APPRENTICESHIPS/EMPLOYMENT

Online job search links

Looking for a job? One of the strategies to include in your job search toolkit is an online job search. The following are some of the job search sites available:


Get out there

This is an interactive website that provides information for young people on a range of activities related to finishing secondary school. The site can be found at [http://www.getoutthere.qld.gov.au/](http://www.getoutthere.qld.gov.au/). Some of the topics covered are listed below.

- Get your money under control
- Buying a car
- Higher education
- Get set for schoolies
- The job hunt
- Get healthy

Need help to start your own business?

COURSE AND INSTITUTION UPDATES

Selected October and November 2014 events and due dates

(Note: Due dates for selected scholarships are listed in the ‘Financial assistance/Scholarships’ section of this news bulletin.)

October

23 - University of the Sunshine Coast School of Law Information Session at St Columban’s College, Caboolture http://www.usc.edu.au/study/study-at-usc/information-events/2014/october/school-of-law-information-sessions
24 - University of the Sunshine Coast's Headstart Program application due date for Semester 1 2015 http://www.usc.edu.au/study/courses-and-programs/headstart-program-year-11-and-12-students
24 - Last date to fax predictions of academic achievement for James Cook University Medicine/Surgery http://www.jcu.edu.au/fmhms/forms/index.htm
27 - University of Southern Queensland's Head Start Program application due date for Semester 3 2014 http://www.usq.edu.au/headstart
31 - National Summer Art Scholarship 2015 program application due date http://www.nga.gov.au/SummerArtScholarship/
31 - Queensland University of Technology’s Start QUT Program application due date for Semester 1 2015 https://www.qut.edu.au/study/high-school-programs/start-qut
31 - University of Queensland's Enhanced Studies Program (ESP) application due date for 2015 http://www.uq.edu.au/esp/

November

1 - Application due date for B Arts (Screen) at the Australian Film, Television and Radio School http://www.aftrs.edu.au/news/news-2014/bas-apps-open
3 - Experience Griffith (Year 10 and 11) at Nathan Campus http://www.griffith.edu.au/guidance-officers-teachers/events/experience-days
4 - Experience Griffith (Year 10 and 11) at Logan Campus http://www.griffith.edu.au/guidance-officers-teachers/events/experience-days
5 - Experience Griffith (Year 10 and 11) at Gold Coast Campus http://www.griffith.edu.au/guidance-officers-teachers/events/experience-days
7 – TAFE Queensland fixed closing date for applying to QTAC for Adv D Visual Arts, D Arts, D Graphic Design, D Photo imaging, D Sound Production, D Visual Arts, D Music, D Dental Technology http://www.qtac.edu.au
7-9 – Think Education’s Festival of Change in Brisbane http://www.think.edu.au/festival-of-change/brisbane
11 - RSL Youth Development Program applications close http://RSLyouth.com.au
21 - Last day for Year 12 students http://education.qld.gov.au/
Study a foreign language during the holidays

Students in Years 11 and 12 in 2015 can study enrichment language courses in French, German, Japanese, Spanish and Chinese (Mandarin) at the University of Queensland’s Institute of Modern Languages from 12 – 16 January 2015. These courses are suitable for students who wish to enrich their knowledge of the language and culture they are currently studying and practise their language skills. For further information, visit http://www.iml.uq.edu.au/highschool.html.

Receiving your Year 12 results

Year 12 students will receive their Senior Education Profile (SEP) from the Queensland Curriculum and Assessment Authority (QCAA) in the mail from Monday 22 December 2014. The Senior Education Profile will be made up of one or more of the following documents (depending on your eligibility).

- Queensland Certificate of Education
- Tertiary Entrance Statement (OP and FPs)
- Senior Statement
- Queensland Certificate of Individual Achievement.

