Press F9 to update table of contents.
Industry information and aptitude quizzes

The Australian Apprenticeships and Traineeships Information Service has developed a web page at http://www.aatinfo.com.au/Career-Resources/Practice-Aptitude-Quizzes which contains information and quizzes for jobs in a range of industries. Some of the industries included are:

- Building and Construction
- Building Maintenance, Cleaning and Security
- Business, Clerical and Financial Services
- Computing, IT, Graphic Arts and Telecommunications
- Electrical, Electronics and Utilities
- Entertainment, Arts, Museums and Libraries
- Gardening, Farming, Animals, Fishing & Environment
- Health, Care and Community Services
- Hospitality, Travel & Tourism
- Manufacturing, Printing, Furnishings, Clothing, Textiles and Footwear
- Metals and Engineering
- Resources, Drilling, Mining and Processing

The quizzes give you an idea about the aptitudes needed for the jobs in the industries listed.

Knowing which jobs have good prospects

The following article is adapted from the myfuture (Australia’s career information service) newsletter. You can subscribe to this newsletter at http://www.myfuture.edu.au/tools-and-resources/resources-for-career-practitioners/myfuture-news.

Over time occupations increase or decrease in size in response to a range of factors including economic conditions. Generally, occupations that are experiencing strong growth offer better job opportunities but this isn’t the whole story. The Australian Government service Job Outlook (see http://joboutlook.gov.au/) provides data on job opportunities for over 350 different jobs. This data is made up of two sources of job opportunities:

- **Job openings rating** refers to the number of vacancies that are expected to become available in the next five years
• **Employment projections** refer to the projected employment growth for occupations in the next five years.

Understanding the difference between the two can be a little confusing. Basically, strong projected growth means that an occupation will expand in overall size. However, even if the occupation is not expected to grow very much, the number of job openings may still be high because of ‘job turnover’ (i.e. people leaving the occupation). So there may still be good opportunities available in a particular occupation, even without strong projected growth. The key is to look at the overall number of job openings combined with the other information presented in Job Outlook when exploring your career options.

Australian Defence Force (ADF) Gap Year applications are open

The ADF Gap Year program gives Year 12 graduates an opportunity to experience military training and lifestyle while gaining new skills and being paid during their Gap Year. Opportunities are available in the Navy, Army and Air Force. Applications are available for a short time. This is a very popular program, so if you have a serious interest in it, apply as soon as possible. See http://www.defencejobs.gov.au/education/GapYear for more information and to apply.

Important information for Year 11 and 12 students wanting to apply to the Australian Defence Force Academy (ADFA)

Year 11 students considering applying for a place at the ADFA are encouraged to commence their applications now. To do this call 131901 or apply online at http://www.defencejobs.gov.au/ (click ‘Apply now’ on the top right-hand corner of the home page). It is not too late for Year 12 students to apply but you need to start your application as soon as possible.

Join the Australian Air Force Cadets (AAFC)

Any young Australian who is between the ages of 13 and 18 years and is physically fit enough to participate in the activities is welcome to join the AAFC. Through this organisation you will gain important life skills in leadership, self-reliance, self-confidence, self-discipline, self-respect, good communication, teamwork and citizenship. You will also have an opportunity to experience life in the Air Force. Visit http://www.aafc.org.au/ to find out more.
Career Checker – a quiz for career explorers

Career Checker is a five-minute quiz to find out how well you are doing in the three career planning areas of ‘knowing yourself’, ‘getting career ideas’, and ‘deciding and adapting’. You can find this quiz at http://www.careers.govt.nz/tools/career-checker/.

Work experience with CSIRO scientists

Work experience is a great way to explore your career interests. If you are interested in a science career, you could consider applying for a work experience placement with the CSIRO. The CSIRO offers students in Years 10 - 12 the chance to gain first-hand experience of research in a scientific environment. Applications for work experience will be available from 16 March 2015. Find out more at http://www.csiro.au/org/Work-Experience-Overview.
2015 Queensland Science Contest

This contest is organised by the Science Teachers’ Association of Queensland to increase interest in science. The contest is open to primary and secondary students. Participants are required to submit a science project from one of six categories. Go to http://www.staq.qld.edu.au/queensland-science-contest/ for contest details. Complete an online entry form by 9 October and send or bring your entry to the University of Queensland on Friday 16 or Saturday 17 October 2015.

