



2024

Weekly Career News

Whats On, Upcoming Events, Important Future Events and much more inside.
Stay up to date with weekly career news and plan for your future today,
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Weekly Careers News

For Queensland

Monday 2 September, 2024

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What's On

Upcoming Events

CGA Open Evenings

Noosa: September 2, 2024

Brisbane: September 3, 2024

Gold Coast: September 4, 2024

Are you seeking a dynamic alternative to traditional schooling or intrigued by the possibilities of online education?

Join us at this exclusive in-person event to explore why Crimson Global Academy could be an excellent choice for your child.

Discover first-hand CGA's personalised learning approach which empowers students to excel—whether they're aspiring athletes, academically driven, or thrive in inclusive environments.

- Learn how an online learning environment benefits athletic, ambitious, and neurodiverse students
- Connect directly with CGA's expert educators and get your questions answered
- Gain insight into life at CGA: online classes, flexible timetables, international curricula, and our incredible global community.

[Register for Noosa](#)

[Register for Brisbane](#)

[Register for Gold Coast](#)

UQ Ready

Gladstone: September 3, 2024

Online: September 4, 2024

Rockhampton: September 5, 2024

Join us for an informative night that will provide you with everything you need for a smooth transition from high school to university.

- Get advice on maximising your ATAR score
- Understand QTAC preferencing
- Hear about our many student support services and accommodation options
- Know how to respond to a university offer, enrol, and plan your timetable
- Get tips for successfully transitioning to university

The information will be valuable to any high school student looking to go to any university.

Where possible, a panel of UQ students will share their experiences and advice on making the most of your university experience.

[Find out more](#)

\$20 Boss Awards 2024

September 3, 2024

The \$20 Boss Awards are a fantastic way to celebrate the achievements of young people and showcase the brilliant business ideas they've created in \$20 Boss. The awards bring together young people, teachers, parents, and supporters of young entrepreneurs.

Join us on Tuesday 3rd of September as we announce the national \$20 Boss Award winners and give you a chance to learn more about our finalists from across the country!

[Find out more](#)

Casper Test Preparation – Webinar

September 7, 2024

If you will be applying to Curtin University (Medicine) this year, apart from the UCAT, you will also need to register and complete the [Casper Test](#).

[Rebekah Ramsey](#) will be conducting a 4-hour interactive and informative webinar designed to provide students with the guidance and support they need to prepare.

During the workshop, Rebekah will discuss the expectations of the test, and how Curtin might use the results, and unpack the questions and outline possible criteria for assessment. You will also work on the "on camera" techniques to be able to showcase your true self while answering the questions. Finally, you will look at the timing of the applicant responses and how to get the most out of the time that you must answer each question.

[Find out more](#)

Pathways into Medicine and Dentistry Live Webinar

September 7, 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](#)

QUT | Advice Night

September 10, 2024

If you're a current Year 12 student or parent/guardian of a Year 12 student, join us online to discover the 5 essentials of getting into QUT in 2025. You'll hear about:

- entry requirements
- Year 12 Early Offer Scheme (for Queensland QCE students only)
- adjustment schemes
- upgrading pathways
- scholarships.

You'll also hear from real students about their uni experience and have a chance to ask questions about their course, why they chose QUT, the QTAC process and uni life.

Registration will open in early August.

[Find out more](#)

Important Future Events

QUT | Advice Night

September 10, 2024

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- scholarships.

You'll also hear from real students about their uni experience and have a chance to ask questions about their course, why they chose QUT, the QTAC process and uni life.

Registration will open in early August.

[Find out more](#)

UQ | InspireU STEM Camp

September 15 to September 20, 2024

The InspireU STEM Camp allows Aboriginal and Torres Strait Islander students in Year 11 or 12 in 2024 to join a week-long camp to explore science, technology, engineering and mathematics study options and careers.

The camp is perfect for students planning on going to university to explore what degree to study and build their knowledge about university life. The program exposes you to various career and study options at UQ.