All results contributing to the Queensland Certificate of Education and OPs and FPs will be available in your Learning Account on the Student Connect website at https://studentconnect.qsa.qld.edu.au from 9 am on Saturday 20 December 2014. You need your Learner Unique Identifier (LUI) and password (initially the day and month of birth) to log in and check your results. You will be able to access your results more quickly if you have previously accessed your Learning Account. Find out more about the SEP at https://studentconnect.qcaa.qld.edu.au/12615.html.

Schoolies website

The Queensland Government has developed the Schoolies website at http://www.schoolies.qld.gov.au/ to help Year 12 students stay safe during their celebration of finishing secondary school.

Interior decorating workshop
Tahn Scoon, an interior stylist, consultant and author, is offering a one-day decorating workshop on Saturday 8 November 2014. Go to http://www.tahnscoon.com.au/workshops.php for details about the workshops.

**2015 Directory of performing arts courses in Australia**

The 2015 Stage Whispers Directory of Performing Arts Courses can be viewed at http://stagewhispers.com.au/showcase. This publication provides a listing of performing arts courses in Australia and New Zealand.

**TAFE roundup**

If you want to know about TAFE courses, start with the TAFE Queensland website at http://tafeqld.edu.au/. This site has links to all TAFE institutes in Queensland.

- **TAFE Queensland Brisbane** [http://tafebrisbane.edu.au/](http://tafebrisbane.edu.au/). Campuses: South Bank; Alexandra Hills; Bracken Ridge; Caboolture; Grovely; Loganlea; Mt Gravatt; Redcliffe.
- **TAFE Queensland East Coast** [http://tafeeastcoast.edu.au/](http://tafeeastcoast.edu.au/). Campuses: Bundaberg; Gympie; Hervey Bay; Maroochydore; Maryborough; Mooloolaba; Nambour.
- **TAFE Queensland Gold Coast** [http://tafegoldcoast.edu.au/](http://tafegoldcoast.edu.au/). Campuses: Ashmore; Coolangatta; Coomera; Southport.
- **TAFE Queensland North** [http://tafenorth.edu.au/](http://tafenorth.edu.au/). Campuses: Atherton; Bamaga; Bowen; Burdekin; Cairns; Cannonvale; Charters Towers; Cloncurry; Great Barrier Reef International Marine College; Ingham; Innisfail; Mareeba; Mount Isa; Normanton; Palm Island; Thursday Island; Townsville; Townsville Trade Training Centre.
- **TAFE Queensland South West** [http://tafesouthwest.edu.au/](http://tafesouthwest.edu.au/). Campuses: Bundamba; Toowoomba; Charleville; Chinchilla; Dalby; Inala; Kingaroy; Nurunderi; Roma; Springfield; Stanthorpe; Warwick.

These sites will provide you with information about the courses offered at the campuses of each institute. The institute websites have a link to ‘Events’ for the various campuses. Each institute website also has a link to a career exploration tool called ‘My Profiler’. This tool consists of a short questionnaire, which develops a profile of you and matches it with a number of occupations, which are then linked to TAFE courses. Another useful section of the TAFE Queensland website is ‘University Pathways’ at [http://tafeqld.edu.au/study-with-us/school-students/university-pathways/#.VD4vzFfQszc](http://tafeqld.edu.au/study-with-us/school-students/university-pathways/#.VD4vzFfQszc). This section explains how TAFE courses can be used to gain entry to university courses.

Some of the upcoming TAFE events are:

**Queensland University of Technology (QUT) updates**

**What happens after you submit your QTAC application?** – This helpful article lists the key dates and steps that occur between submitting your QTAC application and enrolling in a course. Access the article at [https://www.qut.edu.au/study/undergraduate-study/do-you-advise-school-students/news-and-events/news?news-id=79955](https://www.qut.edu.au/study/undergraduate-study/do-you-advise-school-students/news-and-events/news?news-id=79955).

**Real Decisions** – This event, following the release of Year 12 results, will be held at the Gardens Point and Caboolture campuses on 23 December 2014. Find out more at [https://www.qut.edu.au/study/events/qut-real-decisions](https://www.qut.edu.au/study/events/qut-real-decisions).