A competition for young composers


Google Science Fair 2015

The Google Science Fair is a global online science and technology competition open to individuals and teams from 13 to 18 years who have an idea that could change the world. Entries close on 19 May 2015. See https://www.googlesciencefair.com/en/ for more information.

Ipswich Film Festival for Youth (IFFY)

IFFY is a film competition for people aged 7 to 25 years. Entries open on 5 March 2015. Competition details will be on the website soon at http://www.ipswich.qld.gov.au/community/youth/iffy. Meanwhile you could look at last year’s winning entries.

Register now for the 2015 Australian - New Zealand Brain Bee Challenge

This Challenge, which is open to Year 10 students, is a neuroscience competition in which participants learn about the brain through provided resources and then complete an online quiz. A teacher will need to register your school to enter the challenge. See http://worldseries.educationperfect.com/bbc-landing-page.html for details.
The Hermitage Plant Science Competition

This competition is open to students with an interest in science and agriculture. This year’s topic is ‘No light...No life!’ Visit https://www.daff.qld.gov.au/plants/field-crops-and-pastures/research/hermitage-competition/competition-details for competition details. A teacher is required to register interest in this competition.

The University of Southern Queensland (USQ) Schools Get Writing! Competition

If you are an Australian high school student who loves writing, the USQ ‘Schools Get Writing!’ competition is for you. Entries are now open and will close on Friday 29 May 2015. Submit your original poetry and short story productions for your chance to win. See http://www.usq.edu.au/get-writing for details.
Bachelor Degree coming to the Australian Institute of Applied Sciences (AIAS)

AIAS, located at Stones Corner in Brisbane, offers courses in the fields of beauty therapy, natural medicine, massage therapy and allied health. Certificate, Diploma and Advanced Diploma courses are available, depending on the field of study. AIAS is in the process of applying to offer a degree level course in complementary medicine commencing in 2015. The current Advanced Diplomas of Homoeopathy, Naturopathy, Nutritional Medicine and Western Herbal Medicine will be phased out from December 2015. VET FEE-HELP is available for eligible students. Find out more about AIAS at http://www.aias.edu.au/ and at their next information evening on 6 May 2015.

Careers and VET qualifications in the community services and health industry

The Community Services and Health Industry Skills Council has produced a directory of careers that require a VET qualification. Jobs listed in the directory include Aged Care, Allied Health Assistant, Anaesthetic Technology, Massage, Mortuary Theatre Practice, Reflexology and Western Herbal Medicine. See http://www.cshisc.com.au/discover/industries-a-z-directory/?atoz=w for the full list.

Charlton Brown

Charlton Brown is a private registered training organisation and employment agency that trains and places graduates in employment locally, nationally and internationally. It is located in Brisbane’s Fortitude Valley and offers courses in Early Childhood Education and Care, Aged Care, Home and Community Care, Disability Care, Outside School Hours Care and Community Services Work. If you are interested in finding out more about these courses, visit the website at http://www.charltonbrown.com.au/. VET FEE-HELP is available for eligible students.

Christian Heritage College (CHC)

CHC is a Christian higher education institution that offers accredited bachelor degrees in business, education, humanities, social science and ministries. The college is located in Mansfield, Brisbane. Applications to CHC are through QTAC. HECS-HELP and FEE-HELP are available for eligible students. For more information, visit http://chc.edu.au/index.php.
College of Theatre Practice


Considering university but don’t know what it’s all about?


Flexible programs at the Australian National University (ANU)

ANU offers a range of flexible and vertical double degree programs. For example, a student can study B Laws/B Actuarial Studies or B Arts/Master of International Relations. Find out about the options available at http://www.anu.edu.au/study/study-options. Queensland students may be interested in the scholarships offered at ANU. These include:

- The Tuckwell scholarship http://tuckwell.anu.edu.au/

Students interested in applying for ANU courses are required to apply through UAC at http://www.uac.edu.au/. ANU will hold its open day on 30 August 2015.

