



## Career Advisers Message

### Investigate your options

This career newsletter is your guarantee that you are well informed of all of the options that I have received in the mail. Yes...everything! But the rest is up to you! Please read each issue carefully and make sure that you investigate these options. Look at the websites, attend Open Days and make sure that you come and talk to me for some further details.

## Career Hotspot... Optometrist

Optometrists perform eye examinations to determine the presence of vision problems and other eye conditions and disease. They treat or manage these problems by prescribing glasses, contact lenses, optical aids, vision therapy, medication (in the form of eye drops) or referral to an eye surgeon when required.

### Personal Requirements:

- patient and caring manner
- able to carry out accurate and precise work
- good communication skills



### Education and Training:

To become an optometrist you usually have to study optometry at university. To get into the course below you usually need to gain your HSC/ACT Year 12. Prerequisite subjects, or assumed knowledge, in English

advanced, mathematics, chemistry and physics are normally required. You must also sit the Undergraduate Medicine and Health Sciences Admissions Test (UMAT).

### Employment Opportunities:

Most graduates enter private practice on completion of their course. Some graduates choose to embark on non-clinical careers that make use of their skills as visual scientists. Most non-clinical positions are in universities and research organisations or with companies involved in the manufacture of optical instruments and lenses. As optometry becomes more diversified, there are increasing opportunities for specialisation in areas such as sports vision, children's vision and industrial vision practices. For any additional information visit [www.optometrists.asn.au](http://www.optometrists.asn.au)

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## Jobs of the future

### Software Applications Developer



Software Applications Developer design and develop software for clients and users. Application developers are similar to software systems developers, but they are more focused on the needs of users rather than on the back-end parts of computer systems. As with other computer related occupations, applications developers will benefit from the ongoing tech boom.



The Aim for the Stars Foundation Scholarships are awarded once a year. Applications close on 24 November 2016. Winners will be announced February 2017.

#### What the Scholarship Involves

As well as receiving a \$4,000 grant recipients will also have access to:

- Two day Leadership Workshop in Sydney (domestic flights and accommodation provided)
- A dedicated mentor for monthly one-to-one sessions
- Stars2Leaders tool kit, which includes a series expert interviews around the topics of goal setting, resilience and financial planning as well as online resources plus snippets of inspiration from Layne and our Alumni to keep you focused.



#### Who is Eligible to Apply

- Females, 12 years of age and above at 31/01/2017
- Girls and young women who are long-term (continuing) Australian residents
- Females who have initiative and passion and are committed to achieving a dream in their field of choice

For more information please view:

[www.aimforthestars.com.au](http://www.aimforthestars.com.au)



#### High School Information Day for Students

UNSW Engineering's High School Information Day is designed to give senior high school students the opportunity to sample several fields of engineering through interesting and stimulating hands-on activities over a day at UNSW Kensington campus. By doing so, students gain a better understanding of the extensive range of opportunities that a career in engineering would open to them.

Throughout the day you will have the opportunity to speak to our academic staff and students to gain a deeper understanding of the degrees on offer and life on campus at UNSW, as well as seeing some of our awesome student led projects.

Lunch and morning tea will be provided for all participants and registrations are now open! Sign up soon, registrations close on the **20th of October** or once places are filled.

**Date:** Thursday 27<sup>th</sup> October 2016  
**Time:** 8:30am – 3:00pm  
**Where:** UNSW Kensington Campus  
 John Niland Scientia Building  
 Kensington NSW 2033

For more information and to register please visit:  
<https://www.engineering.unsw.edu.au/high-school-information-day-for-student>



**BTA Group Training has multiple vacancies available in the Sydney Metropolitan area, Western and South Western Sydney in**

- Roof Tiling Apprenticeships
- Bricklaying Apprenticeships

All positions are for 1st Year apprentices.

If you are keen to pursue a career as a Roof Tiler or Bricklayer then look no further.

#### **Who Should Apply?**

- Those who have completed Year 12 or equivalent.
- Students who are due to complete Year 10 or 11 in 2016
- 

#### **Key Attributes Required:**

- Motivated and proactive
- Willing to learn
- Good communication skills
- Ability to work as part of a team
- White Card
- Drivers Licence and Own Transport (Preferred)

**For more information** about apprenticeships at BTA Group Training please forward your resume and a cover letter to the Recruitment team:  
[admin@bricklayertrain.com.au](mailto:admin@bricklayertrain.com.au)



### **Jump start your automotive career today**

Looking for a job as an apprentice mechanic? Our friendly energetic team of experts can advise you on the best motor mechanic career options in NSW. We'll also match you to the most rewarding mechanic apprenticeship positions in the industry. Zoom, zoom! Apprenticeships/traineeships available in the following areas:

- Light Vehicle
- Heavy Vehicle
- Motor Cycle
- Paint & Panel
- Marine
- Auto Electrical
- Car Detailing

#### **Current vacancies include:**

##### **First Year Panel Beater Apprentice**

Mosman	Seven Hills
Hornsby	Matraville
Silverwater	Padstow
Matraville	Artarmon
Dural	

##### **First Year Spray Painter Apprentice**

Artarmon	City
Seven Hills	Hornsby
Chatswood	

##### **First Year Parts Interpreter**

Morayfield	Mosman
Artarmon	Chatswood
Hornsby	

##### **First Year Heavy Vehicle Apprentice**

Wetherill Park	Hunting Wood
Smithfield	Liverpool
Eastern Creek	

**First Year Light Vehicle Apprentice**

Liverpool	Rozelle
Artarmon	Zetland
Five Dock	Camden
Ryde	Roseville
Hornsby	St Leonards
Campbelltown	Broadmeadow
Wollongong	Sutherland
Narellan	Lansvale
Pennant Hills	Brookvale
Chatswood	Guildford
Castle Hill	Morayfield
Wyoming	North Gosford
Dural	Wetherill Park
Gosford	Parramatta
Tuggerah	

For more information please view

<http://www.mtaplus.com.au>

**Careers in Psychology**

Psychologists are experts in human behaviour.

They use scientific methods to study the factors that influence the way that people think, feel and learn, and evidence-based strategies and interventions to help people to overcome challenges and improve their performance.

Many psychologists work directly with those experiencing difficulties, such as mental health disorders including anxiety and depression.

They help people to overcome relationship problems, eating disorders, learning problems, substance abuse, parenting issues, or to manage the effects of a chronic illness.

Psychology is a popular field of study in Australia and is taught at universities in every state and territory. Psychology can be a highly rewarding and satisfying career choice.



Qualified

psychologists bring unique skill sets that are highly-valued across a wide range of workplace contexts. Demand for psychologists continues to grow in schools, hospitals, academic and applied research settings, law courts, prisons, defence forces, private practices, consulting firms, market research companies and so on.

**Types of psychology**

Psychologists who complete postgraduate studies in specific areas of psychology may be eligible to receive area of practice endorsement from the Psychology Board of Australia. This enables a psychologist to call him/herself and practise in one of the nine Psychology Board-endorsed areas of expertise:

- Counselling psychology
- Clinical neuropsychology
- Clinical psychology
- Community psychology
- Educational and developmental psychology
- Forensic psychology
- Health psychology
- Organisational psychology
- Sport and exercise psychology

If you are interested in this field, more information can be found on

<http://www.psychology.org.au/studentHQ/careers-in-psychology>

**DISCLAIMER**

We remind you of the necessity to confirm details with each institution, particularly if the information is additional to that provided in the UAC guide.



Australian Government  
Australian Taxation Office

**Do you need a tax file number? Please visit:**

<https://www.ato.gov.au/Individuals/Tax-file-number>



**Western Sydney University**  
**U Day Campbelltown Campus**  
**Wednesday 26<sup>th</sup> October 2016**

Western Sydney U Day takes place on Campbelltown Campus. This is an opportunity for senior high school students to explore study options and campus life at Western Sydney University and The College.

- Experience a day in the life of a student at WSU
- Find out about courses, scholarships and career pathways
- Participate in interactive workshops and speak one-on-one with current students

For more details contact: 1300 897 669



Parent Line is a telephone counselling, information and referral service for parents of children aged 0 to 18 who live in New South Wales. The service provides information and support about concerns you may have about child development, disabilities and developmental delays. Calls are answered directly by a team of trained professional counsellors.

Parent Line is funded by the NSW Government through Family and Community Services and Ageing Disability and Home Care. Parent Line is auspiced & managed by CatholicCare Visit [www.parentline.org.au](http://www.parentline.org.au)



**Study Hospitality**

Blue Mountains International Hotel Management School (BMIHMS) at Torrens University is Australia's leading hotel school for hospitality education. BMIHMS provides internationally recognised hospitality and business degree courses that are highly respected within the global hospitality, hotel and event management industries.

You can choose to study an undergraduate business degree in International Hotel and Resort Management, or International Event Management. BMIHMS also provides Masters Degree Programs, which include International Hotel Management and Global Business Management.

There are two campuses Sydney and Leura.



Graduate with a globally recognised business management qualification accredited by the Australian Higher Education accreditor (TEQSA Accredited).

You can choose to start in January, April, July or October.

Each hospitality degree program has an integrated industry placement, providing valuable experience and skills for students

Phone: (02) 9307 4600

Web:

Email: [enquiry@bluemountains.edu.au](mailto:enquiry@bluemountains.edu.au)

Keep your contact details up to date with UAC so you can receive important information about your ATAR and application. Visit: [www.uac.edu.au/undergraduate/check-change](http://www.uac.edu.au/undergraduate/check-change)



## Business Traineeships

Traineeships are an effective way of accessing training to progress your career. They usually take one year (full time) and are a combination of paid employment and accredited training.