**Student Support at QUT** – Visit the Services and Facilities web page on the QUT website at [https://www.qut.edu.au/about/services-and-facilities](https://www.qut.edu.au/about/services-and-facilities) for links to student services, including accommodation, financial assistance, employment, technology, health and wellbeing services and study skills support.

**Start QUT application and orientation** – Applications for this program close on 31 October 2014. Successful applicants are expected to be notified by the end of November. Orientation sessions will be held in January 2015. Visit the Start QUT web page at [https://www.qut.edu.au/study/high-school-programs/start-qut](https://www.qut.edu.au/study/high-school-programs/start-qut).

**New double degrees for 2015** – The following courses will be available for commencing students in Semester 1 2015.

- B Biomedical Science/B Business
- B Biomedical Science/B Laws (Honours)
- B Engineering (Honours)/B Science


**Academy of Design applications open for courses in 2015**

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


**Change of Preference Session** – This event will be held from 3.30 – 6.30 pm on 22 December 2014 at ACU’s Brisbane campus after you have received your Year 12 results. More information about this event will be available shortly on the ACU website at [http://www.acu.edu.au/about_acu/our_university/important_dates](http://www.acu.edu.au/about_acu/our_university/important_dates).

**Subject bonus points** – ACU offers bonus points for high achievement in school subjects related to ACU courses. Find out more at [http://www.acu.edu.au/study_at_acu/alternate_entry/accessacu#subject](http://www.acu.edu.au/study_at_acu/alternate_entry/accessacu#subject).

**My Career Match** – This is a career quiz in which jobs and study options are matched to your preferences and working style. Visit [http://www.acu.edu.au/career_match_-_phase_2crm](http://www.acu.edu.au/career_match_-_phase_2crm) to start the quiz.

Online courses for the hospitality and construction industries

Narbil Training and Consulting Services offer the following online courses that may be of interest to school leavers seeking full or part-time employment.

- Provide Responsible Service of Alcohol
- Provide Responsible Gambling Services
- Follow Workplace Hygiene Procedures
- Implement Food Safety Procedures


News from the University of Queensland (UQ)

**The UQ Toolkit** – This is a collection of helpful web pages for UQ students, especially new students. It includes:

- Key dates [http://www.uq.edu.au/startingatug/important-dates](http://www.uq.edu.au/startingatug/important-dates) (lists important dates for the current year)
- MyAdviser [http://www.uq.edu.au/myadvisor/](http://www.uq.edu.au/myadvisor/) (provides information on the processes you are likely to encounter when studying at UQ)
• UQ Answers [http://www.uq.edu.au/uqanswers/](http://www.uq.edu.au/uqanswers/) (has a section for future students to answer questions about studying at UQ)


**Crime 101: The Psychology of Criminal Justice** – Do you enjoy a good crime story? If so, you may be interested in UQ’s new psychology course in the UQx free online series. Students in this course will experience a fictional crime firsthand to explore the effectiveness of the law and justice system from a psychological perspective. Find out more at [http://www.alumni.uq.edu.au/Crime101x-eNews](http://www.alumni.uq.edu.au/Crime101x-eNews).

**UQ College now at St Lucia campus**

UQ College has relocated its programs to the University of Queensland’s (UQ) St Lucia campus. This College provides alternate pathways to university study. The programs offered include:

• **Tertiary Preparation Program** – This currently free program is delivered over 28 weeks and is offered in January, May and September. It builds confidence, 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. Applications are now open for the January 2015 intake.

• **Associate Degree in Business** – This is a 16-month program. Successful completion provides an option to pursue entry to UQ’s B Business Management with credit. Apply through QTAC for this program (see p. 106 of the QTAC Guide).

• **Mathematics B, Chemistry and Biology bridging programs** – These intensive, full-fee courses are offered from 25 November – 20 December 2014. Applications are now open. 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 2015 major offer round.