Hospitality Institute of Australasia

Looking for part-time or full-time work in the hospitality industry but lack the required skills? The Hospitality Institute of Australasia is offering the following accredited online courses:

- Responsible Service of Alcohol (RSA)
- Responsible Gambling Services (RSG)
- Food Safety Training

For more information visit http://www.hia.edu.au/.
Interested in performing arts courses?

You can access the 2015 Directory of Performing Arts Courses at [http://stagewhispers.com.au/showcase](http://stagewhispers.com.au/showcase). The courses listed in the directory cover areas such as acting, drama, arts management, dance, costumes, sets design and making, make-up, directing, music theatre, sound and light, voice, stage management, and writing for theatre.

Interested in studying medicine at Bond University in 2016?

The website at [http://bond.edu.au/medicine](http://bond.edu.au/medicine) provides information about the Bond medicine course and the internship outcomes for its graduates. Click on ‘How to apply’ for information about the application process. Other resources on this site are:

- Medicine (MBBS) frequently asked questions
- Medicine information evenings – dates are not available yet, but you can add your name to a waitlist
- Program flyer that can be downloaded
- Financing your study – information about financial assistance.

J School

J School is a private college that offers an accredited one-year Diploma of Journalism. The course prepares students for an entry-level position in journalism. VET FEE-HELP is available for eligible students. For more information visit [http://www.jschool.com.au/](http://www.jschool.com.au/).

Queensland Certificate of Education (QCE) Achievement Awards

Last Saturday (28 February 2015) the first ever QCE Achievement Award winners were announced. This award is for Queensland’s top performing students in seven categories:

- Distinguished Academic Achievers
- Outstanding Academic Achiever
- Highest Achievement by an Aboriginal or Torres Strait Islander Student
- Highest Achievement by an International Student
- Highest Result on the Queensland Core Skills Test
- Highest Achievement in the International Baccalaureate
- Certificate of Academic Commendation


Selected events and due dates in March 2015

7 – Aviation Australia Flight Attendant Course Careers Day http://www.aviationaustralia.aero/flightattendant/Open-Night.php


25 - Australian College of Applied Psychology (ACAP) information session http://www.acap.edu.au/

25 - University of the Sunshine Coast Headstart information evening at the Sippy Downs campus http://www.usc.edu.au/connect/events

25 - InspireU Law Camp for Aboriginal and Torres Strait Islander Students applications close http://www.atsis.uq.edu.au/inspireu

26 - University of the Sunshine Coast Headstart information evening at the Gympie campus http://www.usc.edu.au/connect/events

28 - 2015 Chrysalis International Young Leaders Conference application due date http://chrysalisyoungleaders.org/


Start university while still at school

The following universities in Queensland offer programs that enable high achieving students in Years 11 and/or 12 to have a university experience through studying a university subject. The subjects may be free and may provide credit towards a university degree and/or guarantee entry to a degree at the end of Year 12. Successful completion of a university subject will contribute credit towards your Queensland Certificate of Education and may give you bonus points towards your university application when you apply through QTAC. Entry to these programs must have the support of your school.

Bond University has a Student for a Semester program for academically capable students in Years 11 and 12 who live on the Gold Coast, Brisbane and Northern New South Wales. Applications for the May Semester (18 May – 22 August) open on 20 March and close on 10 April 2015. Visit http://www.bond.edu.au/student-for-a-semester for details of the program and an online application.

CQUUniversity has a Start Uni Now (SUN) program for students in Years 11 and 12. Applications for Term two (13 July – 9 October) will close on 29 June 2015. See https://www.cqu.edu.au/courses-and-programs/study-areas/work-and-study-preparation/sun for more information.
The Griffith University Early Start to Tertiary Study (GUESTS) program is offered to students in Year 12. Applications for Semester two (commencing in July) close on 30 May 2015. See http://www.griffith.edu.au/pathways/guests-program for more information.

