



# Weekly Careers News for WA

## Weekly Careers News

For Western Australia

Monday 20 May, 2024

### What's On

#### Upcoming Events

##### **Murdoch | Year 11 & 12 Parent & Supporters Information Evening**

May 22, 2024

Assist your child in the transition from secondary school to Uni!

There are hundreds of study choices for school leavers. We're here to help you through this exciting new chapter in your teen's life by providing all the information you need to guide them through Years 11 and 12 and beyond.

[Find out more](#)

##### **Murdoch | Year 9 & 10 Parent & Supporters Information Evening**

May 22, 2024

Assist your child as they navigate senior secondary school and beyond.

There are hundreds of study choices for school leavers. We're here to help you through this exciting new chapter in your teen's life by providing all the information you need to guide them through Years 10, 11, 12 and beyond.

[Find out more](#)

##### **ECU | Year 10 Parent Information Evening & Pizza Night**

May 22, 2024

Are you currently in Year 10 and trying to choose subjects for next year? Well grab your parents and come along to our Year 10 Parent Information Evening!

If you don't know what subjects to pick next year or you just want to find out about uni and the courses we offer, this is a great opportunity to have a chat with our friendly Future Student Engagement Team!

[Find out more](#)

##### **RMIT | New Career Ahead: Explore the Possibilities Series 3/3**

May 22, 2024

*What is it like to work in a particular job? Or a particular sector?*

In our third and final workshop, equip yourself with the tools to explore your career ideas and leverage valuable resources to make informed decisions. Whether it's your first job, a change, or a transition, good research gives a more complete picture of opportunities and uncovers new ideas.

Gain clarity and confidence and take the next steps in your career journey as we cover:

- What labour market information is and benefits it can provide.
- Practical tools and resources available to help you delve further into your career ideas.
- Actionable steps to keep your exploration moving forwards and yourself on track.

You can either opt to attend this session online or in person at RMIT University Melbourne City Campus. The general public and RMIT students are welcome to attend.

[Find out more](#)

## STEM + X Webinar Series: Maths & Data

May 29, 2024

Maths is the language of science and engineering. Whether you're working on developing new technology, conducting research, or solving problems in any field, you'll need a strong foundation in maths to be able to understand and work with complex concepts and solve problems.

Join this free webinar to explore how you can combine a study in Maths with your 'X', which is your passion, another area or a big goal.

[Find out more](#)

## ECU | WAAPA Production Tour

May 30 to October 30, 2024

ECU's Western Australian Academy of Performing Arts (WAAPA) is one of the world's leading performing arts academies and we're giving you the opportunity to explore our behind-the-scenes production and design facilities.

WAAPA is recognised nationally and internationally for the quality of its graduates and provides Production and Design students with 'on-the-job' theatrical experiences. You can find out more about WAAPA's exciting backstage Vocational Education and Training (VET) courses, admission pathways and application process during this event.

### Tour dates and times:

Thursday 30 May, 6:00 PM – 7:30 PM

Tuesday 27 August, 6:00 PM – 7:30 PM

Wednesday 30 October, 6:00 PM – 7:30 PM

[Find out more](#)

## Important Future Events

### SAE | Create for a Day

July 6, 2024

SAE is opening its doors this July for a one-day program, designed to expand your skills and get you working on inspiring creative projects in the fields of Animation, Audio, Design, Film, Games or Electronic Music Production.

Don't miss out on your chance to experience life as an SAE student and discover what it means to be a creative professional, in state-of-the-art facilities with industry experts by your side.

During the workshop, attendees will learn valuable practical and collaborative skills to build a creative piece of work. They will also receive a certificate of participation to acknowledge the creative project they have undertaken.

[Find out more](#)

### Perth Skillswest Careers & Employment Expo 2024

July 25 to July 27, 2024

Western Australia's largest Careers & Employment Event is open from July 25 to 27, 2024 at the Perth Convention & Exhibition Centre. The Expo will host over 160 organisations and employers with career opportunities for all ages. Entry is free

The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new opportunities.

[Find out more](#)

## 2025 National Youth Science Forum Year 12 Program

January 6 to January 23, 2025

Are you in Year 11 in 2024? Apply now to join us in January!

The National Youth Science Forum (NYSF) Year 12 Program gives students that are about to start Year 12 a broader understanding of study and career options available in science, technology, engineering and mathematics (STEM).