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

**Pilot Aptitude Training Systems (PATS)**

PATS offer training packages to help Year 12 students with their application for pilot cadetships. This includes assistance with the application form, CV, interview and to
increase aptitude test scores. For more information on pilot cadetships and how PATS can assist, go to http://www.pilotaptitude.com/.

University of Southern Queensland (USQ) news

**Tertiary Preparation Program Intensive** - Successful completion of this program can provide you with guaranteed entry into selected USQ degrees. This program will commence on 1 December 2014 at the Springfield, Toowoomba, Ipswich and Fraser Coast campuses. Applications close on 13 November 2014. Find out more at http://www.usq.edu.au/study/degrees/tertiary-preparation-program-domestic/tpp-intensive.

**Fraser Coast Student Experience Day** – This event will be held on 31 October 2014. It provides students in Years 10 and 11 with an opportunity to find out about university study and life. Talk to your school guidance counsellor/officer if you are interested in attending this event. See http://www.usq.edu.au/news-events/events/2014/10/usq-student-experience-day.

**Fraser Coast Head Start Information Evening** – Students in Years 10 and 11 who are interested in studying university subjects while at high school are invited to attend this event to be held on 12 November 2014 at the Fraser Coast campus and on the 13 November 2014 at the USQ Hub in Maryborough. Visit http://www.usq.edu.au/news-events/events/ for details.

Think Education’s Festival of Change – 7 – 9 November 2014 in Brisbane

The Think Education Group consists of a number of private colleges offering a broad range of accredited courses in vocational and higher education. The following colleges from this group have campuses in Queensland.

- **APM College of Business and Communication** in Fortitude Valley, Brisbane (http://www.apm.edu.au/) – Courses in Business, Marketing, Management, Public Relations, Event Management
- **Australasian College of Natural Therapies** in Fortitude Valley, Brisbane (http://www.acnt.edu.au/) – Courses in Naturopathy, Nutritional Medicine, Western Herbal Medicine, Fitness, Remedial Massage, Sports Development
- **Australian National College of Beauty** in Fortitude Valley, Brisbane (http://www.ancb.edu.au/) – Course in Beauty Therapy
- **CATC Design School** in Brisbane and on the Gold Coast (http://www.catc.edu.au/) – Courses in Graphic Design, Interior Design, Photography
• **William Blue College of Hospitality Management** in Fortitude Valley, Brisbane – Courses in Hospitality Management, Tourism Management

Think Education will hold a Festival of Change on its Brisbane campuses from 7 – 9 November 2014. This event will include a variety of activities, including interactive workshops, seminars, talks and demonstrations. It will provide participants with an opportunity to check out the courses and scholarships available and to ask questions of current students and staff. Find out more at [http://www.think.edu.au/festival-of-change/brisbane](http://www.think.edu.au/festival-of-change/brisbane).

**Australian College of Massage (ACM) weekend courses**


**Australian Institute of Creative Design (AICD) Summer School 2015**


**Graphic design and photography special event**

Design College Australia (DCA) offers accredited tertiary level courses in graphic design and photography. It invites Year 12 students to a hands-on screen-printing session at its Brisbane campus from 4 – 8 pm on Wednesday 29 October 2014. The event will include campus tours and an information session for students and their parents. Visit [http://www.designcollege.com.au/content/graphic_design_photography_special_event_1.html](http://www.designcollege.com.au/content/graphic_design_photography_special_event_1.html) for details and to RSVP.

**DEFENCE FORCE UPDATES**

**Graduate pilot scheme (Female)**

 Entry to this scheme is open to women who are currently undertaking the B Aviation at Griffith University. Successful applicants will not have to pay for their flying training. They will also be reimbursed their HECS debt and have a guaranteed job in the Air Force. Find out more at [http://www.defencejobs.gov.au/airforce/jobs/pilot/](http://www.defencejobs.gov.au/airforce/jobs/pilot/).
Anywhere Anytime - an interactive experience with the RAAF


OPEN DAYS/EXPOS

SAE Qantm Open Day

SAE Qantm offers tertiary level courses in Audio, Film, Interactive Technologies, Sound Production, Animation, Design, Screen and Media and Games Development. HELP loans are available for eligible students. The college will hold an open day at its Brisbane campus on Saturday 1 November 2014. On the day there will be demonstrations of current projects, software and hardware by students and staff, including the Oculus Rift 3D Gaming Headset. Participants will be able to play student games, sit in on studio recording sessions and join the team on a film set. For details about the day, visit http://sae.edu.au/news-and-events/events/.