James Cook University (JCU) offers an ‘Exceptional or Gifted’ program for secondary school students. Through this program students can enrol for study in the School of Creative Arts at JCU, Townsville Campus as part of their senior studies. See http://www.jcu.edu.au/soca/JCU/PD_046987.html for more information. Also contact your school guidance officer/counsellor.

The Queensland University of Technology’s (QUT) Start QUT Program is offered to students in Year 12. The application due date for Semester two (13 July – 23 October) is 16 May 2015. See https://www.qut.edu.au/study/high-school-programs/start-qut for more information.

The University of Queensland offers an Enhanced Studies Program (ESP) for Year 12 students. Applications close in the year previous to commencing the program (usually in October). See http://www.uq.edu.au/esp/ for more information.

The University of Southern Queensland (USQ) has a Head Start Program for students in Years 11 and 12. This program is offered on-campus at USQ’s Toowoomba, Springfield and Fraser Coast Campuses, or via distance education. Applications for Semester two (commencing on 20 July) close on 29 June 2015. See http://www.usq.edu.au/study/high-school-students/head-start for more information.


Universities often hold information sessions to inform students and their parents about these programs. Find out about these sessions on the websites listed above.

**Stay connected with the Queensland University of Technology (QUT)**

School students can receive personalised email updates from QUT about courses, scholarships, events and other key information to help them make study decisions by signing up to QUT Stay Connected at https://www.qut.edu.au/additional/stay-connected. Parents can also stay connected with QUT using the resources for parents available at https://www.qut.edu.au/study/undergraduate-study/are-you-the-parent-of-a-school-student.

**Updates from the University of Queensland (UQ)**

**FEAST registrations now open** - FEAST is a five-day residential program held at the UQ Gatton Campus for students in Years 10 – 12 who are interested in agriculture,
animals, vet science, food and/or the environment. It will be held from 28 June – 2 July 2015 (during the school holidays). This is a popular program, so register early at http://www.science.uq.edu.au/feast.

**Geography and Environment Day** – This event will be held on 24 July 2015 for students in Years 10 - 12 to experience the relevance of geography, planning and environmental management in today’s world and to see how studying these subjects can lead to an interesting career. Talk to your geography teacher if you are interested in attending as registrations are made through your school. Find out more at http://www.gpem.uq.edu.au/geography-day.

**InspireU Law Camp for Aboriginal and Torres Strait Islander Students** - This free five-day residential camp to be held 12 – 17 April 2015 is an opportunity for Aboriginal and Torres Strait Islander students in Years 11 and 12 to experience life on campus at UQ and find out more about law and the different disciplines and opportunities within this field. Applications close Wednesday 25 March 2015. Visit http://www.atsis.uq.edu.au/inspireu for details and to apply.

**Go on a UQ campus tour** – You don’t have to wait till you get into a course to visit UQ. You can book a campus tour during your school holidays. See how at http://www.uq.edu.au/schools/campus-tours.

**UMAT cut-offs for 2015 entry** – Sitting for UMAT is one of the prerequisites for entry to the dentistry and provisional entry medicine courses at UQ. Because entry is competitive, the UMAT result required for entry can change from year to year. The UMAT scaled score aggregates for entry in 2015 were:

- 174:69 for B Dental Science (Honours)
- 179:69 for Doctor of Medicine (MD) (Provisional Entry for School leavers).

**Interested in studying a B Arts at UQ?** - The website at http://www.hass.uq.edu.au/future-students provides information about all the study areas available in UQ’s B Arts. The information for each study area includes related careers.

**UQ College at St Lucia campus**

UQ College is a company owned by the University of Queensland (UQ) and located at the St Lucia campus. It provides alternate pathways to university study. The programs offered include:

- **Tertiary Preparation Program** – This free 28-week program is offered in January, May and September. The program helps students gain tertiary study skills and provides a QTAC rank for entry into UQ’s degree programs. Apply directly to UQ College for this program.
- **Associate Degree in Business** – This is a 16-month program. Successful completion provides an option to gain entry to UQ’s B Business Management with advanced standing. You apply through QTAC for this program.
• **Mathematics B, Chemistry and Biology bridging programs** – These intensive, full-fee courses will be offered from 24 November – 19 December 2015. Successful completion will meet the subject prerequisites in these subjects for UQ degrees. Results will be available in time to be used in the QTAC January 2016 major offer round. Apply directly to UQ College for these courses.