Staying on campus at university colleges, students are immersed in science and technology. Participants:

- participate in tours of science and technology facilities,
- learn about cutting-edge research,
- engage with industry partners and research providers,
- learn about university, training and STEM career pathways,
- mix with like-minded students their age from all over Australia,
- participate in social and team building activities, and
- network with former NYSF participants.

In January 2025, the NYSF Year 12 Program will run two summer sessions at:

- The Australian National University, Canberra (6 –14 January)
- The University of Queensland, Brisbane (15 – 23 January)

As part of the application process, any students experiencing financial hardship or another disadvantage that negatively impacts their ability to attend the program may apply for an NYSF Access and Equity Scholarship. Students are also encouraged to approach Rotary Clubs after they have started their program application if they need funding support to attend the NYSF Year 12 Program.

**Applications close 15 July 2024.**

[Find out more](#)

## Free Money

### Scholarships

#### Speak Up! Scholarship

**Opens:** March 7, 2024

**Closes:** August 15, 2024

NSHSS created the Speak Up! Scholarship for students with a demonstrated passion for communications. To enter, you must write an essay response of between 500-800 words to the provided question.

[Find out more](#)

#### Global Voices Fellowship

**Opens:** June TBC

**Closes:** July TBC

The Global Voices Fellowship supports young Australians (18-30) to have an unparalleled opportunity with experience in policymaking and international diplomacy.

You don't need experience in international relations or policy to apply. We are looking for young people with a demonstrated interest in global issues, an ambitious spirit and the ability to communicate their ideas with the world effectively.

[Find out more](#)

## The Next Genius Scholarship Program

**Opens:** May 1, 2024

**Closes:** December 1, 2024

At Next Genius, we award full and partial tuition scholarships to select high-performing, middle-income high school students from South Asia to attend leading liberal arts colleges in the United States.

[Find out more](#)

## Competitions

### Atlas Shrugged Essay Contest - Australia

**Opens:** April 1, 2024

**Closes:** July 31, 2024

We invite Australian students to join for a chance to win thousands of dollars in prize money for essays they write about subjects arising from Ayn Rand's novel *Atlas Shrugged*.

**NOTE:** Students from countries other than Australia can find details on the International competition [here](#).

[Find out more](#)

### QUT High School Moot Competition

**Opens:** March 4, 2024

**Closes:** June 13, 2024

The QUT High School Moot Competition is an exciting opportunity for year 11 and 12 students to engage with the law at a university level.

Competitors are provided with a fictional client problem and must prepare arguments on their behalf to present in front of real world lawyers and judges.

[Find out more](#)

### Future of Food Youth Design Challenge

**Opens:** February 6, 2024

**Closes:** July 1, 2024

The Future of Food Youth Design Challenge is a free design thinking challenge that asks youth to consider food problems from their own lived experience (and others around them) and reframe challenges as opportunities to make a difference using social entrepreneurship.

We are challenging young people aged 10-21 across Australia to ideate solutions to: "How might we reimagine the Future of Food?"

[Find out more](#)

## Study

### Apprenticeships & Traineeships

#### Apprenticeships vs university – Finding what's right for you

When it comes to planning your future career, there's always more than one road to success. While university is usually the most popular route, an apprenticeship can be a practical and rewarding alternative. Let's explore the advantages of starting an apprenticeship vs heading to university, and why it might be the right choice for you.

#### Benefits of apprenticeships over university

While university is a great way to become qualified for some careers, it's definitely not for everyone. And these days, there are apprenticeships available in a huge number of industries, from construction and hospitality to business and arts. Let's take a look at some of the reasons why you might like to do an apprenticeship vs university.

### **Hands-on learning experience**

Apprenticeships are unique in the way they offer a hands-on approach to learning. Instead of spending most of your time in a classroom, you'll have the opportunity to work directly in your chosen field. This means you'll gain practical skills and experience right from the start, and is a great way to apply what you learn in real-world situations.

### **Earn while you learn**

Perhaps one of their biggest benefits is that apprenticeships come with a pay check – you're essentially being paid to learn and grow in your chosen career. This can be a huge advantage over university, where you'll need to find a job on the side if you want to earn some cash, or in some cases undertake unpaid placements to become qualified.

### **Early career progression**

In many apprenticeships, you'll have the chance to work alongside experienced professionals right from the first day, leading to faster advancement in your career compared to a traditional academic route. You can start building a network and making valuable industry connections that might come in handy down the track.