You're given a holistic experience of university life, which is delivered in collaboration with current Aboriginal and Torres Strait Islander university students, UQ's faculties and industry partners. You'll attend jam-packed, engaging sessions with a hands-on component.

You're eligible if you:

- are of Aboriginal and/or Torres Strait Islander descent
- are enrolled in high school at the time of application
- are enrolled in ATAR subjects and eligible for an ATAR score
- have a school attendance rate of 90% or greater.

You will:

- participate in a week-long on-campus residential camp
- attend engaging sessions to further understand STEM disciplines
- take part in practical, hands-on experiences
- explore UQ facilities and services
- connect with current Aboriginal and Torres Strait Islander university students
- meet fellow high school students.

[Find out more](#)

Griffith | Year 12 Academic Bootcamps

September 16 to September 26, 2024

Griffith's Academic Bootcamps are highly effective four-day courses run in the September school holidays, designed to help Year 12 students achieve their full academic potential in their final external exams. They aim to improve confidence and understanding in senior science and maths subject areas, reducing anxiety around assessment and preparing students for future tertiary study.

On-campus subjects

- General Maths
- Maths Methods
- Chemistry
- Physics
- Biology

- Psychology

Online subjects

- General Maths
- Maths Methods
- Chemistry
- Physics
- Biology

[Find out more](#)

University of Sydney | Online Open Night

September 19, 2024

Domestic students living in regional or interstate areas are invited to the University of Sydney's online Open Night.

Find out about the new Regional and Remote Entry Scheme, the single scholarship application process, and other University of Sydney highlights.

You'll then have the chance to join dedicated breakout rooms and chat with staff from our faculties, admissions, scholarships, and accommodation, and have all your questions answered about life in Sydney.

[Find out more](#)

UQ | InspireU Spring Camp (Business, Economics and Law)

September 22 to September 27, 2024

Immerse yourself in a week-long university experience to learn about a range of academic areas. Year 10-12 students will get to explore potential study options and get practical insights into a range of disciplines.

You're eligible if you:

- are of Aboriginal and/or Torres Strait Islander descent
- are enrolled in high school at the time of application
- are enrolled in ATAR subjects and eligible for an ATAR score
- have a school attendance rate of 90% or greater.

You will:

- participate in a week-long on-campus residential camp
- attend engaging sessions to further understand a range of disciplines
- take part in practical, hands-on experiences
- explore UQ facilities and services
- connect with current Aboriginal and Torres Strait Islander university students
- meet fellow high school students.

[Find out more](#)

NIDA September Spring Holiday Courses 2024 – QLD

September 23 to September 29, 2024

NIDA's Holiday Program offers fun and engaging skills-based training for all ages and aspirations. From 3-week Residency programs to 1-day short courses for adults, children and young people, we have something to offer everyone.

[Find out more](#)

Free Money

Scholarships

Westpac Asian Exchange Scholarship

Value: \$12,700 AUD

Open date: October 2, 2024

Closing date: December 2, 2024

The Westpac Asian Exchange Scholarship is a remarkable opportunity offered to passionate and curious individuals looking to expand their worldview, embrace new perspectives and help build stronger ties between Australia and Asia.

[Find out more](#)

Competitions

2025 Secondary Schools Culinary Challenge

Value: See perks

Each year the Australian Culinary Federation (ACF) conducts a cooking competition for Secondary School Students in each Australian state. This competition is a great opportunity for students with an interest in becoming a chef to gain invaluable contacts within the hospitality industry.

[Find out more](#)

The Respect Competition

Open date: August 1, 2024

Closing date: September 15, 2024

Being respectful to classmates, friends and to the people around us is important. But what does respect mean to you?

We want students across Australia in years 4–9 to show us what respect looks like in your world. Download the storyboard template and use drawings and words to create your story—don't forget to include the word 'respect'.

[Find out more](#)

Blue Ocean Student Entrepreneur Competition 2025

Value: Up to \$1,000 USD

Closing date: February 16, 2025

The Blue Ocean Student Entrepreneur Competition is a virtual competition that attracts the very best high school-aged entrepreneurs from all over the world.