You can access more information about these programs from the UQ College website at [http://uqcollege.edu.au/](http://uqcollege.edu.au/).

**What’s up at the Australian Catholic University (ACU)?**

**University Experience Day** - This event provides future students with an opportunity to sample a degree they are interested in and to check out the ACU staff and campus. It will be held on 9 July 2015 at the ACU Brisbane campus. For more information, visit [http://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start/events/university_experience](http://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start/events/university_experience).

**2015 Open Day** - This year ACU Brisbane campus will hold its open day on 25 July. Open days are opportunities to explore courses and to meet current students. Visit [http://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start/events/open_day](http://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start/events/open_day) for more information.

**Information for future students** - Visit [http://www.acu.edu.au/study_at_acu/future_students/undergraduate](http://www.acu.edu.au/study_at_acu/future_students/undergraduate) for information that can assist you in making decisions for your future study. Find out if you are eligible for bonus points to help you gain entry and check out ACU’s Early Achievers’ Program.
The Aspiration Initiative Academic program

The Aspiration Initiative Academic enrichment program is an innovative education program designed to enhance academic achievement for Aboriginal and Torres Strait Islander high school students. The aim of the program is for all students to successfully complete high school and be eligible for direct entry to university (on their own merit). The website at [http://theaspirationinitiative.com.au/](http://theaspirationinitiative.com.au/) has information about academic enrichment programs and Indigenous scholarships.

The Tuckwell Scholarship applications are open

If you are awarded a Tuckwell Scholarship you will receive $21,700 per year for the length of your undergraduate degree studies at the Australian National University in Canberra. In addition, you will be in a group of motivated young people who want to use their abilities to make a difference in the world. The application consists of a three-stage process:

- **Stage 1** – applicants submit a written online application – in 2014 there were 750 applicants at this initial stage.
- **Stage 2** – 250 applicants from Stage 1 are selected to submit an additional written online application.
- **Stage 3** – 75 applicants from Stage 2 are selected for individual and group interviews. From this group, up to 25 applicants are awarded the scholarship.

AFS Gap Program

The AFS Gap Program provides opportunities for young people to live for a few months or a whole year in another country, where they can study a new language, attend a local school or participate in volunteer projects. Find out more at http://www.afs.org.au/intercultural-programs/adult-programs/.

Be a ski instructor in Canada

Educating Adventures offers ski and snowboard instructor courses and internships. The internships may provide an opportunity to obtain paid employment at a ski resort and complete an internationally recognised ski or snowboard instructing qualification. See http://www.easkiandsnowboard.com/ for more information.

Gap year program information sessions in March


High School Volunteer Projects
Projects Abroad have recently announced their High School Projects for Summer 2015/16. These projects are designed for Year 10 and 11 students and consist of two-week group trips to locations such as Cambodia, Fiji, Sri Lanka, Nepal and the Philippines. They mix volunteer work with cultural activities. Visit http://www.projects-abroad.com.au/projects/high-school-projects/ to find out more.

How does a gap year help your career?

You can read this article on the Go Overseas website at http://www.gooverseas.com/blog/how-does-a-gap-year-help-your-career.

Lattitude Global Volunteering

Lattitude offers students an opportunity to volunteer overseas in a number of different roles, including school assistant, teacher, sports coach, outdoor activity instructor, community worker, medical assistant and caring assistant. Applications are open for 2016 placements. They will close on Friday 5 June 2015. Lattitude will hold an information night in Brisbane on 7 May 2015. See http://www.lattitude.org.au/ for more information.