Mater Education Open Day

Mater Education offers a number of health science related courses, including the Diploma of Nursing. Mater will hold an open day for interested future students from 3.30 – 6 pm on Wednesday 29 October 2014. Register to attend this event at http://matereducation.qld.edu.au/. Applications for the Diploma Nursing February 2015 intake are now open and will close on 14 November 2014.

FINANCIAL ASSISTANCE/SCHOLARSHIPS

Selected scholarship application due dates for October and November 2014

October

27 – Charlie Bell Scholarship for Future Leaders
27 - University of Queensland Music achievement scholarships
http://www.uq.edu.au/music/college-music-achievement-scholarships
31 - University of Queensland academic scholarships - Vice-Chancellor’s, Excellence and Merit Scholarships http://scholarships.uq.edu.au/program/uq-academic-scholarship-program
31 – UQ Merit Scholarships for Agricultural Science, Agribusiness or Science  
31 –University of Southern Queensland Chancellor’s Scholarships and KickStart Bursaries at Fraser Coast, Springfield and Toowoomba campuses  
http://www.usq.edu.au/ (Click on ‘Scholarships’)
31 – University of the Sunshine Coast Vice-Chancellor’s Merit Scholarships  
http://www.usc.edu.au/study/scholarships

November

7 - Australian Indigenous Education Foundation – BHP Billiton Tertiary Scholarships  
http://www.cqu.edu.au/study/scholarships
14 - Queensland University of Technology Corporate Partners in Excellence Scholarship  
21 - University of Queensland School of Economics Undergraduate Scholarships  
21 - Vice-Chancellor’s Scholarships (Academic and Elite Athlete) at the Queensland University of Technology  
https://www.qut.edu.au/study/undergraduate-study/undergraduate-scholarships
21 – QUT Women in Engineering Scholarship  

USQ Phoenix $1000 Bursary

This bursary will be of interest to students who have applied for entry to a course at the University of Southern Queensland (USQ), commencing in Semester 1, 2015. Visit http://www.usq.edu.au/study/fees-scholarships/phoenix-bursary to find out how to apply for the bursary. Applications are now open and will close on 31 January 2015.

Step into Teaching Scholarships for 2015

These scholarships support high-achieving students to become science, mathematics and industrial technology and design teachers in Queensland state high schools. Applications are now open and will close on the 8 December 2014. Visit http://education.qld.gov.au/hr/recruitment/teaching/teach-ed-scholarships.html for details.

Pearl Duncan Teaching Scholarships for Indigenous students

The purpose of these scholarships is to assist aspiring teachers of Aboriginal and Torres Strait Islander heritage to complete an approved pre-service teacher education program. The scholarships are valued at up to $20,000 each and include the offer of permanent employment in a Queensland state school. Applications close on 8 December 2014. See
Aspiring Teacher Grants

These grants provide financial support of $1,500 to up to 25 high-achieving secondary students commencing an initial teacher education program in Queensland in 2015. Applications close on 8 December 2014. For eligibility criteria and the application process, visit [http://education.qld.gov.au/hr/recruitment/teaching/aspiring-teacher-grants.html](http://education.qld.gov.au/hr/recruitment/teaching/aspiring-teacher-grants.html).

Endeavour College of Natural Health (ECNH) scholarships

Endeavour College offers diploma and degree courses in Homeopathy, Acupuncture, Massage, Allied Health, Naturopathy, Musculoskeletal Therapy and Nutritional Medicine. HELP loans are available to eligible students. The College offers scholarship places in B Health Science (Naturopathy) and B Health Science (Nutritional Medicine). Scholarship recipients are awarded tuition fees for their first year of study. See [http://www.endeavour.edu.au/scholarships](http://www.endeavour.edu.au/scholarships) for information about applying for a scholarship.