Every year, thousands of high school students pitch their innovative business concepts to experienced entrepreneurs and business people, receive feedback on their ideas, join a community of like-minded students, and compete for thousands in cash prizes.

[Find out more](#)

Makedo's 15th Birthday Design Competition

Value: \$1,500 USD

Open date: August 1, 2024

Closing date: September 30, 2024

Dust off your party hats, makers. It's our birthday! To celebrate 15 years of innovation, creativity, imagination and fun with Makedo, we're giving you the chance to win BIG. Form a team to design and build your future dream house with Makedo tools and cardboard. Document your creative process and submit your entry to be in the running for USD \$1,500 and other prizes. Happy making!

[Find out more](#)

Study

Vocational Education

[How technology is changing trades](#)

When you think of vocational education, what comes to mind? Mechanics working on cars, electricians wiring houses, or chefs preparing meals in bustling kitchens? While these traditional images still hold true, the world of vocational education is rapidly evolving. Technology is

transforming these trades in exciting ways, opening up new opportunities and changing how we think about vocational careers.

Let's explore how technology is reshaping vocational education and what it means for your future career prospects.

The tech revolution in trades

Gone are the days when vocational careers were seen as low-tech options. Today, technology is an integral part of almost every trade. Here are some examples:

Construction and Engineering

3D printing is revolutionising construction. Imagine being able to 'print' entire houses! Building Information Modelling (BIM) software is also changing how buildings are designed and constructed. As a result, construction workers and engineers now need skills in computer-aided design and 3D modelling.

Automotive

Cars are essentially computers on wheels these days. Auto mechanics now need to be as comfortable with diagnostic software as they are with a wrench. Electric and hybrid vehicles are also creating new specialisations within the automotive trade.

Culinary Arts

Even cooking has gone high-tech. From sous-vide machines to 3D food printers, chefs are using advanced equipment to create culinary masterpieces. There's also a growing need for chefs who can cater to specialised diets and create plant-based alternatives, requiring knowledge of food science and nutrition.

Healthcare

Healthcare technicians are using increasingly sophisticated equipment. From operating MRI machines to managing electronic health records, technology skills are crucial in modern healthcare settings. They are also helping to bring vital healthcare to areas of the world that need them most.

What does this mean for you?

If you're considering a vocational pathway, these technological advancements offer exciting possibilities. Here's what you need to know:

New skills are in demand

Along with traditional trade skills, employers are now looking for tech-savvy workers. Skills like coding, data analysis, and proficiency with specialised software are becoming increasingly valuable in vocational fields.

Continuous learning is key

With technology evolving rapidly, the ability to learn and adapt is crucial. Vocational education is no longer just about mastering a specific set of skills – it's about developing the ability to continuously update your knowledge and adapt to new technologies.

Increased career opportunities

As trades become more tech-focused, new career paths are emerging. For example, you could become a drone operator for construction sites, a 3D printing specialist, or a smart home systems installer.

Higher earning potential

With increased skill requirements often comes higher pay. Many high-tech trade jobs offer competitive salaries, especially for those who can bridge the gap between traditional skills and new technologies.

How can you prepare for this tech-driven future?

If you're interested in a vocational career, here are some steps you can take to prepare for technology-driven changes:

1. **Stay curious about technology:** Keep up with tech trends in your area of interest. Follow [industry news](#), watch relevant YouTube channels, or join online forums.
2. **Develop your digital skills:** Learn [basic coding](#), get comfortable with different software applications, and don't be afraid to experiment with new technologies.
3. **Consider 'hybrid' courses:** Look for vocational courses that combine traditional trade skills with relevant technology training.
4. **Seek hands-on experience:** Look for internships or part-time jobs that allow you to work with the latest technologies in your chosen field.
5. **Embrace lifelong learning:** Understand that your education won't stop when you finish your initial training. Be prepared to continue learning throughout your career.