Lions Australia Youth Exchange

This program provides an opportunity to travel to an international destination for up to six weeks. While overseas, you live with one or more families associated with Lions International to experience first-hand a new culture, lifestyle and customs. Unlike some exchange programs, the Lions Youth Exchange Program does not involve tourism, academic studies or employment. Find out more at http://lionsclubs.org.au/activities/youth/ye/. Applications close on 30 June 2015.
A life without limits - surveying

Interested in working indoors and outdoors in a job with lots of variety? Like Maths and Geography? Want a job with good employment prospects? Have you considered surveying as a career option? The ‘A Life without Limits’ website at http://www.alifewithoutlimits.com.au/ is dedicated to providing you with information about surveying. The site includes video clips and case studies and explains the different roles within the field of surveying. You can also view a short video on surveying at https://www.youtube.com/watch?v=l-QufqAeFyM.


Interested in security or policing as a career?

There are a number of employing organisations you can investigate. These include:


Once on the websites for these organisations, you need to find out:
- Jobs (job titles) employed by the organisation
- What are the duties undertaken in these jobs?
- Entry requirements – age, education level, tests required, physical/medical requirements, criminal checks, drivers licence, etc.
- Might part of the process be investigating your social network websites for your comments, associates, memberships, interest?
- If you get the job, do you have to live away from home?
- Do they recommend you do specific university or TAFE courses?
- Would having a second language be an advantage?
- What is the recruitment process?
- Frequently Asked Questions
- Can you contact the organisation by email from the website for other questions you might have?

If you find all this totally confusing, make an appointment to see your school guidance officer/counsellor.

**Want to be a paramedic? Become a St John Ambulance cadet**

Young people between 11 and 18 years can apply to be a cadet. Activities include learning first aid, providing first aid services at public functions and competing in first aid competitions. For more information, visit [http://cadets.stjohn.org.au/index.php/cadets](http://cadets.stjohn.org.au/index.php/cadets).

**What do meteorologists do?**

Meteorologists forecast the weather and study the atmosphere to improve our understanding of climate. Specialisations include: Climatologist, Hydrometeorologist, Meteorological Consultant and Research Meteorologist. Those interested in this area should be flexible and resourceful and have ability in science, especially physics and mathematics. A degree in science or applied science with a major in mathematics, physics, meteorology or atmospheric studies is usually required. The following Queensland universities offer a B Science or B Applied Science with majors in mathematics and/or physics:

- CQUniversity
- Griffith University
- James Cook University
- Queensland University of Technology
- University of Queensland
- University of Southern Queensland
- University of the Sunshine Coast

What is an Oncology Dietitian?

The My Health Career website at https://www.myhealthcareer.com.au/Dietetics/Oncology-Dietetics has a case study written by an oncology dietitian. This is an emerging field of practice that starts with registration as a dietitian. Read the case study and then find out more on the following websites.

Reinvent Your Career Expo

This is a career expo specifically for adults. At the expo, adult career seekers can meet potential employers, educators, and trainers to upgrade, re-skill, re-enter the workforce, or totally reinvent their careers. The expo will be held on 21 and 22 March 2015 at the Brisbane Convention and Exhibition Centre. For more information, see http://www.reinventyourcareer.com.au/brisbane-visit-expo/about-the-expo/.

The Big Day In – IT Conference

If you are interested in future jobs and opportunities in the computer/IT field, consider attending the The Big Day In conference. This conference is designed by students for students in high school (Years 9 – 12) and university students interested in a career in technology. In 2015 The Big Day In will be held on:

- 9 June at Griffith University, Gold Coast campus
- 23 July at the Queensland University of Technology. Gardens Point campus.

Are you eligible for bonus ranks to help you gain entry to a university course?

Some universities that use QTAC to process their applications give current Year 12 applicants bonus points for studying specific subjects in Years 11 and 12. This means your OP or Rank can be improved for entry to courses at these universities if you have studied these subjects and apply through QTAC. The following institutions have Year 12 Bonus Schemes:

- Australian Catholic University
- Griffith University
- Queensland University of Technology
- Southern Cross University
- University of Queensland
- University of Southern Queensland
- University of the Sunshine Coast

The QTAC website at [http://www.qtac.edu.au/Applying-SAS/Year12Bonus.html](http://www.qtac.edu.au/Applying-SAS/Year12Bonus.html) has links to the schemes offered by these universities. Note that the bonus given is not an OP. It is a Rank. To understand how OPs compare to QTAC selection ranks, see the 2014 Year 12 Conversion Tables at [http://www.qtac.edu.au/Applying-CurrentYr12/Year_12_Results_Conversion_Tables.html](http://www.qtac.edu.au/Applying-CurrentYr12/Year_12_Results_Conversion_Tables.html).