GAP YEAR PROGRAM UPDATES

Spend your gap year as a volunteer

Volunteering is a great way to:

- Explore a range of jobs (gain work experience)
- Help you make new friends and contacts (expand your network)
- Improve your social and relationship skills
- Increase your confidence and boost your self-esteem
- Keep you healthy, physically and mentally
- Add to your resume
- Help you learn new skills
- Connect to your community
- Develop effective team skills
- Gain a sense of well-being and fulfilment.

Explore the following websites for volunteering ideas:

OCCUPATIONAL INFORMATION

Activities for students interested in working with animals

The Currumbin Wildlife Sanctuary on the Gold Coast runs a number of programs for young people interested in animals. Check out the following programs:


What type of nurse do you want to be?

Did you know that there are many areas a nurse can specialise in? The latest My Health Career newsletter has a link to the Western Australia Health website which lists the clinical specialty areas of the nurses it employs. Visit [https://www.myhealthcareer.com.au/nursing/areas-of-specialization](https://www.myhealthcareer.com.au/nursing/areas-of-specialization) to view the list. General information about nursing as a career can be found on the Nurse Info website at [http://www.nurseinfo.com.au/](http://www.nurseinfo.com.au/).

Student Edge career videos

Find out about jobs such as jockey, doctor, online journalist, nurse, hairdresser, electrician and many more on the Student Edge website at [https://studentedge.com.au/home](https://studentedge.com.au/home) (click on ‘Career & Life’ and ‘Career Videos’).

QTAC/TERTIARY ENTRY

QTAC offer rounds November 2014 – February 2015

QTAC offers places in courses on specific dates. These are called ‘Offer rounds’. The offer round dates between November 2014 and February 2015 are:

- **27 November 2014** - Early offer round – offers may be made for some courses that have their major offer round on 15 January 2015. The offers will be made to applicants who have met the entry requirements (e.g. subject prerequisites) and already have a qualification (e.g. AMEB seventh or eighth grade; previous tertiary study)
• **11 December 2014** - Major offer round for many Semester 1 2015 creative and performing arts courses. See page 6 of the *QTAC Guide* for a list of courses offered at this time

• **15 January 2015** - Major offer round for most Semester 1 2015 courses

• **5 February 2015** – Subsequent offer round for Semester 1 2015 courses with vacancies.

QTAC will notify you by email if you have received an offer. Also you can find out if you have an offer by accessing your application via QTAC’s Current Applicant online service. Once you have received an offer you must respond to QTAC (usually within seven days). Failure to do this could mean you forfeit your offer and that your application becomes inactive.

**Stay connected**

Once you have submitted your QTAC application, it is important that you stay connected with QTAC and your application. Do this by:

- Interacting with your application regularly
- Checking your emails – QTAC uses email (and sometimes SMS) to communicate directly with you
- Adding QTAC to your Facebook contacts and look out for Twitter feeds
- Downloading the free QTAC App.

For more contact information, see the QTAC website at [http://www.qtac.edu.au/](http://www.qtac.edu.au/).

**QTAC’s Current Applicant online service**

Once you have applied to QTAC, you can use this service to re-enter your application to:

- Change preferences
- Pay QTAC processing fees
- Find out if you have received an offer
- View your OP ineligible rank from 30 December 2014
- Download the QTAC offer letter and view other correspondence
- Respond to an offer
- Update contact and authorisation details
- Track the assessment of qualifications and monitor supporting document requirements
- Change your QTAC PIN.

QTAC Q & As

Q. I applied for a university course that requires an audition but did not do the audition. Will I still be considered for entry to this course?

A. No.

Q. My OP estimate is currently 10 – 12. The ‘foot-in-the-door’ courses on my QTAC application have previous cut-offs of OP 11. Is this a good enough safety net?