### **A direct path to employment**

Lots of apprenticeships come with a direct pathway into a job. Many employers who offer apprenticeships end up hiring their apprentices as full-time employees after they complete the program. This means you could have a job waiting for you at the end of your training period, which isn't always the case with a university degree.

### **Is an apprenticeship right for me?**

If you thrive in a hands-on environment and prefer practical learning over traditional classroom settings, an apprenticeship could be perfect for you. But don't forget your apprenticeship will still involve some study too – plus, you'll be committing to a real job and all the responsibility that entails as well. This includes turning up on time, doing what you're asked, and adding value to your workplace.

For some people, university might be a better fit – and that's OK too. If your dream job requires a specific academic qualification or demands a deep theoretical understanding, you'll need to study. You might find you learn better in an academic setting rather than getting hands-on, and university will be a better choice in this case too.

### **Learn more**

Remember, your decision should be based on your goals and learning style, not what someone else thinks is best for you. And if you try one pathway and decide it's not for you, it's never too late to try something else. You can find heaps more information about both [apprenticeships](#) and [university](#) on our website.

## **University**

### **What happens if you start failing at university?**

Heading to university is really exciting. It's a chance to gain specialised knowledge in a topic you're passionate about, meet new people, and start down the path to a future career. But unfortunately, things don't always go as we plan. If you're thinking about applying to university, it's good to be aware of your options, even if you don't end up needing them. Read about what you can do if you're concerned about what happens if you start failing at university.

### **What happens if you fail?**

First of all, just breathe – failing an assignment, exam, or subject isn't the end of the world (even though it might feel like it). If you find yourself in this situation, here are some things you can or might need to do:

- Re-take the subject at a later date, if it's compulsory for your degree
- Take a different subject instead, if it's an elective
- Defer future subject enrolment, if the subject you fail is a prerequisite
- Complete a supplementary assignment or exam to receive a pass, if you're offered one

If you fail a subject more than once or fail multiple subjects in a semester, it's likely the university will contact you to see how you're doing and offer support. Note that in some circumstances, you can be [excluded from study](#) if you fail several subjects and make no attempt to engage with the university.

Another important thing to keep in mind is that you will still need to pay any course fees for subjects you fail. And if you re-take the subject later, you'll have to pay the fee again.

### **What to do if you're concerned about failing**

If you're worried about failing an assignment or subject at university, there are several things you can do, both before and after it happens. Let's take a look.

#### **Defer your starting date**

After 12 years of schooling, perhaps you need a break to renew your enthusiasm for learning. In this case, deferring may be an option for you. You can often defer from anywhere between a single semester up to the entire year.

There are very few universities that won't let you defer, but make sure you double check before you submit any applications. There are sometimes specific courses where you can't defer your enrolment, particularly ones that are in high demand or have limited spaces, such as medicine.

#### **Take a pause**

If you start your course and find that it's all becoming a bit too much, speak to your tutors, faculty, and admin staff about taking some time out. In many cases, you can put your studies on hold for a while and come back when you're feeling ready.

If you don't want to step away from study completely, you might also be able to look at changing to part-time enrolment and studying fewer subjects at a time.

#### **Ask for special consideration**

Universities often offer special consideration to students going through tough times beyond their control, such as disability, illness or injury, family bereavement, or natural disasters. In some cases, students with other important commitments (e.g. elite athletes and musicians, carers, etc.) can also apply for special consideration. If you are granted special consideration, the university can make arrangements to adjust your workload, assignments, and/or exams. The adjustments are usually unique to your case and are up to the discretion of the university.

#### **Apply for an extension**

Have a big assignment deadline looming and know that you won't be able to complete the work in time, or not to the standard you'd like? Speak to your lecturer or tutor and see if you can negotiate an extension.

As long as you have a valid reason (for example, you've been sick, your employment hours have changed, or you had to take time out for a placement), they'll probably grant your request and give you some extra time to submit your work.

#### **Consider changing courses**

It can be hard to know in high school if your chosen course will tick all your boxes. If you find you're not enjoying your course because it's too hard, different to what you expected, not engaging, or even because you changed your mind, your university can help you transfer to a different course.

The internal transfer process differs between each university, so we recommend you seek advice about the process from staff on site, including academic advisors, lecturers or tutors, and the student support department.

### **Find help**

If you're finding the transition to university difficult or you're struggling to understand the content one of your subjects, speak to your lecturers and/or tutors. They might be able to provide you with extra resources or materials or help clarify a concept you're unfamiliar with. Even if they can't help, they'll know where to direct you for support.