The future is bright for tech-savvy tradespeople

The integration of technology into traditional trades is creating exciting opportunities for those willing to embrace change. By combining hands-on skills with technological know-how, you can position yourself for a rewarding and future-proof career in the trades.

Remember, the most successful tradespeople of the future will be those who can bridge the gap between traditional skills and new technologies. So if you're passionate about working with your hands but also love technology, a modern vocational pathway could be the perfect fit for you.

Want to know more?

If you're excited about the possibilities of tech-driven vocational careers, there's plenty more to explore. Check out our other blogs on vocational education and career pathways [here](#). And don't forget to talk to your school's career advisor about vocational education options in your area.

University

Courses for jobs that don't exist yet: Future-proofing your degree

Ever feel like the world is changing so fast that by the time you finish university, the job you're studying for might not even exist anymore? You're not alone. With technology advancing at lightning speed and [new industries popping up all the time](#), it can be tricky to know which university degrees will set you up for success in the future job market. But don't worry – we have some tips to help you choose a course that will set you up for a future job, even if it doesn't exist yet.

Why do we need to future-proof our degrees?

The world of work is evolving rapidly. Think about it – jobs like social media manager, app developer, or drone operator didn't exist 20 years ago. And in another 20 years? Who knows what new careers will be out there! That's why it's crucial to choose a university course that will equip you with skills and knowledge that will remain relevant, no matter what the future job market looks like.

Here are some things to look for when considering your future course to ensure it will prepare you for a job that doesn't exist yet:

Focus on transferable skills

When choosing a university course, look for ones that emphasise transferable skills. These are skills that are valuable across many different industries and roles. Some key transferable skills to look out for include:

- Critical thinking and problem-solving
- Communication (both written and verbal)
- Teamwork and collaboration
- Adaptability and flexibility
- Digital literacy
- Creativity and innovation

- Leadership and project management

Courses that help you develop these skills will give you a solid foundation for a variety of future careers, even ones that don't exist yet.

Consider interdisciplinary programs

The jobs of the future are likely to require knowledge from multiple fields. For example, a role in sustainable urban planning might need expertise in environmental science, architecture, and public policy. Look for university courses that offer interdisciplinary programs or the flexibility to combine different areas of study. This approach can make you more adaptable to future job market needs.

Embrace technology and data

No matter what field you're interested in, chances are it will be impacted by technology in the future. Courses that incorporate elements of computer science, data analysis, or digital technologies can give you a competitive edge. Even if you're not planning on a tech-focused career, having these skills in your toolkit [can be incredibly valuable](#).

Look for courses with industry connections

Universities that have strong links with industries can help you stay up-to-date with the latest trends and developments in your field of interest. Look for courses that offer:

- Internship or work placement opportunities
- Guest lectures from industry professionals
- Projects involving real-world problems
- Opportunities to network with potential employers

These experiences can give you valuable insights into how your chosen field is evolving and help you build connections for your future career.

Don't forget about soft skills

While technical skills are important, don't underestimate the value of soft skills. Courses that help you develop emotional intelligence, cultural awareness, and ethical reasoning can prepare you for leadership roles in the future. These skills are becoming increasingly important in our interconnected, global workforce.

Stay curious and keep learning

Remember, your university degree is just the beginning of your learning journey. The most future-proof skill of all is the ability to keep learning and adapting throughout your career. Look for courses that foster a love of learning and teach you how to acquire new skills independently.

Some future-focused degree options to consider

While no one can predict the future with certainty, here are some degree areas that experts believe will be in high demand in the coming years:

- Environmental Science and Sustainability
- Data Science and Analytics
- Artificial Intelligence and Machine Learning
- Biotechnology and Genetic Engineering
- Cybersecurity
- Human-Computer Interaction
- Renewable Energy Engineering
- Digital Marketing and Content Creation
- Health Informatics
- Robotics and Automation

Remember, these are just suggestions. The most important thing is to choose a course that aligns with your interests and strengths. After all, you're more likely to succeed in a field you're passionate about.

