Series: In conversation with Professor Tim Corney PhD on the 10-year anniversary of the National Definition of Youth Work

February 22, 2024

Join the Australian Youth Affairs Coalition (AYAC) for the inaugural meeting of our (free) online lunchtime spotlight series.

As we mark a decade since the creation of the National Definition of Youth Work, [Professor Tim Corney](#) who was one of the definitions authors will share insights into the current landscape of youth work, and explore considerations about the future of youth work and its existing definition in our dynamic and ever-changing society.

[Find out more](#)

Important Future Events

ICHM | Discovery Day

April 4, 2024

ICHM Discovery Days aim to get you thinking differently about your post high school studies and career development, covering a range of exciting topics including international business and tourism, luxury hotel design and hospitality opportunities.

So join us for a day of fun and discovery while finding out about different areas of learning, that could help you develop and explore a future in hospitality and business management.

[Find out more](#)

University of Adelaide | Yr 11 & 12 On Campus Experience - Energy, Mining & Resources School

April 10, 2024

Join us on campus for an immersive opportunity for Year 11 and 12 students in Week 11 of Term 1!

Building upon the inaugural on-campus events offered in 2023, the full-day event will allow students to get hands-on in activities run by leading University academics across various disciplines, hear from industry professionals to gain a firsthand look at the sector and discover where a career in the energy, mining and resources sector could lead.

[Find out more](#)

AIE | Industry Experience Day

April 11 to April 17, 2024

AIE's Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

[Find out more](#)

UTAS | Maria Island Marine Biology Experience

April 22 to April 28, 2024

A practical learning experience on Maria Island for year 11 and 12 students.

This predominately field-based unit consists of 5 days on picturesque Maria Island on the Tasmanian East Coast. The unit is open to 24 students and is designed to engage, challenge, excite and inspire you through a hands-on marine science program. It will encourage you to explore issues threatening biodiversity as well as the productivity of the marine system. Climate change, invasive species, pollution, debris and their associated social and economic impacts will be covered.

To help with the cost of getting to Tasmania, year 11 and 12 students currently living interstate will automatically go into the running to receive one of five fully funded packages.

Please note, applications close at 11.59pm on Monday, 26 February. Applications received after this date and time will not be accepted.

[Find out more](#)

Free Money

Scholarships

Rheem Apprentice Plumber Grants

Opens: February 1, 2024

Closes: April 28, 2024

The Rheem Apprentice Plumber Grants program was established to reinforce Rheem's commitment to the next generation of Australian plumbers, beyond products and innovation.

[Find out more](#)

UTAS Excellent Achiever Scholarship - National Centre for Maritime Engineering

Opens: August 31, 2023

Closes: February 28, 2024

The National Centre for Maritime Engineering & Hydrodynamics (NCMEH) the Australian Maritime College (AMC), is offering a number of scholarships to recognise students who achieve high tertiary entrance scores and who are enrolling for the first time at the AMC in maritime engineering courses.

[Find out more](#)

UTAS Excellent Achiever Scholarship - Maritime and Logistics Management

Opens: August 31, 2023

Closes: February 28, 2024

The Centre for Maritime and Logistics Management, Australian Maritime College (AMC), is offering two scholarships to recognise students who achieve high tertiary entrance scores and who are enrolling for the first time in on-campus study at the AMC in maritime and logistics management.

[Find out more](#)

ACU Community Engagement Equity Scholarship

Opens: August 1, 2023

Closes: March 1, 2024

This scholarship supports undergraduate students at ACU's Blacktown campus, who have demonstrated a commitment to community service and/or community engagement.

[Find out more](#)

Competitions

Swift Student Challenge

Opens: December 1, 2023

Closes: February 25, 2024

Apple is proud to support and uplift the next generation of developers, creators, and entrepreneurs with the Swift Student Challenge. The Challenge has given thousands of student developers the opportunity to showcase their creativity and coding capabilities through app playgrounds, and earn real-world skills that they can take into their careers and beyond.

[Find out more](#)

What Matters? Competition

Opens: February 7, 2024

Closes: May 17, 2024

Inspired by Gough Whitlam's commitment to involving young people in shaping Australia's future, the *What Matters?* writing competition is currently open to school students in years 5 to 12 from Australia. Responding to the simple question 'what matters?', entrants are free to express their views on any matter they care about.