Most universities have a student support department you can engage with. They often hold information sessions and workshops for students on building study skills and adapting to university life, and can go through your options with you if you need extra support.

You might also like to form or join a study group and seek support from your peers – many of them are probably also going through the same thing, and it can help to brainstorm with other people.

### **Universities want to help you succeed**

Fails and drop outs aren't great business for universities – so it's in their best interests to do everything they can to help you pass your subjects and course, and ultimately graduate. So before you consider giving up and leaving, if you're *really* set on achieving your goal, rest assured there are lots of options for you to consider. Plus, universities offer more than just academic support. They also have counselling and personal support services for students as well. The earlier you engage with these services, the more likely it is that they can help you succeed.

### **Re-framing failure**

We know that the feeling of failing an exam, assignment, or subject really sucks. And you've probably already heard time and time again about how failure is just a part of life...but that doesn't make it hurt any less.

What might make you feel a bit better is knowing that you're definitely not alone. [Around a quarter of all students who start a university degree never end up finishing](#) – and often this is due to [circumstances out of their control](#), such as a pandemic, health problems, or cost of living pressure.

It's also important to acknowledge that university just isn't for everyone. You're expected to do a lot of independent learning and research, and the marking criteria is much more strict than what you might be used to in school. If you find this style of learning doesn't really gel with you, that's totally OK too. Remember, there is often more than one way to get from A to B – and these days there are [more alternatives](#) to university than ever.

And yes, we know it's totally cliché, but sometimes failure is ultimately what leads to success. It might motivate you to try even harder or do something completely new. Some of the most successful people in the world are very well-versed with failure – James Dyson [built over 5,000 prototypes](#) of his cyclone vacuum cleaner before finally creating one that worked, all while he and his family struggled financially.

*“While failure may initially be a blow to your confidence and even put you in financial trouble, it is not the end of the road. If nations can fail, do not be deterred when you do. Rather than running away, embrace and learn from it.”*

*Christian Harrison, [The Conversation](#)*

### **Find out more**

We have lots of other blogs and advice on your future study options on our website [here](#).

## **Work**

### **Job Spotlight**

## How to become a Music Therapist

Music therapists work in health-related fields, treating clients of all ages from babies through to the elderly, and assist with varying problems and disabilities. Music therapy can be used to help patients with developmental, cognitive, neurological, or physical disabilities, from speech and hearing impairments to psychiatric disorders. Sometimes the therapeutic benefits of music are simply used to bring relaxation and enjoyment to patients with long-term physical or mental health problems.

If you are empathetic, passionate about music, and love helping people, working as a music therapist could be a very rewarding career to consider.

### **What skills do I need as a music therapist?**

- Caring & empathetic
- Passionate & dedicated
- High level of musical proficiency
- Creative & intuitive
- Great imagination
- Strong interpersonal skills
- Non-judgmental & flexible
- Great communicator

### **What does the job involve?**

- Meet with clients to assess their needs
- Plan & design customised music therapy sessions
- Provide instruction & motivation to clients
- Analyse & measure clients' progress
- Adapt plans or goals if needed
- Write progress reports & provide feedback
- Liaise with other health professionals

### **What industries do music therapists typically work in?**

- Health Care & Social Assistance
- Education & Training
- Public Administration & Safety

### **What Career Cluster do music therapists belong to?**

Because their work involves helping others to feel their best, music therapists are usually strong [Guardians](#).

### **What kind of lifestyle can I expect?**

Many music therapists work part-time, so there is some room for flexibility. You can expect to do most of your work during normal business hours, and you probably won't need to do much work on weekends, holidays, or overtime.

Music therapists can work in hospitals, mental health centres, aged and day care centres, schools, community groups, or their own private practices. In some cases, you might even be able to do some work from home, or conduct sessions remotely via Zoom.

Most music therapists earn an average salary throughout their career.

### **How to become a music therapist**

Music therapists typically need to complete a recognised training program, which can range from several months to several years in length, depending on the level and complexity. The training often includes both theoretical and practical components, as well as supervised clinical practice, and may also require ongoing professional development to maintain certification or registration with relevant industry bodies.



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

- Keep your passion for music alive, learn to play different instruments, and explore lots of different kinds of music.
- Volunteer in health and care settings or find work experience in a related area.
- Work on your interpersonal skills, put yourself out there, and engage with lots of people from diverse backgrounds.