Traineeships are available to suit almost every industry and business. The structured training and on-the-job mentoring fast-tracks your development to give you solid work skills and a formal qualification. This in turn dramatically improves your value in the job market.

Some of the common roles we place are:

- Reception
- Office Administration
- Customer Service
- Call Centre
- Sales/Sales Support
- Accounts Administration
- IT Help Desk
- Project Coordinators

How does a traineeship work?

As a trainee you will be employed by ARC Group. We will be responsible for:

- paying your wages, including your leave entitlements
- coordinating your accredited training
- keeping you safe
- finding you an amazing 'host employer'
- overseeing all aspects of your traineeship.

Your 'host employer' is the company who agrees to host you as a trainee. They will be responsible for your on-the-job learning and the introduction of new skills for the duration of your traineeship.

If, for some reason, you are unable to finish your traineeship with your host employer, ARC Group will assist you in finding another host employer or an alternative solution.

More information can be found on

[www.arcgroup.com.au](http://www.arcgroup.com.au)

## Scholarship Program

Are you passionate about stepping into the health and wellness industry?

Endeavour College of Natural Health is offering up to five scholarships for secondary school leavers and school gap year students from 17-19 years of age (in year of application) seeking a career in the natural health and wellness sector. This is for students that are looking to commence full time study in 2017 at any one of our six campuses in Australia.

The recipients of these scholarships will have the ability to act as a student role model and college ambassador to promote our courses to school leavers.



If you are successful, Endeavour will cover the cost of your tuition fees for the first year of your chosen course in any one of our leading Bachelor of Health Science degree programs in

- Naturopathy
- Nutritional and Dietetic Medicine
- Acupuncture
- Myotherapy

Students must have:

- Demonstrate academic achievement in the sciences, specifically chemistry and biology
- Proven extra-curricular and community involvement through secondary school
- Good communication skills
- Demonstrated leadership qualities
- Genuinely passionate about pursuing a career in natural health

Applications for 2017 Endeavour College of Natural Health scholarships are now open and close on 28 November 2016.

Register online at [www.endeavour.edu.au](http://www.endeavour.edu.au)



**Discover career opportunities in The Australian Defence Force.**

Information sessions

Time: 6.30pm - 8.30pm  
Doors will close at 6.45pm.

Where:  
Defence Force Recruiting Parramatta  
Level 4, 9 George Street, Parramatta

There are limited positions available for these sessions so reservations are essential, phone 131901 or for more information visit [defencejobs.gov.au](http://defencejobs.gov.au).

18 October	Army Reserves	DFRC Parramatta
19 October	Army Officer	DFRC Parramatta
24 October	Pilot Careers	DFRC Parramatta
31 October	Comms, IT & Intelligence Roles	DFRC Parramatta



**Parents – Do you have a student with disability about to leave school?**

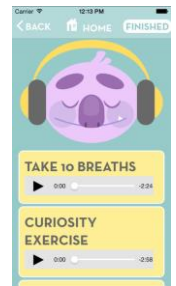
Learn about school to employment pathways.

NOVA Transition is an adult environment with the same expectations as a workplace. Regular attendance is an important part of preparation for employment. To prepare for the workforce, you'll learn how to set realistic and achievable employment goals, explore job types and industries, write resumes and apply for work; prepare food, budget and organise your time.

You practice using public transport, speaking with people, completing tasks on time, listening and understanding what's been said.

NOVA Transition staff respect and accept each person for who they are. They know you have potential and believe you are capable of finding and keeping a great job. Through becoming job ready, you also learn life and social skills. Making friends, getting along with others, and being part of a team are important workplace skills.

For further information visit [www.transition.com.au](http://www.transition.com.au)



**HSC Stress Less App**


A new app that helps HSC students manage stress by teaching them mindfulness meditation techniques has been launched on iTunes and Google Play stores.

The free app, 'HSC Stress-Less', was developed by psychology researchers at UOW with the assistance of high-achieving year 11 students at schools in the greater Sydney and Illawarra regions.

Research has found that mindfulness meditation can assist with managing stress as well as symptoms of issues such as anxiety and depression.

The app contains a series of audio-guided meditations that allow a student to build up their "mindfulness muscle" so that they are better able to "unstick" from stressful feelings.

The aim of tools like the HSC Stress-Less app is to try and help students gain the skills they need to manage stress and anxiety issues.



There are lots of options for NSW Public School leavers.

Please visit: [www.schools.nsw.edu.au/leavingschool/](http://www.schools.nsw.edu.au/leavingschool/)