[Find out more](#)

Study

University

[Early entry FAQs](#)

We know that Year 12 is big – huge, in fact. You probably already have a lot on your plate, but have you thought about early entry? It's a pathway to university that could save you a whole lot of time and stress later in the year. If you have some frequently asked questions (FAQs) about early entry, we're here to provide you with all the answers.

What is early entry?

Some universities and Tertiary Admissions Centres (TACs) have programs in place that allow them to accept applications before the “official” opening dates. By applying for one of these programs, you can receive an offer earlier than if you apply through the normal process, often before end of year exams have even been sat.

It's a way to give you some peace of mind knowing you have a place secured at university next year – one less thing to stress about during exam time!

Who is eligible to apply for early entry?

Each program has its own eligibility criteria, but here are some of the most common:

- Academic achievement
- Community involvement, e.g. volunteering
- Leadership roles, e.g. school leader, team captain
- Disadvantage, e.g. financial, social, or physical

If there's a program you're really interested in applying for but you're unsure if you meet the criteria, it's definitely worth doing some more research. Get in touch with the university or TAC and ask what your options might be.

Which universities have early entry programs?

Most of them! Here's a list:

- [Australian Catholic University](#)
- [Australian National University](#)
- [Bond University](#)
- [Campion College](#)
- [Charles Sturt University](#)
- [CQUniversity](#)
- [Curtin University](#)
- Deakin University – [Regional Access Scheme](#) & [Indigenous Access Scheme](#)

- [Edith Cowan University](#)
- [Federation University](#)
- [Flinders University](#)
- [Griffith University](#)
- [James Cook University](#)
- [La Trobe University](#)
- Macquarie University – [Leaders and Achievers](#), [ATSIEP](#) & [Gifted and Talented](#)
- [Murdoch University](#)
- [Queensland University of Technology](#)
- [RMIT University](#)
- [Southern Cross University](#)
- [Swinburne University of Technology](#)
- [Torrens University Australia](#)
- [UAC](#)
- [University of Adelaide](#)
- University of Canberra – [Fast Forward](#) & [Portfolio Entry](#)
- University of Melbourne – through the [Elite Athletes and Artistic Performers Entry Scheme](#) only
- [University of Newcastle](#)
- [University of New England](#)
- [University of Notre Dame](#)
- [University of Southern Queensland](#)
- [University of the Sunshine Coast](#)
- University of Sydney – [Portfolio Admissions](#), [CASAS](#) & [Gadigal](#)
- [University of Tasmania](#)
- University of Technology Sydney – [Early Entry](#) & [Edge](#)
- [University of Western Australia](#)
- [University of Wollongong](#)
- [UNSW](#) (excluding UNSW Canberra/ADFA)
- [Victoria University](#)
- Western Sydney University – [HSC True Reward](#) & [ATSI Pathway Program](#)

Don't see your chosen university on this list? You might like to contact them directly anyway and ask about their pathway options.

Note: many of these programs are still showing information from 2023, and it is up to the university whether they will be offered again in 2024. Dates, courses, and eligibility requirements are subject to change.

When can I expect to receive an early offer?

Each program is different; some of them might send you an offer within a couple of weeks of submitting your application, while for others you may need to wait until later in the year. But all of them will send out offers earlier than the normal application timeline.

When do applications open?

Some programs are opening now or very soon, and closing dates can come around as quick as the end of Term 2. So make sure that you carefully check the key dates for **all** the programs you're interested in to ensure you don't miss out.

What is a conditional offer?

If you receive an offer, be proud! It means that the university definitely sees your potential and thinks you'll be a great candidate to study with them. Usually, the offer you'll receive will be "conditional" – basically, this means it comes with conditions. For example, your offer might be conditional on you achieving a certain ATAR or completing specific subjects. If you fail to meet the conditions of your offer, it might expire. But you can still always apply through the normal processes, as well as see what your alternative pathway options are.

What's the difference between guaranteed and conditional offers?

Guaranteed offers are much less common than conditional offers. As the name suggests, once you receive a guaranteed offer, your place at university is secured, no matter what. But do note that some conditions still apply in extreme circumstances (e.g. not finishing Year 12 may void your guaranteed offer). Make sure you thoroughly check the small print before accepting any offer.

What are the advantages of applying for early entry?