Final thoughts

Choosing a university course for a job that doesn't exist yet can feel daunting, but it's also exciting. By focusing on developing a broad skill set, staying adaptable, and nurturing your curiosity, you'll be well-equipped to tackle whatever the future job market throws your way. Remember, the goal isn't just to prepare for a specific job, but to build a foundation for a fulfilling and adaptable career.

Want to explore more about your study options and future careers? Check out our other blogs [here](#) for more insights and advice.

Work

Job Spotlight

[How to become a Shearer](#)

Shearers are the backbone of the wool industry. Their job involves using special tools to remove wool from livestock such as sheep, goats, and alpacas. They need to be able to handle animals carefully to ensure a clean and efficient shearing process while looking after the wellbeing of the animals.

If you're physically fit, enjoy working with animals, and are prepared to live and work in a rural setting, a career in shearing might be perfect for you.

What skills do I need as a shearer?

- Physical fitness & stamina
- Good hand-eye coordination
- Ability to handle animals gently but firmly
- Effective communication skills
- Resilience & toughness
- Not afraid to get dirty
- Methodical & thorough

What does the job involve?

- Prepare animals for shearing by moving them from holding pens
- Select and use appropriate tools for shearing
- Shear wool from animals in one clean piece
- Keep animals calm and comfortable during the shearing process
- Inspect animals for cuts and treat them if needed
- Return sheared animals to pens and perform final checks
- Maintain and clean shearing tools and workspaces
- Use specialised equipment for high-quality shearing of stud animals

What industries do shearers typically work in?

- [Agriculture, Forestry and Fishing](#)

What Career Cluster do shearers belong to?

Most shearers belong to the [Maker](#) Cluster, due to their hands-on work with animals and equipment. Makers are our 'doers' who get things done, value resilience and hard work, and are generally adaptable and reliable.

What kind of lifestyle can I expect?

Shearers usually work full-time, averaging around 43 hours per week. Part-time opportunities are less common, with only about 36% of shearers working part-time.

The job involves significant physical labour and is typically based in rural or regional areas, so you'll generally be on your feet all day due to the hands-on nature of the job. You also have to be confident and comfortable handling animals – a gentle but firm hand is essential for this role.

Shearers also generally live where they work, so you'd be living and breathing a country lifestyle. If you're outdoorsy, like farm work and don't mind getting a little dirty, you'll thrive in this role.

How to become a shearer

While no formal qualifications are required, you'll need to gain relevant experience. This can be taught on the job, but completing courses or vocational qualifications can give you a head-start and make you a more competitive applicant.

To become a shearer, start by completing at least Year 10, with a focus on English, Maths, Biology, and any agricultural subjects if available. Gaining work experience on a farm or in an agriculture-related setting is really important for getting hands-on exposure to animal handling. You might also like to obtain an introductory qualification in shearing or animal handling to make sure you have what it takes for the job.

Once you have the foundational knowledge, you could then start a paid apprenticeship or begin working as an entry-level shearer to gain practical experience and refine your skills.

What can I do now to work towards this career?

If you're in high school and you'd like to find out if a career as a shearer is right for you, here's a few things you could do right now:

1. **Get some experience:** Try to find a part-time job or volunteer on a farm to learn how to work with animals.
2. **Get fit:** Start exercising regularly to build up your strength and stamina, which will help with the physical demands of shearing.
3. **Talk to professionals:** Contact local shearers or farmers and ask if you can shadow them or learn more about their job.

Where can I find out more?

- [Shearing Contractors Association of Australia \(SCAA\)](#)
- [American Sheep Industry Association](#)
- [National Sheep Association \(UK\)](#)
- [New Zealand Shearing Contractors Association](#)

Similar careers to shearer

- Wool Classer
- [Farmer](#)
- [Farm Assistant](#)
- [Agronomist](#)
- [Vet Nurse](#)
- [Veterinarian](#)
- [Horse Trainer](#)
- [Dog Groomer](#)

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

Jobs & Careers

7 jobs for people who love travel

If you have a passion for travel and exploring new places, why not turn that love into a career? There are plenty of jobs out there that allow you to see the world while earning a living. Here are 7 exciting careers that are perfect for people who love to travel.