A. No. It is advisable to select ‘foot-in-the-door’ courses (i.e. your fifth and sixth preferences) that have been cutting off at least four OP points below your estimated OP to provide you with a really good safety net (especially for your sixth preference).

Q. I applied to QTAC before the 30 September 2014. I chose BPay as my payment option but have not yet paid the $35 application fee. Is this a problem?

A. Depends on how rich you are, as you now have to pay a late fee of $130. If you never pay it, your application will not be processed by QTAC and you will not receive an offer of a course place.

STUDY SKILLS

Keeping your cool: How to get into the right mindset for Year 12 final exams

The following information is from the ‘What degree? Which university?’ website at http://www.whatdegreewhichuniversity.com/Survival-Guide/Surviving-Highschool/Keeping-your-cool-how-to-get-in-the-right-mindset.aspx. This website is developed by students for students.

**Exercise** - Exercise is anxiety’s kryptonite. There’s no better way to keep your stress levels down in the lead-up to exams than by taking the time to exercise every day. It can be as simple as going for a walk in your neighbourhood, and just half an hour will do the trick. Not only that, but it’s been shown that there is a link between memory and kinetic movement. In the final days before exams, it’s easy to feel like all your time is better spent at your desk – but the truth is, getting your blood flowing will actually supplement your study time by helping you retain what you’ve learnt!

**Sleep** - We’ve said it before but we’ll say it again: sleep is your best study partner! Sleep is essential to effective memory. Do you ever have that feeling when you wake up, where something you’ve struggled to get your head around the night before, suddenly seems clear and straightforward? Well, while you’re asleep, your brain is actually hard at work, sorting through and reinforcing all the
things you’ve learnt in a day. Don't believe us? Listen to an interview with American neuroscientist Penelope Lewis (http://www.npr.org/2013/08/15/212276021/of-neurons-and-memories-inside-the-secret-world-of-sleep) as she explains just how good sleep is for your brain.

**Perspective** - Repeat after me: Year 12 is just one year of my life, which will be filled with lots and lots of other exciting work and opportunities. Keeping things in perspective is crucial to maintaining your cool. And it’s not just a nice message to tell yourself to try to feel better while secretly, a little voice in your head is screaming, “Lies, it’s all lies! This is the biggest thing you will ever do!” as the other side of your brain tries really hard to ignore it. There is an abundance of other paths that lead to what you love, or think you love, both at uni and in the working world beyond. If you don’t believe me, check out the article at http://www.whatdegreewhichuniversity.com/Survival-Guide/Surviving-Highschool/Beyond-the-ATAR-Other-ways-and-means-of-getting.aspx for an example of a few of the many options. Another article at http://www.whatdegreewhichuniversity.com/Survival-Guide/Surviving-Highschool/Beyond-the-ATAR-Transferring-Degrees-Myth-or-Mount.aspx is worth a look too. The irony is that once you’ve realised that Year 12 exams aren’t the most important thing in the world, is usually when you do your best. When you are feeling relaxed, your thoughts flow more clearly, you show more creativity – and you can tackle any exam question that’s thrown at you with your mind at its sharpest.

**YOUTH ENRICHMENT ACTIVITIES**

**RSL Youth Development Program**

A reminder to students interested in applying for this program that the application due date is 11 November 2014. The RSL Youth Development Program has been designed to recognise and reward the efforts of high-achieving Queensland students. For details and to access the application, visit http://www.bond.edu.au/degrees-and-courses/scholarships/rsl-youth/index.htm.

**2015 National Youth Awards**

Applications are now open for the 2015 National Youth Awards (NYA) and will close on 27 November 2014. The award categories are:

- Youth Safety Award
- Youth Courage Award
- Youth Culture and Diversity Award
- Youth Employment Award
- Youth Health Award
- Youth Leadership Award
- Youth in Media Award.
If you know an outstanding young person who deserves recognition, you can nominate them on the NYA website at http://www.nationalyouthweek.com/national-youth-awards.

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 publication.