If you're still unsure about whether to apply, here are a few benefits to consider:

- Get the applications requirements out of the way now, instead of worrying about it when you're already busy with study
- Enjoy the security of knowing you already have an offer before going into exams
- Many programs have scholarships, bursaries, and other perks affiliated with them
- It can help you concentrate better on schoolwork later in the year
- You could get a head start on getting organised for life at university
- If you'll be moving away from home, you can get your accommodation applications in early
- You could save money, as the majority of early entry program applications are free (whereas TACs charge a fee for the application process)

- There's no commitment – you don't have to accept any offers and can still apply through the traditional route later in the year

How many early entry programs can I apply for?

As long as you meet the eligibility criteria, you can apply for every early entry program on offer. There are no limits, and applying for one program will *never* make you ineligible for another.

What happens if I receive more than one early offer?

There is a chance you could receive multiple offers, and there's nothing wrong with that – it just broadens your choices. But you can only accept one of them. So think carefully before making any final decision, and of course don't forget to reply to your other offers with a 'no'.

What happens if I don't receive any early offers?

You might be disappointed if you don't receive an offer, but that's about as serious as it gets. You can still be able to apply for the same university and same course through the traditional application system later in the year.

On the bright side, now that you're familiar with the application process, you'll find it easier and quicker next time, and you'll probably have all the documentation you need already organised.

Early entry sounds great – what's next?

If you think you're ready, the last thing to do is apply!

Each program and university has their own processes and systems, so navigating it all can seem like a bit of a nightmare. That's why each we created the Early Entry Guide – it details all the different options available, eligibility criteria, important key dates and deadlines, and much more.

If you're a current Study Work Grow member, keep an eye out for the 2024 version of the guide in your inbox soon.

Not a member? You can still purchase the guide from our [shop](#) and receive your own digital copy.

Still want more information? We also have heaps of other blogs about university and study pathways on our website [here](#).

[Medical Radiation Science Pathway Program from Charles Sturt](#)

Charles Sturt University is offering a pathway program for Year 12 students dreaming of a career in the diverse and progressive field of medical radiation science. You can start your

undergraduate journey early by studying Charles Sturt's Fundamentals of Nuclear Science and Safety micro-credential for free.

The program allows you to:

- Start your studies early
- Fractional load (25%), which would allow managing Year 12 studies concurrently for most students
- Reduce overall HECS debt (FREE program for domestic students)
- Get uni credit (16 pts) for two first-year physics subjects
- Study online and with flexibility

The program runs from 26 February – 25 October 2024 for those planning on commencing their degree in 2025.

Applications close 23 February 2024.

Find out more and apply [here](#).

[University benefits for school leaders](#)

Sometimes students who are school captain or leader, or have other leadership experience, ask if this can be a benefit when applying to university. The answer is **yes**.

There are lots of university benefits for school leaders, including bonus points, scholarships, study support, access to exclusive opportunities, and more. Here are some opportunities for school leaders we've found.

University of Sydney Future Leaders Scheme

Sydney's Future Leaders Scheme allows school captains and dux students to apply for a degree with a lower ATAR requirement. In most cases, it means students can gain entry into a degree with 5 less points than would usually be required. Not all courses are eligible, so check that the list before applying.

Applications to the program are made at the same time as a student's UAC application.

[Find out more](#).

Macquarie Leaders and Achievers

Leadership experience and academic performance could net you an early offer to university with Macquarie's Leaders and Achievers Scheme. All students need is to provide Year 11 results and demonstrate leadership experience (such as school captaincy).

Applications aren't open yet, but they should be opening soon. [Find out more](#).

University of Newcastle Leaders, Athletes and Performers Scheme

Through this scheme, students can gain an extra 4 points towards their selection rank, plus receive extra support once they start university.

Applications for 2025 should be submitted before 31 October. [Find out more.](#)

Bond Adjustment Factors

Bond University offer adjustment factors for a wide variety of circumstances, and students can receive an extra 2 points for their leadership achievements. There are lots of other things they can earn bonus points for too, for a total of 5.

All students need to do is submit evidence of their achievements alongside their application to Bond. [Find out more.](#)

La Trobe Aspire Community Contribution

Through the Aspire Community Contribution Program, students can get an early offer based on your community and leadership experience (including if they've been a school captain or leader).

Applications aren't open yet, but students can register their interest to be the first to find out when they open. [Find out more.](#)

UNSW Elite Athletes, Performers and Leaders (EAPL) Program

UNSW's EAPL program offers up to 5 bonus points to students who can demonstrate achievement in leadership and extra-curricular activities.

Applications for the EAPL Program should open later this year. [Find out more.](#)

UWA Fogarty Foundation Scholarship

One of the country's most prestigious scholarship programs, this scholarship offers budding future leaders money for their studies, access to mentoring and leadership opportunities, and much more.