Travel Blogger

Travel bloggers share their adventures with the world through blogs, social media, and videos. If you love traveling and have a knack for storytelling, this could be a great job for you. You'll get to visit new places, take stunning photos, and write about your experiences, all while building a following and potentially earning income from sponsorships and advertising.

How to get there: Start by creating your own travel blog or social media channel. Build a portfolio of your work and gain followers. Many travel bloggers start as hobbyists before turning it into a full-time career.

Flight Attendant

Flight attendants get to travel around the world as part of their job. They ensure that passengers have a safe and comfortable flight, provide excellent customer service, and handle emergencies. This job offers the chance to see new destinations frequently, all while working in an exciting environment.

How to get there: You'll need to complete training with an airline, which typically includes customer service, safety procedures, and emergency protocols. Being a flight attendant often requires a high school diploma and good communication skills.

Travel Nurse

Travel nurses are healthcare professionals who work temporary assignments in different locations. If you're a nurse who loves new experiences, this job allows you to explore various cities and healthcare settings while providing essential care to patients.

How to get there: You'll need a nursing degree and a valid nursing license. Travel nurses usually work with agencies that arrange short-term assignments in different locations.

Tour Guide

Tour guides lead groups of tourists around interesting and historical locations, sharing information and making the experience enjoyable. This job is perfect for people who love meeting new people and showing off their favourite destinations.

How to get there: Depending on the location and type of tours, you might need specific certifications or knowledge about local history and attractions. Many tour guides start with a passion for the area they're showing and gain experience through local tour companies.

International Consultant

International consultants work with companies or organizations around the world, offering expertise in areas like business, technology, or management. This job often involves traveling to different countries to meet with clients, provide solutions, and manage projects.

How to get there: A degree in your field of expertise, along with experience and possibly certifications, can help you become an international consultant. Strong communication skills and adaptability are key.

Travel Photographer

Travel photographers capture beautiful images of landscapes, people, and cultures from around the world. If you have a passion for photography and love exploring new places, this job lets you combine both interests while working on assignments for magazines, websites, and other media.

How to get there: Build a strong portfolio of your work and consider taking photography courses to hone your skills. Networking and pitching your work to publications or travel companies can help you get started.

Cruise Ship Worker

Working on a cruise ship can be a fantastic way to travel the world while working in a variety of roles, from entertainment and hospitality to management and engineering. Cruise ship jobs offer the opportunity to visit numerous destinations and meet people from all over the globe.

How to get there: Depending on the position, you may need specific skills or experience in areas like hospitality, entertainment, or marine operations. Apply to cruise lines and be prepared for a lifestyle that involves living on the ship for extended periods.

What are you waiting for?

If you love to travel, turning that passion into a career can be incredibly rewarding. Whether you're guiding tours, capturing photos, or working on a cruise ship, there are plenty of opportunities to see the world while earning a living. Explore these careers and find the one that's right for you, and start your journey to a job that lets you travel the globe!

Keen to explore more options? You can read more about different jobs and careers on our website [here](#).

Skills for Work

How to negotiate your first salary

Landing your first job is an exciting milestone, but depending on the role, you might have to negotiate your salary with your manager. When it comes to discussing your salary, you might find it a bit overwhelming, or feel uncomfortable discussing your needs so early into the job. Don't worry though—we've got you covered with all the steps you'll need to feel comfortable and look professional.

In this guide, we'll break down the basics of negotiating your first salary so you can confidently advocate for yourself and start your new job on the right foot.

What is salary negotiation?

Salary negotiation is the process of discussing and agreeing on your pay with your future employer. It's your opportunity to make sure you're getting a fair salary for the work you'll be doing. This might sound a bit intimidating, but it's a normal part of the job application process and something that everyone does at some point in their career.