Find out more here:

- [Australian Music Therapy Association](#)
- [Music Therapy New Zealand](#)
- [British Association for Music Therapy](#)
- [Irish Association of Creative Arts Therapists](#)
- [European Music Therapy Confederation](#)
- [American Music Therapy Association](#)
- [Canadian Association of Music Therapy](#)

### Similar careers to music therapist

- Music teacher
- Dance therapist
- Counsellor
- Psychologist
- Social worker
- Acupuncturist
- Massage therapist
- Occupational therapist

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

## Jobs & Careers

### What's the difference between a career, a job, and work?

May 13 to 19 is [National Careers Week](#) in Australia, where we celebrate everything careers. So in that spirit, we thought we'd dive into the theme and take an in-depth look into what your career actually is, and what you can do to take control over it. Like, for starters, what's the difference between a career, a job, and work? Are they really all just different words for the same thing, or are there subtle differences? Let's find out.

#### What is a career?

'Career' is a word we use to describe the jobs and work we do throughout our lives. It comes from an old word for 'chariot', and can also be used to describe forward movement (as in, the car *careered* off the road).

In the past, the only people who had a career were those lucky people who had choice over what they did, such as men who worked in management. Back then, a career was seen as something that moved forward in a pretty predictable way – as long as you turned up and did your job, you could expect to be promoted in due course. Other people (like women, factory workers, minorities, and those with less money) were unlikely to have a 'career' – instead they would have 'jobs', which didn't have clear paths for advancement.

Now, we know that those straight and shiny careers are actually the exception, not the norm, and that people could only have them because they relied on others in their lives to do everything else (like raise kids, clean the house, cook meals, and plan holidays).

Basically, your career is your journey through jobs and work over your lifetime. And it's unlikely to look like a straight line – there will be times when you make great leaps forward, but there will also be times when you seem to stand still, or even go backwards. But this is all totally normal!

If you move into another field entirely then you may feel that you have ended one career and started another – we call this a 'career change'.

### **What's a job?**

A job is a much more static than a career: it's a set of tasks that you perform on a regular basis in return for a set benefit. To move forward in your career, you may be promoted from one job to another, or find a job somewhere else – the job itself is static, while you move around.

As an example, you may have a *career* in nursing, but your current *job* is a ward nurse in the respiratory unit of your local hospital. In future, you could move into a job as a nursing unit manager, or a job as a research nurse. Your career will still be in nursing (or another health related field), but your job will change.

### **So, what's work then?**

We use the word 'work' to refer to something that we *need* to do. This means it's an activity that serves a purpose – it isn't just something you *want* to do. You can also *want* to do it, but it must meet a need. Your job is a form of work – if you weren't paid, then you wouldn't turn up.

Most people think of work as something they do in return for money, but there are other things we do that count as work that won't earn you a cent. It's just easier to track and measure paid work, so that's what most people (including the government) focus on.

Unpaid work includes caring for family members, cleaning and maintaining your living space and clothes, managing your professional networks, and even growing your own food. But just because something doesn't have a monetary value doesn't mean it's *valueless* – all of these things are important in different ways, and in many cases are things we couldn't survive without.

### **Why is this important?**

How you see your work, job, and career can have a big impact on how successful you feel. For example, parents who have to spend time out of the work force to care for their children may feel less successful than their peers who can work full-time without distractions, but they only feel this way because they don't count all their unpaid caring work as 'work'.

We know that earning lots of money or climbing the corporate ladder [doesn't necessarily lead to happiness](#), so re-framing what you think of as 'success' could be a good idea.

The world of work is changing, and those shiny, linear careers we spoke about earlier have largely disappeared, so if you can reset your thinking before you've even begun your journey, you'll be more prepared for the ups and downs when they appear.

### **Find out more**

Looking for more resources on careers, jobs, and work? You can read heaps of other blogs and find inspiration on our website [here](#).

## **Skills for Work**

### **What's the difference between a reference and a referee?**

If you're hunting for work, you've probably put together a resume to hand out to potential employers. One of the most important parts of the hiring process is the employer looking for information about you from other people. This is usually done through references and referees. But what are references and referees, and what's the difference? Read on to find out.

#### **Reference vs referee – the difference**

A *referee* refers to an actual person – someone you'll put down on your resume who can vouch for your skills and effectiveness.