Applications for 2025 are open now, and they close on 31 May. [Find out more.](#)

UniSC Tim Fairfax Regional Scholarship

This scholarship awards school leaders relocating from a regional or remote areas financial support to study.

Applications for 2025 should open later in the year. [Find out more.](#)

Melbourne Principals' Scholarship

Students can be rewarded for their contribution to the school community with a Melbourne Principals' Scholarship. Principals are invited to nominate a candidate from their school. Nominations usually open in August. [Find out more.](#)

Find out more

This is by no means a comprehensive list – if you're interested in a particular university, contact their future students team and ask if there might be any programs or benefits for leaders.

We also have a database of scholarships and awards on our website [here](#).

Work

Job Spotlight

[How to become a Veterinary Nurse](#)

Veterinary nurses form part of a team that is dedicated to providing the best possible care for pets and their owners. They use their knowledge and skills to assist veterinarians in surgeries, administer medications, and provide comfort to animals during their stay. They also educate pet owners on how to properly care for their pets and prevent illnesses.

If you love animals of all kinds, don't mind getting your hands dirty, and want a job that can be both challenging and rewarding, becoming a veterinary nurse could be something to consider.

What skills do I need as a veterinary nurse?

- Kind and caring
- Emotionally and physically resilient
- Can work efficiently under pressure
- Great team worker
- Excellent communicator
- Dedicated and passionate
- Active and hands-on
- Strong stomach

What tasks can I expect to do?

- Carry out diagnostic tests and administer medications
- Assist with surgery and emergency procedures
- Perform minor procedures with direction from a veterinarian
- Stock medical and other supplies
- Provide information and support to pet owners
- Clean and sterilise work spaces and equipment
- Keep medical records up to date

- Carry out administrative and other functions

What industries do veterinary nurses typically work in?

- Professional, Scientific and Technical Services
- Arts and Recreation Services
- Other Services

What kind of lifestyle can I expect as a veterinary nurse?

Part-time work is very common for veterinary nurses. You will also need to be flexible enough to attend to emergencies – this means you may need to work late nights, weekends, and holidays.

This is a career that can take an emotional toll as often as it is rewarding. You'll need to be prepared to deal with sick and injured animals, as well as upset and grieving owners. Most of your work will be done indoors, generally in a veterinary clinic. There is some outdoor work involved too, and you may even have the opportunity to travel and work from clients' homes. Because of the hands-on nature of the job, remote work is very rare, though sometimes basic consultations can be done over the phone or via video conferencing.

Most veterinary nurses earn an average wage.

How to become a veterinary nurse

Veterinary nurses require extensive training and education, which can include completing a two-year vocational or associate degree program in veterinary technology and passing a national certification exam. They also need ongoing continuing education to stay up-to-date on the latest advancements in animal care.

If you're in high school now and are thinking of becoming a veterinary nurse, here are some steps you could take:

- Study English, Mathematics, and Biology at high school. Completing these subjects will equip you with the basic knowledge you need for further study.
- In some cases, you may be able to complete your qualification as part of an apprenticeship or traineeship. This can be a great option for hands-on learners, or if you want to make some money while you study.
- Contact vet clinics and animal refuges or shelters near you and volunteer, even if it's just cleaning out kennels or sweeping up around the place.
- Be prepared to engage in lifelong learning throughout your career.

Find out more here:

- [Veterinary Nurses Council of Australia](#)

- [New Zealand Veterinary Nursing Association](#)
- [British Veterinary Nursing Association](#)
- [Irish Veterinary Nursing Association](#)
- [American Veterinary Medical Association](#)
- [Registered Veterinary Technologists and Technicians of Canada](#)
- [International Veterinary Nurses and Technicians Association](#)

Similar careers to veterinary nurse

- [Veterinarian](#)
- Practice Manager
- Animal Attendant
- [Physiotherapist](#)
- [Dog Groomer](#)
- Animal Trainer
- [Zookeeper](#)

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

Jobs & Careers

[11 careers you may never have heard of](#)

There are thousands of jobs and careers out there. Do you think you really know *all* of them? It can be fun reading about jobs, whether they existed in the past, right now, or might even exist in the future. So here are 11 careers you may never have heard of – hopefully this list sparks your curiosity and gets you thinking about your own potential future.