Step-by-step:

Here's how you can negotiate your salary without any stress:

1. Find out what's normal

Before you talk about salary, check how much people in similar jobs usually get paid. You can find this info on job websites or by asking around, but knowing the average salary helps you figure out what's fair to ask for.

2. Know what you bring to the table

Think about what skills and experiences you have. Even if you're just starting out, you might have done cool projects or have special skills, or maybe you even did an internship or some work experience that you found through our [work database](#).

If you've done anything of note that might relate to your job, mention these when you talk about your salary to show why you deserve a higher pay.

3. Practice what to say

It's helpful to practice how you'll ask for your salary so you don't forget what you wanted to say. If you're extra nervous, you can even write out a script and practice it with a friend or family member. This way, you'll feel more confident when you talk to your future boss, which will help show off some more of your valuable [soft skills](#).

4. Be positive and open

When you discuss your salary, keep a positive attitude. It's not a fight—just a chat. If they offer less than you hoped for, you might consider being open to other benefits like extra vacation days or a flexible work schedule.

5. Get the offer in writing

After you agree on your salary, make sure you get everything in writing. This includes how much you'll be paid and any extra benefits. This way, you both know exactly what to expect, and you can refer to it in the future if you need to.

Final thoughts and next steps

Negotiating your salary might seem a bit scary, but it's an important part of starting your first job. By learning what's fair, knowing your worth, and practicing what to say, you'll feel way more comfortable asking for a fair pay.

For more easy-to-follow tips on starting your career and finding jobs, check out our other blogs and resources on our website [here](#).

Grow

Personal Skills

[8 steps to building resilience](#)

Life can be a rollercoaster, especially when you're in high school. One day you're acing your exams, and the next, you're struggling to understand a new concept. Maybe you didn't make the sports team you were hoping for, or you had a falling out with a friend. These ups and downs are a normal part of life, but how you handle them can make a big difference in your overall happiness and success. That's where resilience comes in.

In this blog, we're going to go over some of the key steps you can follow to build resilience and learn how to deal with life's unexpected surprises.

What is resilience?

Resilience is like a superpower that helps you bounce back from tough situations. It's the ability to adapt to challenges, cope with setbacks, and keep moving forward even when things get difficult. Think of it as your inner strength that helps you weather life's storms.

Why is resilience important?

Having resilience doesn't mean you won't face difficulties or feel upset when things go wrong. It means you have the tools to cope with these situations and come out stronger on the other side. Here's why building resilience is so important:

1. It helps you handle stress better
2. It [improves your mental health and wellbeing](#)
3. It can boost your academic performance
4. It prepares you for future challenges in life and work
5. It helps you build stronger relationships

How can you build resilience?

Building resilience is like working out a muscle – the more you practice, the stronger you get. Here are some practical ways to develop your resilience:

Develop a growth mindset

Instead of thinking "I can't do this," try "I can't do this yet." Embrace challenges as opportunities to learn and grow. Remember, every expert was once a beginner.

Practice self-care

Take care of your [physical and mental health](#). Get enough sleep, eat well, exercise regularly, and make time for activities you enjoy. When you feel good physically and mentally, you're better equipped to handle challenges.

Build strong connections

Surround yourself with [supportive friends and family](#). Having people you can turn to when things get tough can make a big difference. And remember, don't be afraid to ask for help when you need it.

Set realistic goals

Break big goals into smaller, manageable steps. Celebrate your progress along the way, no matter how small. This helps build confidence and motivation.

Learn from setbacks

When things don't go as planned, take time to reflect. Ask yourself:

- What can I learn from this experience?
- What would I do differently next time?
- What are some positive things that came out of this situation?

Practice positive self-talk

Pay attention to your inner voice. Are you being too hard on yourself? Try to replace negative thoughts with more balanced, realistic ones. For example, instead of "I'm terrible at maths," try "Maths is challenging for me, but I'm working on improving."