A *reference* is a written document or statement from a person you've worked for. It usually includes information about the kind of work you undertook and your skills and abilities.

So someone may be willing to write up a reference for you, but that doesn't necessarily mean you also need to include them as a referee on your resume.

The purpose of references and referees is so employers can cross-check any information you've put on your resume to ensure you're not making anything up.

The benefit of references is that once you have one, you can use it over and over again without needing to worry about it changing. On the other hand, the benefit of referees is that they can potentially provide more relevant and up-to-date information.

### **Who can be a referee?**

Your referees need to be people who know about your work experience and skills and are willing to vouch for you in a positive way.

Keep in mind you should never put your parents or friends down as references – employers will usually consider them as biased and unreliable. The best referees are people you know in a professional capacity, such as an employer or coworker. If you've never had a job before, you can include people like teachers, mentors, or coaches instead.

If you're going to add someone as a referee to your resume, make sure you let them know in advance. Not only is it the polite thing to do, it also means they can be prepared in case a potential employer calls them for information.

Ensure your referee details are always kept up to date – if an employer can't get in touch with your referees, this might affect your application.

### **Who can I get a reference from?**

If you'd like to add some references to your resume, they don't just need to come from people you've been employed by.

If you're undertaking work experience, it's a good idea to ask if you can get a reference at the end of your placement. Or if you do any sort of volunteer work, this is great to get a reference for too.

If you have no work experience (either paid or unpaid), you can also ask for what's known as a [character reference](#). Obviously this won't include any details of your work, but can tell a potential employer more about the type of person you are. These might come from people like teachers or coaches.

References are most credible if they're written or typed on a company letterhead, and also signed by the person who wrote the reference. Keep in mind that employers might contact the business or person you've received a reference from to make sure it's legit.

### **Want more?**

Like to know more about job hunting? Check out the other resources on [Study Work Grow](#).

## **Grow**

### **Volunteering**

#### **Discover the world of virtual volunteering**

In today's digital age, volunteering isn't limited to physical locations or face-to-face interactions. Thanks to the power of the internet, virtual or online volunteering has become a popular way to give back to communities and causes from the comfort of your own home. Discover virtual volunteering opportunities and find out if you'd like to get involved.

### **What is virtual volunteering?**

Virtual volunteering involves contributing your time, skills, and efforts to support organisations, projects, or individuals through online platforms, or from home, rather than in-person activities. From tutoring students online and helping the elderly with technology challenges, to designing graphics for non-profits, there are countless ways to make a meaningful impact without ever leaving the house.

### **The benefits of virtual volunteering**

There are lots of positives for virtual volunteering, including:

#### **Flexibility**

Whether you have a few hours a week or just a few minutes a day, you can find opportunities that fit into your schedule and lots of ways to contribute.

#### **Accessibility**

For those with disabilities or mobility challenges, virtual volunteering provides an accessible way to get involved and make a difference without barriers.

#### **Global reach**

Even if you live in a rural or remote area, or you're passionate about causes happening globally, you can volunteer with organisations and causes around the world.

#### **Skill development**

As with any other volunteering you'll develop valuable skills such as communication, project management, and digital literacy while contributing to meaningful projects and building your community spirit and stewardship.

#### **Community engagement**

You'll connect with like-minded individuals and communities, which brings with it a sense of belonging and purpose. It's also an amazing opportunity to build networks for future work experience or career pathways.

#### **Uncover virtual volunteering opportunities**

A quick internet search will throw up hundreds of results but that's not the only way to get involved.

- Find organisations who specialise in virtual volunteering – like [VolunteerMatch](#) – and browse from a wide range of opportunities based on your interests, skills, and availability.
- Reach out to local non-profits, schools, and community organisations to enquire about virtual volunteering needs and opportunities.
- Join online communities and follow social media pages dedicated to virtual volunteering to stay updated on opportunities and connect with other volunteers.
- Let people in your community know that you're open to volunteering but you'd prefer to help out virtually; you could be amazed at what's available.

Here are a few organisations to get you started:

- [UN Volunteers](#) – help with humanitarian projects around the world.
- [Zooniverse](#) – contribute to professional research projects in fields such as space, physics, nature, medicine, and language.
- [Librivox](#) – read and record chapters of books in the public domain (books no longer under copyright) and make them available for free on the Internet. No previous experience is required and they're looking for recordings in all languages.
- [Kids Circle Foundation](#) – help to create all kinds of resources to enrich the lives of children.
- [Learn to Be](#) – become a tutor for other kids struggling at school; you can start from 14 years old.
- [TED Translators](#) – join a global community of volunteers who subtitle TED Talks and enable the inspiring ideas in them to crisscross languages and borders.
- [Be My Eyes](#) – connect with blind and low-vision users who might benefit from your sighted assistance through live video and artificial intelligence.