Ethnobotanist

Like other botanists, an ethnobotanist studies plants – but more specifically native plants and their cultural uses. Ethnobotany is a bit like biology crossed with anthropology. In Australia, for example, this job might involve identifying (and preserving) plants used for food, medicine, tools, utensils, and weapons by Indigenous people over thousands of years.

Respiratory Therapist

Respiratory therapists help people who suffer from breathing issues. This can be people such as those who have had heart attacks, live with sleep disorders, and even premature babies. They might interview and examine patients, provide emergency care, and work with medical teams to provide the best care for their patients.

Industrial Psychologist

Industrial psychologists specialise in solving mental health issues that arise in or from the workplace. Not only do they help increase productivity, they also improve the mental health and wellbeing of employees and create better working environments for everyone. They might collaborate with management to plan policies, carry out employee screenings, provide training, or even work directly with employees who need help.

Genetic Counsellor

As our understanding of genetics develops and testing capabilities improve, we're able to diagnose (and even predict) genetic issues. In this job, you would inform and educate individuals or families about genetic factors that might affect them or their loved ones. You might advise them about their options and the outcomes that treatment might have for them.

Ocularist

An ocularist is a trained professional who crafts prosthetic eyes for people who were born without them, or have lost an eye due to injury or disease. They fabricate and paint them to look as realistic as possible, and also help clients with fittings. These days, this kind of work is more likely to be done by a 3D printer, but there are [still some experts who do things the old-fashioned way.](#)

Doula

Doulas aren't medical professionals, but they are informed and trained workers. Their main goal is helping and supporting people during major transitions in their lives. They're most commonly hired by women to help them through pregnancy and birth. They might support new mothers and their babies with post-natal care too.

It's becoming more common for Doulas to help people who are near the end of their lives by providing emotional, social, and practical support. They might also provide bereavement support to family and friends who've been affected by the loss of a loved one.

Chief Listening Officer

A relatively new and niche role, your job as CLO would be to gather intelligence on behalf your organisation in order to help them become more competitive. You'll find out how the company is viewed by customers and competitors, then pass on this feedback to help improve client relationships (and make more money, of course). You could also be listening to employees' concerns to create better working environments based on feedback, grievances, or suggestions.

Global Mobility Consultant

With the rise of remote work, packing up and moving no longer means you need to leave your job. Global mobility consultants help organise and oversee the movement and relocation of employees and their families, both within the same country or internationally. You could be organising visas and plane tickets, shipping furniture, finding homes or schools, settling employees into a new work environment, and making sure they know what's expected of them.

Greenskeeper

If you think you already know about this job, we actually have a surprise for you. Greenskeepers don't just look after sporting fields and gardens – this job can also refer to a member of a production team on a film or TV set. They're responsible for finding, buying, and taking care of anything that's "green" or natural to be used in the production, like plants, grass, trees, or flowers, and other natural and landscaping materials like rocks, gravel, or sand.

Parabolic Flight Crew

Similar to an astronaut, just without the going into space part. No, really. In this job you'd be working on aircraft that simulate low or zero gravity environments, helping to train astronauts, pilots, actors, or just provide thrill seekers with an experience. Or, [as professional Tim Bailey puts it](#), "teaching people how to throw themselves to the ground and miss".

Futurist

Futurists, as the name might suggest, specialise in making predictions and researching possibilities about the future based on data, historical facts, technological advances, and more. These predictions are used to help out businesses, community organisations and even sometimes Government departments.

Find more careers that might interest you

If these unusual careers aren't quite right for you, there are heaps of other job options you might like to explore on our website [here](#).

Grow

Health & Wellbeing

The importance of rest

Our bodies are a bit like machines. They need downtime to recharge, just like your phone needs to be plugged in every night. But lots of us are guilty of pushing ourselves too hard, thinking we need to work or study 24/7 to reach our goals – and more often than not, this just ends up in burnout and disaster. So in this blog, we'll break down the importance of rest, plus go through some practical tips on how to incorporate more down-time into your schedule.

Why is rest so important?

We all know that being over-stressed and working yourself too hard can have some [pretty bad side effects](#). When we've been under pressure for a while, it's important to let our bodies and minds rest and recover. Rest has [lots of great benefits](#), such as:

- Reducing anxiety and tension
- Improving your mood
- Boosting your energy levels

So while it's great to stay active and make the most of your time, you don't want to burn yourself out either. The key is finding the right balance.