What is the difference between a certificate, a diploma and a degree?

In Australia we have a national system of qualifications called the Australian Qualifications Framework (AQF). At the end of Year 12, you can apply for the following qualifications from the Framework. These qualifications can differ in length, content and competitiveness as shown below.

- **Bachelors Degree**: Usually 3-5 years full-time (or part-time equivalent); theoretical; entry is usually competitive.
- **Associate degree/Advanced diploma**: Usually 2 years full-time (or part-time equivalent); combination of theory and practice; range from not competitive to very competitive depending on the topic.
- **Diploma**: Can be 1-2 years full-time (or part-time equivalent); tend to be practical with some theory; range from not competitive to very competitive depending on the topic.
• **Certificates I, II, III, IV**: 1 month - 1 year full-time; usually very practical; usually not competitive.

The different levels of qualifications on the AQF are a bit like a ladder. You can use one level to help you gain entry to a higher level of study in the future depending on your results and the rules of the institution you want to gain entry to. To decide on the best level of qualification for you, consider:

- The study/training requirements of the job you want
- Your past study results
- Whether you are a hands-on (practical) or theory person
- The cost of the course
- The length of time you are prepared to study.

For more information about the AQF and its qualifications, visit [http://www.aqf.edu.au/](http://www.aqf.edu.au/).
How to improve your concentration

Concentration is the ability to focus and control your attention. Some people seem to be born with it, the rest of us have to learn how to do it. Anyone can improve his/her ability to concentrate. The following are strategies for you to try.

- Make sure you get plenty of sleep. It is difficult to concentrate when you are tired. Regular exercise and healthy eating are also important.
- Set realistic and specific study goals for yourself (e.g. I will go up one grade in English next exam).
- Develop regular habits of study – same desk, same time, etc.
- Work in a place that is free of distractions (in front of the TV is probably not the best place!). De-cluttering your desk will help too.
- When you sit down to study, make a plan of what you want to achieve that session and cross off items as you complete them.
- If you find yourself distracted by something else (e.g. I feel fat, I should do more exercise), jot down the task, idea or problem to deal with later.
- Begin working immediately – don’t wait for inspiration.
- Attend to one thing at a time.
- When you start to lose focus, get up and take a walk.
Youth Enrichment Activities

Future Leaders Awards 2015

The Future Leaders Awards recognise young Australians who have shown strong leadership potential. The award categories are:

- Future Leaders Environment Award – This award recognises young Australians who have shown outstanding environmental leadership.
- Helen Handbury Leadership Award – This award recognises Year 12 students in rural and regional Australia who have shown outstanding community leadership.
- Future Leaders Writing Prize – This award is designed to recognise and reward talented young writers. It aims to encourage expressive and creative writing. Australian Year 11 and 12 students are invited to submit a piece of writing (800 to 1,000 words). The essays can be fiction or non-fiction and on any topic.
- Future Leaders Future Justice Award – This award recognises Year 12 students who have shown leadership and initiative on intergenerational equity and future justice (future justice is concerned with what those living today leave behind for future generations).
- Future Leaders Photography Prize – This prize is designed to recognize talented young photographers.


National Youth Science Forum (NYSF)

NYSF is a two-week program that runs during the summer school holidays each January in Canberra. The program is a mixture of scientific, formal, personal development and social activities. During the program participants learn how to make informed decisions about courses and careers in the sciences. The program provides participants with an excellent opportunity to network with like-minded young people.

Current Year 11 students can apply to attend this program through their local Rotary Club. Expressions of interest are now open and will close on 31 May 2015. Visit http://www.nysf.edu.au/ for more information.
'The above information has been gathered from a range of sources including publicly available websites, institutional and organisational newsletters, student and career advisers and guidance officers. Every effort has been made to ensure the information provided is accurate and up-to-date at the time of publication.'

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