Develop problem-solving skills

When faced with a challenge, take a step back and brainstorm possible solutions. Consider the pros and cons of each option before deciding on a course of action.

Find meaning in difficult situations

Try to see the bigger picture. How might this challenge help you grow or prepare you for future success? Sometimes, our biggest struggles lead to our greatest strengths.

Putting it into practice

Building resilience takes time and effort, but it's a skill that will serve you well throughout your life. Here's a small exercise to get you started:

Think about a recent setback or challenge you faced. Write down:

1. Three things you learned from the experience
2. Two ways you could approach a similar situation differently in the future
3. One positive outcome that came from the challenge

Remember, everyone faces difficulties at some point. What matters is how you respond and grow from these experiences. By working on your resilience, you're preparing yourself to handle whatever life throws your way – in high school and beyond.

Want to learn more?

If you're interested in developing more personal skills that can help you succeed in school and life, check out our other blogs on topics like time management, communication skills, and problem-solving strategies. You can find them [here](#).

Health & Wellbeing

How to deal with test anxiety

As a high school student, facing tests and exams can be a major source of stress. It's completely normal to feel anxious about these assessments, but you need to learn how to manage that anxiety so it doesn't impact your grades.

If test anxiety is getting the best of you, don't worry—there are effective strategies you can use to handle it. Let's explore how you can tackle test anxiety and improve your confidence and performance.

What is test anxiety?

Test anxiety is a type of performance anxiety that can occur before or during an exam. It's characterised by feelings of nervousness, worry, or fear, which can make it really hard to concentrate and do your best. Test anxiety can manifest in various ways, such as physical symptoms like sweating or a racing heart, or emotional symptoms like self-doubt and panic.

Why managing test anxiety is important

- **Improve performance:** Managing test anxiety helps you focus better and think more clearly during exams, leading to improved performance and better grades.
- **Reduce stress:** Effective strategies for dealing with test anxiety can lower your overall stress levels, making school and other areas of life way more manageable.
- **Boost confidence:** By learning how to handle anxiety, you'll build confidence in your ability to tackle challenges and succeed in your studies.

Three tips for dealing with test anxiety

Here are three practical strategies to help you manage test anxiety and perform at your best:

1. Prepare & practice

One of the best ways to reduce anxiety is to be well-prepared. Create a study plan that breaks down your material into manageable chunks. Use active [study techniques](#) like practice tests, flashcards, and summarising key concepts. The more familiar you are with the content, the more confident you'll feel.

2. Practice relaxation techniques

Incorporate relaxation techniques into your daily routine to help manage stress. Techniques such as deep breathing, [progressive muscle relaxation](#), and mindfulness can calm your mind and body. Spend a few minutes each day practicing these techniques, and use them during the test to stay calm and focused.

3. Develop a positive mindset

Your mindset plays a significant role in how you handle test anxiety. Replace negative thoughts with [positive affirmations](#) and remind yourself of your strengths and achievements. Visualise yourself successfully completing the test and focus on the effort you've put into preparing rather than the outcome.

Additional strategies to consider

Here are a few other simple things you can do to help prevent anxiety in the future:

Establish a routine

Develop a consistent study and [sleep](#) routine leading up to the test. Adequate rest and regular study habits can help you feel way more prepared and less anxious.

Seek support

Talk to a teacher, school counsellor, or trusted adult if you're struggling with anxiety. They can offer advice, [resources](#), and support to help you manage your stress.

Stay active

[Regular physical activity](#) can reduce overall stress and improve mood. [Incorporate exercise](#) into your routine to help manage anxiety and keep your mind sharp.

Be kind to yourself

Test anxiety is a common experience, but it doesn't have to control your performance or your well-being. By using these strategies and finding what works best for you, you can manage your anxiety and approach your exams with greater confidence. Remember, it's not just about the test—it's about taking care of yourself and your mental health.

For more tips on managing stress and achieving your academic goals, explore our website [here](#).

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