Tips for better rest

Now we know the importance of rest, but how can you fit this crucial down-time into your busy schedule? If you're feeling a bit overwhelmed and want some help winding down, we have some things you might like to try.

Schedule regular breaks

When you're hitting the books, it's easy to get caught up and forget to take breaks. But did you know that regular breaks can actually improve your focus and retention? Set a timer for every 25-30 minutes of studying, then take a 5-10 minute break to stretch, grab a snack, or simply relax.

Prioritise sleep

You've probably heard this a million times, but it's worth repeating: sleep is crucial for your overall health. Aim for 7-9 hours of quality sleep each night to allow your body and mind to recharge. Create a bedtime routine that helps you wind down, such as reading a book or listening to calming music.

Get moving

Physical activity isn't just good for your body – it's also great for your mind. Whether it's going for a walk, dancing to your favourite songs, or practising yoga, find ways to incorporate movement into your day. This will boost your mood and energy levels.

Unplug and disconnect

It can be so easy to feel overwhelmed by constant notifications and screen time (we get it, trust us). Give yourself permission to unplug and disconnect from technology for a while. Set aside designated “tech-free” periods during the day to focus on other activities or simply enjoy some quiet time.

Practice mindfulness

Mindfulness is all about being present in the moment and paying attention to your thoughts and feelings without judgment. So take a few minutes each day to practice mindfulness, meditation, or deep breathing exercises. Not only will it help reduce stress, but it'll also improve your overall sense of wellbeing.

Your health comes first

Remember, taking breaks isn't a sign of weakness – it's a necessity for our health and wellbeing. By prioritising rest and relaxation, you're not just taking care of yourself, but also setting yourself up for success in all areas of your life.

So the next time you feel tempted to push yourself to the limit, remember the importance of rest. Whether it's a short break during study sessions or a weekend off to recharge, your body, mind, and future self will thank you for it.

If you want some more health and wellbeing tips, you might like to check out the other blogs on our website [here](#).

Goal Setting

[Why you should set goals](#)

Planning for your future or just wanting to get the most out of your year? Gain long-term vision and short-term motivation by setting some goals. Whether you're thinking about subject selection, post-school pathways, gap year options, your next holiday destination, or how to get fitter and healthier, you're already forming goals. They don't always have to be hugely monumental and life changing events either – here are some reasons why you should set goals.

Provide focus and find your passion

Spending some time thinking about what you'd like to achieve in the future (either in a year, five years, or even ten years) can help you work out what's *really* important to you. If you care about something, you're more likely to stick with it and feel a sense of achievement when you follow through. Writing down your goals and putting an action plan in place are the first steps to finding your passion.

See and measure your progress

No matter how big, challenging, or daunting your aspirations are, goals can help you break them down into manageable steps and plan ways to work around obstacles. Eventually, lots of small goals will lead you to your ultimate destination (plus, it feels good to celebrate milestones along the way).

Overcome procrastination

“Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off till tomorrow what you can do today.”

- Earl of Chesterfield

Putting things off is so easy to do, but it means you'll probably end up achieving less. Setting goals helps you be more accountable to yourself. Instead of brushing it off and thinking “I'll do it tomorrow”, your goals will stick in your mind. If you don't complete an action or step, it might nag at you. Goals can work as a constant reminder of what you should be doing, and prompt you into action.

Increase your motivation

Once you've gone through all the effort to discover, plan, and set goals, statistically there is a [much higher chance you'll be more motivated than ever](#) to see them through to the end. You don't want all that hard work to be for nothing, right?

Take control of your future

The last few years have been a bit crazy and lots of us had plans changed or written-off – sometimes more than once. So it's understandable that you might be feeling hesitant to start new goals.

But actually, goals can help to keep you productive and preserve your sanity by making you feel a bit more in control. Planning our futures can help us to [feel less stressed](#), and even [improve our mental health](#). Despite the unknowns of the future, goal setting still has great value – so try not to get sucked into the “why bother” attitude and instead opt for making the best out of what you have to work with.

You can set goals anytime

If you haven't set any goals yet, don't stress! It's never too late and there's no perfect time or deadline. You could take some time to think about what you'd like to achieve right now, or book it in for this weekend. Then you can get stuck in and start taking action once you have a bit of direction.

Make sure your goals are:

- Realistic and achievable
- Measurable
- Valuable and meaningful
- Flexible – it's OK to change your goals or milestones if they're not working out for you.

Find out more

You can find lots more resources about goal setting, wellbeing, and skill building on our website [here](#).

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