- [Writing Wonders](#) – join a youth organisation and send artworks, messages, and letters to children, the elderly, and healthcare workers.
- [Emergency Support Volunteering](#) – go to the shops or organise help for people who've been impacted by emergencies or unable to get out and about themselves.
- [Miracle Babies](#) – knit or sew beanies, teddy bears, blankets or other items to support babies in neonatal care and their families.
- [DigiVol](#) – use your time to transcribe text from images of specimen labels, field notes, and archival materials that have been uploaded to the Australian Museum site.
- [Trauma Teddies](#) – knit teddies to provide comfort for children in all kinds of scary, sad, or stressful situations.

If none of those appeal to you, keep searching. There are lots of opportunities out there.

### **Research virtual volunteering options**

Be selective about your virtual volunteering choices before committing to them.

- Decide how much time you have available (and when) in your schedule.
- Investigate the organisation to make sure they're reputable.
- Understand the responsibilities of the role so you don't over-commit or find you've taken on too much.
- If you have specific areas of interest where you'd like to help or gain knowledge, include that in your search too.

Some volunteering positions might require you to be over a certain age or obtain permission from your parents.

You might also need access to a computer or phone and the internet. If you don't have these at home, you could ask at school, local library, or community centre.

### **You can make a positive difference online**

Virtual volunteering offers a world of opportunities to make a difference, no matter where you are or what your circumstances may be. So why not consider joining the world of virtual volunteering and see how you can make a difference today?

If you'd prefer to volunteer in person, we have lots of other ideas [here](#).

## **Gap Year**

### **A gap year doesn't mean a gap in learning**

Do you have a gap year planned but are worried about whether you've made the right choice? Or perhaps you'd really like to take a gap year but are concerned about missing out on career or education opportunities. Fear not – a gap year doesn't have to mean a gap in learning. There are loads of reasons why a gap year can be really beneficial (as well as a lot of fun). Let's take a look.

### **What you might gain from a gap year**

We tend to think of learning as a structured and formal process, like what we experience at school or university. But learning can happen in lots of different ways, and sometimes happens when we're not even thinking about it.

Gap years don't have to be about luxury travel or backpacking tours (though there are some great skills to be gained through these too, believe it or not). If you're worried about what you might miss if you take some time off, consider what you might gain from a gap year instead.

### **Learn new skills**

One of the most compelling reasons to consider a gap year is the opportunity for personal growth and skill development. During your gap year, you can explore new interests and learn valuable skills you might not have had the time for if you were busy with study or work.

For instance, you might choose to immerse yourself in learning a new language. It's not just handy for travel – it could also be an asset to open doors to international career opportunities, for example.

### **Reflect and explore**

A bit of time out can provide the chance for self-reflection and exploration, allowing you to clarify your career aspirations. By stepping away from a traditional academic or career path, you can dig deep and think about what *truly* motivates you.

Through work experience, volunteering, or travel, you may discover a new passion that changes your future career trajectory. You can try a few different things until you find something you love, or it could even solidify your original plan. Either way, you'll still be coming out the other end with a lot more experience and knowledge.

*“Taking a gap year (or two) was the right thing for me to do. It’s put things into focus for me and given me the time to do the growing up I needed to do. Most importantly, it allowed me to learn a few things along the way.”*

Anonymous, [ReachOut](#)

### **Refresh and rejuvenate**

Doing the same thing over and over and *over* can eventually take its toll – and this includes 12+ years of school or being in the same job forever. Taking a break from study or work responsibilities can help you reset your way of thinking about learning. Or you might just need some recover and refresh before diving into something new.

Whether you plan to attend university or find a job after your gap year, some time away can reignite your passion for learning and provide a renewed sense of purpose.

### **Planning your gap year**

If you're considering a gap year, now is the perfect time to start planning. Even if you've already applied to university, many institutions offer the option to defer enrolment for up to a year. This flexibility allows you to weigh your options and make an informed decision about whether a gap year aligns with your personal and academic goals.

### **Learn more**

Ready to start planning your gap year or want some more ideas? You can find heaps more information on our website [here](#).

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